

Sandgate Canoe Club

Newsletter

May 2016



*ANZAC Weekend Camp
Phil - Teewah Creek - Photo by Richard*

From the Presidents Deck Chair

May 2016

Hi fellow paddlers,

It's nearly here! The annual Wetlands Wander attracting 100 plus paddlers will be on at VMR on Sunday 22 May. The race briefing will be at 9am with the start at 9.30am. Registrations are open online now and the office will be open at 7am on the day.

Lawrie will be our race official for the day with Linda coordinating catering, Nev on scrutineering and myself coordinating office and other matters. For all of our volunteers there is a pre-race planning session on at 9am Saturday 7 May at VMR. Please call me on 0431 928 347 if you would like to assist on the day and haven't already registered to do so.

I am really pleased to say that we have had terrific support offered for cash prizes from Chris Hurley and our own club members Peter Molineux and Bill Ledgerwood - thanks so much guys! We are also getting great support from local businesses including Rosco Canoes and Kayaks, Mug Shots, Amart All Sports Virginia, Clark Rubber, The Chandelier Bar and Brighton Liquorland.

Please support our wonderful sponsors. It will be a typically awesome SCC day, so please come and join in whether you paddle, volunteer or cheer.

On a parting note you will all have seen Sue Gollagher's email about the sad passing of our SUP friend Nick McDonald. This is such tragic news for all involved and I will be passing on our Club's sympathies to our Brisbane SUP friends. Our thoughts are with Nick's family and our SUP friends at this time.

Paddle safe,

Chris



Wetlands Wander On-Line Registration

With just 3 weeks until we fire the starter's gun, preparations for the Wetlands Wander are in full swing.

One of this year's most exciting developments is the introduction of online registration via our website.

The online registration process is very simple to navigate, just a single form to complete and submit. You will receive an email confirming your nomination details.

No payment is required until race day, so there is no risk of losing your entry fee if you suddenly cannot compete. There is also a \$5 fee discount for online entries.

Competitors (particularly our own club members) are encouraged to embrace online nomination, and help make race day that bit easier for themselves, and our dedicated volunteers and organizers.

Simply visit our website at the Wetlands Wander feature. It's so 21st Century! Link below:-

www.sandgate.canoe.org.au/wetlands-wander-2016

Looking forward to seeing your name on the list...

Michelle Fraser



Wanted Help with Wetlands Wander 2016

I'm assisting in the catering area, with our Wetland Wander Race and need helpers:

Before race day to do some home cooking of biscuits, slices etc.

Also on race day to set-up; cook bbq; cashiers; hand out cold drinks; raffle sales; assist in food area (serviettes and bread); cake and lolly sales area; and to assist to pack up at end of day.

Please feel welcome to assist with raffle prizes, too! Raffle prize suggestions include anything from your place of employment (vouches and/or advertising for your company eg t-shirts, stubbie coolers, coffee mugs, etc) and /or unwanted (new/not used) gifts that you have received and stashed at home!

It is preferred to have enough helpers, so that no-one does long shifts on any job. If you can assist with the catering area (on race day/before race day/raffle prize) please phone (text is good) or email me.

Thank you.

Linda Parsons

0427 29 10 07

lindapatricia1963@gmail.com

Welcome

Welcome to the Sandgate Canoe Club May newsletter.

As always thanks are due to the many people who make this newsletter possible.

Take Care

Andrew Contoleon

Newsletter Editor

Questionnaire

A member survey is being conducted on the Club newsletter

The survey was discussed at the March General meeting. The member survey is to seek feedback on how the Newsletter is meeting members' needs and how it could be improved.

We ask members to consider taking the time to complete this survey

With this newsletter you would have received a web link to the survey in the email or a copy of the survey.

Please complete the survey by the 20th May 2016.

When a member answers the survey they will go in a draw for a Club Shirt.

Thanks are due to Claire Brereton for her work in providing the web based survey

The results will be presented in the June Newsletter.

New Members Welcome.

The Sandgate Canoe Club welcomes our newest members who have completed the April or will complete the May Basic skills course.

Michelle Gratwick, Tina Gordon Brown, Tony O'Riordan, Kim Anderson, Julie Richardson, Oliver de Denus and Charlotte Hellowell.

The SCC wishes them the best of luck for their future paddling experiences and hope they take full advantage of what the SCC can offer our novice paddlers. As mentioned previously the SCC has purchased 3 new kayaks to assist our novice paddler's progress to a Grade 1 paddler. The club also plans to purchase new paddles.

Ian McDade

Sequel Kayaks delivered to the Sandgate Canoe Club. For Sea Kayak Training.

The Sandgate Canoe Club received its two new training sea kayaks. The Challenge Sequel kayaks arrived in Brisbane on Thursday, delivered by John Clemments, the owner and manufacturer of Challenge kayaks. John gave the SCC club a very good deal for the purchase of the kayaks, which included delivery from Byron Bay.

The Sequels are a plastic sea kayak 4.9 m long and a beam width of 58 cm. The Sequels offer good handling for novice paddlers, inspiring confidence and allowing good skills practice. Those that have paddled them say they are very comfortable and that the foot brace and rudder control system is easily adjusted using a rope and cleat which will suit the varied heights and leg lengths of our novice paddlers. This will be a great feature for new paddlers who wish to do some supervised training in the sea kayaks and venture into the Bay.

After addition of some safety features such as a rear deck line, and a re-entry stirrup one of the kayaks were put into quick use for novice paddler training on the bay. Since September of last year 28 people have completed the SCC Basic Skills course.

Many thanks must go to our Volunteer instructors and life guards Janelle Ellwood, Graham Moorhead, Bruce Pilcher, Lynn Dean, Gary Utz, John Blackley, John Taylor, Selwyn Gray, and Gary Bergman.

I would like to congratulate one of our novice paddlers, Oliver de Denus for completion of the SCC Basic Skills course and for completing a 17 km circumnavigation of Green Island in the club's Sequel sea kayak.

Oliver has also completed the recent SARP day also held in April and now his first bay paddle of 17 km. This will put Oliver well on the way to achieving a Grade 1 Paddler status with the SCC. Oliver is keen to complete another longer paddle perhaps to St Helena in some more challenging conditions.

I would also congratulate Kim Anderson, Michelle Gratwick, Tina Gordon -Brown, Tony O'Riordan, and Julie Richardson for completing the SCC Basic skills course. Michelle has also completed her first creek paddle at Shorncliffe using an SCC Tidemark club boat .Michelle is also keen to develop her paddling skills and venture onto the Bay.

Ian McDade



King Billy Cup Presentation

They Fired the Gun...

10 Races were Run...

A Crown was Won...

And then there was FUN

Earlier in March the King Billie Cup series came to an end for another year. It took a while, but we finally managed to have the Coronation for the 2015/16 event. The series was hotly contested, and as I have previously reported the smart money (mine) was on Michelle Fraser – who took out the series with 14 points. (She looks good in a tiara!) This was a great series with many strong paddlers.

The prize winners were: Michelle Fraser as overall point score winner, Gavin Cook again took out the point score for fastest time, and there was a Handicapper's pick, which went to Lachlan Carakeet. Lachlan was a dark horse in this series. With Michelle he topped the number of Personal Bests for the series - FOUR! This showed great improvement. If he had completed all ten races the count back would have been down to spilt seconds.

Twenty five racers, officials and well wishers turned out for the Gala Dinner and Ceremony at QCYC on Thursday 28 April. Everybody enjoyed the food, the company and the fun.

While we have acknowledged the successes of the paddlers – this series would be nothing without those who volunteer every year to help with organising and running the races. Lawrie Fagan (the Handicapper) of course deserves special mention. He puts much time into planning, getting the tides and times (mostly) right. This year Lawrie was assisted by Cheryl Christenson and Andrew Contoleon who were reliably on hand to help with registration and catering. There were other who sometimes helped Including Curly and Chris.

This race series is a great annual event. It attracts paddlers from other clubs and disciplines (Outriggers, Skis and SUPS). Each event is filled with fun and lively comradery. We are all sad at the end of summer when the evening light fades more quickly and the series ends. Needless to say come October we'll all be eager to test ourselves again. The great thing about this event is that all paddlers and volunteers are welcome – why not make the commitment to come along next year to be part of the FUN!

Melissa Bull,

Editors note. Credit is due to Melissa for her contribution to the success of the racing group as coach.

Web Cam Photos

After paddling on Tuesday at Pt Halloran a gentleman approached to chat. During the conversation he told us of the two cameras that were mounted on his roof of his house that faces Coochiemudlo Is.

One camera faces south to Macleay Is and the other north towards Peel Is. These cameras do a screen shot every 3 minutes and are a great way to check on weather in this end of the bay.

http://www.weathercamnetwork.com.au/point_halloran_se.html

This is not the only site covered by these web cams. Have a look and you'll be surprised. You may even have a view that they'd be willing to use.

Janelle Ellwood



From Point Halloran towards South East

Racing Report

Northern Marathon Series (NMS) race 2 Bongil Bongil Bash
Several Sandgater's braved the long trip down to Coffs Harbour for the second race in the Northern Marathon Series on Sunday 10 April 2016.

It was near perfect racing conditions, flat water, no wind, beautiful day, rained softly the night before.....you could not ask for better conditions! All of that in the scenic Bongil Bongil National Park.

Approximately 70+ paddlers took part in the Bongil Bongil Bash of which there were 56 singles and 8 doubles in various classes. There were three distances, 6km, 9km and 18km, (1, 2 or 3 laps) to choose from.

Lawrie, Armand, Tina, Matthew and Cameron earned points for Sandgate Canoe Club.



Armand le Roux

Safety and Rescue Practice (SARP) Day Saturday the 9th April

On a beautiful autumn morning, about 25 SCC SARPer's assembled at Pelican Park just off the Hornibrook Highway, some of us (me) with not a little trepidation.

Proceedings started gently enough, with stretching, although there were definitely a few creaks though from some of our less flexible members.

We were marshalled into teams of five, and rearranged until the rookies were evenly distributed amongst the teams so no-one had an unfair advantage. Already the competitive juices were beginning to flow

The morning's action consisted of races, none of which involved going straight or going forwards. Reversing, turning in my newly acquired Mirage (which is mainly noted for its ability to keep a straight course forwards) was challenging and my team deserved tolerance points. The learned skill of walking one's kayak round another one using the deck lines will I am sure be very useful.

After a morning tea break, it was time for a soaking. The newbies practised wet exits, and more to the point, re-entries. The mysteries of a heel hook were explained and mastered and what one actually does with a paddle float was finally made clear. I felt a distinct sense of triumph when I managed to execute a paddle float re-entry after struggling for a long time.

The older hands (older in kayak experience, anyway) practised righting themselves and rolling.

Finally, it was time for the prize-giving. The competitive stakes were raised as the calls for style points and requests for cheating disqualifications were registered. A decision was finally made and the winners announced. I am sorry to say I can't remember who they were.

After a debrief we were off to reflect on what we had learned. I learned that I had sore muscles which lasted most of the week and that I could exit and enter a kayak in a couple of different ways in a rescue situation. I also reflected that if someone needed me to rescue them, they would now have some chance of survival. All in all, much more use than the average morning.

Thank you to the great team of Kaye and Gary who organized the SARP day and the many experienced Club members who helped made it so instructive and such fun.

Claire Brereton

Brisbane River Paddle 16th April

The day started with a beautiful scene at Jindalee boat ramp with a layer of mist drifting across the surface of the river. Seven of us (Tina, Richard, Julien, Greg, Terry, Phil and Kim) gathered there to get ourselves organised for transport upriver to the starting point at Karana Downs. Tina generously came with a kayak trailer, which meant that only one other car was required which Richard kindly volunteered.

The paddle subsequently started at the Kookaburra boat ramp at Karana Downs, on the water at 9am. Tina, in a Chris Hurley Zeus, resisted the temptation to show the rest of us a clean set of heels from the start. She did lead the way, though, for most of the trip and put in a burst for the final 2 or 3 km before each rest stop (insert photo).

The first 9km sector to Joseph Brady Park at Barellan Point was a very pleasant stretch with a mix of bush and houses. We were allegedly on an ebb tide, but some of us were not convinced that the tide can be very influential that far upriver. One highlight was a demonstration of the power of the 2010 floods when a tangle of logs was seen in a tree fork about 20 ft up (insert photo).

Joseph Brady Park had clearly been a casualty of the floods, though the renovation had made it a comfortable and pleasant place to stop. On the opposite bank was a stunning house, but it wasn't possible to get close enough to see through the windows. The park is close to the intersection with the Bremer River which looks good for a paddle down from Ipswich.

The next stop was after another 9km stretch to Richardson Park at Woogaroo Creek. At times the breeze was up and the water a little choppy, but nothing that you'd describe as arduous. Along this stretch we came to the Moggill cable ferry (insert photo) where we paused to make sure that the cable was well underwater before passing through.

The last stretch was a longer 12km run down to Jindalee. The river is bordered by houses on the south side for much of this run, so it had the feel of getting closer to the city. Fortunately, this didn't mean too much boat traffic. In particular, we were spared more than the odd water and jet skier.

For some of us the trip was a personal best on length. There was a scurrilous suggestion that we paddled only 29.6km rather than the full 30km, but this was dismissed out of hand as measurement error.

Thanks to Terry for taking Tina and Richard back to Karana Downs to pick up the vehicles.

Julien Holmes

Waiting for the Ferry



Racing Ahead



After the Flood

ANZAC Weekend Camp at Upper Noosa 2016 – Part One

The conclusion will in the June Newsletter

(As told by John Blackley – an unconfirmed Viking - my great grandmother was Danish)

The camp was organised by Richard Womack, a confirmed Viking.

Saturday, I arrived to collect 'Robert the Water Carrier' at 6:30am and after packing his generous cargo including 12 bottles of water. Robert later realised that he did not include some red beverages and was forced to change his name to 'Robert the Wineless'. Unfortunately, we were both from the same Viking clan of the 'Navigationally Challenged'. Our gracious companions included 'Ruth the Ruthless', 'Terry the Twitterer', 'Julien of Gloucester', 'Kim of not Kardashian' and 'Phil the Creekie'.



Ruth 2006



Ruth 2016

Lake Cootharaba was a bit choppy but sufficiently handled and we soon arrived at Kinaba information centre for morning tea. We headed on through an amazing carpeted display of water lillies and then on to Harry's Hut for lunch. We were hoping to meet 'Gary the Berg Man' but instead found shaded picnic tables and an esky full of iced 'Coronas'.



We resisted temptation and forged our way up to Camp 3. We had to share the camp with others but soon conquered a northern and southern bases for ourselves. After set up, we felt we deserved a sundowner on the jetty with some red beverages. Whilst admiring the reflections, we heard the splash of a distant paddle and sure enough, it was 'Gary of the Large Frying Pan'.



It was now dinner time and with the sound of 8 jet boilers was going off like a space shuttle launch. More red beverages.....

Sunday, our bearded leader suggested that we do the sand patch walk and for those adventurous enough would make their way down to the sea with a chance of an ice cream. We left at 8am and reached the sandy summit at 9:30am where we stopped for a photo shoot and enjoyed some Viking ANZAC crumble. Not convinced of the promise of an ice cream with a further 3 hour walk into the unknown, I elected to return to base but ordered a 'Golden Gaytime' anyway. I renamed myself, 'John the Doubter'. I then enjoyed a swim, lunch, a chat with Ruth and a kip. Three hours later, the intrepid ones did return with a 'Golden Gaytime' wrapper and evidence of their good fortune.



I noticed a yellow bird near our camp and tried to tell Terry the Twitterer about it but he was having a Viking nap. Once he woke, the bird was gone and he asked how big it was and I said that it was the 'size of a pigeon' which confounded his research. Later, Terry did witness the bird which turned out was in fact a 'robin' and I had to rename myself as 'John the Exaggerator'.

At 5pm we embarked on a sunset paddle up river and it was delightful despite my kayak wanting to give a tree a hug! More roaring cookers and more red beverages...

Half of the Viking army decided to stay for 2 nights only and we set off at 8am the next morning. Robert the Wineless was delayed following the Viking like bludgeoning of his excess water bottles.



We enjoyed morning tea at Fig Trees before braving the windy open waters of Lake Cootharaba. We headed straight into the 28kph winds and it was very tough going for an out of touch Viking wannabe. The Viking radios were very helpful too. All in all, it was a great camp and I thoroughly enjoyed everyone's company and well done Richard the Viking!

John Blackley



After Sunday,

On Monday after they left, four of the remaining Viking Warriors paddled up to Campsite 15, whilst Kim of Not Kardashian walked downstream to Campsite 1.

Ruth the Ruthless became Ruth the Chicken Hearted and waited at Campsite 15 in the pouring rain whilst the 3 Dauntless continued a further 6 km up the two tributaries, then the warriors had lunch and fought the winds back to camp, and had another sun downer on the jetty with more red and white beverages.



During the night Kim of not Kardashian awoke with some unexpected visitors, two native mice, who had chewed their way into her tent. She herded them out before putting tape over the hole.

On Tuesday morning we saw more of the little yellow "robin", and a few of its mates. At 10.00 am the five Vikings packed their long boats and headed down river facing strong winds - no beautiful reflections on the waters today.



Gary of the Large Frying Pan became Gary the Deserter and bid farewell at Harry's Hut, leaving the surviving 4 Vikings to battle the winds, arriving at Kinaba Information Centre for lunch, but not before Kim of not Kardashian became Kim the Lily Dancer when the wind swept her sideways across the water lilies.

We waited at Kinaba for 3 or 4 hours until the wind dropped slightly (or so they said!) and Richard the Intrepid and Kim the Brave and Phil the Dauntless charged into the lake with their weapons held high.



Ruth the Chicken Hearted jumped ship and walked the 6.1 km back to the Ranger Station, fighting off millions of mossies and hiding from wild boars!

(I came around a corner to find a huge black pig in the middle of the track and came to a grinding halt. We sized each other up and he won. Bear in mind or course that I didn't have my glasses on and it was really just a huge blurry shape. It may even have been a kangaroo!

First I backed off around the bend, then climbed a small rise for a peek, and he was still staring straight at me. Where's Ray Dahl when you need him? I thought - climb a tree! But all the Tea-Trees were tall and narrow with no low climbing branches. OK. Second thought - in Africa, when you see an elephant on the road, you quickly give him right of way. I quickly retreated 400 metres to a track that pointed in the direction of the caravan park and drat! - missed the ranger passing by on his four-wheel buggy. Fortunately he did scare away all the wild life so I continued on the original path.)



Back at the Ranger Station I found that Gary the Deserter had become Gary the Saviour and was awaiting our return. All true warriors arrived home quite late Monday night. Ruth the Chicken Hearted spent a lovely morning on Wednesday being entertained by two humorous National Park Rangers who retrieved the abandoned but undamaged long boat and got it back to their base.

It was a great weekend!

(As told by Ruth Hatcher – an unconfirmed Viking - my great grandparents were German!)

Creek Paddle Monday 28 March

Congratulations to Andrew Contoleon who made it to the bridge and back for the first time in March 2016.

Cheers

Leighanne

Andrew on the left with fellow "Creekies". Photo Tricia Healy



My "aha!" moment into kayaking

We all have a list of things we would like to do, to experience or to achieve in life. They can be very simple things or life changing events: it really does not matter! The most important is they keep us happy and moving forward. Having a list can help keep us focused, but actually turning those ideas into action is a very different story.

I have thought about kayaking for years. I have always admired the way the paddler moves with the kayak through the water (effortless I thought!) and how they look in complete harmony with nature. For some years I have thought about trying it, but I have never found the time or the motivation to do it (more the motivation than the time, let's face it!).

Last year, while browsing the news in my Facebook page, I came across some pictures from a friend kayaking in the Lofoten Islands, Norway. The photographs were simply beautiful! The perfect postcards without a touch of Photoshop. From high mountains to crystal clear waters, from caves to unspoiled beaches, the scenery was just breathtaking and I perfectly remember sitting at my desk and thinking to myself: "I want to do this. I really want to do kayaking."

From this "aha!" moment until becoming a "creekie" at SCC it did not take long. The basic skills course seemed like a good starting point and I did the course last December (all credit to Margaret and Ian for helping with registration at that stage). Since then, I have been paddling with the "creekies" and it has been a great experience. It is such a nice and friendly bunch of people! The creek will always be the creek (it's true, not much adventure there!) but I am still enjoying it. I am still discovering all the different wildlife it hides, the small changes the tide can have on the landscape and how captivating the morning light can be. I enjoy being able to paddle without rush (at my own pace or at the pace of the tide), paying attention to the sounds nature wants to share and looking at it from a completely new perspective.

Is Lofoten still in my bucket list? Absolutely.

I know I have a long way to go until I feel confident enough to do it, but I am having fun and enjoying every single paddle on the way!

For more information about kayaking in Lofoten:

<http://www.visitnorway.com/places-to-go/northern-norway/bathing-in-gold/>

<http://www.kajakknord.no/guide/>

Lofoten photos by Kristoffer Vandbakk

Clelia Nelson



For Sale Arctic Raider Sea kayak from Rosco Brilliant condition \$1900 ono

I am moving in a few months and the reality is I haven't had nearly as much time in this boat as I would like; alas it spends far too much time sitting on the wall and not enough in the water. So I need to part with it.

Some specs:

- Fibreglass
- 5.4 m length (good sea-going length)
- Rudder
- 3 hatches
- ~54cm width

I have learned to roll in this boat and it is particularly brilliant with a following wave. I couldn't sing its praises more highly. It is in excellent condition. It has been stored inside all its life, bottom is clean, and hatches, ropes and safety lines are all in tip top shape. I can throw in a Skee fibreglass paddle to go with it.

You can see more details on the boat here:

http://www.rosco Canoes.com.au/productdescription.aspx?Sec_ID=270&fullID=1022

Danielle Shanahan <danielleshanahan@gmail.com>



Clothing Orders

I will have some of the Club clothing on display at the Wetlands Wander Race Day, so if there is something of your size, you are able to make a purchase, or put in an order if we don't have your size. There are still a few of the old style orange Polo shirts at \$20.00 each. You will find me at the sausage sizzle.

Prices of new items are as follows:

Polo Shirt, 2 colours, Orange or Yellow Long Sleeves: \$47.50 Short Sleeves: \$42.90

Waterproof Vest Black with Gold Lining: Sizes XS to 3XL \$37.60

Warm Winter Coat, black with furry inside lining: Sizes S to XL, costing \$143.00 and \$148.00.



There are 2 lengths in the winter coats. Regular to mid-knee and Extra Long to Mid-Calf. It would be best if you measure from the back of your neck at the nape to see which length you need. Having your name printed is optional and will cost extra but then no one would accidentally walk away with it. You might get a refund of \$10.00 or \$20.00 if we can get to a bulk order of 10 winter coats.

I would prefer that you hand me your order in an envelope or post it to me, clearly showing the size, length, everything. A verbal order while I am cooking sausages or kayaking could be a disaster!

Ruth Hatcher,
3 Ardcarn St,
Bracken Ridge
QLD 4017



*ANZAC Weekend Camp
Water Lilies in the wind
Photo by Richard*



*ANZAC Weekend Camp
Through the jungle to the sea
Photo by Richard*

General Paddle Information

- All Paddles shown in the newsletter or amendments otherwise issued are sanctioned.
- All Paddles from Yundah St on Saturday are sanctioned.
- **All Tide times are Brisbane Bar and actual tide times at the start point will need to be *adjusted*.**
- All paddles start at **8am on the water** on Saturdays and Tuesdays unless otherwise specified.
- All paddles on Sunday have start time at the discretion of the leader.
- There are some sanctioned Paddles on Sunday from Yundah St (Club members notified by E Mail)
- All Distances are return.
- All paddles are for everyone subject to self-assessment in accordance with the club paddle grading system.
- **Please contact the trip leader by phone the evening before the paddle to verify numbers or possible venue change.**
- If the trip leader is not available contact one of the paddle committee members.
- 'In House' training is peer supported training with experienced club members.
- We want to make paddling as interesting and enjoyable as possible, if you have any ideas for a paddle contact one of the paddle committee members.
- **The Sign on Sheet and Float Plan must also be completed:**
It is a requirement for all Club Paddles into the Bay or open waters to complete a risk assessment (SCC Float Plan) prior to the paddle being started, assess the suitability of the paddle given the conditions, appoint the key roles of Team Leader and experienced paddlers, and ensure adequate equipment is being carried for the assessed conditions. **Available under the resources tab on the SCC website.**
The sign on sheet must also be completed.
The following link will take you to the relevant website page. [Resources Tab](#)
- **Race Training paddles** – most mornings – paddle from Yundah St. (see racing paddlers for Details)
Sandgate Handicap Time Trials Every 2nd Saturday
Saturday of the month Doubles Handicap Time Trial approx. 11.5km
Every 3rd Saturday of the month Single Handicap Time Trial approx. 11.5km
Tide consideration is important.

DISCLAIMER:

By its very nature sea kayaking is a dangerous sport. The obvious risks include exposure, fatigue, physical trauma and drowning.

You participate in these activities entirely at your own risk on the understanding that you are aware of these risks and voluntarily accept them and that you are also aware that no one is liable in negligence for any harm that you may suffer as a result of engaging in them.



Three (happy) Amigos



Traffic chaos (Caused by Us)

ANZAC Weekend Camp Photos by Richard

Paddle Plan

May 2016

May 2016	Tide	Ubd	Venue/Event	Distance Km	Grade	Leader	Comments
Tue 3rd	06.14 2.29H	91- G17	Pelican Pk Bells Beach TUESDAY to anywhere	20	2	Gary Utz	[Bells Beach opp. Maine Rd Clontarf]
Sat 7th	09.43 2.24H	111- F9	Yundah St General Paddle and Rescue Training	15	all	Decide amongst experienced paddlers	First of the month all at the creek <u>Beginners come and paddle in the Bay off Sandgate with the experienced sea kayakers.</u> Bring you spray deck. Sea Kayak/Tidemark/PFD
Tue 10th	06.33 0.50L	165- C10	Wellington Pt to St Helena (South Ramp)	24	2	Graham Moorhead	[Reserve Esp.]
Sat 14th	10.20 0.71L	143- J16	Oyster Pt to exposed eastern beach Mud Is	32	2	Selwyn Gray	[off Glenora St Wynnum North] Winter paddle
Tue 17th	06.19 2.03H	111- F9	Yundah St to Scotts Pt	20	2	Decide amongst experienced paddlers	
Sat 21st	09.00 1.99H	185- P12	Cleveland to Peel Is A guided tour of State protected Leper colony huts 7.30 AM Start on the water is required	22	2	Selwyn Gray Register with Selwyn as limited Nos available	[Masthead Drive] 7.30 AM Start on the water is required Official tours with Parks and wildlife. Mobile enough to climb a bank and must have appropriate footwear for walking.
Tue 24th	10.48 1.89H	52- P11	VMR Bribie to Donnybrook	24	2	Cheryl Christensen	[Marine Pde.]
Sat 28th	08.14 0.68L	63- C1	Bongaree to Skirmish Pt or Woorim via Gilligan's Is	16	2	Kaye Watson	[South Esp.]
Tue 31st	11.20 0.47L	82- B12	Scarborough (Pirate Pk) to Bongaree	30	2	Reg Bright	[Car park off Kennedy Esp.] Depends on wind conditions

June 2016

June 2016	Tide	Ubd	Venue/Event	Distance Km	Grade	Leader	Comments
Sat 4th	08.32 2.11H	111- F9	Yundah St	15	all	Decide amongst experienced paddlers	First of the month all at the creek <u>Beginners come and paddle in the Bay off Sandgate with the experienced sea kayakers.</u> Bring you spray deck. Sea Kayak/Tidemark/PFD
Tue 7th	11.05 1.94H	111- F9	Yundah St- Luggage Pt(Mouth of Brisbane river)	22	2	Maree Mills	

June 2016	Tide	Ubd	Venue/Event	Distance Km	Grade	Leader	Comments
Sat 11th	08.36 0.66L	143- J16	Oyster Pt to St Helena A guided tour of State protected old Goal on St Helena	20	2	Selwyn Gray Register with Selwyn as limited Nos available	[off Glenora St WynnumNorth] Official tours with Parks and wildlife. Must have appropriate footwear for walking.
Tue 14th	11.09 0.62L	206- N16	Point Halloran – Dunwich	24	2	Janelle Ellwood	[opp. Orana St]
Sat 18th	07.51 1.89H	143- F1	Whyte Is–Green Is-St Helena via Mangrove pass-	20	2	Gary Bergman	[off Port Dv. South side of boat passage]
Tue 21st	09.51 1.89H	185- P12	Masthead Dve, Raby Bay- Peel Is	24	2	Graham Bell	
Sat 25th	07.07 0.55L	141- E20	Northshore- Whyte Is	20	2	Bruce Pilcher	[Macarthur Ave.]
Tue 28th	09.45 0.48L	91- G17	Bells beach to Scarborough	20	2	Cheryl Christiansen	[Bells Beach opp. Maine Rd Clontarf]

July 2016

July 2016	Tide	Ubd	Venue/Event	Distance Km	Grade	Leader	Comments
Sat 2nd	07.22 1.96H	111- F9	Yundah St	15	all	Decide amongst experience d paddlers	First of the month all at the creek <u>Beginners come and paddle in the Bay off Sandgate with the experienced sea kayakers.</u> Bring you spray deck. Sea Kayak/Tidemark/PFD
Tue 5th	10.02 1.93H	52- P11	VMR Bribie to Mission Point	26	2	Gary Utz	[Marine Pde.]
Sat 9th	07.09 0.55L	91- F18	Pelican Pk to small Bch @ Scarborough	20	2	Lynne Dean	[opp Thomas St.]
Tue 12th	09.12 0.64L	206- R20	Victoria pt to Playpus Bay	22	2	Kaye Watson	[Colburn Av. Then left to VMR]
Sat 16th	06.32 0.49L	185- P12	Cleveland to Wellington Pt	26	2	Bruce Pilcher	[Masthead Drive]
Tue 19th	08.51 1.87H	206- R20	Victoria Pt to Eprapah Ck	22	2	Janelle Ellwood	[Colburn Av. Then left to VMR]
Sat 23rd	06.07 0.41L	82- B12	Scarborough (Pirate Pk) to Scotts Point	18	2	John Taylor	[Car park off Kennedy Esp.]
Tue 26th	08.19 0.44L	63-C1	Bongaree to Skirmish Pt via Gilligan’s Is	22	2	Maree Mills	[South Esp.]
Sat 30th	06.10 1.80H	143- J16	Oyster Pt to Wellington Pt	22	2	Reg Bright	[off Glenora St Wynnum North]

Using your mobile phone in an emergency

Dial **112** instead of 000. While you can still use 000, there are a number of advantages in using 112:

- ✓ your phone will connect to the nearest tower irrespective of who your supplier is
- ✓ you do not need to have credit on a pre-paid mobile, and
- ✓ your position may be able to be triangulated (depending on where you are).

The box of really useful stuff

Websites

Sandgate Canoe Club: <http://www.sandgate.canoe.org.au/>

SCC Documents: [Policies and Procedures](#)

Queensland Canoeing: <http://www.qld.canoe.org.au>

Australian Canoeing: <http://www.canoe.org.au>

Weather:

<http://www.seabreeze.com.au/graphs/qld.asp>

<http://www.bom.gov.au/jsp/marine/wind/index.jsp>

<http://www.willyweather.com.au/>

<http://www.windguru.com/>

Tides: <http://www.bom.gov.au/oceanography/tides/MAPS/qld.shtml>

[Queensland Tides Table:](#)

Beacon to Beacon:

<http://www.msq.qld.gov.au/Boating-maps/Moreton-Bay-guides.aspx>

Acknowledgement

Sandgate Canoe Club would like to acknowledge and thank our Club Patron Councillor Jared Cassidy for his assistance in printing a number of copies of the newsletter for distribution to our members.

Club Officials

Position	
Club Patron	Jared Cassidy
President	Christine Gissing
Vice President	John Blackley
General Secretary	Michael Locke
Treasurer	Richard Womack
Membership Registrar	Ian McDade
Management Committee Members	Melissa Bull, Paul Lange, Leighanne Exon
Basic skills co-ordinator	Margaret Micale
Basic Skills instructors	John Blackley, Janelle Ellwood, Graham Moorhead, Graham Bell. Kayak Life Guards: Selwyn Gray, Bill Young, Gary Utz, Bary Bergman, Lynn Dean, John Taylor, Mark Mustchin, Marco Pitot, Bruce Pilcher,
Paddle planning co-ordinator	Graham Moorhead
Paddle Planning Committee	Graham Bell, Cheryl Christensen, Janelle Ellwood, Selwyn Gray, Richard Womack
Club Coach	Lawrie Fagan
Assistant Coach	Melissa Bull
Racing Secretary	Paul Lange
Boat Booking Officer	Greg Litherland
Equipment Officer	Selwyn Gray
Equipment Maintenance	Paul Wilson
Newsletter editor	Andrew Contoleon
Website manager	Michelle Fraser
Librarian/Newsletter distribution	Cheryl Christensen
Grievance Officer	Selwyn Gray
Clothing Coordinator	Ruth Hatcher
Social Coordinator	Linda Parsons
Social Committee Members	John Blackley, Neville Holden, Wayne Lee, Bruce Pilcher, Ron Roberts
Delegate to QC	Bruce Pilcher
Returning Officer	Selwyn Gray
Life Members	Gary Hatcher, Lawrie Fagan, David Massam, Linda Parsons, Kay Smith, Jo Nott, Sue Gollagher, Bruce Pilcher

SCC Library List (Contact Cheryl Christensen to borrow any of the below)

Canoeing and Kayaking	
Path of the Paddle	<i>Bill Mason</i>
An Introduction to Sea-kayaking in Queensland	<i>Gerard Effeney</i>
Sea Kayaking	<i>Johan Loots</i>
The Complete Book of Kayaking	<i>Derek Hutchinson</i>
The Complete Sea Kayakers Handbook	<i>Shelley Johnson</i>
Canoeing and Kayaking - Crowood Sports Guide	<i>Marcus Bailie</i>
Teach Yourself Canoeing	<i>Ray Row</i>
Canoeing Down Under	<i>Terry Bolland</i>
Canoeing the Rivers and lakes of QLD and Northern Territory	<i>McLaughlin</i>
Complete Sea kayaking Touring	<i>Jonathan Hanson</i>
Keep Australia on Your Left	<i>Eric Stiller</i>
The Dreamtime Voyage	<i>Paul Caffryn</i>
Canoe Touring in Australia	<i>Leigh Hemmings</i>
Places to Paddle	<i>Gerard and Tina Efeney</i>
Extreme Kayaking	<i>Soares & Powers</i>
Fit to Paddle	<i>Rocky Snyder</i>
DVDs	
Nigel Foster's Sea Kayaking Series	
1	Getting Started
2	Essential Strokes
3	Directional Control
4	Rescues
5	Forward paddling
6	Rolling and Bracing
Yoga for Paddlers	<i>Andria Baldwin</i>
Sea Kayak Rescues	<i>North Water</i>
This is the Roll	<i>Justine Curgenvan et al</i>
This is the Sea	<i>Justine Curgenvan et al</i>

First Aid and Safety	
Safety Handbook - Qld Recreational Boating	<i>Qld Transport</i>
Marine Operator's Handbook	
Marine VHF Radio Operators Handbook	
Sports Injuries and Stretches	<i>Levy & Fuerst</i>
Sports Injuries	<i>Vivian Grisegono</i>
Canoeing Safety and Rescue	<i>Doug Mckown</i>
Handbook of Safety	<i>Alderson and Pardy</i>
SeaKayak Rescue	<i>Schuman & Shrinen</i>
Birds and Wildlife	
Australian Birds - The Slater Field Guide	<i>Slater</i>
Field Guide to the Birds of Australia	<i>Simpson & Day</i>
Wild Guide to Moreton Bay	<i>Qld Museum</i>
Wildlife of Greater Brisbane	<i>Qld Museum</i>
Living with the Environment in the Pine Rivers Shire	<i>Pine Rivers Shire Council</i>
Watching Wildlife Australia	<i>Lonely Planet</i>
Down amongst the Mangroves	<i>Susan Quinnell</i>
Trees Plants and Wildflowers	
Australian Wildflowers -Field Guide	<i>Denise Grieg</i>
Trees and Shrubs	<i>Botanica Pocket</i>
Weeds of Queensland	<i>Dept of Primary Industries</i>
Grow your own Wildlife	<i>Johnston and Don</i>
Greening your own Australia	<i>Johnston, Waring & Gorrie</i>
Dinkum Gardening Creating a Bushland Garden in Brisbane	<i>Tim Low</i>
Australian Rainforest Plants -I, II, IV V	<i>N&H Nicholson</i>
Poetry	
Images of Bramble Bay	<i>Joan's Desk Qld</i>