

# Salt

THE MAGAZINE OF THE NSW SEA KAYAK CLUB  
ISSUE 108 | JULY 2018



## FOOD SPECIAL!

MENUS | RECIPES | EQUIPMENT  
DEHYDRATING TIPS

### ALSO

ROCK 'N' ROLL 2018 | TRAINING WRAP-UPS  
A COMPREHENSIVE INTRODUCTION TO TIDES  
TECHNICAL ADVICE | HEALTH  
THE END OF THE COAST BOAST | CLUB TRIPS  
TASMANIA | ABEL TASMAN (NZ)





Cover: Adrian Clayton paddles close to a bommie north of Fingal Island (Image - Caoimhin Ardren)  
 Inside Cover: Adrian Clayton shows off his catch at Fingal Bay (Image - Ruby Ardren)

## NSW Sea Kayak Club Inc.

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The NSWSKC is a voluntary organisation run by members who give their time freely to the club. Membership is offered yearly. Please see the website for details and application. [www.nswseakayaker.asn.au](http://www.nswseakayaker.asn.au)

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IMPORTANT: Please review the Paddler Safety, Required Equipment, Grading System and Club Calendar sections of the club website.

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## From the President's Deck

TONY MURPHY

Another year, another committee, another AGM.

The AGM on Saturday June 23rd at Yarra Bay sailing club was well attended. There were two club trips on during the day as well as quite a few private paddles. There were two great presentations during the evening: Nick Blacklock's "Tassie 2018 The Hunter Group and Beyond" and Kevin Kelly's "How a novice paddler crossed Bass Strait safely". Your loss if you missed them!

Here's the 2018 AGM in a few more than 10 bullet points:

- We're very lucky that many of our committee are returning for another year: Neil (VP), Paul (Secretary / Treasurer), Megan (Training), Simon (RnR), Selim returning in a new role. It's great that these folk will help the club again, and also very important that we have a good degree of overlap in the new committee.

- Selim is moving from Trips to take up the challenge of building us a new website (Internet). With help from Campbell they hope to have a new website for us in time for membership renewal in November.

- Beth will join the committee and take over from Selim (Trips). Thanks and welcome!

- Ruby is leaving the committee to pursue a PhD! Go Ruby!

- Adrian will join the committee and take over from Ruby (Magazine). Thanks and welcome!

- Tony is leaving the committee – hopefully to run more trips.

- Nobody has stepped forward to take the President's role. This is a big problem! Tony will hold the fort to September but that's it.

- 239 members as of the AGM this year. It's been around 250 for the last number of years. So we're right in that ballpark, but need to keep a close eye on it.

- Healthy cash at bank, but the club operations ran at a loss this year.

- Changes underfoot from AC /

- Paddle Australia qualifications – we're waiting to see the final detail.

- Sea Skills now needs a recertification every three years like leader / guide / instructor. That's something between you folk and AC / PaddleAustralia.

- Six new AC qualifications – Enclosed Sea Guide: Neil Gow; Sea Skills: Greg Prutej, Paul Thomas, Brian Burke, Hubert Wiest, Barry Marshall & Richard Hackett; Sea Guide: Nick Blacklock. Congratulations!

- Discussion: maybe affiliate with Paddle NSW? There's lots of benefits but the cost of membership would go up by \$20 to \$40. The committee should continue to look into it.

- Discussion: maybe run the AGM at RnR? Maybe. Or maybe a paddling weekend in the spring at a caravan park? Both options have some support. Maybe we'll try one of each?

- Discussion: maybe go with Tom's proposal from last Salt ("Sea kayakers: ocean guardians") to have explicit environmental objectives in the club's aims? Lots of support for the intent but general view is that we should do it by our actions not by writing stuff in our club documentation.

- Discussion: maybe change Salt from a glossy magazine to a newsletter? A few options were canvassed but since Adrian's stepping up to the plate we'll leave it to him.



## From the Editor's Desk

RUBY ARDREN

A brief word as outgoing Editor...

I've very much enjoyed this job and I'm very sad to be giving it up, but I just don't have the time to do Salt on top of work and study.

Please support Adrian by providing him with lots of interesting articles covering both technical items and trips, give him your favourite photos (with captions), and be very grateful for the work he will do.

I hope to be back in the chair one day (if the chair needs filling). Thanks for all your contributions!

# AGM report

Outgoing president Tony Murphy ran the AGM to a tight schedule and even managed to finish early, allowing everyone to move on to the important business of eating dinner and listening to member's trip presentations.

The committee underwent some reorganisation, with Tony retiring as President, and the role as yet unfilled. This role is essential to the function of the club and really can't afford to be vacant, so members are encouraged to nominate themselves or their mates for the role. Megan stays on as Training Coordinator, Simon has also agreed to another term as Rock 'n' Roll Coordinator, and Paul is remaining as Secretary/Treasurer. Neil is staying on as Vice President, however with four months away in the next year, it places even more pressure on the need to fill the President position.

Selim vacated the Trips Leader role in order to take on the long-vacant Internet Coordinator role. His Trip shoes were filled by Beth Symonds who was welcomed to the committee.

Ruby is retiring as Editor due to study commitments, but will help ease Adrian Clayton into the role, who has stepped up to take on this big job. Make sure you all give your support by giving him plenty of articles to publish.

The committee list can be found on the inside cover of this magazine. Please contact Tony Murphy via the 'president' email if you wish to nominate for the President's role.

Three key issues were presented for discussion at the AGM. Options for the Salt Magazine had been listed on the agenda, but with Adrian Clayton willing to step into the Editor role, there was no urgency to discuss the item.

## Affiliation with Paddle NSW

Tony Murphy and Paul Thomas have been in discussions with Paddle

NSW about whether the NSWSKC should become affiliated with Paddle NSW. They are in the process of carrying out due diligence, but put it to the AGM for discussion. The main benefits are the additional pool of potential members and trips that might be accessed through Paddle NSW and vice versa, having a body that will speak for us regarding changes to policy, insurance that covers you on both club and private trips, and for those members that are also members of other Paddle NSW affiliated clubs, there will be reduced membership fees. Those members that are only a member of NSWSKC would see a small increase in their membership fee. The NSWSKC has been an outlier for some time now from the clubs representing other paddle disciplines, and with Paddle NSW increased focus on recreational paddling, it may be timely to enter the fold.

## Location and timing of the AGM

A number of options for the AGM were discussed, with the focus on options that might encourage more members to attend. In recent years there has typically only been around 20 people present at the AGM with a quorum of 15 required to pass any motions. The meeting felt that an AGM would interrupt the flow of Rock 'n' Roll and weren't supportive of the idea. They liked that the AGM provided another opportunity for the club to gather socially, and the consensus was that it should be a weekend held at a warmer time of year. Bundeena is still an option, especially if the club becomes easier to contact.

## NSWSKC Environmental Objectives

Following Tom Cox's article in Salt 107, which presented a case for having members collect three items of rubbish on each paddle, the AGM consensus was that it didn't need to be in the constitution. Rather, it was felt that the club should encourage members to collect rubbish if they wished, but there would be no policy or requirement to.

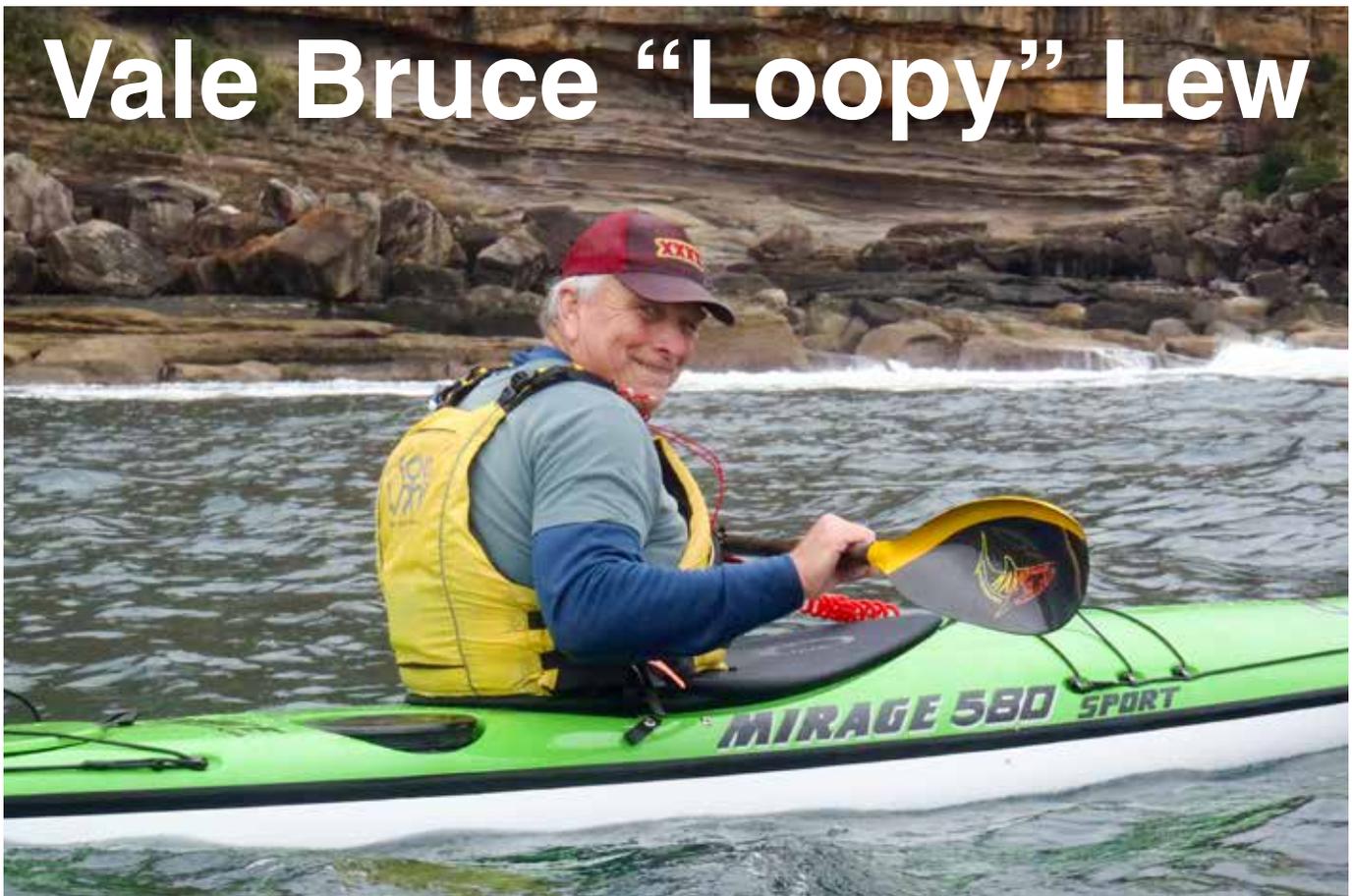
The important decisions done, we ate dinner and then had two member presentations.

First cab off the rank was Nick Blacklock with a presentation on the club expedition to the Hunter Group of islands in Tasmania with highlights including the trip that wasn't the trip, the Rock of Shame and being accosted by a crazy guy on a beach. Nick's presentation was followed by Kevin Kelly presenting on his Bass Strait crossing. Kevin is a chef and surprised everyone by making chocolate mousse on the spot in a siphon with long life cream – demonstrating one of the meals he served up on the crossing. We were then further surprised when enough was made for everyone at the AGM! Even though we'd read about Kevin's trip in Salt 107, the presentation was full of new photos and new information. Both presentations were very enjoyable and really made it worthwhile coming to the meeting.

Make sure you come next year, and don't forget – we still need a President.

*Kevin Kelly surprised everyone with an impromptu chocolate mousse*





# Vale Bruce “Loopy” Lew

If there was ever to be an award given to the member travelling the most distance to regularly attend a Club trip it would have gone to Bruce Lew. Bruce lived in Forster and would often drive the 300kms to Sydney to participate in Owen Kimberley’s Friday morning paddle before returning home the same day. This is just one indication of his keenness to grab any opportunity he saw of advancing his paddling experience and skills on open water.

Bruce died on 13 May this year at St Vincents Hospital after complications stemming from heart surgery. He was 68 years old. For many years he suffered from a restrictive heart condition attributable to his period as a conscript in the Vietnam War. In the late 1990s, after a post-Vietnam career that included a period in the police force and then as a bricklayer, he was diagnosed as a candidate for a future transplant.

Bruce was a dogged character and started ocean swimming to improve

his prospects for a longer life. In the early 2000s and in his mid 50s, Bruce found kayaking. From then on he was hooked. In the next 15 years he did some really serious paddling which would take him as far afield as Keppel Island in the north and Bathurst Harbour in the south. With his wife, Lorraine, he did a 70-day paddle along the Murray River and with his close mate, Bruce Baldwin, kayaked much of the Darling and Murrumbidge rivers. Bruce’s paddling CV also includes completing eight Hawkesbury Classics. His extensive collection of kayaking magazines and DVDs helped feed his enthusiasm for paddling when he was off the water. Couple these activities with his participation in Club events and you get an idea of how consumed he was with his kayaking.

Last year, when he realised his paddling days were over, he sold his kayaks. At that stage he owned an impressive array of kayaks including

a Mirage 582 (bought by fellow Club-member Barry Marshall and still bearing its Loopy nameplate), a Pace 17 and a Nigel Foster Legend.

Idiosyncratic in some respects (as suggested by his nickname), Bruce always was good company with many amusing tales to tell of his paddling misadventures. On one occasion when he was practising his roll in Forster Boat Harbour, he was spending quite some time upside down setting up for his sweep. A woman on the nearby beach was so alarmed by the sight of him not resurfacing that she dashed in to the water to rescue him.

Bruce’s ashes are due to be cast on to the waters of Wallis Lake over the Queen’s Birthday Holiday weekend. Many of his paddling mates will be there to say their farewells. He will be fondly remembered by the members of our club who paddled with him regularly over the years.

*Obituary by Adrian Clayton*

# Rock 'n' Roll Currarong 2018



Over 120 people attended this year's Rock 'n' Roll event at Currarong, Jervis Bay from Friday 6 April to Monday 9 April. This was a new time of year for the event, which is normally held in mid-March. It was rescheduled to April due to various conflicts for organisers, and to make it more convenient for a large contingent of members that had paddled off to Tasmania. Daylight Savings had ended, so days were shorter.

Expedition Kayaks provided dinner during



registrations on the first night, and the hot fish and chips quickly disappeared.

The paddling activities on Saturday were well attended, with trips just as popular as training.

The Saturday night dinner was held at Zac's Restaurant with 110 attending. The good weather allowed people to sit on the balcony, making the venue a comfortable fit. The food was plentiful and the BYO status was appreciated.

Following an excellent raffle with prizes donated by Jervis Bay Kayaks, Helinox and Roaring 40's, John Kirk-Anderson from NZ gave a well-received presentation on his experiences as a kayak guide on expeditions to the sub-Antarctic Islands and to Kamkatcha in Russia.

The club celebrated Adrian Clayton's contributions with a life membership. He very humbly accepted the recognition and spent his time talking about what everyone else had done!

We all went back on the water on Sunday, with a special activity being held with Marine Rescue on Jervis Bay. You can read more about it on the following pages.

The Pogies were well attended with lots of new videos to watch and a new experience with Mark Sundin's drone videos wowing the audience.

A few stayed around for a paddle on Monday, closing another successful weekend of paddling as a club.



# Rock 'n' Roll

## OPERATION AUSSIE DANCE

CLASSIFIED:

KASK EYES ONLY

As tasked, Agent **John Kirk-Anderson** infiltrated the New South Wales Sea Kayak Club Rock and Roll 2018 symposium, hereafter referred to as RnR. Specific objectives and results are addressed below.



### MISSION

JKA was to attend RnR and ascertain command and control systems, strengths, objectives, threats and exploitable assets.

### EXECUTION

Operation Aussie Dance was conducted in three phases.

Phase 1: Create backstory for JKA to be recruited into inner workings of RnR.

Phase 2: Attend RnR and gather intelligence on areas-of-interest.

Phase 3: Develop assets and recruit agents.

### REPORT ON OPERATION AUSSIE DANCE, OBJECTIVES AND RESULTS

#### Phase 1: Create backstory for JKA to be recruited into inner workings of RnR.

Prior to KASK KayakFest 2018 several Australian sea kayakers were targeted with the aim of having them attend the event where they would be wined and dined. Agent WINKY formed an important part of this phase, and he was used to full

effect in encouraging trans-Tasman participation.

An important fishhook was the suggestion that they would be able to influence Kiwi paddlers by conducting rudderless training. They would be allowed to feel part of KASK, and normal hostility towards West Islanders would be suspended.

This phase was successful, with JKA recruited by operative Ruby ARDREN to present at RnR.

Agent Handler PC expressed concern to The Committee that JKA may have been turned into a triple agent, but this fear was dismissed upon learning that he couldn't count to three.

#### Phase 2: Attend RnR and gather intelligence on areas-of-interest.

JKA reported he was confident that he had been accepted as a friendly when his flight to Australia was upgraded to Business Class.

The Committee was concerned as this is believed to be the first time EVER that a sea kayaker has travelled by Business Class, and it hoped that a precedent hasn't been set.

On arrival, JKA was met by Ruby and Caoimhin ARDREN and taken, under cover of darkness, to a RnR safe house, later identified as being in the southern Jervis Bay area.

There he met other key RnR individuals, identified only as JOSH and LOUISE.

These two operatives pose a clear and present danger to KASK. Both have significant military training in the varied fields of engineering, pharmacology and mapping, and they have expressed plans to conduct missions in NZ, particularly in the Fiordland area. An active watch should be maintained on these individuals.

The next day a mission was planned to reconnoitre the Jervis Bay Territory with a paddle from Wreck Bay, around St Georges Head to Bowen Island, terminating at Murrays Beach.

This area is spectacular, with many sea caves, and poses a real threat due its ability to lure Kiwi paddlers.

This reconnaissance mission was conducted in a lumpy sea, and both Ruby ARDREN and JKA became very unwell during this paddle,

resulting in explosive vomiting.

It is not known if a disabling substance was used, but it is noted that operative LOUISE is a military pharmacist, and Caoimhin ARDREN has history in South Africa, with the alleged poisoning of the All Blacks prior to the 1995 Rugby World Cup a potential link. Ruby ARDREN may have been poisoned either by accident or as a distraction.

On arrival at RnR headquarters, located at Currarong Beachside Holiday Park, New South Wales, hereafter referred to as RnRHQCBHPNSW, JKA was able to mingle and carry out surveillance of key individuals, as tasked by The Committee.

These included their command element, headed by club president Tony MURPHY, and the logistical support team from EXPEDITION KAYAKS of Mark SUNDIN, Rob MERCER and Sharon BETTERIDGE. This team would be a serious threat to any KASK event, as their shiny trinkets and fancy kayaks were of great interest.

On being given accommodation, JKA immediately employed counter surveillance by hanging wet underpants at the entry point in a bid to deter a covert search team. This tactic proved unsuccessful, as the cabin became a focal point for future gatherings and meals. It may be that the underpants were actually an attractant.

Registration for the event, conducted in a marquee approximately the size of Greater Auckland, was similar to any KASK event, however JKA was concerned to discover that some of our Tactics, Techniques and Procedures (TTPs) from KASK KayakFest 2018 have been employed. These included, but were not limited to, the supply of laminated maps to all paddlers.

JKA can report that the organisation at RnRHQCBHPNSW was not as advanced as at KASK KayakFest

2018, and JKA added to that state by offering at the last minute to run additional training.

This caused further confusion, and led to mutterings about insurance, marine licences, protocols and other words that were unfamiliar to JKA. It is recommended that KASK continue to provide full support to ACC in NZ to avoid such contamination at our events.

Launching of groups the next morning was conducted via a tidal creek, which was a natural choke point that could be exploited in the future by the use of a decoy such as a strategically-placed “Barbie” (BBQ) which would cause mass confusion and grounding of kayakers.

JKA will provide a separate report to the KASK Direct-Action Team in regards to this opportunity.

JKA attempted to sow confusion by conducting a Silly Strokes session, but the attendees were not really that silly. JKA suspected, but couldn't confirm, that the participants may have been deliberately selected for this training.

Rock gardening was a strong point at RnR, and JKA was able to observe their secret training which involved an initiation into the

“Triangle of Chaos”. In this hazing drill a group of chanting paddlers with moving kayaks surrounded a paddler, attempting to cause panic and capsize. Operative LOUISE was seen to be particularly vicious in her use of a hand pump to further harass candidates. This drill has considerable merit and can be expected to feature in future KASK events.

Later that day an overdue group caused concern amongst the command element at RnRHQCBHPNSW and gaps were observed in their planning. This attempt by KASK agent-provocateurs to cause disarray was unsuccessful as the trip leader, Rob MERCER, later said he was comfortable conducting between 12 and 20 rescues during his group paddle. His calmness and stamina were not anticipated.

On Saturday evening JKA was allowed into their secretive dinner, where strange rituals were carried out, including the presentation of Life Membership to operative Adrian CLAYTON. He declared that this was a bit of a Claytons offering due to his advanced age. This operative is considered a real threat to KASK, as he seems to have defied ageing and conducts hard training,



as discussed below. He has also previously travelled to NZ, where he was exposed to emergency processes in the Marlborough Sounds with KASK members John Gumbley and Evan Pugh.

At this meal JKA was subject to covert interrogation by key RnR operative Stuart TRUEMAN. The focus of his questioning was the standard of paddling in NZ compared with Australia. JKA has admitted that he disclosed that the general standard of paddling seen at RnR was very high, and NZ was lagging. The Committee is concerned by this disclosure, and will be working hard to implement TTP's to close the gap. JKA is also required to revalidate his Resistance-To-Interrogation training ASAP.

Operative TRUEMAN was overheard to say that he only paddled around countries that he had a passport for, to date Australia and the UK. It is advised that the NZ Passport Office be warned that any attempt by him to gain a NZ passport must be declined.

JKA was to give the keynote presentation, on his trips as a kayak guide to the sub-Antarctic Islands and Siberia, as shown at KASK KayakFest 2018.

This attempt to convert RnR members was weakened by the cunning implementation of "Closing Time" at the venue, resulting in much-reduced time available. Also,

*Below: RHYS was considered dangerous due to his disregard for death*

Electronic Counter-Measures, in the form of a maddening public address system, further degraded the subversion attempt. These security measures were unexpected, and will need further investigation.

In preparation for anti-Kiwi insults, JKA conducted the whole presentation with a sheet of sandpaper concealed in his underpants, ready to flourish with sarcastic comments about Aussie cricketers. Unfortunately the audience was too polite, or too tired, to mock his accent and as a result he has suffered long-term negative effects on his nether regions.

JKA was able to conduct surveillance on RnR members training with the local marine rescue vessel. This training was conducted after accidental disclosure of KASK TTPs at the KASK KayakFest 2018 and RnR realised their weakness in this area.

The RnR paddlers of JOSH, RHYS, Adrian CLAYTON and Caoimhin ARDREN proved to be very capable and quick learners, while the crew of the rescue craft were not seen as any threat. Internal bickering amongst the crew, resulting in an assault, was an indication of poor moral onboard.

On Sunday evening a glimpse into Australian paddlers' lives was given, via their "Pogies", a video competition. This was fascinating as one paddler proudly showed his series of mishaps in West Australian surf, all captured by helmet-

mounted camera. JKA reported that he wasn't alone in gasping at what he saw.

A very different view, literally, was that given by the aerial element of EXPEDITION KAYAKS, who conducted drone operations over the RnR event. This video is on YouTube, <https://www.youtube.com/watch?v=K4wzvMOo3ml> and KASK should liaise with our electronic-warfare friends at GCSB to have this propaganda video corrupted as it shows a very positive image of RnR.

On the Monday following the RnR JKA joined operatives Ruby and Caoimhin ARDREN and operative RHYS on a recce/ambush mission from the former RnRHQCBHPNSW location heading south around Beecroft Peninsula. Mindful of the previous episode of likely poisoning, JKA carefully monitored his food, covertly swapping his breakfast with Caoimhin ARDREN, while Ruby ARDREN used medication to avoid a repeat.

Operative RHYS had been observed during previous days but this was the first chance to assess him properly on the water. Warning, this paddler is potentially very dangerous. His willingness to enter areas of confused seas shows a disregard for death. This impression was further enhanced upon hearing his stories about surviving multiple attacks by venomous spiders. He should be carefully monitored if he attempts to enter NZ in case he



imports any of the millions of deadly creatures from Australia.

No targets of opportunity were encountered on this mission, except for several lone fishermen, all without shirts and sporting multiple tattoos, perched on ledges halfway down cliffs. They were not engaged as any good swell would sweep them off to join the dead, undersize fish that were floating around below them.

### Phase 3: Develop assets and recruit agents.

During the event a brief overt meeting was conducted with Agent WINKY to further his cover, and it is reported that he maintains good relations with RnR members. He is in a position to further influence their behaviour and this must be supported with future debriefing in NZ.

Ruby ARDREN was selected by The Committee as a target to assess, given her influence as chief propaganda-spreader within RnR. Extreme care must be taken with this individual, and resources need to be employed to ensure that she isn't able to "turn" Agent Handler PC as she has considerable skill in getting paddlers to do what she wants. As evidence, when she seeks articles for SALT, their organ of propaganda, local paddlers overwhelm her with results.

Operative Caoimhin ARDREN was a target selected by The Committee as a potential agent to be developed, but JKA has recommended that this plan be dropped. Despite him being an ideal candidate, due to being a fearless paddler and having strong instructional skills and great influence within RnR, he is subject to too much observation and suspicion. Very few were able to spell his name, and none could pronounce it, so he is unable to blend into any group. He should be treated with a great deal of caution as he is capable of affecting any Kiwi paddler he comes into contact

with, as was the case at KASK KayakFest 2018 with his gentle rock gardening session.

### Conclusion:

Operation Aussie Dance was largely successful, but needs to be expanded and must be developed long-term.

To this end, JKA advised multiple contacts about the KASK event to be held in the Bay of Islands in 2020, and several RnR participants expressed interest in attending. This should be encouraged with organising of kayaks and equipment to allow them to take part.

A key aspect of this operation is the further development of operative Ruby ARDREN whom Agent Handler PC has been feeding intelligence, in the form of articles for SALT. Electronic and physical surveillance of Agent Handler PC should be continued to ensure only mis-information is supplied.

Agent WINKY is finding the struggle against legislation difficult and may require KASK assistance in pushing back, as the "Domino Effect" is real, and we don't want this to happen in NZ.

The area of operations of the New South Wales Sea Kayak Club has a dangerous attraction, and significant resources must be applied against KASK members being swayed by this "Honey Trap". Kiwi paddlers who have been exposed to this area should be fully de-briefed by the KASK Counter-Exploitation Team, to ensure they don't forgo the bracing cold waters of NZ for the baubles of NSW.

REPORT ENDS

CLASSIFIED: KASK EYES ONLY

## Obituary - Rob Parker

Tim Barlass of the Sydney Morning Herald reported on 14 June 2018 that Rob Parker, from Roseville Chase, died after he was trapped underneath his kayak in an air pocket in surging whitewater between rocks in the North Johnstone River near Malanda on Thursday.

He had represented Australia in kayak/slalom in numerous years at world championship level and was also a coach at the 2012 London Olympics. He had been a member of the NSW Sea Kayak Club and is most likely remembered by some of the longer-term members.

A memorial was held at Forestville on 16 June 2018. The club extends their condolences to family and friends.





## NSWSKC & Marine Rescue Jervis Bay Joint Exercise Kayak Rescue and Recovery

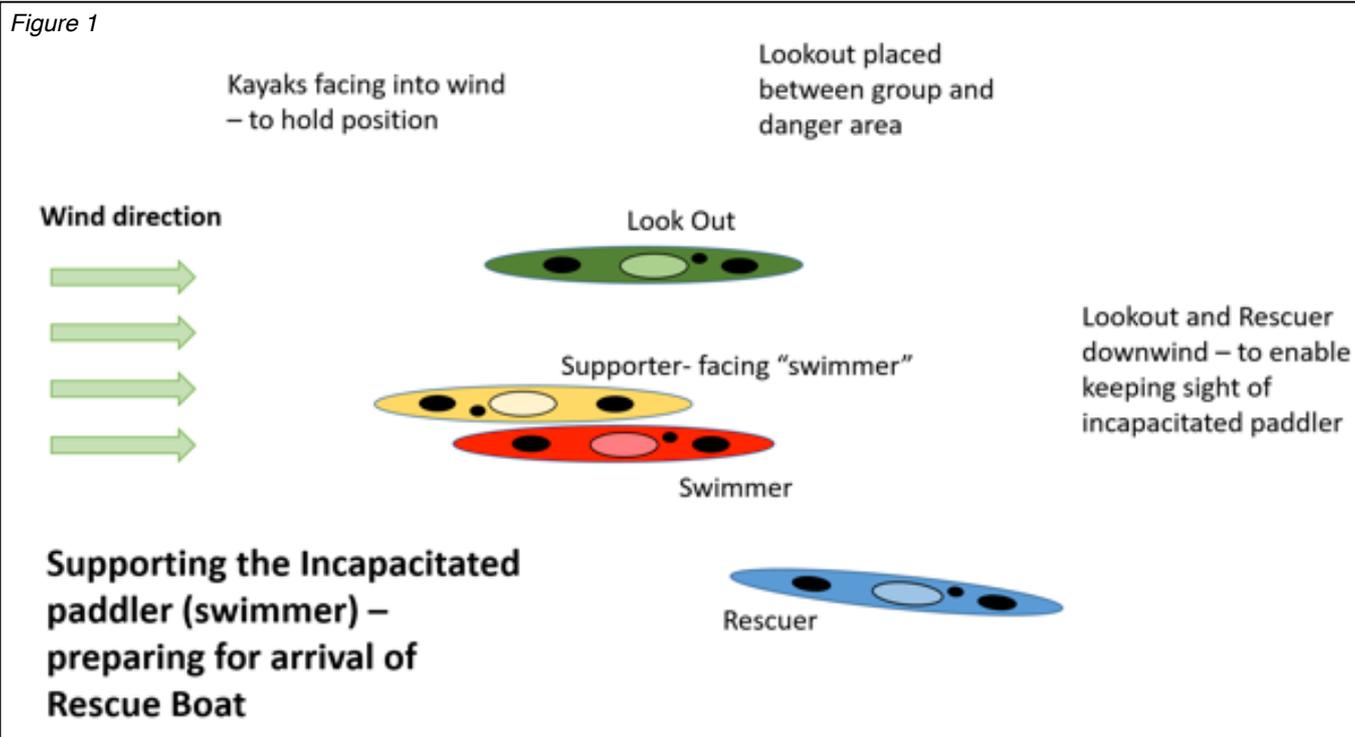
**Caoimhin Ardren** shares the findings and lessons of a joint rescue and recovery exercise with Marine Rescue Jervis Bay that was staged on the Sunday afternoon at R'n'R 2018.

In the event that we need to call for assistance along the NSW coast, the likelihood is that a Marine Rescue vessel and team will be deployed to provide that assistance. The purpose of the exercise was to develop and trial some rescue and kayak recovery procedures with Marine Rescue.

Since it was an exercise, we had to simulate the scenario,

which obviously is only one set of circumstances that may or may not be perceived as realistic – a small group of paddlers with two paddlers in the water requiring assistance and conditions benign enough to allow recovery of paddlers and kayaks. Under “normal” circumstances where we would need to call in assistance, the conditions would frequently be such that the recovery of kayaks is not possible. However, for this exercise we simulated a scene where kayak recovery was possible. The procedures described in this article are not suitable for a situation where there is an injured paddler that requires urgent medical attention.

The exercise was carried out in Jervis Bay just offshore from Honeymoon Bay, with a NE wind of 10-15 knots and seas of 0.5m (nothing there that would warrant calling for a rescue...). There were four NSWSKC paddlers – Adrian, Josh, Rhys and Caoimhin. Marine Rescue Jervis Bay provided their largest rescue vessel (JB40) with a crew of four. JB40 is a large single hulled boat with a “marlin board” at the stern making it relatively easy for a swimmer to climb aboard. The Marine Rescue volunteers on board on the day were very interested in the exercise as they had limited experience in rescuing sea kayakers.



Suggested procedure:

After calling for assistance, while waiting for help to arrive, the group needs to prepare as best as possible to help the incapacitated paddler(s) and to be in a position for an effective and quick rescue.

- The group needs to keep the incapacitated paddler warm (no worse off)
- They need to work together to “hold position” against the

prevailing conditions (seas, swell, wind, tide, current, cliffs, etc)

- Keep in contact with rescue team if possible
- Get flares or other signalling devices ready to deploy to help the rescue boat sight the group
- If conditions are extreme - gather all valuables from kayak hatches and put in a dry bag for a quick exit/rescue. (Figure 1)

Climbing on board a rescue vessel directly from a kayak in lumpy seas is not easy due the variance in rise and fall between the rescue vessel and the kayak. In many cases it would be best for the incapacitated paddler to be in the water just when the rescue vessel arrives. Should this be the case, it is recommended that the incapacitated paddler (swimmer) kayak is attached to a long towline to keep it out of the way of the rescue efforts (Figure 2).

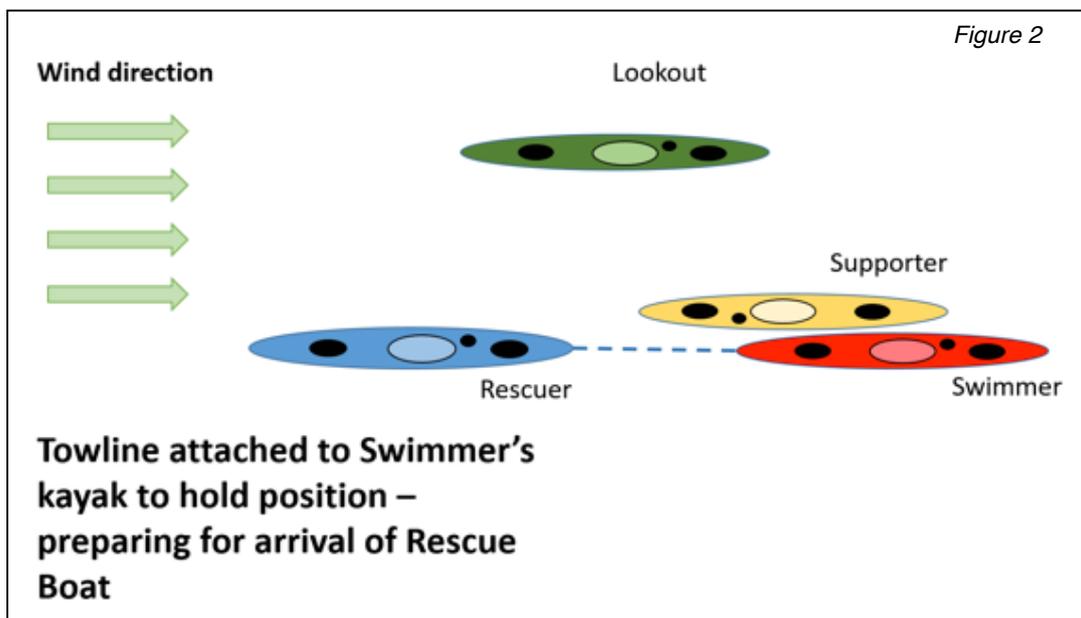
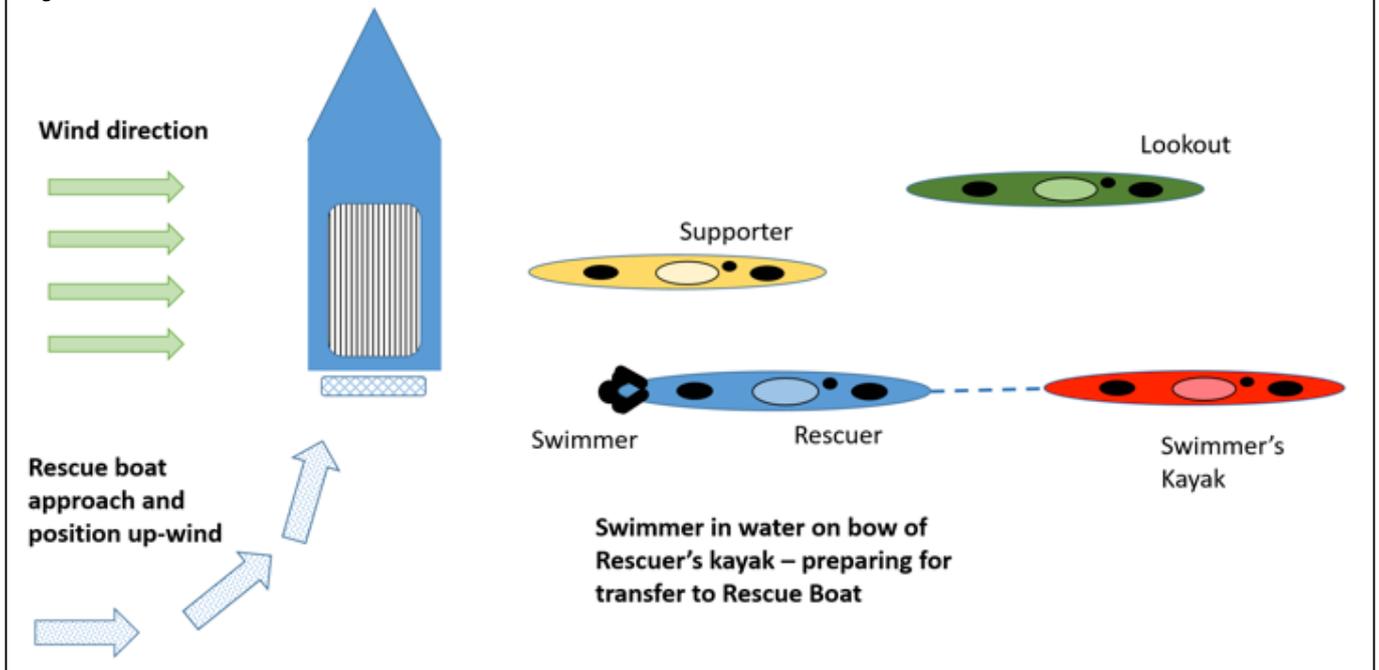


Figure 3



Based on our experience in Jervis Bay, we found it best for the rescue boat to be positioned on the windward side of the group as this allowed the kayakers to approach the rescue boat in a controlled manner and prevented being surfed or blown onto the rescue boat.

Positioning the Swimmer on the bow of the Rescue kayak meant

that they could be “delivered” with care to the rescue boat. This way they are visible to the Rescue kayak paddler and best positioned for the transfer to the rescue boat.

For transfer to the Rescue boat, it is best for the Marine Rescue crew to toss a throw-rope to the swimmer so they can be pulled alongside and helped on-board (Figure 3).

Once the Swimmer is on-board the rescue boat, the Rescuer paddles alongside, wet exits and attaches the Marine Rescue throw-rope to the kayak. He or she then pulls themselves along the throw-rope before climbing on-board (Figure 4).

Figure 4

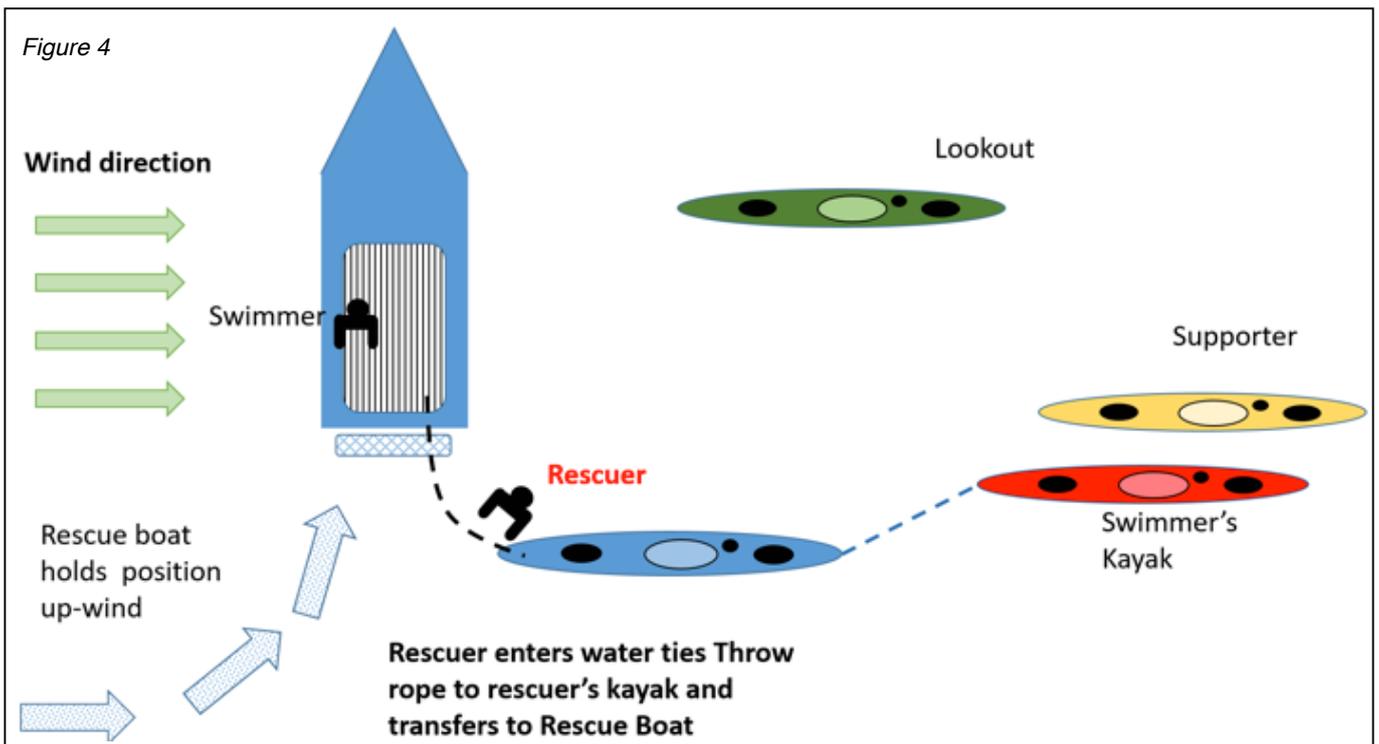
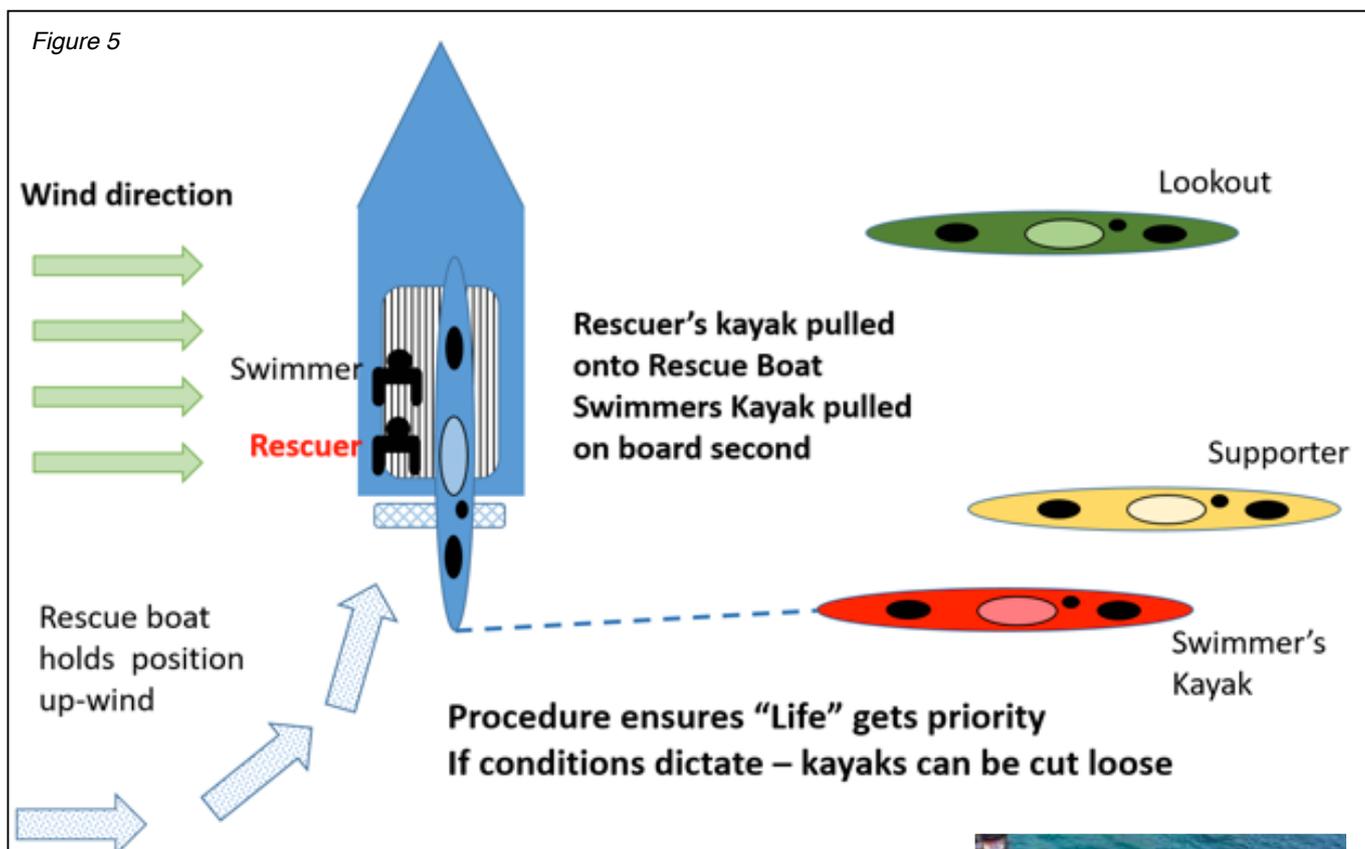


Figure 5



Once both the Swimmer and Rescuer are on-board, only then should the recovery of kayakers occur. This ensures that the safety of the paddlers is always the priority and the recovery of the kayakers only attempted as a secondary priority. If conditions or circumstances deteriorate during the course of the rescue, it would be very easy to release the kayakers once all parties safely on-board (Figure 5).

For kayak recovery it is important to ensure that the rescue crew pulls in the bow of kayak first. This enables them to then rotate the kayak and empty water from the kayak cockpit. Pulling in a kayak stern first would mean that the water in the cockpit would not empty making the kayak very heavy and difficult to lift on-board. Avoiding the stern also reduces any likelihood of injury to hands from rudder cables.

This exercise, while simulating only one small set of circumstances, provided a fantastic opportunity to work together with Marine Rescue Jervis Bay. We would like

to acknowledge Marine Rescue's contribution and enthusiasm to making this exercise a great success, and we look forward to working together again on further more complex exercises.

Thanks are also due to John Kirk-Anderson who filmed a lot of the exercise and provided insightful observations and pertinent suggestions to the exercise.





# NSWSKC Annual Leader's Weekend

The club's leaders typically gather each year for a Leader's Weekend, coordinated this year by **Megan Pryke**, the club's Training Coordinator.

The weather forecast had some trip leaders questioning whether the event was on. Camping accommodation was already paid. I figured that the club trip leaders would be resilient - I am sure it was not the first time these leaders experienced camping with gale force winds and showers overnight.

Sixteen leaders attended the weekend. Sea instructors were Adrian Clayton, Campbell Tilley, Caoimhin Ardren, David Fisher, John Wilde, Josh Andrews, Matt Bezzina, Megan Pryke, Raewyn Duffy, Tony Murphy with Sea Guides Fernando Charnis and Nick Blacklock. Trainee Sea Guides Rhys Ward and Martin Vanderpoel attended as did Flat Water Instructors Karen Darby and Neil Duffy.

The camping location was Killalea State Park. Adrian organised permission to use the Illawarra Education Centre which was appreciated, as the camp kitchen,

although roomy, was very drafty.

Friday night:

Megan outlined how the NSWSKC Australian Canoeing NTP web system login worked and how it was being used to track award aspirants and process assessment results.

Saturday morning:

Program changes. With gale force winds there was limited enthusiasm to get on the water. There was some discussion of a possible downwind Lake Illawarra trip, however, in the end, no one wanted to get wet. We also had plenty of excellent presentations that day.

Saturday morning presentations started with an outdoor presentation by Caoimhin on beach types and how they impacted surf safety considerations. From a viewing platform, we could see the massive seas below created by a low pressure system over the Tasman.

Adrian facilitated a session on getting an incapacitated paddler through surf using three possible scenarios with conditions that club paddles could be in. That is relatively friendly surf up to 1m. The situations were rather feared. The group was divided into three and given a plausible scenario involving

landing either a tired, inexperienced or incapacitated paddler through spilling surf to 1m. Individual groups brainstormed various options and then presented back their conclusions and risk assessments. From this, Adrian sorted out some possible strategies to test out the following day if we got the chance. It was a rather good example of Adrian executing a "FERAL" approach to group learning.

After lunch, Nick Blacklock delivered a dynamic risk assessment and management presentation which included reference to rock gardens.

Conditions on the weekend meant we were not keen to get out and put the learnings into practice.

Caoimhin shared learnings supplemented by videos and photos of an exercise he arranged with Marine Rescue (article in this magazine). This exercise took place on the Sunday afternoon of Rock 'n' Roll. It was interesting to know that getting swimmers and kayaks onto such motorboats has hazards and that Marine Rescue volunteers do not necessarily have experience with these issues. Often they are called out to tow motorboats.

Tony could not attend during most of Saturday returning at 4 pm to



discuss a few ideas with trip leaders about the direction of the club. It was an excellent opportunity to have ideas shared with long-term and experienced club members.

We reconvened at Shellharbour Workers club for drinks and a social dinner.

Sunday we reconvened at 8 am. There are some expected changes

to Australian Canoeing (AC) awards that will isolate the overnight camping experience component of the awards to an endorsement. Megan shared some ideas

for managing group hygiene (food preparation and toileting) based on experience with outdoor recreation work. These strategies often apply to larger groups and are not generally needed for club trips.

Neil presented the theory for an assisted rescues session before we headed to Minnamurra River to get wet. Neil embellished his presentation by the use of props (rulers for kayaks, rubbers for swimmers). One of the objectives was to test out what a You Tuber has called "The 30 second Rescue". Raewyn organised the division into smaller groups and a list of tasks to try out including a technique for teaching the gaining of water confidence with a paddle float. Many paddlers carry a paddle float though do not necessarily build on the skills, or practice rescue in

rough conditions, in order to use one effectively when they may need it.

The mouth of Minnamurra River proved to be a great place for training. The tide was incoming and the surf was scarily big out near Stack Island, although some of the wave energy dissipated closer to shore. The wind was still enough to create drift into breaking waves thus we needed to pay attention. I recall seeing smiles on those getting out into a bit of surf even though the experience was brief.

We tried an idea for how to potentially get an injured paddler through the surf. The "trimaran" formation using two kayakers with non-disabled paddlers on both sides of the incapacitated paddler created a very stable raft. On the first attempt Adrian held the kayakers together. I was paddling on the left side. Having a longer paddle shaft was useful for extra leverage for steering. We got surfed and washed a bit by frothy waves around 0.75m. Next time I linked to Adrian's kayak using a carabiner. It was not quick release. Thus I was a bit more anxious when surf hit us, however again the raft stability worked. We also tried just one supporting kayak but in my opinion this was harder on the non-disabled paddler.

Most of the attendees returned to the campsite (for some it was their first hot shower all weekend) for a final debrief. The benefit of the 30-second rescue is mainly the time saved in an assisted rescue by having the rescuee involved, with direct and straightforward communication. For less experienced paddlers or paddlers who do not practice getting comfortable in the water, kayak rescues that involve more direction from the rescuer should still be exercised.

It was a great weekend. The improvement of trip leaders' skills and knowledge will no doubt have trickle on benefits for the greater sea kayaking community.

# The Coast Boast

## Adrian Clayton wraps up the Coast Boast competition

The winner of The Coast Boast competition was announced at the Saturday night dinner at this year's Rock 'n' Roll.

At the end of the final round of the competition, two participants, Dee Ratcliffe and Harry Havu, had correctly identified all 24 locations. Murmurings suggesting there may have been some pillow talk involved were heard from some sections of the audience when the results were announced.

A 25th location was used to break the deadlock with Dee emerging as the outright winner and recipient of the \$400 ProKayaks gift voucher. Congratulations Dee.

Answers for the final round are:

Location	Answer	Percent correct*
19	SW approach to Cons Cleft, Looking Glass Isle	89
20	Western side of Square Head, Batemans Bay	100
21	Sea Cave adjacent Bongon Head, just north of Frazer Park, NSW Central Coast	89
22	Hyams Beach, Jervis Bay; HMAS Creswell in view	78
23	Approaching Grotto Point, Middle Harbour entrance off Sydney Harbour	100
24	Bate Bay, approx 1km north of Wanda Beach SLSC	89

The Club's navigation guru, Captain Russ (Swinerton), managed to correctly identify 23 of the 24 locations – a highly commendable effort given that he was sailing solo.

Thanks to all of those who participated in the competition

and to Roy Davies for contributing photos for some of the locations that were featured in it.

And last but not least, a huge thanks to ProKayaks for their generous sponsorship of the competition.

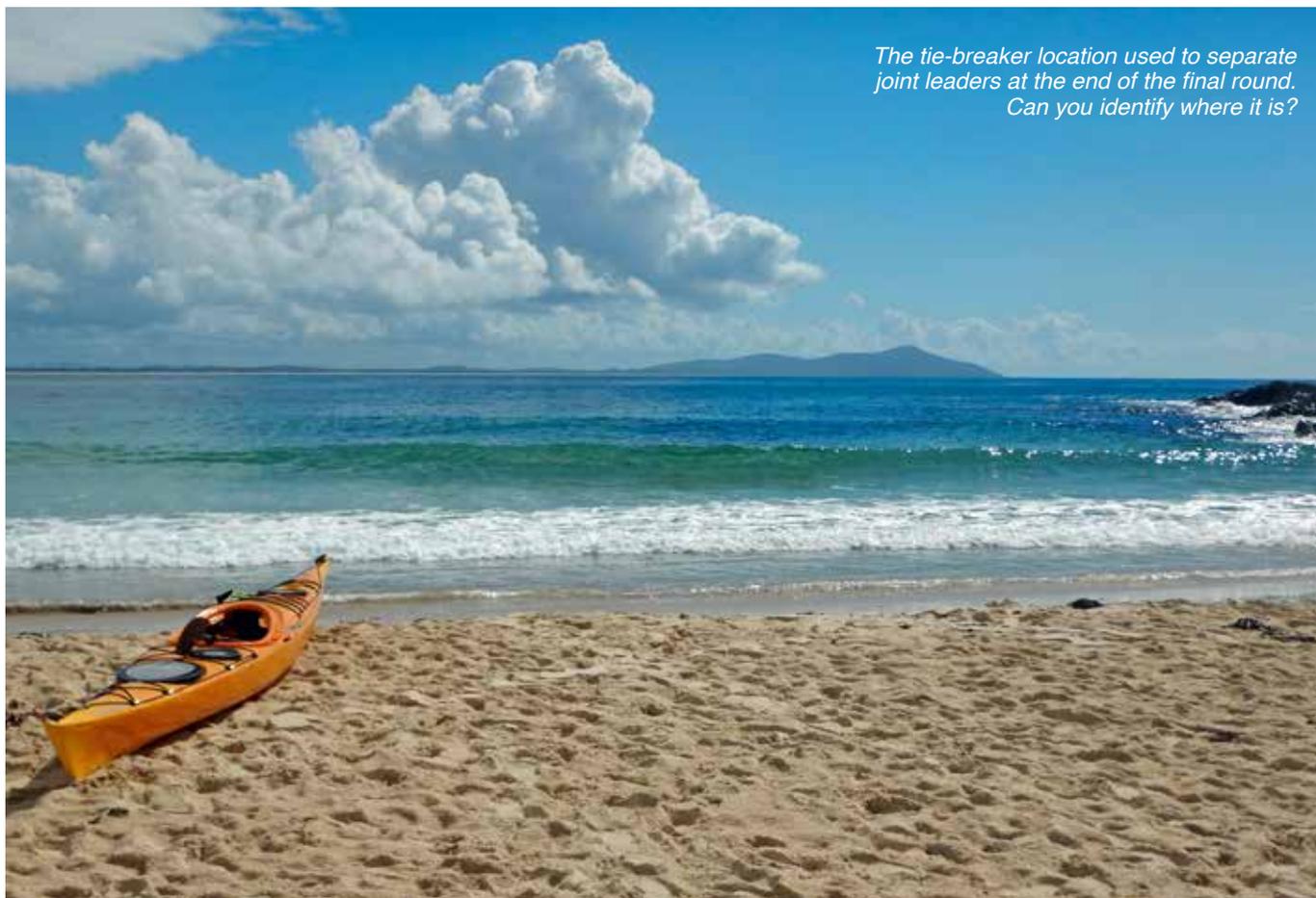


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*The tie-breaker location used to separate joint leaders at the end of the final round. Can you identify where it is?*

## Boasting Rights Earned

**Dee Ratcliffe** read the rules and regs for the Coast Boast in Salt 104.

It seemed complex so I decided not to bother. Then Harry and I looked at locations 1-6, recognised a couple and with the clues figured out a few others. Hooked!

Over the four issues of Salt, we looked at the photos, pulled out maps, charts, Google maps, Google Earth and used a combination of sources, ideas and guesses to decide on locations. Sometimes the clue, once deciphered, confirmed what we knew. For example, Location 11, the timber boat ramp was a giveaway to this being Gordons Bay. I wasn't familiar with Adam Lindsay, but a quick Internet search threw up Adam Lindsay Gordon, Australian poet and jockey.

Some locations were so familiar the clue wasn't needed, for example, location 6 - Honeymoon Bay. Other photos and clues had us baffled. Location 10 was unfamiliar territory and its clue very cryptic (I need to do more crosswords). Bit by bit I untangled it and online maps confirmed Sugar Loaf Point.

It must have been Round 2, or maybe even Round 3, when we figured out that the online photos had much more detail than the print versions. D'oh! Hadn't read the fine print carefully enough. For each round, Harry and I tossed around and shared suggestions, often over a week or more. Our answers were composed and submitted separately. We didn't know how much weight the judges gave to the descriptors of a location, for example, the direction the

photographer or kayaker faced or the need to include latitude and longitude references.

It became an enjoyable and engaging challenge each time an issue of Salt appeared in our letterbox. By the end, it turned out we had both scored full marks and a tie-breaker was used to separate us. Harry lost and I won the \$400 voucher for ProKayaks at Narrabeen. A wet and windy Saturday in May proved the ideal day to head to ProKayaks and spend the voucher. We left the shop with me wearing my new high-vis, fluoro-orange ProKayaks cap while carrying Harry's new Epic mid-wing paddle.

Many thanks to all the Coast Boast team and ProKayaks.

# OCEAN TIDES

**Stephen Walker** has prepared a brief description of ocean tides

Ocean tides are caused by gravitational forces exerted by the Moon and the Sun on the water in the oceans. This article is a brief explanation of some of the quite complex detail behind that statement, to provide a better understanding of how tides behave, both in the open ocean and near the coast.

## Simple explanations

A simple explanation for tides usually goes something like this: The Moon's gravity causes the oceans to bulge outwards towards

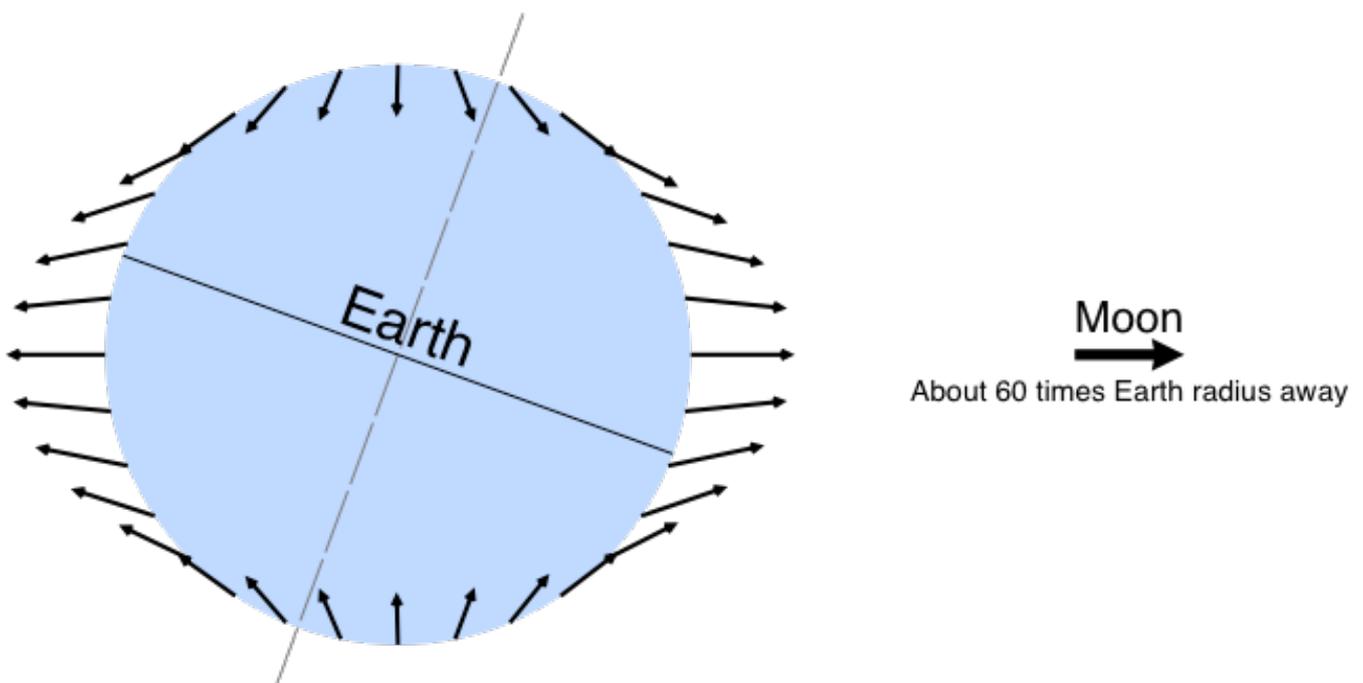
the Moon across that part of the Earth nearest the Moon. It also causes another bulge on the side of the Earth opposite the Moon. The Earth rotates through these bulges, causing two high tides and two low tides per rotation. A full cycle for these two high and two low tides takes a bit more than a day (about 24 hours and 50 minutes) because the Moon is orbiting around the Earth in the same direction that the Earth is rotating. So, each day, the Moon has moved a little bit further on in its orbit, which means that the Earth needs to rotate a bit more than one revolution for the tidal bulge caused by the Moon to arrive back in the same place.

A similar explanation applies to the Sun – there are also two bulges due to the Sun, and the Earth also rotates through them. A full cycle for these two high and two low solar tides takes exactly one day, because the Earth rotates back to the same position relative to the Sun in 24 hours.

The actual tide pattern observed at a point depends on how the lunar and solar bulges interact. At times when the lunar bulges and solar bulges line up, the tidal range is bigger (spring tides), and when they are out of phase the tidal range is smaller (neap tides).

All of the above is reasonable, and this simple explanation is

*Figure 1: This Figure shows the pattern of tidal forces due to the Moon. It is looking at the Earth-Moon system from 'side-on' – viewed from a location somewhere on the orbital plane of the Moon around the Earth. Note that the tilt of the Earth's own rotational axis means that the maximum tidal force isn't always located at the equator. The latitude of that maximum will vary as the Moon orbits the Earth. It also means that for a given place on Earth, it will likely experience a different amount and direction of tidal force when it is rotated away from the Moon, compared to when it is rotated nearest the Moon.*



reasonably consistent with at least some of the primary features of ocean tides. However, it does not provide an accurate picture of what is going on in the real world, and simple explanations are often not adequate to describe more detailed or more localised tidal behaviour.

### **Tidal forces caused by the Moon**

Instead of tidal bulges in the ocean, it is more accurate to think about the tidal forces caused by the Sun and Moon. We'll start with the Moon. The Moon and the Earth are each orbiting around their common centre of mass. But the Earth has about 80 times more mass than the Moon, so the centre of mass of the combined Earth-Moon system is still located well inside the Earth (about  $\frac{3}{4}$  of the way from the centre to the surface). So, it's more common to say that the Moon is orbiting the Earth.

This orbiting system is held together by gravity - the Earth is exerting a gravitational force on the Moon, and the Moon is exerting an equal and opposite gravitational force on the Earth. If the gravitational force caused by the Moon was exactly the same on every part of the Earth, then we wouldn't see tides, because all parts of the ocean would be affected by the Moon's gravity in the same way. But the Moon's gravitational force isn't the same everywhere because gravitational force drops off strongly with distance, following an inverse square law. As well, the direction to the Moon is slightly different at different places on the Earth. So, the gravitational force exerted by the Moon will vary somewhat as you move from place to place on the Earth. The part of the Earth closest to the Moon feels a little more gravitational force towards the Moon than average, and the part of the Earth on the opposite side, directly away from the Moon, a little less. In fact, there is about a 6.8% difference in the gravitational force due to the Moon between those two places.

If we subtract the average force due to the Moon and only look at the differences from place to place, we get the pattern shown in Figure 1. It is this pattern of differential forces that causes the tides. It is a really important point that the overall gravitational force does not cause tides. Tides are caused by the differences in that force from place to place across the Earth.

The pattern of differential forces shown in Figure 1 does show two 'bulges' in force, one located on the part of the Earth nearest the Moon, and the other on the opposite side of the Earth. What is happening is that the parts of the ocean closest to the Moon are accelerated towards the Moon a little more strongly than average, and the parts of the ocean on the opposite side of the Earth are accelerated towards the Moon a little less than average. Other parts of the ocean also experience different accelerations, depending on the distance and direction to the Moon from where they are located. Because the Earth is rotating quite quickly compared to the orbital motion of the Moon, the water in the oceans is being variably pulled this way and that on a regular basis as the Earth rotates. These tidal forces are very small compared to the Earth's own gravity, but their cumulative effect on the oceans is to cause the tidal motions that we observe.

### **Tidal forces caused by the Sun**

Tidal forces caused by the Sun work in essentially the same way as described above for the Moon. However, the solar tidal influence is not as strong. At first this seems odd, because the Sun exerts a gravitational force on the Earth which is about 175 times stronger than that caused by the Moon. But it isn't the overall gravitational force that causes tides. As for the Moon, tides due to the Sun are caused by how much the gravitational force from the Sun differs from place to place across the Earth. But the Sun is very much further

away - the distance from the Earth to the Sun is about 390 times the distance from the Earth to the Moon. As a result, there is only a 0.017% difference in the solar gravitational force from one side of the Earth to the other, compared to a 6.8% difference for the lunar gravitational force. Although the overall solar gravitational force is about 175 times larger than the lunar gravitational force, the relative difference from one side of the Earth to the other for the solar force is about 400 times smaller. These two factors combine to mean that the Sun produces a tidal influence which is, on average, a bit less than half of that produced by the Moon.

When the Sun and Moon tidal forces line up in similar directions, the oceans experience the larger combined tidal forces, resulting in spring tides. At those times, the Sun and Moon are lined up either on the same side of the Earth (new Moon) or on opposite sides (full Moon). Neap tides occur when the Sun and Moon are at about 90 degrees to each other (half-Moon waxing or waning).

Figure 2 (on the next page) shows the pattern of tidal forces for both the Moon and the Sun. In this example, I have chosen relative locations for the Moon and Sun so that the tides will be about halfway between spring and neap.

### **Real Ocean Tides**

In an ideal case, where the Earth was entirely covered with a deep ocean, and was not revolving quickly on its axis, you might expect to see some tidal bulges form in the ocean in response to the solar and lunar tidal forces. But the real world isn't like that. Although the patterns of tidal forces caused by the Sun and Moon are real, large global-scale ocean bulges don't get much chance to take shape, because there are land masses scattered across the Earth, and the Earth is also spinning quite rapidly on its axis. The land masses and variations in depth in the ocean

Figure 2: This Figure shows the pattern of tidal forces due to the Moon (green arrows) and the Sun (red arrows). It is looking 'top down' from a location looking down on the plane of the orbit of the Earth around the Sun. The positions of the Moon and the Sun in this example are chosen so that it is about half-way between spring tide and neap tide. The timing, amount, and direction of tidal force experienced by any particular part of the ocean will vary as the Earth rotates on its axis (daily), as the Moon orbits the Earth (roughly monthly), and as the Earth orbits the Sun (yearly).

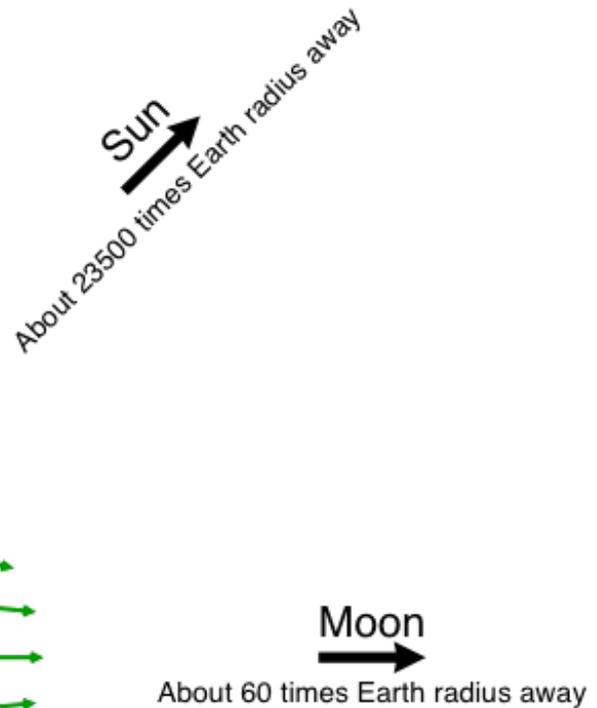
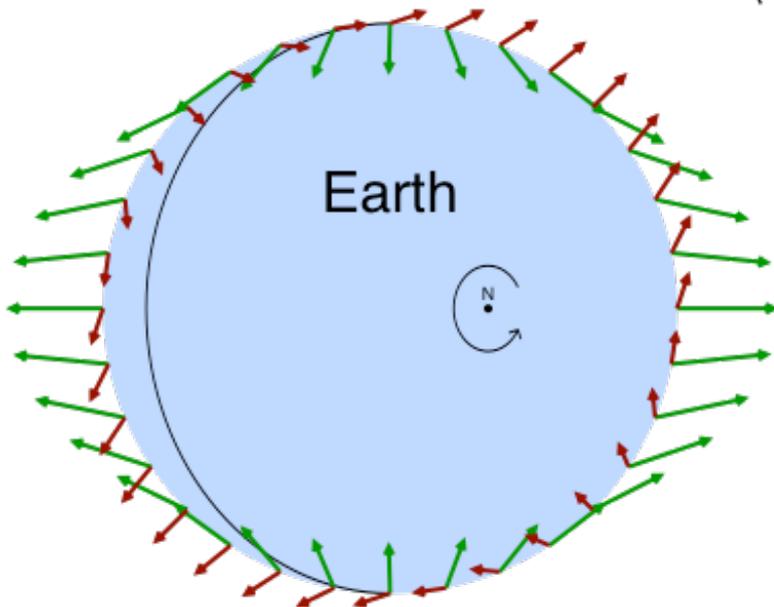


Figure 3 (right): Pictures of sea level at hourly intervals, for 20 April 2018 00:00 GMT to 05:00 GMT, extracted from an animation of global tides at <http://volkov.oce.orst.edu/tides/> (Egbert & Erofeeva, Oregon State University). The colours correspond to sea-level, where red is higher and blue is lower.

get in the way of the global-scale water movements which would be needed to form global-scale tidal bulges. As well, any large-scale flows which do start up in response to the tidal forces get significantly affected by the Earth's rotation (the Coriolis effect). The result is that the actual response of the oceans to the solar and lunar tidal forces is more localised and quite complex. Real tides, although they are caused by the regular tidal forces from the Moon and Sun, are quite variable in their height and timing across different ocean basins, depending on the size, shape, depth, etc., of the oceans in which they occur.

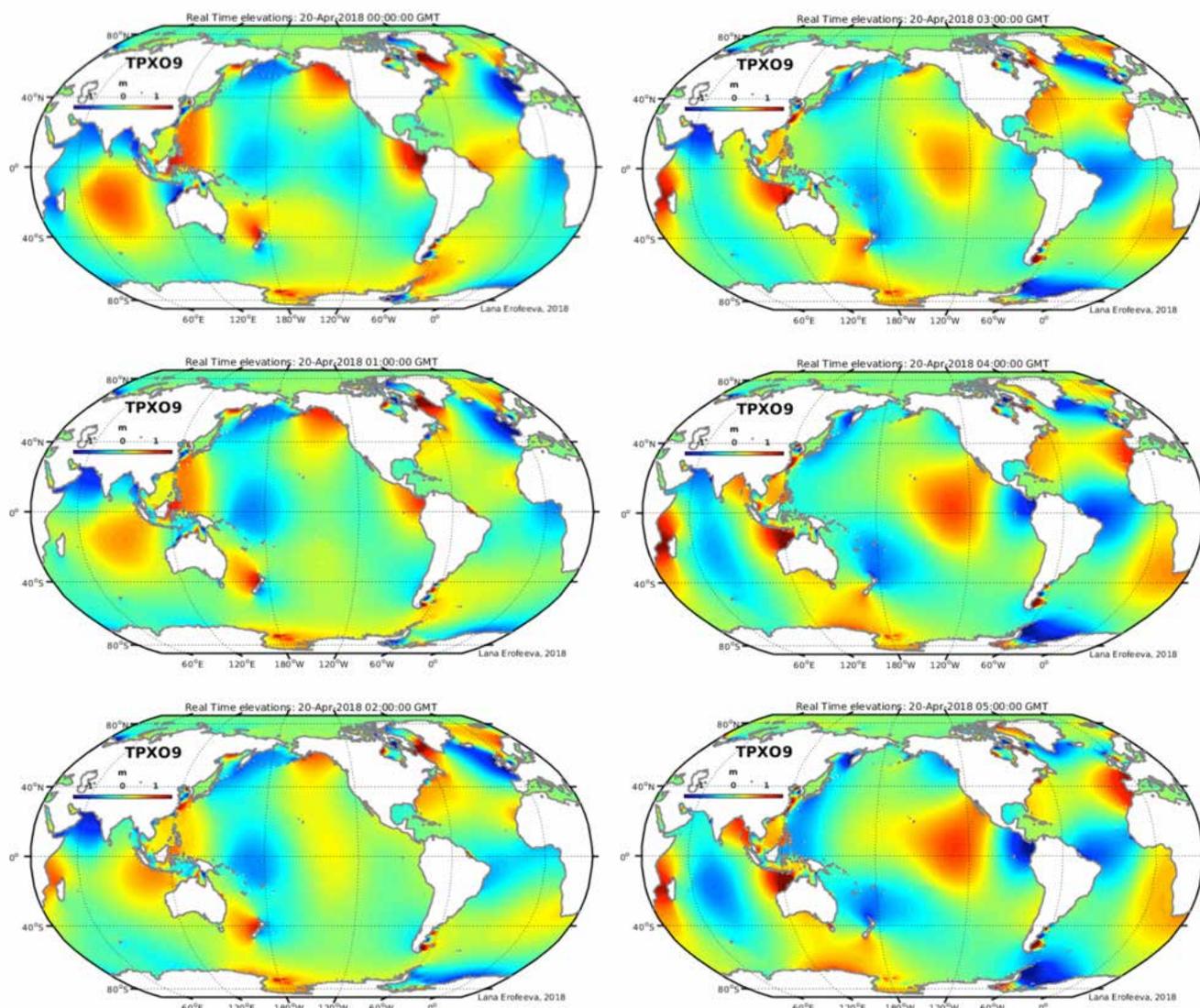
In the last few decades it has become possible to measure sea surface elevations at many points across the open ocean surface using satellite altimeters, as well as the more traditional tide data obtained from coastal tide gauges. Such data

can be combined with numerical models to produce quite detailed and accurate representations of global tidal motions. For example, Figure 3 shows some frames extracted at hourly intervals from an animation of global tides which has been generated using such techniques. In that figure, deep red indicates locations of higher sea surface elevation (1 metre or more above mean sea level), and dark blue indicates lower elevations (1 metre or more below mean sea level). I recommend that you take a look at the full animation available on the web to get a better feel for how the world's oceans really do respond in a quite complex way to the fairly simple patterns of solar and lunar tidal forces.

Some patterns are fairly apparent. Due to the rotation of the Earth, the tides tend to move around the edges of the ocean basins in an anti-

clockwise direction in the northern hemisphere. The North Atlantic and North Pacific are good examples of this behaviour. There are also some hints of clockwise patterns in the southern hemisphere ocean basins, but those ocean basins aren't as enclosed. Perhaps not surprisingly, the Southern Ocean is really the only place where you can see the tides more or less propagating around the entire globe. Even there, the area near Drake Passage appears to cause quite some restriction.

Other places have more complex behaviour. I like the high and low tides which continuously 'chase' each other around New Zealand. That quite detailed behaviour in a relatively small area is a good example of how much the real-world ocean tides differ from a simple 'bulge' model. One consequence of this complexity is that tide times and



heights can be quite variable as you move from place to place, even over relatively short distances (across New Zealand, for example). The idea of a bulge going past, with high tide aligned with the Moon (or Sun), is overly simplistic and in many places is a quite inaccurate picture. Although the lunar and solar tidal forces have that pattern, the ocean response to those forces is heavily modified and constrained by the land masses, varying depth within the oceans, and the rotation of the Earth.

### Tides near the coast

Coastal areas (inshore from the continental shelf edge) are much shallower and often tend to have even more complex shapes and more restrictions to flow than in the open ocean. In most coastal areas, it is reasonably accurate to ignore the direct tidal forces from the Sun

and the Moon, because coastal areas simply aren't sufficiently large or deep to develop a significant response to those forces. Instead, tides in coastal areas are primarily driven by how those waters respond to the tidal motions in the adjacent ocean. Think of the tidal motions in the adjacent ocean in much the same way as you might think of an extremely long period wave. These tidal 'waves' have quite small amplitude – a metre or less, but their period is 12 hours or more. Such waves, where the wavelength is very much larger than the depth of water, are called shallow water waves. I'm not talking about more familiar waves here. Wind, sea and swell are not shallow water waves, and they have much shorter periods and wavelengths. Tides and tsunamis (which are not related to tides) are both examples of shallow water waves in the ocean.

The coastal response can be influenced by a number of factors, any or all of which can come into play in a given area. It is worth keeping the following points in mind:

- The wave speed for shallow water waves depends on depth. Such a wave will slow down as it approaches the coast and propagates up into bays and estuaries. Tide times will in general be later at places that are shallower and further from the ocean.
- Waves generally grow in amplitude when they travel into a 'funneling' or narrowing area. This is one reason why the tidal range at the coast can be significantly larger than the tidal range in the adjacent ocean. The area between north-west Australia and Indonesia is a good example.

- Enclosed bodies of water will 'slosh' back and forward if they are forced in the right way. Tides in the adjacent ocean can excite significant resonant motions in coastal waters if the shape/dimensions of those waters are such that the 'sloshing' resonant frequencies are near to the tidal frequencies. The Bay of Fundy in Canada, which has amongst the largest tidal ranges in the world, exhibits this effect very strongly. Bass Strait also shows resonant behaviour to some extent.
- Water runs downhill. If the entrance to a body of water is very restricted (narrow and/or shallow), water will flow into the area whenever the water level outside is higher than the level inside, and vice versa. This may mean that the strongest tidal currents in the entrance to a bay will occur near to when it is high or low tide outside the bay. The entrance to Port Phillip Bay in Victoria is a very good example of this behaviour. That entrance is so restricted compared to the large size of the Bay that the tidal range inside the Bay is very small – there simply isn't enough time in one tidal cycle for the water level within the Bay to change much. As a result, the tidal current through the entrance is driven primarily by the difference in sea level outside and inside the Bay. Whenever the water level in the adjacent part of Bass Strait is higher than the level inside the Bay, water flows into the Bay, and vice versa.

### Tides in Bass Strait

A number of people have expressed interest in finding out more detail about tides in Bass Strait. Earlier in my career, I spent some years monitoring and modelling tidal and wind-driven flows in this part of the world, so I'll give a brief description

here. For the sake of this description, when I need specific examples I've chosen to use tide times and heights published by the Bureau of Meteorology for Monday 30 April 2018. Apart from the fact that there is a full moon on that date, there is no particular significance to this choice.

Please note that the actual flows in Bass Strait are quite complex, influenced by a number of factors, and it's difficult to give a complete picture here. In particular, anyone trying to paddle in or across Bass Strait should do their own detailed research and due diligence, and not rely on this brief account.

Bass Strait is a shallow body of water that separates Victoria and Tasmania (although, amusingly, Victoria and Tasmania do have a common land boundary – see if you can find it!). The open oceans/seas to the east and west are of order 4000m deep, whereas the Strait itself is shallow continental shelf, with typical depths ranging from about 50m on the eastern side, to 70–80m in the middle part of the Strait (Figure 4).

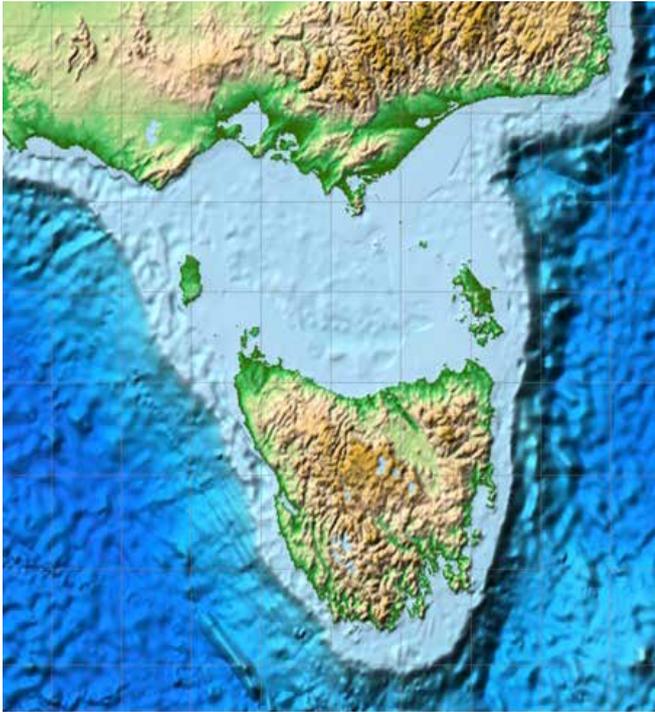
The timing of tides is quite similar along the NSW coast, far eastern Victorian coasts and down around much of eastern Tasmania. On our chosen day the morning high tide times are as follows: Maatsuyker Island (TAS south coast) 08:37, Eddystone Point (TAS north-east) 08:08, Gabo Island (VIC) 08:20, Ulladulla (NSW) 08:30, Fort Denison (NSW) 08:27, Coffs Harbour (NSW) 08:09. These are all coastal stations, so the times in the adjacent ocean will be a little earlier.

What this means is that high tide in the ocean just east of Bass Strait occurs at pretty much the same time across the entire eastern entrance to the Strait. That increase in sea level (high tide) will then progressively move into the much shallower waters of Bass Strait from east to west. The physics of shallow-water waves allows us to calculate that in a depth of 50m,

such a wave will travel at a speed of roughly 80km per hour. Bass Strait is roughly 500km from east to west. So, ignoring any other influences, you might expect the high tide coming from the east to take a bit more than three hours to reach the centre of the Strait (250 km at 80km/h), and a further three hours or so to reach the western side.

But the eastern side is not the entire picture. In the ocean just to the west of Bass Strait, tides occur about three hours later than on the eastern side, and the tidal range is smaller. The timing is also more dependent on which point you choose. On our example day we have high tide at: Maatsuyker Island (TAS south coast) 08:37, Cape Sorell offshore (TAS west coast) 11:27, Port Campbell (VIC) 11:54. So, another high tide 'wave' also travels into Bass Strait from west to east (actually travelling in a more north-easterly direction) but starting three hours later than the high tide signal coming from the east. It is also travelling at a similar speed, but it has smaller amplitude because the ocean tide to the west of Bass Strait is smaller.

What happens in the middle? With the ocean 'pushing and pulling' from both sides, a resonance, or standing wave, forms in the Strait. The dimensions and depth of Bass Strait give it an east-west resonance which is quite close to the lunar tidal frequency. The tidal motions of the adjacent oceans on either side provide energy at that frequency, and so Bass Strait develops significant resonant (oscillating) motion. During each tidal cycle, sea level in the central area of the Strait goes up and down strongly – there is a large tidal range in the central Strait. At the same time, strong tidal currents flow in and out either side of the Strait. So, on our example day, the tidal range in the central Strait is 2m at Waratah Bay (VIC), and 2.5m at Devonport (TAS), compared with roughly 1m to the east of the Strait, and 0.5m to the west.



*Figure 4:  
Bathymetry  
near Bass Strait  
and Tasmania.  
Extracted from  
ETOPO1 data  
from the NOAA  
National Centers  
for Environmental  
Information.  
[https://maps.  
ngdc.noaa.gov/  
viewers/wcs-  
client/](https://maps.ngdc.noaa.gov/viewers/wcs-client/) Lighter  
blue areas are  
shallower.*

The overall resonance looks like this: On the flood tide water is flowing in from both sides of Bass Strait, and sea level is rising rapidly in the centre of the Strait. Then, on the ebb, sea level falls rapidly in the central Strait and water flows out of the Strait on both sides. This happens on each tidal cycle. In the centre of the Strait there is a large tidal range, but generally weak tidal currents (except near some entrances to bays and estuaries). At the edges of the Strait there are strong tidal currents but smaller tidal range. This means that the detailed timing and heights/currents vary quite strongly depending on exactly where you are in the Strait. They also vary as the adjacent ocean tides change their patterns (daily, over the spring-neap cycle, and seasonally).

The strong tidal flows in and out of each side of the Strait meet some obstacles. On the south-eastern side, the Furneaux group forms a significant barrier to the flow. There are also smaller barriers on the western side – King Island, and the Hunter group. These barriers tend to delay the flow and hence cause increased differences in sea-level from one side of the barrier to

the other. As a result, strong tidal currents also tend to flow through the gaps in these barriers.

### **Banks Strait**

Banks Strait is the passage that separates the northeast corner of Tasmania from the Furneaux group. Just to the west, inside Bass Strait, the tidal range is large due to the overall resonant behaviour of the Strait (over 2m at Low Head, for example). But just to the east, outside Bass Strait, the tidal range is much smaller (1m at Eddystone Point, for example). The timing is also different – high tide occurs 2 to 3 hours earlier outside the Strait. This means that there are large differences in sea-level from one end of Banks Strait to the other. Those differences help drive strong flood and ebb currents through Banks Strait.

On our example day, inside Bass Strait we have a high tide at Low Head of 3.17m at 11:49. At Eddystone Point, a high tide of 1.02m occurred at 08:08. So, by the time it is high tide at Low Head, it is already past mid-tide (descending) at Eddystone Point. Calculating an accurate difference in sea level between these two points needs

care, partly because the tidal prediction datum is specific to each point (the Lowest Astronomical Tide for that point). Nevertheless, it is easy to see that there will at times be a considerable tidal difference in sea level between Low Head and Eddystone Point.

The times and heights of high and low tide change very rapidly with location in this area. Between Low Head and Eddystone Point we have Swan Island, located within Banks Strait. On our example day, Swan Island has a high tide of 1.38m at 09:04. This is almost an hour after Eddystone Point, even though Eddystone Point is only 35km away. The timing and strength of the ebb and flood tidal currents within this area also depends strongly on location.

Finally, wind can also have a significant effect. A strong westerly, for example, will tend to ‘pile up’ water in the area which is north of Tasmania and just to the west of the Furneaux group. That additional increase in sea level due to the wind will help to drive stronger and longer lasting ebb currents through Banks Strait, and make flood currents a little weaker and shorter in duration. As well, the effects of strong wind on sea state should also be carefully considered, particularly in these areas with strong tidal currents.

### **Conclusion**

Tides are caused by small differences across the Earth in gravitational forces from the Moon and the Sun. Although these tidal forces do have a fairly simple and smooth pattern, the real ocean is not able to respond in an equally simple way. In shallow water near the coast the lunar and solar tidal forces can be mostly ignored. Coastal tides are largely driven by the tidal motions in the adjacent ocean, and coastal waters can have very complex responses, depending on shape, depth, resonances, and other influences.

# DON'T POOH-POOH THE PADDLE FLOAT

**Adrian Clayton** argues in defence of the paddle float.

There are numerous articles in the international sea kayaking media where highly experienced paddlers have been caught out due to long-held skills going a.w.o.l. in a time of need. The article Cold Water, without a Plan by Andrew Eddy appearing in NSW Sea Kayaker #84 is a great example.

In an article in New Zealand Sea Canoeist #177, BCU 5-star paddler (a qualification about as good as you can get) John Kirk-Anderson (JKA) wrote of such an occasion. Capsizing in gnarly conditions (30 knots gusting close to 40) while paddling alone in Lyttleton Harbour near Christchurch, he found himself swimming in 10°C water due to a failed roll. Repeated

*Right: Rae Duffy mid-way through a standard paddle float assisted self-rescue (Rae favours the re-entry and roll with a paddle float rather than over-the-deck method shown above)*

attempts to re-enter and roll didn't work and he eventually extracted himself from a potentially fatal predicament by using a paddle float to assist his roll.

For quite some time I've felt there was a stigma to be seen carrying a paddle float (perhaps an admission of a lack of confidence in one's skills?). I know of others within our Club who feel the

same way. Beyond the Club, do a Dr Google search and you will find there are detractors – some verging on hysteria (see <http://www.sponsonguy.com/DeadlyPaddlefloatFraud.html>) – of the use of the paddle float as a self-rescue device.

The paddle float assisted re-entry is the most common form of self rescue where a float is used. It is



*JKA pleased to be upright (photo John Kirk Anderson, courtesy KASK)*



nicely demonstrated and explained in the Club's Basic Skills training pages on its web site (see <https://www.nswseakayaker.asn.au/index.php/homepage/basic-skills/scramble-aka-cowboy-self-rescue>). However, the big question mark for some is how effective this form of self-rescue is likely to be in conditions such as described in the JKA incident above – particularly when being attempted by less experienced paddlers. Another form of paddle float-aided recovery is at <https://www.youtube.com/watch?v=FbIW-rQtqVQ>. It

incorporates a heel hook re-entry and looks as though it might be an improvement on what we currently teach. Expect to read more about it in a future edition of Salt Magazine.

A more reliable form of self-rescue for the moderately-skilled roller would be a paddle float-assisted re-entry and roll. Using the paddle float with a full-length paddle, as the JKA incident shows above, is definitely worth a try even if you, like me, don't have that guaranteed bombproof roll. (Note that JKA has his hands placed to give more extension of the paddle – another technique used to strengthen the roll.)

There are other scenarios where a paddle-float assisted re-entry and roll is worth trying:

- Using the paddle float with a broken paddle. At R'n'R 2018 one of the Pogies video entries depicted a paddler out of his kayak after an encounter with a big wave. The front hatch was full of water and his paddle was broken in two. What followed provided much mirth within the audience as recovery efforts presented a text book example of what not to

*Below: The author righting his kayak after re-entering and rolling with a "broken" (half) paddle with float attached. (photo Nick Blacklock): Right; Fernando Charnis upright after re-entering and rolling his kayak with the aid of a paddle float only. (photo Adrian Clayton)*

do (and some good lessons came through). Assuming a paddle float had been available, an attempt to re-enter and roll with the float attached to the longer section of the broken paddle would have been an early option to try.

- Using the paddle float without a paddle. In a scenario where you are on your own and in the water desperately holding onto your kayak while your paddle has been carried off by the wind, the waves or the current, your paddle float just might be the ticket to your survival. Using it without a paddle to re-enter and roll is possible but

*Increased bracing support (Image courtesy of KASK)*



*An incapacitated paddler under tow getting support from a couple of paddle floats. (image Adrian Clayton)*



is a top-end skill that needs to be regularly practised in the relevant conditions.

Other applications where a paddle float (or two) will assist in a rescue situation:

- Increased bracing support for re-entry of second swimmer into a double sea kayak.
- A 1:1 tow of an incapacitated paddler: attaching a float to each end of an incapacitated kayaker's paddle thus providing the stability of an outrigger on each side of the kayak. (The "Goddess of Sea Kayaking", Freya Hoffmeister, used



*Left: Using a couple of paddle floats to provide buoyancy and stabilise the kayak while the flooded front hatch is pumped out. Yet to be tested in more challenging conditions.*

*Below: Using the paddle float as an aid towards learning to roll.*



generously swathed in a polar fleece or similar will make for a comfortable headrest. Take a float with you to double as a pillow on your next camping trip to free up space for something else you'd like to take with you.

- As a back support in the kayak – your back band is broken and you don't have the tools with you to fix it. A partially inflated float could be the answer to give you the back support you need to finish your trip in relative comfort.

An ageing body and diminishing skills now have me always carrying a paddle float securely stowed under my front deck bungies -- if it's good enough for JKA then it's good enough for me. In fact, after you read this article, you might agree that there's a strong case in favour of carrying two paddle floats when paddling solo.

Important note: Please don't think this article implies that by always carrying a paddle float (or two) you have the means of recovering from an unintentional capsized-induced swim. Like all of our skills, paddle float self-rescues, whatever their form, once learnt require regular practice at the pointy end of the conditions in which you paddle. Personal experience tells me that recovery skills developed in calm water are most unlikely to cut it when you find yourself swimming after being knocked over by a 30-knot plus gust. Just make sure that when you practise you have a safety net (e.g. a paddling companion competent in performing an assisted rescue) in the case of an unsuccessful attempt.

a similar configuration during her circumnavigation of Australia back in 2009. When crossing the Gulf of Carpentaria direct (taking seven days to do so), she was able to grab some precious sleep at night by stabilising her kayak using her paddle, with floats attached at either end, firmly secured behind her cockpit.)

- As a buoyancy aid in a flooded hatch. Our friend with the broken paddle and flooded front hatch referred to above, if alone, could have used an inflated paddle float (more than one would be better) to fill some of the volume in the flooded hatch and thus make his kayak easier to control. A similar application could be useful in the case of a holed hull resulting from impact with rocks, other craft, etc.

#### **Other uses for a paddle float:**

- Learning the roll – with and without assistance. Using the paddle float as a tool to develop and maintain one's roll is not a new idea. Seal hunters in Greenland used a "hunting" float, known as an avataq, made from sealskin to secure their catch while they went in search of more prey. In time, they realised that the float had other applications – one being as an aid to assist their rolls. Visiting high-profile exponents of Greenland rolling, Cheri Perry and Turner Wilson, used a modern-day avataq when providing Greenland rolling tuition to Club members a few years back.

- As a pillow when camping – a partially inflated paddle float

# Ocean's toy: how I become its plaything

**Fernando Charnis** read somewhere that it is good writing about tough episodes in your life to prevent PTSD, so here he goes!

Weather observations recorded waves of 2 to 2.5 metres with a period of around 11-12 seconds. Similar conditions had been recorded over the last couple of weeks.

I managed a quick session on the water today from Fisherman's Bay, south of Collaroy, and it was rough and tough. I picked that location because the reef outside 'softens' the swell before reaching the sand, so at least I would get to float before facing the breaking surf.

When I was almost out of Long Reef a biggie broke ahead of me and it came with foam over my head. It rolled me backwards and around. While upside down I held onto the kayak with all my might, knees braced tight against the hull and white knuckles on the paddle. A few weeks ago something similar happened and the paddle was torn from my hands; I had to swim some 30 metres away to recover it while towing the kayak and avoiding the surf, but the conditions were smaller than today. If I had lost the paddle today, I'd have been in big trouble: a long swim back to shore and the paddle would've been lost forever. That's what I was afraid of while the wave toyed with my kayak and I.

Finally, I was left alone and after rolling up I discovered my skirt had collapsed and the kayak was flooded. The electric pump didn't want to work, so I started emptying it with a piece of foam. I always carry a hand pump as well, but I'm not sure if it would have been any faster. Luckily the biggie was kind of a 'freak' because no other wave came while I was emptying the kayak. I was a long way out.

After paddling for a while I turned around. On the way back I was very apprehensive, seeing the big surf breaking here and there and the wind blowing the spray high in the air. I stopped to take a few deep nasal breaths to calm myself and gain confidence, before putting my nose clips on again. I was resigned to the fact that I would be toyed with by a wave again. There is no way to outrun a wave with such power coming your way. Swell that big goes very fast, way faster than I can paddle.

I aimed the kayak to go for the blue water spread amongst white

foam rollers, which I managed for a while but eventually, it came. I saw the big pile of foam advancing behind me. At least by wearing the ear plugs I couldn't get scared of hearing the thunderous roar behind me. It caught up with me and instantly I was on my side broaching. I remembered reading an email recently that said going out during this time would be high brace territory...and it was. It kept pushing me, the kayak locked in the wave and almost turned my boat to surf backwards, but by luck, I managed to avoid it. I saw rocks appearing in front of me, well, really on my side, in the trough of the wave that carried me, but the wave kept me high and I side surfed over them. Finally, the wave released me and when I tried to paddle I capsized. The offset of my paddle had been changed while bracing. I rolled up and another wave took me sideways. With the changed offset, it was hard to keep the brace steady. Luckily that last wave was smaller and had already spent its force before grabbing me.

Image - Bill Raffle



# Tendon Injuries

Cath Nolan - Physiotherapist



Tendon injuries are one of the most common overuse injuries in sports and probably one of the most common injuries in sea kayaking. I am sure you have either yourself experienced or know of someone who has had a rotator cuff injury at some stage throughout their time paddling? If so, then it is highly likely they have caused damage to one or more of the rotator cuff tendons. Rotator cuff tendinosis (or tendinopathy) is a very common injury for paddlers, so I thought it might be helpful to take a closer look at tendons and what causes them to become injured.

## What are Tendons?

Tendons are strong fibres that join muscle to bone, transmitting forces from the muscle to move a joint. They are made up of tight parallel collagen bundles and are capable of withstanding strong tensile forces, up to five times your body weight. However they do not tolerate shear and/or compressive forces very well.

Like all tissue they adapt well to normal physiological loading but they have limits and when tendons are repetitively overloaded, they will begin to fail. They also become less elastic with age and as a result are more prone to injury.

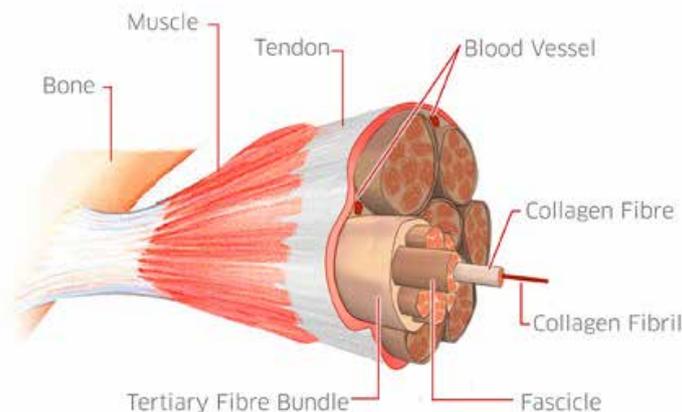
## Types of tendon injuries

Tendon tear is a rupture of the tendon either where it inserts onto the bone or at the musculotendinous junction (where it joins the muscle). It is often caused by an accident such as a fall, or

in kayaking you can tear a rotator cuff tendon if your shoulder joint is outside the 'paddler's box' and under load. Tendon tears result in immediate pain at the site of injury and loss of function of the joint it attaches to.

Tendinitis is inflammation of the tendon and is uncommon. It can be caused by an acute mechanical irritation of the tendon or sometimes in association with other chronic disease. It responds well to abstaining from the aggravating activity, ice and anti-inflammatories.

Tendinosis (tendinopathy) is a



non-inflammatory, chronic condition that is due to repetitive overloading of a tendon. When a tendon is repetitively overloaded it becomes stressed, and the collagen bundles in the tendon begin to separate. Fluid starts to seep into the tendon and there are negative changes in the vascular supply to the tendon, which impairs healing. Over time, this causes degenerative change to the tendon along with pain and dysfunction in the joint where it is attached. Sometimes the tendon

can calcify, causing pain and stiffness in the tendon. In severe cases, the tendon becomes structurally weak and may tear.

## Common tendinosis – Rotator Cuff Tendinosis

Common sites for tendinosis are the shoulder (rotator cuff tendons), elbow (wrist extensor/flexor tendons), buttock (hamstring tendons) and heel (achilles tendon). In kayaking, rotator cuff tendinosis is a common injury.

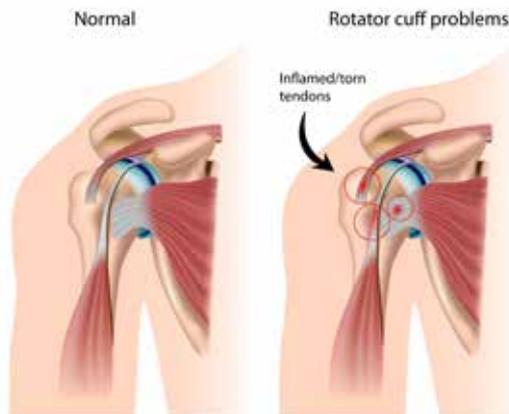
The rotator cuff muscles are four separate muscles (Supraspinatus, Infraspinatus, Teres Minor, Subscapularis) that stabilise the shoulder joint. Together with other muscles and joints around the shoulder they play an important role in shoulder movement.

There are two main ways that tendinosis can develop in the rotator cuff tendon.

1. Tendon overloading
2. Compression (impingement).

## Tendon overloading

The rotator cuff tendons (particularly the supraspinatus tendon) are vulnerable to overload and degenerative change. This is due to their position on the head of the arm bone, small cross sectional area and poor vascularity. In particular, these tendons can easily become overloaded if you have sub-optimal shoulder biomechanics. For example, if your shoulder internally rotates (drops forward) and /or you have imbalances in the strength of some of your shoulder



muscles you will begin to overload the supraspinatus tendon. In this scenario, if you increase your paddling volume, you are at risk of developing rotator cuff tendinosis.

### Compression

The rotator cuff tendon runs underneath a bone in your shoulder called the acromion. As you raise your arm up overhead the rotator cuff tendon can become compressed or impinged if there is not enough space for the tendon to run freely. Space can be reduced by localised irritation and swelling, such as bursitis or if the acromion has a spur or hook that irritates the tendon.

### Signs and Symptoms

The most common symptom of rotator cuff tendinosis is a painful arc on lifting your arm out to the side and overhead, and pain when lying on the affected arm. You may have localised tenderness where the tendon inserts on to the arm bone.

### Treatment

The good news is that tendons do have the capability to heal so if you are experiencing shoulder pain when paddling I would recommend seeing a health professional experienced at dealing with tendinosis to have it assessed

and treated before it becomes chronic. Once the condition is chronic, it takes a long time (months) to regain structural integrity and improve the mechanical strength of the tendon to be fit enough for paddling again.

Treatments for rotator cuff tendinosis

often involve abstaining from the aggravating activity, icing and targeted exercise management. The exercise program is a critical part of the recovery as it targets strengthening of weak shoulder muscles and the tendon, optimising your shoulder range of motion and biomechanics to prevent further tendon damage.

So if you are experiencing shoulder pain on the water, do see someone about it. Tendinosis if seen to early can have a very good outcome. The longer you leave it, the longer the recovery.

Here's to happy and pain free paddling!

# Saltiest submission WINNER

# EXPEDITION KAYAKS.com

Kevin Kelly is the proud winner of Saltiest Submission from Issue #107 of Salt Magazine. His story was chosen for its factual approach.

Kevin: I would like to thank Rob and Mark from Expedition Kayaks for choosing my story, "Across Bass Strait", as the winner for this quarter's Salt magazine. The prize I chose was a tow rope, unfortunately I lost my tow rope a couple of weeks ago. I wrote

my story hoping I would inspire others to do their own crossing or trip. I would like to thank the NSW Sea Kayak Club and Rob Mercer for the training and support I received to make my trip possible.

Editor: It was lovely to see how proud Kevin was of his story being printed in Salt. Thanks to Expedition Kayaks for their support, and keep submitting your articles for a chance to win.



EXPEDITION KAYAKS

Drop in anytime from 0830 to 1800 Monday to Fridays.

3/185 Port Hacking Road, Miranda, NSW 2228  
Phone (612) 9559 8688 or mob 0417 924 478

# Dehydrated

**Ruby Ardren** works through what she looks for when preparing dehydrated meals for expeditions.

I've never been a big fan of packaged dehydrated meals. Apart from the cost, the size of the meal is never quite right, and I often find them too sweet or too spicy. I'm also a little sceptical about exactly how much meat is in them.

To resolve this issue, I bought myself a dehydrator so I could make my own meals and it's been a big success. My approach has been to make meals that I enjoy eating at home with adaptations that make them work as a dehydrated meal.

I want my meals to meet the following requirements:

1. Easy to prepare
2. Low use of fuel to rehydrate
3. Doesn't require additional ingredients or food preparation

4. Lightweight and small
5. No weird chewy textures
6. Flavour and variety

## Ease of preparation

The last thing you want to do when you're cold or it's raining or you're dead tired is fish through your dry bags to find ingredients then huddle over a stove to cook your meal.

When I arrive at camp, I boil water while getting my gear together, then stir the dehydrated food into the boiling water (off the stove) and wrap it in a towel or down jacket while I put up the tent and set up camp. When you're ready to eat, you turn your stove back on, add some more water, and cook it until it's rehydrated enough to eat. Kayak camping allows you to add the water at lunch time, mostly only convenient if you are boiling water for lunch anyway and only if you have the space in your kayak to store the food in a sealed container

to slowly rehydrate until you get to your destination.

Remember that a home-dehydrated meal is not the same as the freeze-dried meals we buy from outdoors stores. You can't just add water, seal it up for ten minutes and then eat it. It WILL require some cooking, and I've found that doing the initial soak when you're busy doing other things definitely speeds up the cooking process. This then leads us to the next point.

## Fuel use

It takes a bit of trial and error to determine how long a meal is going to take to rehydrate. Generally the smaller the pieces of food, the faster it will rehydrate. Meals with a higher percentage of meat will take a bit longer too. A longer expedition requires careful consideration of how much fuel you will need to carry.

I wasn't convinced at first that cooking a dehydrated food then

1. The meal is prepared as normal on the stovetop or in the oven. (Beef Stroganoff)



2. The prepared meal is spread evenly in the tray I prefer to cool the meal to thicken the sauce. (Chilli Con Carne)



dehydrating it again as part of a meal was worth it. Beans, rice, and peas can all be easily obtained as dried ingredients, but they also take a long time to cook. Rice for instance, takes about 10 minutes if starting from the form available at the supermarket. For convenience I sometimes take the semi-cooked rice foil packets, which cook in two minutes in your pot, but the packs are quite heavy as there's a lot of water in them. It sounds crazy, but cooking rice and then dehydrating it reduces weight and space from the semi-cooked product, and takes less time to rehydrate than cooking rice from scratch.

### A one-pot meal

Many dehydrated meals are set up as containing a number of ingredients, with additional items that you add on the night. For instance, you might cook and dehydrate part of the meal and then add more to it when camping. Or you might prepare a meal that includes some dehydrated ingredients like mince.

I dehydrate a complete meal because I don't want to think about what I'm cooking and all the bits I need to add to it unless we're having a long lazy rest day. It's easy to grab a packet for the main and another packet for the side (potato, rice etc). I also find that I

## Beef stroganoff

2 tablespoons plain flour  
 700g beef rump steak, trimmed, thinly sliced  
 40g butter, chopped  
 1 1/2 tablespoons olive oil  
 1 large brown onion, halved, thinly sliced  
 2 garlic cloves, finely chopped  
 1/2 teaspoon sweet paprika  
 400g button mushrooms, sliced  
 1/2 cup dry white wine  
 3/4 cup Massel beef style stock  
 2 tablespoons tomato paste  
 3 teaspoons dijon mustard  
 1/4 cup creme fraiche or sour cream  
 Chopped fresh flat-leaf parsley  
 Cooked Fettuccine, to serve

Place flour and beef in a snap-lock bag. Season with salt and pepper. Shake to coat.

Place half the butter and 2 teaspoons oil in a large frying pan. Cook over high heat until bubbling. Add half the beef. Cook, stirring, for 3 to 5 minutes or until browned. Transfer to a plate. Repeat with remaining butter, 2 teaspoons oil and beef.

Reduce heat to medium. Heat remaining oil in pan. Add onion and mushroom. Cook, stirring, for 5 minutes or until soft. Add garlic and paprika. Cook, stirring, for 1 minute. Add wine, stock, tomato paste, mustard and beef to pan. Stir to combine. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until sauce has thickened slightly.

Stir in creme fraiche.

3. The dehydrator is sealed up. A full setup usually takes about 8-10 hours to dry.



4. The meal once dried is simply shaken off the racks and packaged. (Mustard Chicken)



can include food and flavours at home that would be unachievable in camp.

### Packing your food

I look at my cooked meal and decide how many serves there are. It's important to work it out before dehydrating, because quantities look so small once all the liquid has gone. Once I've dehydrated my meals, I put two serves in a vacuum pack bag and vacuum seal the meal. Kept this way it keeps for longer, but if you're eating the meal relatively soon it's perfectly alright to put it in a zip-lock bag or something else with a very good seal.

The essential step is to make sure that your food is fully dry before packing it. Even in a vacuum packed bag, the food will start to perish and mould if you haven't dried it fully.

I find it's good practice to note the date you cooked the meal, what it is, how many serves there are, and the weight (for those that practice

the science of ultralight packing down to the last gram). Tracking the weight also helps you learn what meal sizes work. I've also started noting what the side should be, as it helps with planning the menu on the occasions I haven't done that before I started.

I've recently found that the vacuum packed meals more reliably stay air tight if you pack the meal flat rather than as a 'log'.

Usually a two-person meal, say Chilli Con Carne and mashed potato, packs down to a total of about 250g. Amazing! One kilogram for evening meals for a five day trip for two people, with additional weight for the water required.

### Chewy food

A few of my earlier attempts at dehydrated meals were chewy. You often experience this when eating the bought freeze-dried meals. I once made a delicious casserole and cut up the meat into tiny chunks and then dehydrated it. It tasted

fabulous, but it didn't seem to matter how long I cooked the meal to rehydrate it, those little chunks never plumped up again. Chicken pieces in particular are very hard to rehydrate.

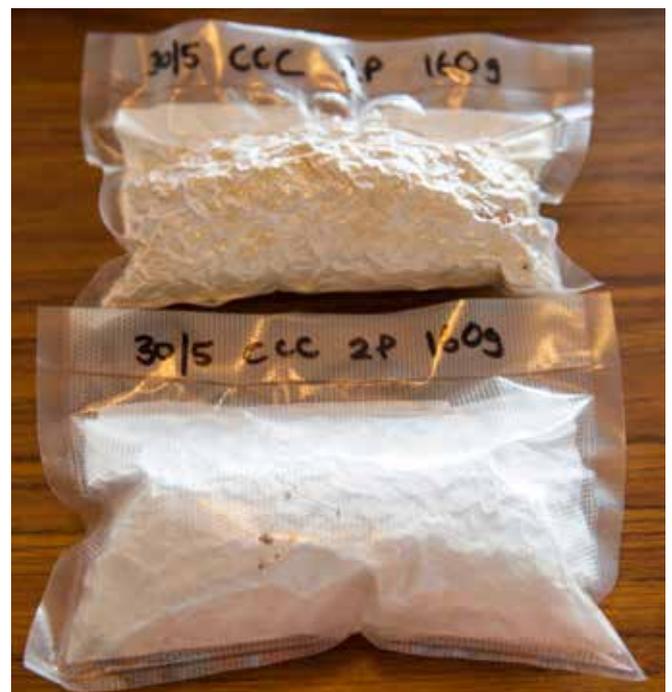
The good news is that I've found mince can be used in place of most meats, and while eating the meal might not be exactly the same experience, you still enjoy the flavour and at least you don't have chewy meat chunks. So if I want to make a lamb tagine, I use lamb mince instead of lamb steaks. I regularly use one of my favourite chicken pie filling recipes, replacing the chicken pieces with chicken mince.

Many websites note that you should use low-fat meats and avoid cream-based sauces, but I've never had a problem with either. My chicken pie recipe has sour cream in it, and I've used lamb mince that is 15 percent fat, and the meals have worked. I'll leave it up to you to research that one.



*Left: the meals are packaged up using a vacuum sealer - the flat packs have been more effective.*

*Right: The vacuum seal of the bottom pack failed.*



## Flavour and variety

The best thing about making your own meals is being able to cook food that you enjoy, and knowing exactly what is in them. I can choose to have the same meal every night, or I can choose to have something different every night. It's easy enough at home to cook a meal and save half of it to dehydrate and pack away, allowing you to have a range available for your trip. The dehydrator I have can be used with one tray or five and seems to work equally well in either case, although when you have five trays I find I need to switch the top trays to the bottom halfway through the drying time. It's pretty humid on the coast, but if I turn on the dehydrator when I leave for work, the food is usually ready to pack soon after I return home.

### A note on water:

Rehydrating food requires a fair amount of water. If water is a restriction, think carefully about your meals. Couscous is an excellent side when there are water restrictions; pasta is not.

I still remember how satisfying it was on one of my first trips with my own dehydrated meals. I was doing the GR20 in Corsica and was enjoying my home-cooked and dehydrated Chilli Con Carne with real mashed potato (nothing like Deb) while a few French guys looked on enviously while they ate their pasta with tomato sauce. Mine smelt amazing!

Not every meal is going to work, and there are plenty of other things you can dehydrate once you start experimenting. Dried strawberries are moreish, but dried peaches were a bit meh. I'm planning to try dried hummus because I've seen others eating it and it looked good (and they seemed happy). I haven't tried fruit leathers, but I'm pretty happy with the ones you can buy so don't feel driven to try it. I've dried a few different vegetables, but you've definitely got to select those with a

lower water content. Eggplant and pumpkin are impossible to dry, but beans and carrots work well.

Give things a go, and if you're not sure whether it's going to be okay on your expedition, try a bit at home following the method to rehydrate

it that you would use on your trip, and if it hasn't worked, put it down to experience. There are lots of recipes online, including great vegetarian recipes.

Happy dehydrating!

## Mustard Chicken

30g butter  
 1 clove garlic, crushed  
 2 leeks, chopped (or one finely chopped medium brown onion)  
 1 carrot, chopped  
 2 tbs seeded mustard  
 2 tbs fresh thyme  
 750g chicken mince  
 1 cup (125g) fresh or frozen peas  
 1/2 cup sour cream  
 1 tbs cornflour  
 2 tbs water

Melt butter in pan, add garlic, cook stirring 1 minute. Stir in leeks, carrot, mustard and thyme, cook stirring for 2 minutes. Add chicken, cook for about 10 minutes, stirring occasionally and making sure you break up any clumps. Stir in peas and sour cream, then blended cornflour and water. Stir until mixture boils and thickens, season to taste with salt and pepper, cool.

(I let the mixture cook on low heat with a lid on for an additional half an hour, partly to reduce the liquid and partly to intensify the flavour).

## Chilli con carne

1kg beef mince  
 300g onion, finely diced  
 400g red capsicum, finely diced  
 3 cloves garlic, crushed  
 1 small fresh red chilli, chopped finely  
 2 tsp ground cumin  
 2 tsp ground coriander  
 1 tsp chilli powder  
 800g canned crushed tomatoes  
 60mL tomato paste  
 250mL beef stock  
 400g can red kidney beans, rinsed, drained

Cook beef mince in batches until browned all over, reserve in bowl. Cook onion, capsicum, garlic and chilli in same dish, stirring, until onion is lightly browned. Add spices, cook, stirring until fragrant. Return beef and any juices to pan with undrained crushed tomatoes, paste and stock, bring to boil. Stir in the beans, crushing at least half with a fork. Cover the pan with a lid and cook on low heat for an hour, stirring every now and then until sauce has thickened slightly and flavour is well developed. Allow to cool.

# Kevin's Bass Strait Menu

**Kevin Kelly** is a chef when he's not paddling and sometimes when he is. He crossed the Bass Strait with two other people and on deciding to share evening meals, they each had to start the trip prepared to deliver five three-course meals.

Kevin's menu is luxurious compared to pouring boiling water into a bag and hoping for the best. Here is the menu for his five meals:

1. Tomato bruschetta, Gnocchi and Pears Helene
2. Soup (packet), Paella and Trifle
3. Corn fritters, Penne Bolognese, and Peanut pancake with cream
4. Soup (packet), Couscous with chorizo and Pavlova
5. Corn fritters, Risotto with chicken and peas, and Coffee mousse.

Earlier meals took advantage of being able to carry fresh food. Later meals used canned or dried foods, including dried mince. Extensive use was made of vacuum sealing foods at home, and he packs each days food into a separate dry bag, which means you can leave the others in your boat if you have no other need to remove them.

This menu is an example of an approach that takes all the individual ingredients, ready to prepare the meal on the night (rather than preparing a dehydrated meal).

There is all sorts of advice on the Internet about preparing an evening meal while camping, but Kevin has added some useful details about desserts! His Pears Helene recipe looks perfect for when you're stuck on an island for a day, as it takes some time to prepare, but he's also prepared for a quick dessert, with

pre-prepared pavlova meringues, canned fruit and long life cream. We were wowed at the AGM when Kevin pulled out his siphon and presented a chocolate mousse made from long life cream, which tasted pretty good. He made it using a whipped cream siphon – an extra bit of gear to carry along but able to be used to make something a bit special along the way. A quick search on the Internet reveals there are all sorts of things you can make with a siphon – who knew?

## Pears Helene

6 cups water  
1 lemon, zested and juiced  
4 Beurre Bosc pears - cored, peeled, stems left on  
1 vanilla bean  
3 cups sugar  
1 cup prepared hot fudge topping, or as needed

Place water in a heavy pot. Stir in zest and juice of 1 lemon. Place pears in pot. Split the vanilla bean lengthwise and scrape out the seeds. Add the seeds and split pods to the poaching liquid. Pour in sugar.

Bring pot to a simmer over medium-high heat; stir gently to dissolve sugar with minimal jostling of the pears. Reduce heat so pears continue cooking over a steady, gentle simmer. Pears need to stay submerged, so place a small plate over them in the pot to keep them under the liquid. Simmer until pears are just tender, 20 to 25 minutes. (Remove plate to test the pears for doneness.) Remove pot from heat and let pears cool to room temperature in the poaching liquid.

Transfer pears and vanilla beans to a storage container and cover with some of the poaching liquid. Cover and refrigerate until pears are thoroughly chilled, several hours or overnight. Reserve all of the poaching liquid (see footnote).



Heat hot fudge sauce in a saucepan over medium heat until warm. Dip base of pear into the chocolate and spoon chocolate along the sides except for the top inch or so of the pear.

Place dipped pears in individual serving bowls with another generous spoonful of syrup and a small scoop of vanilla ice cream.

## Paella

1/4 cup olive oil  
2 large sliced chorizo  
1 onion, finely chopped or fried shallots  
2 cloves garlic, chopped  
1 red pepper, chopped (from a jar)  
400g tomatoes, seeded, chopped  
2 cups long grain rice  
3 1/2 cups chicken stock  
1/4 teaspoon ground saffron  
2 bay leaves

Heat oil in large pan, add onion and garlic, cook, stirring, until onion is soft. Add peppers, cook, stirring, 1 minute. Stir in tomatoes and bring to boil, simmer, uncovered, until almost all liquid is evaporated.

Stir in rice, water, stock cube, saffron and bay leaves, stir until boiling, simmer, covered, 20 minutes. Serves 5.

*Menu reviewed by Ruby Ardren*



### Here are some of **Barry Marshall's** thoughts regarding camping foods.

Food plays such an important role when expeditioning - besides its nutritional function, its culinary appeal shouldn't be underestimated. So, here are some ideas that have resulted from quite a bit of trial and error over the years with my brother Geoff as a willing guinea pig - ever ready to give his candid opinion.

Rice, rice, rice! Rice is the staple

for the evening meal - cannot go wrong...perhaps. 1 part rice, 2 parts water. Bring to the boil, occasional stir, reduce flame, simmer with lid on (occasional stir) until all water has evaporated. Take off and leave with the lid on for a further 10 minutes. Voila! I use Basmati rice, tastes good and cooks quicker than other varieties, thus saving fuel for the longer trek. I did a 16 day hike in the Sierra Nevada and ate couscous every night to conserve fuel. Haven't been able to face it since, which isn't a problem I have with rice. I suspect that if North Africans had water, they too would be eating rice!

Dried Shitake mushrooms. Either steeped in boiled water for 10 minutes or throw them in with the rice towards the end of boiling to conserve fuel. Extremely light, nutritious and so, so tasty.

Fried shallots from Asian import shops.

Fried anchovies in packets from the Asian import shops.

For those who like it hot, hot dried crushed chillies.

Any of your canned fish, depending on preference. Mackerel and sardines are my choice.

Last, and definitely not least, a 500 mL can of room temperature beer, followed by bourbon chasers during the cooking process. Replaces vital fluids lost during the day's efforts and facilitates the flow of the usual BS!

Wholemeal wraps are great for lunches. They last for weeks - which isn't usually what I look for in foods, but am willing to overlook on expeditions. Really good eaten with hotter types of salami. Aldi sell individually wrapped types at the checkout - very convenient.

Muesli for breakfast with powdered milk and plenty of dried fruit and nuts for any time of day. Strong coffee or tea.

There you have it. Looking forward to all other ideas from the group.

## Food Fails (or are they?)



*Left: Rhys Ward misread the instructions on his freeze-dried meal and added a little too much boiling water. The resulting swill didn't look particularly appetising.*

*Right: Caoimhin Ardren likes to add custard to his coffee (not the kind with egg in it). After initially regarding this habit with disgust, Ruby has since come round (but doesn't partake).*



## Stu's Gruel

Apparently **Stu Trueman's** recipe for gruel is famous...

No secret on the recipe, but how it's all put together is the trick.

Boil rice or pasta

Boil lentils in second pot, leaving rice or pasta to soak up all the water used.

Boil lentils until no light coloured ones are left and it's a mess.

Add peanut butter, good quality oil, a tin of flavoured tuna, and a handful of nuts.

Mix as much rice/pasta into the slop as you can fit.

This means only one pot is really messy.

Sprinkle Parmesan on.

There are many variations depending on the ingredients available at the time. These can range from the deluxe version above, to just drinking the water before moving on.

The final stage depends on the situation.

Option one: Poke as much down you face as is possible. No chewing necessary.

Option two: Throw it away and go to the pub.

I have never seen this presented on Master Chef, but that could be because I don't watch it.

## Survival Stove

**Glen Colledge** was awarded a bushman's stove for his winning Pogies entry at this year's Rock 'n' Roll.

He said:

"I tried out the "Vital Stove" by Sol Huma a few days ago and it's a real work of art. Well designed, constructed and practical. I reckon it was created by a resourceful blacksmith/backwoodsman. It works very well and is a pretty amazing piece of gear.

The tiny centrifugal fan has two-speed adjustment and a simple sliding plate damper to control air intake.

Price: \$139.95 (Neil Gow purchased it at half price)

Weight: 780g

Length: 204mm

BTU output: 20,000BTU/h (Crickey!!)

Heat output: 760degreesC (Hellish Hot!!)

Max load: 24kg (That's a decent cast iron camp oven mate!)

Material: Base Cast Aluminium (very Robust). Firebox and adjustable rods stainless steel.

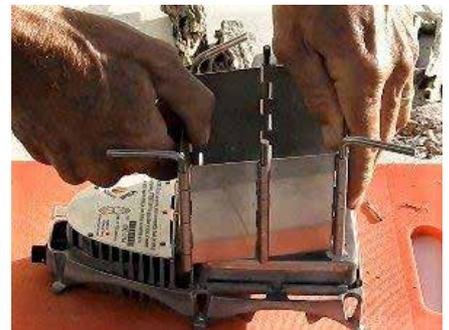
[www.solhuma.com](http://www.solhuma.com)

The best prize ever.

To be passed onto my daughter following my final, my very final roll. :-)



1) Air chamber base, 2) Collapsible firebox with adjustable support rods 3) On/off switch and fan speed controller (2 x double A batteries supplied!!!)



Connecting fire box to air chamber.



Connecting Fan Speed Controller



Fan on high cooking well (plenty of fuel)



*Lighting (leaves)*



*Adjusting fan speed (large chips of wood)*



*Damper open, fan on high*



*One of the best things about group trips are when everyone gathers for the evening meal (Image - Ruby Ardren)*

The pre-AGM paddle turned into a trial of Tom Cox's proposal that the club take care of our waterways (proposed in Salt 107).



Geoff Dauncey loaded up his kayak with rubbish, then Cecilia Goon started scouring the beach. (Images - Tony Murphy)

## Kevin Kelly ponders why sea kayakers should do the Classic.

Doing the 111km classic will help you get ready for a long expedition.

The classic is held over the last weekend in October each year, as close to the full moon as possible. You paddle throughout the night, which is something you do not usually get to experience.

The classic is a very unique event that makes you feel special because the river is closed to boat traffic from 3pm to midnight. As you leave Windsor, it is still light. While you paddle down the river with the 500 other paddlers, the daylight fades and it starts to get darker. Then the moon comes out. With the moon light on the water, when you look down the river you can see the glow sticks on the other kayaks.

There are over 200 volunteers, monitoring and supporting your progress down the river, not to mention over 500 other paddlers to talk and joke with over the 12 to 14 hours.

The event started in 1977. Members of the NSW Outward Bound Ex-Students Association organised a canoe race along the river they had paddled during their course. Apart from the challenge, the 111km race was going to help the community by raising money for medical research. That first race attracted 400 paddlers and raised \$8,500. Now the race attracts more than 500 paddlers and raises more than \$250,000 annually. Now in its 42nd year, it has raised almost four million dollars in twenty years for Arrow BMT Foundation and is still organised by a small committee of less than 10 people.

It is important to build up your endurance for this type of event. Your training will increase from easy 10-15km paddles in April and May to 25-30km paddles by August and September. By this time you should be doing at least 100km a month.

Your training will help you sort out your food and hydration for the event. On the night, I stop every two hours on the water to eat. My food on the water will vary between energy gel, health food bars and

trail mix. For hydration, I have a Camelbak for water and another bladder with electrolytes.

Your training will also help you set up your kayak. You should find the right seat for your needs and position it correctly. You need to find the right position for your foot pedals and work out the right storage for your food and water on the kayak for ease of access during the event.

The classic is a special event, full of amazing people, having a fantastic time, raising money for a fantastic charity and challenging themselves. So, if you are thinking about a long expedition, this event will help you prepare your training schedule, food and your endurance, while having fun at the same time.

It is easy to enter. Go to [www.canoeclassic.net](http://www.canoeclassic.net)

The Hawkesbury Canoe Classic raises money for the Arrow Bone Marrow Transplant Foundation (Arrow), a charitable organisation with a mission to: 'Improve the survival and quality of life for patients with blood diseases treatable by bone marrow and blood stem cell transplants and provide support for their carers in Australia. Each participant must raise a minimum of \$200.00.



THE  
HAWKESBURY  
CANOE CLASSIC  
111km





# SALTY SUNDAYS

Last year **Megan Pryke** found she could fit in a half day paddle on Sundays, and managed to get ten trips on the club calendar from September to December.

Starting early in the morning allowing the trip to finish by lunchtime plus beat the parking woes that come with summertime beach traffic. Although I indeed have not made the same fantastic contribution to that of the trip leaders who have conducted weekly paddles for years, it was great to help others realise the benefits of regular paddling even with my short stint of doing so.

The start point and route of each trip was decided upon based on the expected conditions and experience of the group. As a sea kayak club, there was a preference for providing a bit of open sea exposure however when conditions were particularly windy out at sea, paddling stayed within the beautiful Deeban (Aboriginal name for Port Hacking). The trips completed were all return trips ranging from Audley, Yowie Bay to South West Arm, Kurnell to Little Bay, Kurnell to Cape Baily, Gunnamatta Bay to Boat harbour, Gunnamatta Bay to Shark Island, Gunnamatta Bay to Jibbon bombora / Marley Head.

With many of the paddlers were working towards grade 2, these trips

provided an opportunity to focus on skills. The open sea trips offered, without setup, a better realisation of the relevance of skills. While most paddles were capsizes free, a few capsizes, and an assisted tow provided an opportunity to use skills for real.

Thanks to Nick Blacklock for committing to running a few for May. Being able to paddle with experienced and skilled paddlers is a crucial benefit for paddlers new to sea kayaking. As a trip leader, it is wonderful to witness others improve their skills.

*Above right: Big swell waves off Cape Solander; Right: Elaine providing a bit of support following a capsize then successful cowboy reentry on a trip to Little Bay.*



# CENTRAL COAST

## CAMPING & CAVES

**Steve Hitchcock** returns to Swansea with the club.

As so many have said before me, we are lucky in Sydney to have so many beautiful paddling options right here on our doorstep.

Swansea is only a couple of hours north from Sydney, less for me, so the logistics were pretty straightforward. Even more so, as this was car-camping, so we could bring along a few luxurious items such as full-size camping chairs and a quality shiraz!

My previous experience with this stretch of coastline was with Adrian Clayton a couple of years ago in 4m+ swells, when we kept well clear of Australia for the trek north. Evidently this time, our well-prepared leader Tony Murphy better liaised with the weather gods, as it was perfect conditions for the promised cave explorations.

The forecast for Saturday 5 May was a southerly 10 knot wind, with a southerly 1m swell. On Sunday, the

forecast showed the wind dropping to nothing and the sea calm for the final leg.

Saturday paddlers were:

- Tony and Karen, who I would describe as clockwork campers and perfect paddling companions
- Dee and Harry, who broke camp in around 12 minutes flat and were excellent fun at sea
- Margot and John (Lippy) struck me as luxurious co-campers on land, while diametrically opposites in water; measured vs maverick!
- We were joined at 9am by Richard, Troy and Selim at Reids Reserve, so 10 of us in total.

The northeast facing beach was clear and placid this morning. So we put in and paddled around Swansea Heads, spotting the morning walkers at Caves Beach and fishermen at Spoon Rock peninsula.

We then passed a nonchalant turtle going nowhere and a large pod of dolphins heading north.

Just south of Spoon Rock we entered a couple of caves; one large cavernous opening and the second smaller and longer, with a beach at the end. In today's conditions, we easily put five kayaks in at a time, though the inside air was too cold to hang around for long.

A little further south were two long slots, guarded somewhat by more fisherman high up on the rocks, with fishing lines well out across Shark Bay. After negotiating their hard-to-see-lines, a few of us managed to take turns backing in. Facing south, these slots were a little challenging to enter, but worth the effort. No gel coat was lost, though Karen did try.

From here, it was an easy paddle south to Catherine Bay, and a tranquil landing just south of the imposing old coal-loading pier for lunch. Within moments, Selim and Troy were out with their coffee



machines brewing short blacks for those that asked. On the way back, we found a friendly blowhole and watched Tony and Harry linger under the resulting spray. The team then stopped at Spoon Rock beach, noting its usefulness for emergency pull-outs in the future. More coffee and snacks ensued, before heading back to Swansea. At Reids Reserve, John gallantly paddled upstream into the fast outflowing tide back to camp, while the rest of us wisely drove back.

Swansea RSL was a 20 min walk from camp, providing a welcoming warm venue and excellent meal end to the first day, as the overnight temperature dropped towards 10 degrees.

Day 2 involved a car-shuffle, so that we could paddle one-way from Catherine Bay to Norah Head. Local-knowledge paddler Martin Vanderpoel (Marty) joined us at Catherine Bay Surf Club beach and briefed us about all the caves and slots going south.

We struck out through bracing surf, and immediately found our first few slots and caves next to Hales Bluff. Taking turns, we avoided the neighbouring rocks, backed in to each, enjoying the mild swell and surges from the ocean outside. One large cave next to Bongon Head

was seemingly well protected from the swell by a massive rock 20m out from the entrance. However, as you well know, every so often a larger set comes through, which in this case completely over-topped the protective rock fairly swamping the cave dwellers on the other side!

After this episode, we were all a little more cautious about which caves and slots to enter, leaving the bigger cave at Snapper Point to the experts; Tony, Harry, Richard and Marty.

Around the corner from Snapper Point is a little south-facing but mostly protected beach called Bongon Beach. Before we landed, Marty provided vital insights about the rebound waves on either side of this cove – and how right he was. Just as you thought you were safe from the following swell, a rebound wave would hit you on the beam, pushing you into the rocks on the other side! A bit like the Tornado at Wet 'n' Wild.

After lunch, and with some bemused locals watching us launch through the cross-diagonal swells, we started heading directly for Norah Head. Our route took us past Bird Island, with no birds (and no landing spots) in sight. We even circumnavigated it to double-check. Then we cast out south to Norah

Head, visible another 6kms south. By now, the wind had dropped to nothing, with dead calm seas and clear clean water beneath us. Quite magical.

Landing at Norah Head is a breeze, though the kayak washing on a 45-degree incline and car recovery exercise added a good hour to our journeys home. Thanks Tony for a great weekend, to Marty for invaluable local knowledge, to Him (or Her) above for excellent weather and to all of you for the wonderful company.



*Left to right: Tony in sea spray, Karen getting close and personal with rock wall, Silhouette of paddler (can't tell who!), Selim making coffee*



# Short boating coastal wilderness

**Vincent Weafer** gives us a short pseudo-trip non-report.

'An adventure is something that while it's happening you wish it wasn't' – Mark Twain.

Do you ever have a certain landscape feature of which you can't seem to get enough? Either seeing it, getting to it or exploring it. I used to have a thing for Didthul (Pigeon House Mountain) which still smoulders away at me.

A few current flames for me include Green Cape, Montague Island, Mowarry Point, the caves south of Newtons Beach, a few spots in Mimosa Rocks National Park... and a lake, which if I gave too many details, would be less of a wilderness.

I have lusted after this lake for some time. I ran out of time on one 'reccy' trip. On another trip, a day excursion, I paddled its circumference (can you actually

paddle the circumference of a lake without cutting corners?) in a sea kayak with a paddling friend, Brendan...but still that was not enough.

I wanted to camp there.

Sea kayaks are wondrous conveyances but can be a little long – I've known good earnest people not being able to store them in their garages. Getting along the ocean in a sea kayak is usually fine, but a sea kayak may not tick all the boxes when you arrive.

As it turned out there was a powerful long period swell, which would make travel along the coast uncomfortable. So another paddling friend, Matt (he's clubless but cool) and I loaded up our short boats, paddled across a lake, paddled up a creek until we ran out of creek, bush bashed with boats a very short distance to the walking track and then dragged our boats to the beach...and dragged some more along the beach, found the track to

the lake...dragged even more and reached the lake. Much dragging – but it is a beautiful and grossly under-rated form of exercise.

It is a pretty lake and so we camped there 3 nights and did different stuff during the days.

Our first day excursion was another long drag up the beach and then a short paddle across to Gabo Island. Gabo is way friendlier to sea kayakers than Montague Island, as they allow you to disembark and even walk on the island. Geoff, the friendly ranger, had a chat to us and showed us up and around the red granite lighthouse. The paddle back seemed to be in a lull in the swell, but it perversely picked up again as we returned to the beach opposite the track head. Luckily we were in short boats and also near a sandy point which sheltered us from the oceanic excesses so landed without incident.

Next day on a dropping swell, we surfed the sandy point with zero



interference from other surfers or kayakers...as there wasn't anyone else. Luckily we had short boats. I really noticed the longer gaps between waves with the long period swell.

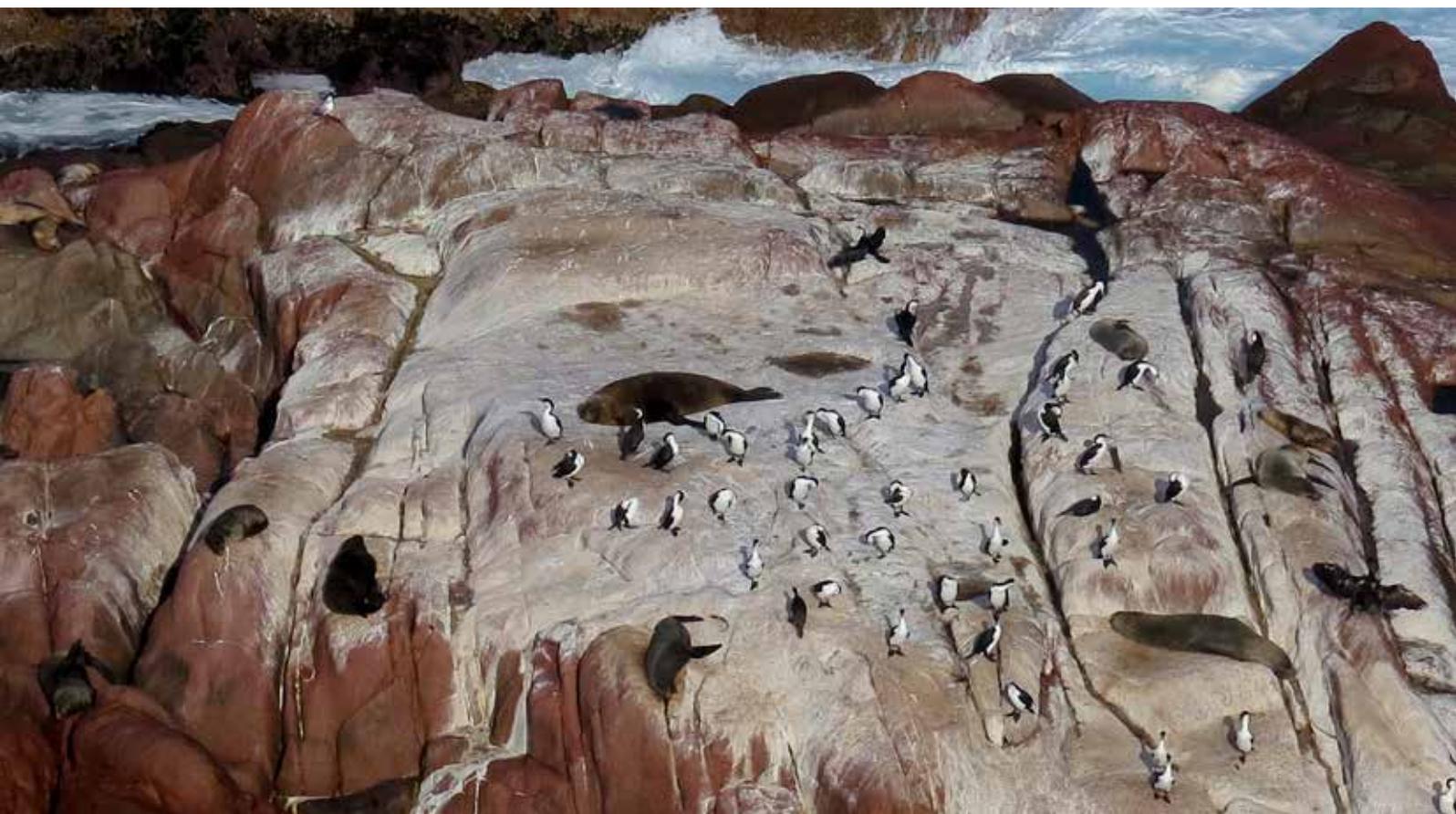
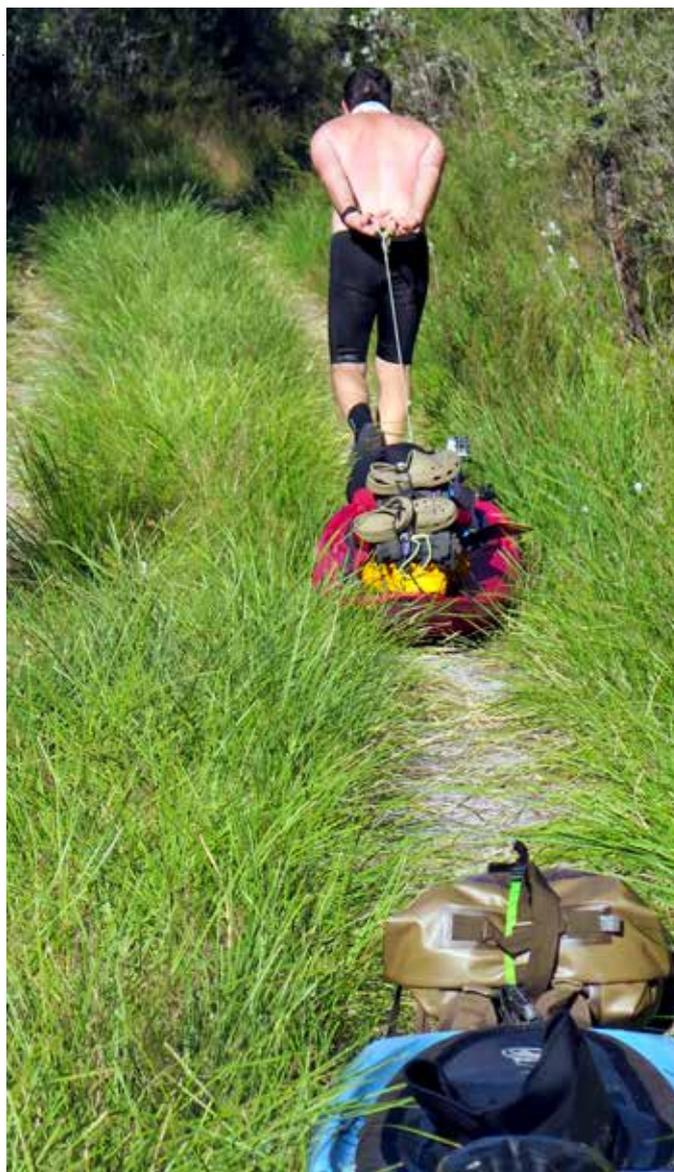
Day 3 we paddled the lake and walked around the sand dunes and hung around camp. Which was sort of fun but not really worth writing or reading about...so only used that many words.

Got home, wrote this short article...

(Must be thinking about another short boat trip as I purchased a light weight tent)

I encourage everyone to read Salt cover to cover but there is also a video – Google 'short boating coastal wilderness'.

*Right: Where bushwalkers fear to tread. Below left to right: Grey serenity; Gabo locals hanging on the front verandah (all images - Matt Baker).*





# HARD LABOUR

Les Allen

HARD LABOUR shouted the tour guide in his best theatrical voice. In the first three minutes the words HARD LABOUR were left ringing in our ears about 20 times, so it naturally became the catch cry for our trip and was used at every opportunity to the great mirth of the other paddlers.

We were of course on Sarah Island in Macquarie Harbour on day two of our nine-day trip. We had landed for lunch and had our gear on the boardwalk where we were planning to have lunch. Next minute the tour guide arrived, telling us that we needed to move all our gear and ourselves off the board walk because there were 170 tourists arriving any minute. Hmm, what then were we? Obviously we weren't fare paying valued tourists, as they had to stay on the boardwalk while we were relegated to the bush off the board walk. The only other thing that was treated

like us were migratory birds that arrived for a short time to eat in the bush and then moving on, with no monetary rewards for the island and to be ignored or at best tolerated. Well in my mind, that puts us above the tourist on the pecking order but obviously not in the tour guide's mind. So we just waved at the tourists as they were hustled by with curious looks on their faces wondering what these strange people were doing eating lunch in the bush that they were not allowed to step in.

For Jen and I this was the start of a wondrous journey into an area we really wanted to see but didn't think was possible. We had looked at Google Earth and it appeared there were no landing sites along the Gordon River, which disappointed us until we saw a trip advertised on the Tassie calendar. "Wow we can do it". Fortunately the southern tribe of sea kayakers received us

well and allowed us the opportunity to join four local paddlers on this awesome trip. Alan was organising the trip with Tim, Greg and Mike making up the local contingent. At this stage their depth of knowledge and passion for this unique environment was starting to become evident. We were learning things we would never have known if we had done this trip by ourselves.

After we left Sarah Island a great tail wind picked up so we could sail to the mouth of the river and camp on a stony beach. Just prior we had called into a hut and a magical campsite. It was one of those places you would expect to find in a fairy tale book; a little hut under the forest canopy with gnarly tree stumps draped in moss, a spongy floor and an awesome creepy feel. Jen and I looked at each other and simultaneously said "Lord of the Rings." That's what it conjured up in our minds. We called the



place Fairy Camp and were a little disappointed we weren't camping there. We had, contrary to the club philosophy, agreed to just follow the lead of Alan and soak up this new environment as local knowledge was taking us to great places we didn't know existed.

The next day we headed up the famous Gordon River and were now acquainted with our newfound friends, even starting to enjoy Greg's jokes. Ok they needed the correct ambiance to be funny but the jokes, his obsession with orange (a whole other story) and the catch cry of HARD LABOUR was making the group dynamics work really well. Well from Jen's and my perspective, hopefully it was reciprocated. As we moved deeper into the forest the reflections on the dark water were nothing short of amazing.

We landed on a hard landing and as the day was perfect with sunshine and a balmy temperature, Mike and Tim went for a swim. Hmm state pride here, so Jen and I decided to go for a swim in the tea-coloured

freezing (WA standard) water. It's okay for Jen, she actually likes swimming in cold water but not so nice for me. Unfortunately I needed a bath so it was into the water for a 30 second swim to freshen me up. So it wasn't that bad but that doesn't mean I won't whinge profusely next time I have to be immersed in cold water.

The boys (Mike and Tim) were searching for something along the bank. Mike and Tim were like two naughty boys off exploring with unbounded energy and Tim's over five years older than me! Then they disappeared under the undergrowth. When we came to the spot there was a little creek where you could pull your boat up to a tree root and climb out to another magical lunch stop under the trees, the moss and damp giving the same foreboding feeling that Fairy Camp had given us. Apparently it was very dry but for we WA people it looked awesome and damp. The Tassie temperate rain forest is unlike anything in WA and so different to the subtropical and tropical

rain forest we had previously seen.

The thing that struck us most was the silence. Over the next two days we got the feel of this place. Here nothing happens quickly, trees grow for a 1,000 years and the silence conjures in your mind a timeless place, unlike our world of fast and faster pace, heading out of control to our own questionable future. One can't help but think of the great philosophers like Seneca and feel that timeless questioning of what is important and what is not. We fell in love with this ageless landscape and were so grateful to the people

who stood their ground

to protect the true world heritage environment.

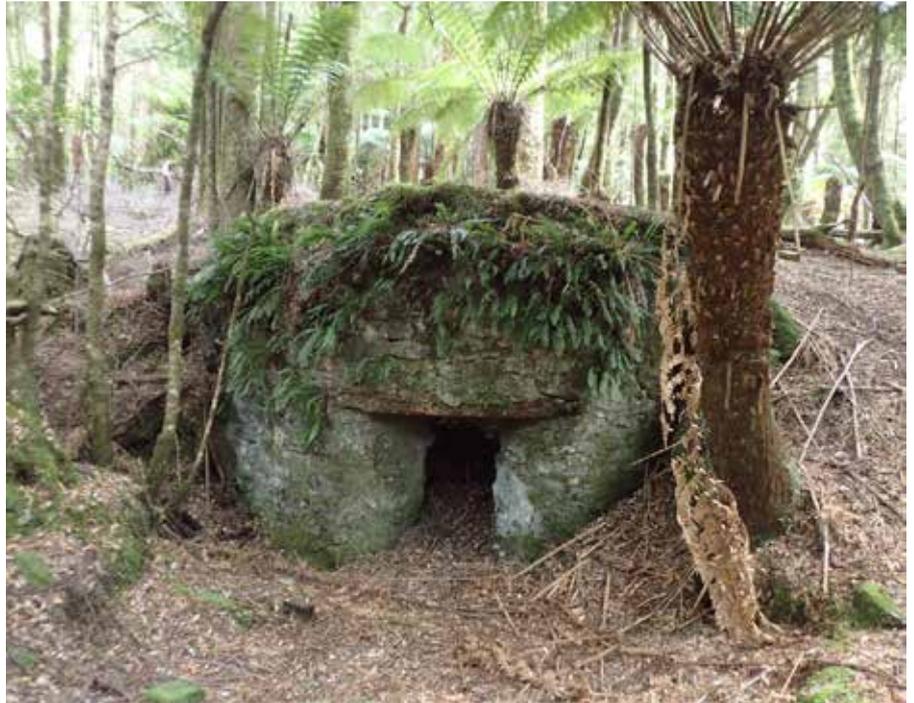
We camped the night near a landing not far from the Franklin River, the site of the "Save the Dam" protests of the 80s, and left the camp set up for a day trip up the Franklin. Jen and I have got into the habit of starting the day slowly, kind of easing into the day after the second cup of tea. Unfortunately our Tassie friends were more energetic in the morning and we were the last to get organised again. I hope it didn't piss them off too much as we made a poor effort at improving.

The Frankland, much to our surprise, had a completely different feel. Smaller with higher banks, overhanging rock cliffs, and then rapids. Some we could paddle up but most we had to portage. As we were paddling along we surprised some naked tent campers but not as much as some commercial rafters coming down. They didn't expect to see a carbon sea kayak this far up the Frankland. I should have taken a picture of Audax no 1

shooting grade 1 and 2 rapids and sent it to Rob Mercer. I bet it would have been an unexpected surprise to see his boat in this environment. On the way back down we surprised the naked tent campers further down the river, still naked!!! Hmm, young love, oh to be young again. As it turned out they arrived at our campsite later that day, this time with clothes on, and camped up the bank from us at the landing near the waterfall.

Now have you ever dreamt of doing something but never expected it to happen? Well that was what the waterfall was for me. Many years ago I saw a picture of a Canadian paddler next to a waterfall and dreamed of doing just that. I expected to have to go to Canada to do that so always assumed it was a pipe dream but hey, here in Tassie was a spectacular waterfall and I could paddle up to it. Now in WA we don't have creeks or any water near the coastline. No trees either, just impenetrable dry heath, so to paddle next to trees, fill your water bottle from little waterfalls, camp under forest canopy and now paddle to a big water fall...well that's a dream come true.

Next day there was a serious tone to the day. We were off to find the lost lime kiln. Bit like Raiders of the Lost Ark actually. We had a rough idea where it was, I mean the Tassie boys did; we didn't have a clue and just followed along. After a couple of false searches we actually found it; well the Tassie boys did, as we were just following along. I was very glad they did find it as I'm not sure if we'd have been there with head torches on at midnight if they hadn't, as these boys don't give up a quest easily. This was the start of our history lesson. Quite impressive actually. Imagine you rock up to a new coastline with your sailing ship. 50 to 60 knot gales six weeks at a time (straight from our Sara Island tour guide), three metres of rain and impenetrable forest. Hmm, looks like a nice place to stop. A house would be nice, so better find



some clay for bricks and build a brick kiln to bake them. Now for the mortar. Pop up the river and make a lime kiln to burn limestone for lime. And while you're there make one for burning shells for Calcium Carbonate. Of course you need nails and hinges etc so better make a forge. This along with hand milling timber and we should be done. HARD LABOUR folks, that's what

it was, HARD LABOUR!!!!!! And when you finish, build 100 ships so you don't get idle hands. HARD LABOUR, that's what you're here for, HARD LABOUR, or so said the tour guide, his voice still ringing in my head.

We camped on the right hand side of the river mouth this time and at this stage I thought the history



lesson was over. My mistake. Next day we headed for Pillinger or at least what was left of Pillinger. It used to be a thriving town, one of the many on the west coast with copper ore coming from the mine in the hills, a full on brick manufacturing facility, timber, railway line out to the end of the long wharf and over a 1000 people living there. The last train ran in 1925, as the town closed down. Now it's being reclaimed by the forest and apart from some ruins has been completely biodegraded. One can't stop wondering at what time in the future our mega cities will probably suffer the same fate. It's the effect of those timeless forests again playing with my mind and demonstrating our human frailty, as they will inevitably inherit the world again in their silent splendour.

50 knot gales lash this area for weeks at a time, or so the tour guide said, and we were expecting some of that weather to give us HARD LABOUR on the way back as the first week the weather had been perfect. Nope, still perfect weather as we headed back for Hells Gates. We camped in a bay just before the mouth where a walking trail heads over to the west coast. Next day we headed over along the trail. The view when we got there was surprising. It could have been any one of a dozen places on the south coast of WA. The similarity was surprising, as I did not expect such a similar vista. The rocks were slightly different and there was more off shore reef than in WA but like WA you fear the six metre bank and the king waves that pop up from nowhere. We went for a walk along the beach and Tim had

the best find. A sperm whale tooth. Wow; I've never seen one before and to hold it was amazing. We also saw an aboriginal midden, probably thousands of years old with shells and bones everywhere.

Man, this trip had everything. Stunning scenery, good company, history and an awesome souvenir for Tim to take home, I mean what more could you ask for? For us, the privilege of having a group of locals with amazing local knowledge gave us so much more than we could have got from doing it by ourselves. We finished the trip happy and richer with knowledge of this truly amazing place.



# Abel Tasman National Park

**Jon Mortimer** joined friends, old and new, for a three-day paddle in New Zealand's glorious Abel Tasman National Park.

Heather knew the area well, having guided many Abel Tasman trips. She pointed to a small entrance in a large granite wall in front of us and announced that she had never seen a double kayak get through that narrow tunnel. I took that as a challenge. Bev was my paddling partner on this trip and I was sure that she would be keen too. My hearing is poor so I didn't quite hear what she said. There was however emotion in her voice and I felt safe to interpret that as enthusiasm for the venture.

The Sea Bear double we had hired was six metres long and eighty five centimetres wide. No boat handling skills required. No space between the kayak and the rock walls to get

a paddle in the water. No space anyway above our heads to swing a paddle. Pushing with our hands on the rock walls we got two boat lengths in before the cave made a left turn. No problem, although the crunch of fibreglass on granite did seem to amplify rather too well in that small cave. Hire kayaks – indestructible! A couple more boat lengths on and good timing had us catch the tiniest bit of swell to make it over the shallow granite floor at the other end of the tunnel and back into daylight.

This is Abel Tasman National Park at the north end of the South Island of New Zealand. Kayaking here is not about paddling long distances. As New Zealand's smallest national park, you could paddle the thirty kilometre coast in a day, but you would miss everything. Abel Tasman kayaking is about gunkholing, meandering from place to place, marvelling at the natural beauty and observing the wildlife.

We explored the granite formations of the coast, watched blue penguins in and out of the water and saw more than a few shags on a rock. Fur seals everywhere did their best to ignore us. A highlight for me came when we pulled into a little cove in the afternoon to find a lovely sheltered fur seal nursery. The pups were just old enough to be left alone while their mothers went fishing and the pups spent their time playing like naughty children, each one competing for the best position on the rocks just above to the water.

The paddling is easy, the sea bright blue, and there are plenty of sheltered golden sandy beaches to make landings easy. Wind at a couple of exposed headlands we were warned can be problematic, but we didn't find any of that on our trip. In any event there are 19 campsites in the park so there are plenty of options in the unlikely event that you need to change plans. Booking and paying for

campsites is required in advance but some leeway is given to paddlers if the weather means that you need to stay at a different site.

Facilities are good and well maintained. All campsites have toilets, some even flushing. Three sites have safe drinking water. Tank or stream water at other sites should be boiled or treated. The tracks are good so it is worth leaving time in your paddling schedule for an afternoon walk after setting up camp.

Abel Tasman National Park is a paradise but it is not undiscovered. Numbers peak in the January school holidays with 250 per day on the walking track, plus day visitors plus paddlers served by the ten kayak hire and guiding businesses. December through to March provides pleasantly warm weather and waters warm enough for swimming, although you might want to avoid the crowds in January. Fleets of water taxis carry walkers, paddlers and kayaks up and down the coast so it is usual to walk or paddle just one way. No provider will hire a kayak to a solo paddler so bring a friend.

Thanks to Heather from the imaginatively named The Sea Kayak Company for providing the kayaks and the gear. One point deducted though for serving pavlova to a group of paddlers from Australia. Yes, we get that the dessert was invented in New Zealand. There is no need to remind us. Thanks also to Tracy from Sea Kayak Jervis Bay for organising the trip to this and other parts of New Zealand's South Island.

*Opposite: Heather and a sea lion  
(Image by Tracy Gibson).*

*Top to bottom: Abel Tasman  
paddling; Abel Tasman relaxing;  
Abel Tasman taxi.*





*Vincent Weafer squeezing  
the last out of a creek  
(Image - Matt Baker)*