

Sandgate Canoe Club

Newsletter

October 2017



Early Morning Training Yundah St

Welcome

Welcome to the SCC Newsletter.

Many thanks to Kim Smith for the time and energy in editing the Newsletter. Kim is unable to continue due to her busy workload and other commitments.

Past editors Kaye Watson and Andrew Contoleon have once again taken up the challenge to bring you the SCC newsletter.

Thank you to all contributors to this edition.

We hope that the newsletter helps all club members to stay connected and informed. We welcome your feedback and suggestions.

Please send any ideas /news/ letters/ paddling - trip reports/racing reports etc.

In particular, the newsletter is a great way to ensure we communicate coming events, celebrate achievements and get to know our wonderful club members and our different paddling groups. Please think about how you can contribute to ensure that the newsletter remains relevant.

Please send all correspondence to sclubnews@gmail.com

Happy reading

Kaye Watson and Andrew Contoleon

Editors

President's Report

Dear Paddlers

After some ideal winter paddling weather, we can now look forward to some special Spring splashing of paddles. Thanks to Kim Smith for her work as the newsletter editor over the past year and we welcome Andrew Contoleon and Kaye Watson as the new joint newsletter editors. A lot has happened since the last newsletter and highlights are below:

Our club hosted the annual **Wetlands Wander on May 28** and it was a very successful event. It was great weather and our club members were among the winners. We hosted the BCC Deagon Ward councillor, State MP, Federal MP as well as the Police Commissioner. **Thank you to all of the volunteers who helped.**

DINNER DANCE

Our social at the **VMR on June 3** was lots of fun. Many enjoyed the yummy feast put on by Glenys Jarvis and Phil Plant and boogied on the dance floor to the great live music spanning the decades by Jim Hansen.

SARP DAYS

Thanks to Kaye Watson and Gary Utz for organising these fabulous sessions. See separate report on **September 18** by Bill Mansell.



BASIC SKILLS

July 8 - We conducted our first Winter Basic Skills day, we had 10 keen participants and they all passed! We remain the biggest canoe club in Queensland.

VMR OPEN DAY

September 10 – Beautiful weather saw big crowds at the VMR –Emergency Services Expo. We used our new yellow marquee and had a number of solid enquiries about joining the club, thanks to our volunteers.

VMR AGM

On September 26 the VMR held their AGM, Thomas Grice was returned as President and David Massam was returned as Secretary.

RACING

Apart from the Wetlands Wander, our members continue to perform well in the National and State racing titles as well as our new juniors who featured strongly in the State School Canoe Marathon Championships.

QC – AGM and AWARDS

Congratulations to Allana Bold for 'Instructor of the Year', Ross Cook for 'Life Membership' and Matthew Mason for 'Photo of the Year'. Congratulations to Barry Renaud on his position as Treasurer at QC.

Coming Up

KING BILLY. Starts October 12, look out for updates

Christmas Lunch and Awards. QCYC, date to be confirmed.

General Meeting. Date to be confirmed.

Happy Paddles!

John Blackley



Inclusive, Respect, Friendship, Support, Safety, Leadership, Enjoyment, Fitness, Competition, Sharing & Caring.



Paddling Reports

Sandgate Propellers Racing Update. *Melissa Bull*

The Sandgate Propellers racing year is coming to a close. Next week (Saturday 7 October) the Queensland State Marathon titles will be held at Lake Samsonvale. A small core have been training and racing regularly in preparation for this event – and we are hoping for good results for them all.

Getting to Tuesday and Thursday early morning (5.30 on the water) training sessions has started to get a bit easier because it is finally lighter and warmer, so numbers have increased. If you've been sleeping in, it's time to dump the doona and get back to training because we will be starting a new program in the lead up to the 2018 Australian National Marathon Championships, to be held in Adelaide in May next year.

Of course there are other races to train for. Our club came second over all in the Northern Marathon Series, and many of the Propellers were medallists for their class and age category. Aside from that there are the great epic races – including the 111km Hawkesbury Canoe Classic, which is on 28-29 October this year. Tina and Gerard Effeney are doing a double act, and we can't wait to hear how they go. New member Megan Duffy – who comes from a family with a strong history of success in the Hawkesbury Classic – is also lining up with her dad. Good Luck all of you! Finally don't forget that the best race of the year was rescheduled because of extreme heat last February. Yes the Tingalpa Trot is coming up! If you want to know when, come along to training and find out.

Just in case it's so long since you've been to training (or you're new) we meet at the Yundah Street ramp to be on the water by 5.30am on Tuesdays and Thursdays, and 7.00am on Saturdays and Sundays. See you there!

Melissa Bull.



*SCC paddlers with others at the 2017 State Title Training event
at Lake Samsonvale last week end*

Sea Kayakers' Paddling Report

Elanda Point Camp 7,8,9,10 September 2017 Charmaine Renaud

Fabulous weather, Fabulous kayak mates –

Camping at Elanda point is always interesting as the weather can be so changeable from wind to cold, rain to heat. This year however it was pretty well perfect except for 4 degrees temperature at night. Very very very cold in the tents unless you had rugged up or have someone to cuddle.

Friday our paddle was directly east to Teewah Landing which is always a tricky spot to find due to the bulrushes protecting this ecosystem. The best visual from a distance is the base of mountain to aim for but due to a slight southerly breeze we paddled to the south and travelled along the foreshore north back to locate the entrance which Richard with his gps, arrived at first.



After a break and for some, a walk to go over the other side which was further than thought, we paddled south and back across the lake to Boreen Point with breezes assisting our sails slightly. Boreen Point has 2 points to stop, we located ourselves near the fish and chip shop on the southern point. It is a quaint peaceful place to rest a while before our paddle home without a breeze.

Saturday was a completely different pace, packing our kayaks onto cars to put in at Noosa Marina to paddle north on the Noosa River. A busier paddle, being close to communities but interesting going past Makepeace Island owned by Richard Branson costing \$1000's to stay for the night. Watching the cable car ferries scoot across the river with many vehicles, and observing stingrays near our cuppa break. An interesting paddle outing.

Afternoon and evening events entailed cards and dinner at the pub with free wine to celebrate Barry's 60th. While the Sunday morning some stand up paddle boarding for fun thanks to Richard and observing a friendly bird protect her eggs. This is where I left the camp while others had a delightful paddle up to Fig Tree Pocket.



Stand up Paddling

Thankyou goes to all who joined in and especially to Graham Moorhead who lead the charge.

Charmaine Renaud



Eastern Curlew

SARP 23 September 2017 Bill Mansell

First SARP for the spring / summer season and Gary Utz / Kaye Watson arranged a great event.

Only 12 participants but all certainly enjoyed the personalised practice.

The focus was to start with the basics for the first SARP of the season. The group started with paddle techniques and I am sure even the experienced paddlers gained some useful tips.

- Draw strokes
- Sweep and edge
- Stern rudder and Bow rudder
- Low brace turn and high brace turn
- Reversing and stopping

After a short morning tea it was time to get wet.



After a recent club paddle where some paddlers ended up in the water as a result of strong winds, it was decided that assisted and unassisted rescues in groups of 2 and 3 would be of benefit. There was plenty of time for a number of practices and I am sure all appreciated the session.

Thanks to Cheryl, John, Mike and Selwyn for dropping in to say hello.

All enjoyed a successful SARP that wrapped up at lunch. The next SARP is to be scheduled for Lower Moora Park to allow Creekies to also attend.

Bill Mansell

DUNETHIN ROCK CAMP 2017 John Blackley



Over the Queen's Birthday long weekend, club members attended the annual Dunethin Rock camp, one hour from Brisbane North. It is a spacious facility which is both affordable and has access to a full kitchen and cold room. Paddlers began to arrive on Friday and it was not long after staking territory that Happy Hour came around quickly.

On Saturday, we paddled up toward Yandina along the shady side of the creek. Some had a nanna nap and others spotted a yellow bird (Golden Whistler) which proved a good omen for Richmond supporters who watched the AFL Grand Final at the Yandina Hotel. Others enjoyed a scrumptious dinner at the same pub later that night.





The sunsets were pretty over Lake Dunethin and Dunethin Rock. We missed Richard the Viking and with only 16% Viking DNA, I was a bit lacking in the intrepid stakes.

On Sunday, some paddlers ventured toward Bli Bli and others demonstrated their yo-yo prowess!

All in all, everyone enjoyed a wonderful camp.



John Blackley

Basic Skills Report: *October 2017 - John Blackley*

Participants

- Ian Stewart
- Megan Duffy
- Noeline Henderson
- Evan Henderson
- Janice Lo
- Emma Tong
- Elsie Tong
- Isaac Ng
- Dickson Tong



Along with Lyn Dean, Gary Utz and John Taylor, we conducted our first Winter Basic Skills since we had a lot of keen participants.

It was great weather even for a swim and all passed. Say hello if you see them on the water.

Thanks to our great guides!

John Blackley



The Queensland Government provided \$7500 to Sandgate Canoe Club's Basic Skills Program to increase Queenslanders' participation in sport and recreation activities.

Creebies Report. *Scott Zwanenbeek*

I'm usually lucky to get away to paddle on Sundays but with school holidays I got away to paddle two Saturdays in a row. I hadn't had too many chances to join the Creebies in the last month so it was good to catch up with the 'usual suspects' including Margaret, Leighanne, Paul and Dave. We met up at the usual place, with sun higher over the horizon than the last time I'd paddled, and considerably warmer. A jaunt down to the bridges on Nundah and back on a fine sunny morning was enjoyed by all. As suits our Creebiness, we didn't necessarily make good time but definitely had a fun time.

After wash up we reconvened at 3 Blind Mice in nearby Sandgate for coffee and breakfast. Apparently bacon and maple syrup on crepes is viewed as a strange combination in some quarters.

Outside of our Creebies paddles, I also attended the SARP day at Margate the previous Saturday and that too was a wonderful day practicing skills that I don't usually get to with Creebies. The next SARP is in November and will be held at Moora Park at Sandgate, in particular to provide safety training to Creebies and it will likely be a fun day to get wet! :-)".

Scott Zwanenbeek

SCC Juniors *Allana Bold*



The juniors are having a great time exploring what kayaking has to offer and are constantly developing new skills and becoming more confident. We've been playing games in anticipation of our Canoe Polo day which we had as an end of term break up activity on October 14.

The kids geared up in helmets with face masks, padded PFDs, spray skirts on little boats and paddled out to work on some boat and ball skills. Some enjoyed it, some not quite as much, but it was a great experience for all. For those keen enough, they started to hip flick holding onto the pontoon and

Ethan pulled off his first roll under the guidance of Don from the Qld Canoeing Polo Technical Committee.

A huge thanks to Donald Leigh and the Polo Technical Committee who have a trailer full of new equipment and special thanks to Don Steele and the 2 young lads – Jack and Jack for bringing the equipment to us and taking us through some skills and giving the kids this opportunity.

About 6 of the kids can't wait for another opportunity, so if any of you grownups want to try something different, speak up and we could get it organised!

A bunch of kids have been competing in the School Marathons and the Half Day sprint regatta. All kids have done extremely well to be at a level where they are confident to have a go at racing. It is a great team environment, very supportive and kids are surprising themselves with their personal outcomes. Wahoo, go kids!!!!

Allana Bold



Queensland Canoeing *Barry Renaud*

Current member and sea kayaker Barry Renaud has recently been appointed the position of Board Treasurer of Queensland Canoeing Incorporated until the AGM in late 2018. Looking forward to the challenge the role entails, it provides further support to SCC pulling its weight in this body.

Of interest to note is that QC is not a Government body but an independent body contracted to deliver services for the three year period 2017 to 2019 – a rolling contract subject to review each three years. It works in co-operation with Australian Canoeing and other state bodies. For Club matters, Bruce Pilcher is the QC delegate.

Barry Renaud

Next SARP Day

Saturday 4th November at Moora Park.

Meet at Yundah St and paddle around to Moora Park. Practice skills with experienced kayakers.

This day has been scheduled to assist the Creekies access to Skills and Rescue practice. It also caters for more experienced sea kayakers, further developing skills and confidence in the bay.

Please contact SARP Co-ordinators Gary Utz and Kaye Watson for further information. (see attached contact list).



SCC Website

The [SCC Website](#) contains information for kayakers, including many important links.

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.

Paddle Plan

October 2017

Oct 2017	Tide	Ubd	Venue/Event	Distance Km	Grade	Comments	Leader
Tue 3rd	07.39 1.91 H	82- B11	Scarborough (Pirate Pk north) to Bells Beach	20	2	[Enter Car park between Bunton St @ Rock St]	Gary Utz
Sat 7 th	10.28 2.32 H	111 -F9	Yundah St General Paddle New Members hiring a Sea Kayak from club please note: - Must ring leader on Friday evening so that the leader is informed as to who is coming. Hire Sea Kayak from Greg Litherland and be ready at the VMR ramp with boat, skirt, PFD, water and snacks by 7.45am sharp.	15	all	<u>Beginners come and paddle in the Bay off Sandgate with the experienced sea kayakers.</u> Bring you spray deck. Sea Kayak/Tidemark/ PFD	Barry Renaud First of the month all at the creek. There are only 3 sea kayaks
Tue 10th	06.19 0.34 L	111 -F9	Yundah St to Woody Pt	18	2		Lyn Dean
Sat 14th	10.44 0.60 L	226 Q18	Weinam Ck [Esplanade Rd] to Platypus Bay (Peel Is)	31	2	[Esplanade Rd]	Graham Bell
Tue 17th	07.49 2.05 H	41- M1 7	Toorbul to Skids	27	2	[Esplanade & First Av.]	Gary Utz
Sat 21st	10.21 2.26H	40- R2. 5	Donnybrook to Skids Day Paddle	20	2	[Esplanade North & Amy St.] (Just north of caravan Pk)	Decide amongst experienced paddlers
Sat 21st	10.21 2.26H	40- R2. 5	Donnybrook to Caloundra Camp at Golden Bch Caravan Park	26	2	[Esplanade North & Amy St.] (Just north of caravan Pk)	Cheryl Christensen
Sun 22nd	10.55 2.25H		Caloundra return to Donnybrook	26	2		Cheryl Christensen
Tue 24th	05.32 0.43L	111 -F9	Yundah St				Decide amongst experienced paddlers
Sat 28th	08.39 0.80L	186 - C11	Cleveland Raby Bay Foreshore Park to Wellington Point	26	2	[Raby Bay Bvd]	Richard Sharpe
Tue 31st	06.21 1.82H	288 -A9	Cabbage tree pt to Swan Bay& Bedrooms via Coby Channel & Duck Creek	23	2	[Cabbage Tree Pt. Rd. Steiglitz] Decide on day which way to return home	Janelle Ellwood

November 2017

Nov 2017	Tide	Ubd	Venue/Event	Distance Km	Grade	Comments	Leader
Sat 4th	09.24 2.42H	111-F9	Yundah St <u>SARP day at Moora Park</u> Hire Sea Kayak from Greg Litherland and be ready at the VMR ramp with boat, skirt, PFD, water and snacks by 7.45am sharp.	15	all	<u>Beginners come and paddle in the Bay off Sandgate with the experienced sea kayakers. Learn some Rescue skills</u>	Gary Utz and Kaye Watson
Tue 7th	05.17 0.23L	91-G17	Bells Beach to Scarborough	22	2	[Bells Beach opp. Maine Rd Clontarf]	Cheryl Christensen
Tue 7th	05.17 0.23L	215-K1	JosephBrady Park to Bremier River	30	2	[Riverside Ave Barellan Point]	Richard Womack
Sat 11th	09.05 0.66L	63-C1	Bongaree to Skirmish Pt via Gilligan's Is	22	2	[South Esp.]	Graham Moorhead
Tue 14th	06.39 1.99H	82-B11	Scarborough (Pirate Pk north) to Bells Beach	20	2	[Enter Car park between Bunton St @ Rock St]	Graham Moorhead
Sat 18th	09.24 2.33H	99L-10	Murumba Downs to Petrie and beyond	22		[end of Pine River Drive]	Richard Womack
Tue 21st	11.05 2.32H	41-M17	Toorbul to Glasshouse Ck	25	2	[Esplanade & First Av.]	Janelle Ellwood
Sat 25th	07.00 0.69L	63-C1	Bongaree to Skirmish Pt	22	2	[South Esp.]	Lyn Dean
Tue 28th	10.27 0.79L	40-R2.5	Donnybrook to VMR Bribie	25	2	[Esplanade North & Amy St.] (Just north of caravan Pk)	Gary Utz

December 2017

Dec 2017	Tide	Ubd	Venue/Event	Distance Km	Grade	Comments	Leader
Sat 2nd	08.18 2.42H	111-F9	Yundah St General Paddle New Members hiring a Sea Kayak from club please note: - Must ring leader on Friday evening so that the leader is informed as to who is coming. Hire Sea Kayak from Greg Litherland and be ready at the VMR ramp with boat, skirt, PFD, water and snacks by 7.45am sharp.	15	all	<u>Beginners come and paddle in the Bay off Sandgate with the experienced sea kayakers.</u> Bring you spray deck. Sea Kayak/Tidem ark/PFD	First of the month all at the creek. There are only 3 sea kayaks

Dec 2017	Tide	Ubd	Venue/Event	Distance Km	Grade	Comments	Leader
Tue 5th	10.43 2.68H	226- Q18	Weinam Ck to Clarks Pt Lamb Is	24	2	[Esplanade Rd]	Richard Sharpe
Sat 9th	07.34 0.56L	226- Q18	Weinam Ck -- circumnavigate of Coochie to Dalpura Bch Macleay Is	22	2	[Esplanade Rd]	Graham Moorhead
Tue 12th	11.06 0.77L	91- G17	Bells Beach to Scarborough	22	2	[Bells Beach opp. Maine Rd Clontarf]	Janelle Ellwood
Sat 16th	08.25 2.32H	111- F9	Yundah St ABnCRIPCP	15	all	Ask Barry	Barry Renaud
Tue 19th	10.12 2.40H	41- M17	Toorbul to Tripcony Bight	27	2	[Esplanade & First Av.]	Maree Mills
Sat 23rd	05.56 0.54L	111- F9	Yundah St	15	all		Decide amongst experienced paddlers
Tue 26th	08.30 0.78L	111- F9	Yundah St	15	all		Decide amongst experienced paddlers

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).

Acknowledgements

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. This community service is very much appreciated.

Noosa River Paddler

Guess Who?



SCC Club Officials

Position	
Club Patron	Jared Cassidy
President	John Blackley
Vice President	
General Secretary	Phil Plant
Treasurer	Claire Brereton
Membership Registrar	Michelle Fraser
Management Committee Members	Melissa Bull, Scott Zwanenbeek (creekies representative) Armand Le Roux (racing representative)
Membership Advocate	Lyn Dean
Basic skills co-ordinator	Margaret Micale
Basic Skills instructors	John Blackley, Selwyn Gray, Gary Utz, Gary Bergman, Lynn Dean, John Taylor, Mark Mustchin, Bruce Pilcher,
Paddle planning co-ordinator	Graham Moorhead
Paddle Planning Committee	Graham Bell, Cheryl Christensen, Janelle Ellwood, Selwyn Gray, Richard Womack.
SARP Coordinators	Gary Utz, Kaye Watson
Club Coach	Lawrie Fagan and Melissa Bull
Racing Secretary	Amand leRoux
Boat Booking Officer	Greg Litherland
Equipment Officer	Selwyn Gray
Equipment Maintenance	Mark Mustchin
Communications Team Manager and Website manager	Michelle Fraser
Newsletter Editors	Kaye Watson, Andrew Contoleon
Newsletter Distribution	Cheryl Christensen
Librarian	Kaye Watson
Clothing Coordinator	Ruth Hatcher
Social Coordinator	TBA
Social Committee Members	TBA
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