

New Zealand CANOEING & RAFTING



No. 26 SPRING 1982
P

MIKE SAVORY

New Zealand

Canoeing & Rafting



Magazine

PUBLISHED BY THE NEW ZEALAND CANOEING ASSOCIATION
P.O. Box 5125 AUCKLAND

The NEW ZEALAND CANOEING ASSOCIATION is the administering body of canoeing, kayaking and rafting in New Zealand. Although individuals may be members of the Association, the majority of paddlers are members of the Association through membership of a local paddling club. These member clubs are:

ARAWA CANOE CLUB	P.O. BOX 13177 Armagh Christchurch
AUCLAND CANOE CLUB	P.O. BOX 3523 Auckland
CHRISTCHURCH CANOE CLUB	P.O. BOX 13176 Armagh Christchurch
GARDEN CITY KAYAK CLUB	C/- 36 Linwood Ave Christchurch
GISBORNE CANOE & TRAMPING CLUB	P.O. BOX 289 Gisborne
HAMILTON CANOE CLUB	P.O. BOX 9497 Hamilton
HAURAKI KAYAK GROUP	P.O. BOX 3580 Auckland
HAWKES BAY CANOE CLUB	P.O. BOX 883 Napier
KAIMAI CANOE CLUB	P.O. BOX 2354 Tauranga
KUPE CANOE CLUB	P.O. BOX 3768 Wellington
NELSON CANOE CLUB	P.O. BOX 793 Nelson
NEW PLYMOUTH KAYAK CLUB	29A Clawton Street New Plymouth
NORTHLAND CANOE CLUB	130 Beach Road Onerahi Whangarei
NORTH SHORE CANOE & YOUTH CLUB	35A Taharoto Road Takapuna Auckland
OTAGO CANOE & KAYAK CLUB	P.O. BOX 5404 Dunedin
PALMERSTON NORTH CANOE CLUB	P.O. BOX 1126 Palmerston North
RIVER CITY CANOE CLUB	P.O. BOX 129 Wanganui
ROTORUA CANOE CLUB	P.O. BOX 1484 Rotorua
RUAHINE WHITE WATER CLUB	71 Salisbury Street Ashhurst
SOUTHLAND CANOE CLUB	P.O. BOX 1379 Invercargill
TARAWERA CANOE CLUB	9A Holyoake Cres. Kawerau
TAUMARANUI CANOE CLUB	P.O. BOX 77 Taumaranui
TE MARUA CANOE CLUB	27 Argyle Grove Upper Hutt
TIMARU CANOE CLUB	C/- Y.M.C.A. P.O. BOX 777 Timaru
TOKOROA KAYAK CLUB	2 Kensington Street Tokoroa
UNIVERSITY OF CANTERBURY CANOE C.	103 Brookside Tce. Christchurch.

'NEW ZEALAND CANOEING AND RAFTING MAGAZINE' is the quarterly magazine of the N.Z. Canoeing Association and its member clubs. The editorial board of the magazine is entirely separate from the Association and the views expressed in the magazine do not necessarily coincide with those of the Association, its clubs and members, Executive officers, nor the editorial staff. Enquiries concerning the publication, advertising, articles, and subscriptions should be addressed to: THE EDITOR

N.Z. CANOEING & RAFTING MAGAZINE
P.O. BOX 26
NELSON

Subscriptions are \$7.50 per year (4 issues). Mailed within New Zealand.

COMMENT

Many things have come and gone since the last issue of our magazine, and I might add that few have left much sign of their having passed. Take for example the Government's Budget - I think that we all expected a rationalisation of the sales tax situation. With the tax on canoes and kayaks and not on sailboats in order, so we are told, to encourage youth into meaningful recreational pursuits. Crazy! So at the moment we have a situation where a really good ten-speed bicycle is cheaper than an ordinary kayak - and look at how much labour is involved in building a bicycle.

The Clyde Dam issue is still to finally resolve itself, but Government has made it clear that the dam will be built despite whatever anybody else has to say about the issue. It seems that Government is prepared to let democracy decide issues provided that the final result is how Government wanted it in the first place. What they are saying, in effect, is that we can expend thousands of dollars on fancy lawyers fees in order to exercise our rights, but in the long run it will be to no avail - I once thought that courts of law existed to provide citizens with justice - I was wrong, as wrong as I was when I thought that Government was all about putting the wishes of the citizens into effect to the good of all. The implications of the Clyde Dam issue are far reaching. Take for example the whole issue of current Soil and Water legislation: Rivers are a scarce resource. Therefore we have a procedure for allocating those resources in a manner that is fair for all the competing users. That procedure allows for full public participation and debate, allowing all parties to put their case. If one party believes that its case has not been heard sufficiently, or that all the relevant information has not been considered, then we have an appeal procedure. To date all courts of appeal, in fact all the decisions needed to allow the dam to go ahead, have been against the dam. From the time that the local Catchment Board recommended to N.W.A.S.A. that the crown water rights should not be issued; to the most recent decision of the Court of Appeal - Government has shown itself prepared to ignore the legal process, the rights of citizens, and the process of democracy. That is to say, Government is prepared to operate beyond the law, yet still expects its citizens to operate within the law. If we, the users of rivers; and I might add, legitimate users of rivers, are going to have our rights ignored, if we are to be frustrated in our attempts to have our use of rivers recognised, then Government should not be surprised if some of us go beyond the law to maintain what is rightfully ours. In many less politically stable countries, such events might be sufficient to create civil disorder; can it happen in this country? I never thought that I would see the day when our police would use violence to support a blatantly political decision that was against the wishes of the majority of the public - the Rugby Union has allowed violence to become acceptable as a political act. If government continues to act beyond the law - perhaps we may well see canoeists and rafters in front of the revolutionary movements. If the Motu fails to become protected under the current application to have it a National Water Conservation Order, then perhaps, just perhaps, the catalyst will have been added.

Those people who attended the N.Z. Canoe Association's Annual Meeting were probably not surprised that it was a non-event; their complacency helped it to be so. If there was any one issue then it was one of commercialism - and on a number of fronts at that. Firstly, there is the problem of continuing funding for the organisation. In the past, the Association has been remarkably successful in leveraging grants from all manner of government agencies - but now that fists

are getting tighter, this situation is not going to continue. I rather got the feeling that many delegates to the conference had the attitude that somehow, someone would find the cash we need - hadn't it always happened in the past? Well it seems to me that the golden era of Government handouts has come to pass - not only is there less cash - there is more competition for it. What the Association is going to have to do is to take a more commercial attitude - not only to do a bit of forward planning, and budgetting, but also to look at some sort of trading operation to provide the funds for the day-to-day running of the organisation. In the past the Association has done this sort of thing - the publications are a fine example. If the Association fails to do this, then the funds will just have to come from the pockets of paddlers - and they are feeling the pinch too, so with us all looking more critically at what we, personally, get for every dollar spent, I simply fail to see the Association surviving for long if it is to rely on capitation levies only.

The other big issue of commercialism, was the rise of commercial river tripping that has grown on our waterways. Will the commercial operators and their permits restrict the use of rivers by the individual? Has this not happened in America? Well all I can say is that this ain't America and don't read American situations into the New Zealand scene unless you have done sufficient research to justify it. Firstly, 80% of the people that the commercial groups take rafting and canoeing are New Zealanders - and how a population of 3 million can cause overuse on our sort of rivers is beyond me. Remember that New Zealand rivers have a highly fluctuating flow - more so than in America - and this constant cleaning out of the rivers and the river banks tends to nullify much of the impact of high numbers of people. And of course remember that few of our rivers are of sufficient length to provide overnight trips - hence rivers with campsites will not be common. Remember too that most of our rivers are too low in late summer to provide a reliable commercial trip - so the enforced break that rivers have allows a restoration of environmentally sensitive areas.

Kayaking is a high skill activity - quite beyond the abilities of a majority of our population - at least our best white water rivers are. Have we the right to demand the exclusive use of rivers? How can the average citizen enjoy rivers such as the Motu without the services of the commercial rafters? Without the commercial groups the average bloke could well build himself a tube raft and go down himself in his ignorance of the dangers - at least the commercial operators not only take you down the river in safety, but they also teach people respect for the environment, they gain converts for the river protection cause, they are a powerful argument against the developers who would have us tame the entire countryside.

And what else has gone by without hardly being noticed? Winter - that's what. And it has been a dry winter too. What is more - it's going to be a dry summer too. Paddlers should remember that the most dangerous weather always comes at the turn of the seasons. Remember the Easter storms? we have them in Spring too, so watch it!

Cheers and may your paddles find plenty of white water,

Graham Egarr.

"Sea Kayaking"

by JOHN DOWD

A MANUAL FOR LONG DISTANCE SEA TOURING

This controversial book challenges established sea canoeing dogma and brings a wealth of fresh experiences to sea canoeing literature. New Zealander John Dowd draws upon his experiences kayaking the shores of New Zealand, Chile, South East Asia, Europe, the Caribbean, and Canada to present a readable and absorbing exploration of his subject.

Copies available from: 12 Brilliant Street
AUCKLAND 5

Price : \$ 12.00 plus .50¢ postage Cheques payable to
A.B. Davis.

... ..

In late February the Hawkes Bay Canoe Club wrote to the Minister for the Environment congratulating him on his trip down the Motu river during the summer and asked him for comments for their next newsletter. We thought that his comments were worth reprinting in our magazine for all paddlers to read:

"...Nothing has given me more pleasure in recent months than the trip down the Motu. Admittedly I travelled down in a rubber raft for only a short distance, and when the river was at a pretty low level. Nevertheless I was able to appreciate the majesty of the area, the native forests, the high bluffs, the challenging bits of white water.

I came out of the valley convinced that we must do everything within our power to retain the Motu in its unspoiled state. (I also came out with an admiration for anyone brave enough to take on the Motu at full water in a canoe. I'm told that canoes don't bend as easily as rubber rafts when they hit rock walls).

Immediately following the publicity several Opotiki County Councillors had some unkind things to say and someone even went so far as to suggest that dams, and flat water in the Motu would be nice for the elderly to float around on. I've got news for all those critics. There's plenty of placid water in the Waikato for them to make use of. Some New Zealanders prefer water with a little more spirit.

The next generation of New Zealanders will have every reason to be critical of our actions if we allow magnificent wild and scenic rivers such as the Motu to be tamed...."

CANOEING with the CHILDREN

With summer coming up, we thought that families might enjoy this story from the April issue of "CANOE", an American magazine. This story shows that not only is the open canoe ideal for camping expeditions, but the kids can go along as well.

In New Zealand, there are suitable coastal areas, such as Hauraki Maritime Park, Marlborough Sounds Maritime Park and the Abel Tasman National Park. There are large estuaries in Northland to explore, and also the lakes - in the Bay of Plenty-Rotorua area, Waikaremoana; the southern lakes such as Te Anau and Manapouri; Westland lakes, such as Brunner and Hochstetter, and others; and the Nelson Lakes National Park; and, of course, there are those splendid hydro lakes, which, we are told, are a magnificent recreational resource.

"The Family That Paddles Together" by Kathryn Henry.

"Are we really going first, Mom? Do you think we can make it?" piped the small voice beside me. Dana, my six-year-old son, sounded a mite apprehensive about our taking this first set of rapids on our own, with no one else to set an example.

This was one of those exciting firsts, and Dad the snap-shooter was waiting on the broken-out dam, camera in hand, with eight-year-old Carrie. All of us had carefully scouted the four-foot drop, and I'd explained to Dana how he should line up the bow of our canoe to safely shoot the rapid. But those last few seconds, as we paddled out from the shore to position our craft above the drop, were anything but calm! ...Poised...ready...? Whoosh! With a whoop and a yell, we were through. And Dana, wet with spray, was a small geyser of delight!

For years, my husband Jim and I had been looking forward to this - our first wilderness canoe trip as a family. We had spent the last two summers teaching the children to paddle and to swim competently, and they enjoyed them both. We were all relaxed around water, and I no longer worried about capsizing - we had rehearsed recovery several times on the lake at home, and had even practiced swimming in a river current, on our backs, holding our feet up in front of us to ward off rocks. Jim and I had enjoyed wilderness canoeing for years, and the kids were familiar with stories of our trips to Alaska and Canada. By now, they, too, were eager for a family adventure!

For this first foray, we picked a five-day lakes circle trip in northeastern Maine. The Machias Lakes circuit would be about 27 miles in length, and our time would allow us easy paddling days. (We weren't yet sure how the kids would hold out, paddling for hours on end.) We'd heard enthusiastic reports about attractive campsites, pristine swimming beaches, and great fishing for bass (a big plus for Dad!) The road accesses were supposed to be difficult, so we did not expect too many other craft; yet the area was not too remote for getting help in an emergency. For a trial family wilderness trip, this place had what we needed. We'd see some pretty country, and we'd find out how well the kids could handle the canoe-tripping routine: paddling most of the day, setting up camp every afternoon, cooking outdoors, sleeping in their own tent, breaking camp every morning and packing the gear back into the canoe... It was just as well that there'd be no long portages.

We wanted this first trip to be a good experience for Dana and Carrie, and we planned our gear carefully so that we'd be comfortable yet not encumbered. To convey a sense of responsibility, we wanted each child to take care of his/her own clothes and sleeping bag. We all worked together to prepare for the trip, and Jim and I emphasized the need to be organized and not forget

anything that was important. Carrie loved helping me package the food, bagging and labelling each day's surprises. We took mostly freeze-dried food - not that we needed it on such a short trip, but we wanted to test the children's reactions to both preparing and eating it, as a test run for longer trips.

I met a major challenge in rounding up rain gear for the children.....Finally, in desperation, I bought some coated nylon, laid Carrie's favourite jeans out on top, and cut out a pattern. I merely stitched up the sides and put elastic in the waist. They worked out just fine! For rainy weather headgear, we all took good sou'westers with long back brims. Although we only wore these outfits twice during our trip, we were glad to have them!

Packed and prepared, we set off in high gear. The drive took eight hours, and we didn't put in at Fourth Machias Lake (east of Springfield, Maine) until about 5.30p.m.After a full day of "When are we going to be there?" we were all ready for some exercise! As the wind began to blow and rain clouds threatened, we hurriedly paddled across the lake to our beach campsite. Our large four-man dome tent was the first shelter to go up, in case the rains came before we were ready. But we were in luck - we managed to get the kids two-man tent up as well as the kitchen fly before the heavens burst.

Both children were so excited they could hardly stand it! While I fixed dinner, they made a blueberry cobbler for dessert, and the rain was barely noticed. Not only was the campfire cooking a great success, Carrie couldn't wait to help with the dishes! When bedtime came, both kids headed for their tent with enthusiasm. Although I was unsure of their sleeping alone, I need not have worried. The only problem was to convince them to stop playing with their flashlights - after all, the batteries had to last throughout the trip. We made a rule that if either child had to go to the bathroom in the middle of the night, he/she had to wake one of us before leaving the tent alone. Feeling secure that Mom and Dad were close, they fell asleep instantly.

The first full day was wonderful. Jim and I were awakened early by a loon, and we enjoyed watching it through binoculars. Eagerly anticipating our first day's paddle, I hurried to get dressed, only to discover that the kids were having a great time in their tent and could have played there happily all day! Jim and I finally cajoled them out of bed with pancakes, and the day's excitement began. Learning to pack gear, take down tents, and clean up camp took half the morning, but it was fun.

Turning our canoes backwards, we let each child paddle forward from the stern seat. This way, they were closer to the end of the canoe and their manouvering strokes had more power. This positioning also made it easier to balance the canoe load.

It was on the connector stream between Fourth Machias Lake and Third Machias Lake that we had our first chance for whitewater, shooting over that broken dam. After all the splashes and giggles and picture-snappings, we meandered with the stream through dense swampland, and enjoyed the easy riffles.

Suddenly, Carrie, in the bow of the lead canoe, stopped paddling. Her eyes grew wide, but she couldn't put words to what she saw. Then, a mere 15 feet away, a moose crashed back into the brush. He was a young bull with horns still in velvet, and when he stopped and looked back at us (from 50 yards away, this time), she relaxed and joined in with our laughter. It was the high point of the trip for a little girl, and she couldn't stop talking about "her" moose.

As we continued on, we saw other wildlife -.....There was something wild and wonderful around every corner! It was almost a let-down to come into Third Machias Lake, our destination for the evening. We fished, caught a smallmouth bass for supper, and sailed down the lake toward the camping sites.

Our spot had a beach, and Carrie and Dana swam and explored all afternoon. They really needed a break from paddling and a good chance to run. We found throughout the trip that they tended to tire of paddling shortly after lunch, so we had to find our campsites soon. Otherwise, they both became restless and we had to do the paddling alone. Even after long lunch breaks, the kids were not ready for the confines of the canoe and more paddling.

It was the lakes that most taxed their stamina; a large expanse of water took longer to cross, and there were not as many surprises as we'd been finding around each bend of the stream. Even if we stayed close to shore, their attention would wander to a destination far, far ahead. On the rivers, each child could see how his/her paddle stroke worked to draw us around a rock, and could take satisfaction in paddling hard and watching the banks fly past. On the lakes the children worked just as hard, but usually against a headwind and without seeing as much progress. From our experience, I'd advise a family with small children to avoid planning a trip with long stretches of flatwater paddling.

The next day dawned sunny but windy enough for turtlenecks. We trolled with fly rods as we started out, and hooked and netted a couple of big smallmouth bass. We didn't have such good luck, though, in finding the creek that entered Third Machias Lake from the Getchel Lakes, our next destination. The water was shallow, and it took some searching to see the main channel in the low swamp. The creek entrance was trampled with moose and deer tracks, and Carrie and Dana learned quickly to tell them apart and follow the different animals, guessing at what each had been eating. Once we began to move up the creek, our progress slowed to half slogging, half poling. We finally tied the two canoes together, with Jim leading and dragging, while each child steered his/her canoe, trying to stay off the twisting banks.

We crossed through the small, quiet Getchel Lakes, enjoying the stream inlets. Indeed, the moments we all remember best were those spent on the connector streams between lakes. We felt like explorers as we tried to find their entrances, using the map and our river sense. Where it was deep enough, we poled and pushed our way; and where it was too shallow, we got out and dragged our loaded canoes. By the time we reached Wabassus Lake we were all pretty tired, and we spent the afternoon on a lovely beach. Our cove was out of the wind, and the hot sun felt exquisite. Both children swam and explored.

We had a great time entering our next lake, Pocumcus. The inlet stream went through a large culvert under a logging road, and we had to paddle through the long, dark tunnel. For both kids, that was exciting stuff! But Pocumcus Lake is a long body of water, and we were soon paddling against a headwind. We had to stop often for stretches and snacks, and we found it refreshing to vary the scenery, exploring small coves, watching ducks, and clambering over rocks on shore.

From here on, Mom and Dad worked at being inventive enough to keep up the children's interest, for the rest of the trip was mostly flatwater. From Pocumcus Narrows, we crossed the southern end of Syslodobsis Lake to the take-out at Big Sand Beach.

Now, if you ask Dana, the best part of the trip, without question, was that rapid through the dam! As a family, aside from poling up the meandering streams, we really enjoyed our camping experiences. We all had a hand in making a home for ourselves, doing chores together, gathering firewood for our evening "bonfire"; cooking, cleaning up the dishes; taking down the tent. The children loved everything about with living from a tent! They caught frogs together, and silently watched birds. And they really paddled. Each one knew the bow of the canoe was his/her responsibility. We had been quite strict about that from the beginning - this was to be a trip where we all shared the paddling; Mom and Dad were not doing it by themselves. At six and eight years old, they were sharing in the chores, the paddle-power, the responsibilities, and the fun.

EPILOGUE:

Family Menu Planning:

We were interested in our children's reactions to freeze-dried food in preparation for longer trips later on, so it comprised most of our food. Normally this would not be necessary for a four-day trip. The "favourite" freeze-dried dinner was spaghetti and meatballs. Desserts were very important in the scheme of things, and preparing them was each child's special job at night. Lemon pie and blueberry cobbler were stand-outs.

For breakfast, we had lots of instant oatmeal. Dana and Carrie added hot water and sprinkled it with powdered milk. Granola works well this way, too. Pancakes were another morning favourite when we had a lot of time. Freeze-dried eggs/omelettes were a disaster for both children.

When tripping with children, take along plenty of snacks. Paddling across a windy lake becomes boring to a small child since he/she cannot see much progress - just the lake still in front. We found frequent stops to explore the banks, lots of singing, and snacks helped on the longer afternoons. Dried fruit, scroggin, and freeze-dried icecream (a real success) were our snacks. After lunch, we gave each child a small bag as a personal snack supply to ration for the afternoon.....Let the kids mix the scroggin at home and package it into small, individual portions (about one large handful per plastic bag.)

We took two four-person portions of hash brown potatoes and two extra vegetables for evening meals with fish. Wrapping the fish (scaled and gutted with the head and skin still intact) in tin foil and placing it either on top of the grill or buried in the coals for 15 minutes or so (depending on the size) was the best cooking method. It was still moist and the skin peeled off easily to portion out.

We made sure to pack an inexpensive pair of binoculars for the kids to use. A pair in each canoe avoided most arguments!"

Well, there you are. If you have any interesting family canoe trips that you could set to paper, let us have your experience to put in the magazine for others to enjoy.

**

The wage and price freeze regulations which came into effect a couple of months ago has, as Tom Scott so aptly put it "... put wages in the freezer and prices in the butter conditioner..." How does this effect the paddler? It has been determined that membership fees or subscriptions to incorporated societies (to canoe clubs), where these fees confer general benefits to members are exempt from the freeze. That is, clubs can put their subs up. However, fees, as prices for specific services are not exempt from the price freeze - so clubs cannot put up hire fees for club equipment, nor fees for instruction, pool sessions etc.

That interpretation of regulation 4 (1) (b) comes direct from the Secretary of Trade and Industry!

Surf Techniques

Most New Zealand canoeists have at some time paddled in the surf. There is no doubt that we have some excellent sites for surfing - perhaps not the best in the world, but not far from it. Over the years specialised kayaks have been developed to give the best on surf waves. The first of these craft were known as 'Surf-yaks' and the term 'yak' has tended to be applied to most of these craft ever since. Renton Hunger in Auckland built some of the earliest boats, and boats from his moulds are probably still being turned out. Recently, however, Max Grant of Quality Kayaks has begun building surf kayaks from a newly imported mould. Two features struck my eye when I first saw one of these craft from Max - the cockpit is not so far aft as the earlier boats, and the bottom has a pronounced curve and the rails are not as extreme as some craft. When in the U.K a year or so back I paddled a Moccasin surf kayak that English canoe builder Frank Goodman had imported from the West Coast of the U.S.A. This particular boat had a very short aft deck and I had difficulty getting out through the surf without a reverse loop. Keith Hughes, who has been paddling one of Max's new boats out of Geymouth reports very favourably of the boat - he even had a standing ovation from a bunch of board riders after one notable ride. Graeme Sisson in Nelson is currently evaluating an interesting boat too. This one appears to be a little shorter than Max's

The following article on surf techniques is reprinted with permission from 'Canoeing' magazine - it was written by Frank Goodman. Frank currently holds the world record for the longest surf ride. He is also known as the designer of the Nordkapp kayak and for a number of sea kayak expeditions including a trip around Cape Horn.

Because of the lack of space, it is not possible to deal with all aspects of surf kayak handling. Only a brief summary is possible, diagrams show manoeuvres on 'perfect' waves, and both waves and manoeuvres are stylised for clarity.

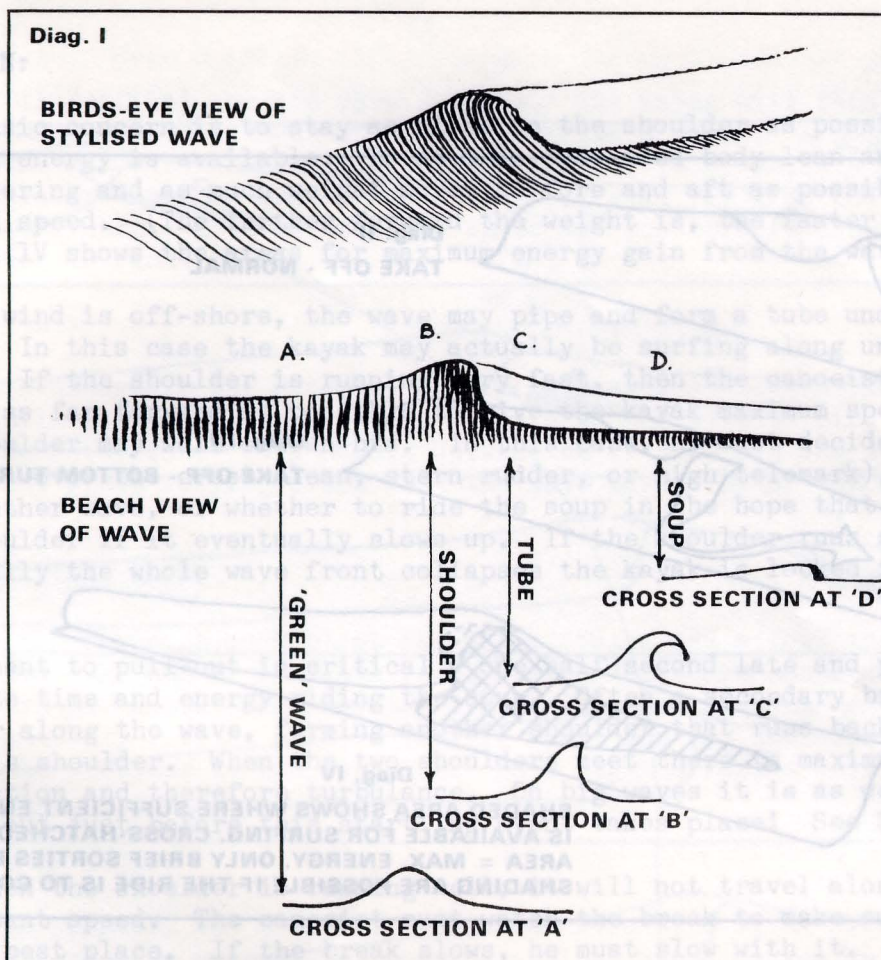
THE SURFER:

Just as basic strokes learnt separately by the novice canoeist flow together and amalgamate as he becomes proficient, so basic manoeuvres in the hands of an expert surfer dissolve together to give a rhythmic flowing performance. Anyone who has mastered basic canoeing techniques, and can roll with some confidence, can surf with a little practice. No special attributes are needed.

THE SURF:

Many of the individual manoeuvres mentioned in the following text are only possible on large, well-formed surf, but whatever the size or quality, the basic aim is to use the 'shoulder' of the wave, staying as close as possible to it to give the longest, fastest ride, and using the energy provided by the wave to add to a well-judged shoulder ride as many additional manoeuvres as taste and skill dictate. When the shoulders are forming well, forward runs, even with manoeuvres, forward loops (pearling), and rides in the soup are not part of surf kayak technique and should be avoided.

Don't be too keen to get on the water until you have had a good look at the scene. Look for the rip currents to get you out through the break-line to your line-up. Rip currents often have well-shouldered surf on either side of them, as the rip will scour a groove in the sand, leaving shallows on either side. Remember rips can be dangerous to the swimmer, so perfect your roll! Look for places where the shoulder runs along the wave smoothly and at a steady pace. At low water areas of sand higher than average can be spotted, and as the waves will break sooner in these places, good shoulders can be expected along the edges of these shoals once the incoming tide covers them. Try and avoid places where the waves close out (break right along simultaneously) or back off (re-form into green waves after having broken once.)



Paddling out through the break needs especial care in a surf kayak. The craft tends to loop backwards easily and only hard paddling and weight well forward will avoid this on big surf. Rolling under waves is particularly effective however, as the flat bottom of the surf kayak is held down well by the breaking wave and there is less chance of being surfed back in than with a slalom kayak.

The line-up for surf kayaks tends to be somewhat closer in-shore than for slalom kayaks (surf boards are even closer in-shore). The position is obviously related to the amount of acceleration possible, and surf kayaks are slower than slalom until they come up on the plane.

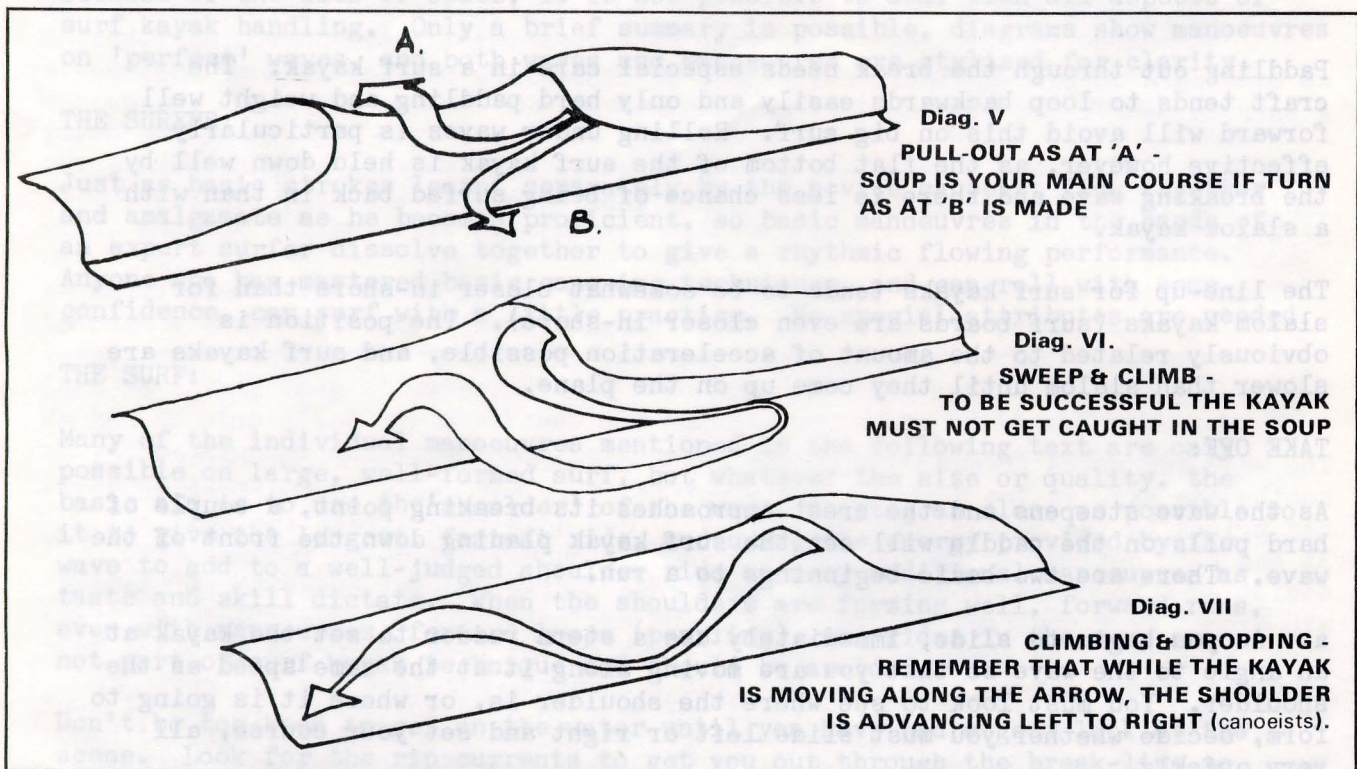
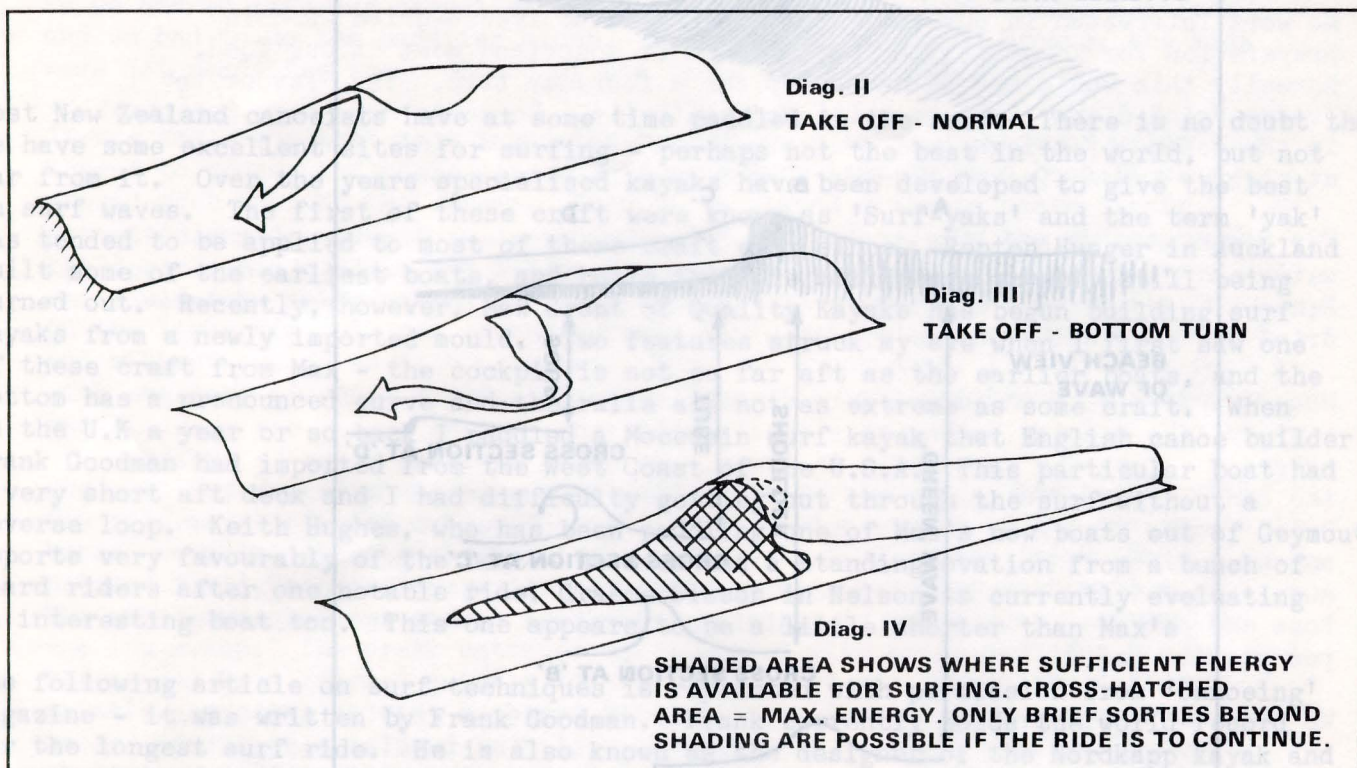
TAKE OFF:

As the wave steepens and the crest approaches its breaking point, a couple of hard pulls on the paddle will set the surf kayak planing down the front of the wave. There are two basic beginnings to a run.

a. As you begin to slide, immediately use a stern rudder to set the kayak at an angle to the wave so that you are moving along it at the same speed as the shoulder. You must look to see where the shoulder is, or where it is going to form, decide whether you must slide left or right and set your course, all very quickly.

b. As you begin to slide, allow the kayak to pick up maximum speed by pointing straight down the wave. At its base turn sharply by use of body lean and stern rudder, and climb back up the wave onto the steep face and set course as in (a.) above. This is called a 'bottom turn'. See diagram 111.

Surf Techniques



IN ALL DIAGRAMS, DIRECTION & SPEED OF KAYAK ARE SHOWN: THICK ARROW, SLOW. THIN ARROW, FAST.

ACCELERATION:

DECELERATION:

THE RUN:

Your basic concern is to stay as close to the shoulder as possible where maximum energy is available. To do this, you need body lean and stern rudder for steering and as much weight movement fore and aft as possible to vary forward speed. (The further forward the weight is, the faster you will plane). Diagram 1V shows the areas for maximum energy gain from the wave.

If the wind is off-shore, the wave may pipe and form a tube under the breaking crest. In this case the kayak may actually be surfing along under the breaking crest. If the shoulder is running very fast, then the canoeist must get his weight as far forward as possible to give the kayak maximum speed, even then, the shoulder may well outrun him. In this case, he must decide whether to pull-out over the crest (lean, stern rudder, or high telemark), and paddle for another wave, or whether to ride the soup in the hope that he can regain the shoulder if it eventually slows up. If the shoulder runs so quickly that eventually the whole wave front collapses the kayak is locked in and cannot escape.

The moment to pull-out is critical - one half second late and you are destined to waste time and energy riding the soup. Often a secondary break begins further along the wave, forming another shoulder that runs back towards the surfer's shoulder. When the two shoulders meet there is maximum energy dissipation and therefore turbulence. On big waves it is as well to have pulled out just before this startling event takes place! See Diagram V.

Even when the shoulder is running well, it will not travel along the wave at a constant speed. The canoeist must watch the break to make sure he is always in the best place. If the break slows, he must slow with it. This can be done in three basic ways.

- a. Stalling the kayak: Lean back, sink the stern - this is the most primitive way.
- b. Climbing and Dropping: By body lean, and a minimum steering with the paddle, the kayak can be made to climb the face of the wave and then drop into the trough in a series of graceful curves. The overall speed is not much reduced, as speed lost in climbing is available as potential energy to accelerate the kayak down again, while the actual distance travelled is greater and therefore the shoulder will catch up. This manoeuvre is useful when the shoulder is only slightly behind you. See Diagram VII.
- c. The Cut-Back: When the kayak is moving considerably faster than the shoulder, cut back toward it by dropping down the wave and turning sharply back toward the shoulder, another quick turn will bring you into the slot and your ride can continue. See Diagram VIII.

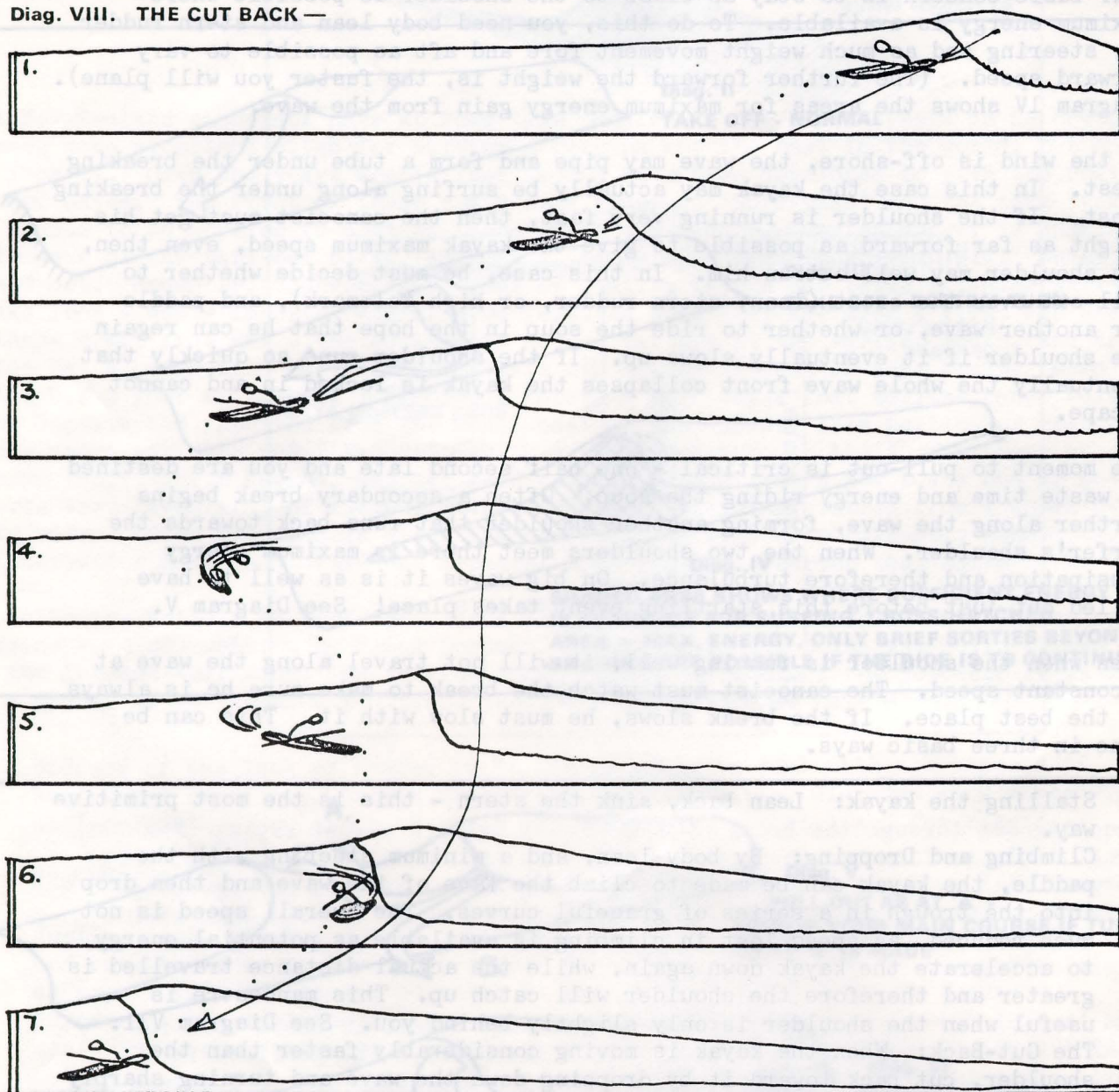
When on your run, remember that the lower down the wave you surf, the less slope there is on the surface and the slower you will go. On a green wave the maximum slope is about two-thirds up the wave, while at the shoulder the top of the wave is vertical and beyond! Check the cross sections in Diagram 1.

A good shoulder run, using the varying form of the wave to maximum advantage, staying close to the maximum energy source, picking up the wave as it first breaks, and milking it until the final well-timed pull-out, is the hallmark of good surfing.

ADVANCED MANOEUVRES:

When the shoulder holds well, the surf is big, the wind slight or off-shore, and the energy available to the surf canoeist is high and constant, other manoeuvres can be worked into the shoulder run.

Diag. VIII. THE CUT BACK —



READ FROM TOP TO BOTTOM:- 1 and 2 SURFER STAYS WITH FAST BREAK. 3 - AS SHOULDER SLOWS, KAYAK RACES ON AHEAD OF IT. 4 and 5 - CANOEIST TURNS SHARPLY DOWN-WAVE AND BACK TOWARDS THE BREAK. 6 - ANOTHER 180° DOWN-WAVE TURN PUTS CANOEIST BACK INTO POSITION. 7 - AS SHOULDER GATHERS SPEED AGAIN CANOEIST CONTINUES IN THE SLOT.

SWEEP AND CLIMB:

The Sweep and Climb is possible only when the shoulder is moving rather slowly. Drop down the wave, turn into the trough in front of the soup, turn through 180° and climb back onto the shoulder, continuing the ride without hitting the soup.

CATHERINE WHEEL:

The Catherine Wheel is performed when travelling at speed. Stab a bow rudder into the up-wave side of the kayak, and at the same time trim the kayak

until it is 'flat' on the wave surface. The kayak will then spin horizontally through 360° without much loss of forward speed. A poor attempt may take the canoeist only slowly through 180° or less, while a good one will spin the kayak so quickly that a cloud of spray will fly from the bow and stern - hence the name. Several complete spins are possible in one run, even if the shoulder is running fast.

FACE ROLL:

In this manoeuvre the canoeist climbs the wave, stalls the kayak. Eskimo Rolls down-hill (Screw or Screw-Styr), drops down the wave to pick up speed, and continues the run. Very hard! Unless the wave is big and the shoulder slow, the time spent rolling means that the wave passes by or the shoulder catches up.

FACE REVERSE LOOP:

Again the canoeist must climb the wave, stalls and allows the kayak to loop backward down the face of the wave, Eskimo Rolls and continues run. A backward pirouette or a very tight 180° turn are variations which are quicker than actually rolling after a reverse loop, and are therefore better employed when the shoulder is running fast. On a right slide, a left hand pirouette is easier than a right hand one. See Diagram X.

FIGURE OF EIGHT:

This is probably the most difficult manoeuvre of all. A swift, angled descent of the face of a wave is followed by a climb which curves up the wave and continues - in a complete circle until the descent is angled back toward the break. As the break is neared, the climb is again commenced and the kayak, turning left continues left, up and round to drop away to continue the run. The whole idea of this manoeuvre is that it is done in one continuous sweeping turn. See Diagram XI.

Sometimes when the condition of the surf or surfer is not perfect, the first part of the Figure of Eight is continued as a complete circle and the second reverse curve is omitted. Sometimes it is impossible to complete the curves smoothly or before the curl is upon you. I once saw the beginning of the Figure of Eight that was forced to finish as a Sweep and Climb, as the shoulder was too close. Quick thinking turned potential disaster into a brilliant sequence.

While all these manoeuvres are possible on first class surf, it should always be borne in mind that a good flowing shoulder run, executed with intelligence and panache, is the basis of surfing. When the surf is poor and wind blown, even a shoulder run becomes well nigh impossible. Try a forward run, a few quick zig-zags, then make for base and tell everyone just how good it was yesterday..!

SAFETY:

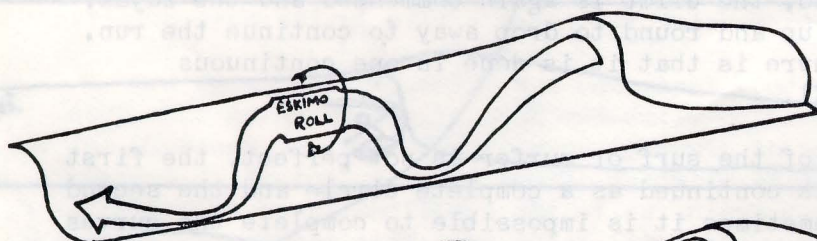
Since a surf kayak doesn't need to be ridden broadside on when in the soup, isn't sharp at both ends, and is more manoeuvrable than a slalom kayak, the danger from a kayak completely out of control is much less than was the case with less specialized craft. However, it is still essential to watch out for two objects - Rocks and Swimmers - the first for your sake and the second for theirs! Other canoeists, too, must obviously be approached with caution, though as they can more easily be kept in control it is reasonable to surf quite close on occasion, as long as one remembers that the first person on the wave should have priority, but that if there is a good shoulder, then the surfer nearest the shoulder should have precedence.

While people paddling out should give way to canoeists riding a wave, remember that a surf kayak on the plane is both fast and manoeuvrable, whereas before planing speed is reached it is very sluggish. Commonsense and common courtesy are the keywords for safe surfing. It also goes without saying that plenty of kayak buoyancy, a footrest that cannot trap you, end loops or toggles, a crash hat, and personal buoyancy are musts. It may be felt that personal buoyancy can be restricting, but while sky-divers too, are restricted by their parachutes, they usually wear them!

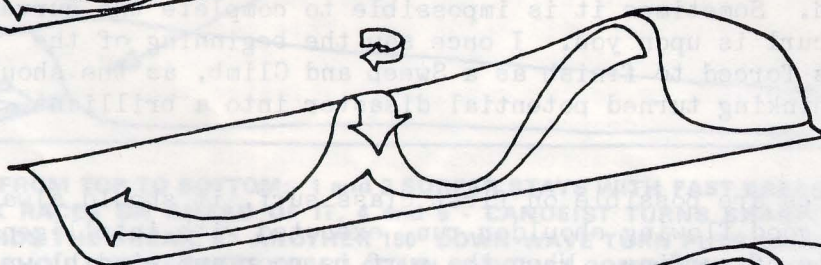
THE THRILL OF SURF:

The surf kayaks can give the canoeist some of the most thrilling rides it is possible to take on surf, and are probably more versatile than any other surf craft, including boards. They will hold the shoulder perfectly, as will a board, but the necessary techniques of Eskimo Roll, Stern Rudder, Hanging Draw, High Telemark, etc., are still very much basic canoeing. While body movement plays a large part in surfing, the restriction of the cockpit makes it impossible to use weight alone for manoeuvres as the board surfer does. Indeed, the psychological difference between canoeing, where you are 'in a boat' and not of the water, and board surfing, where you are a swimmer using a board, is immense.

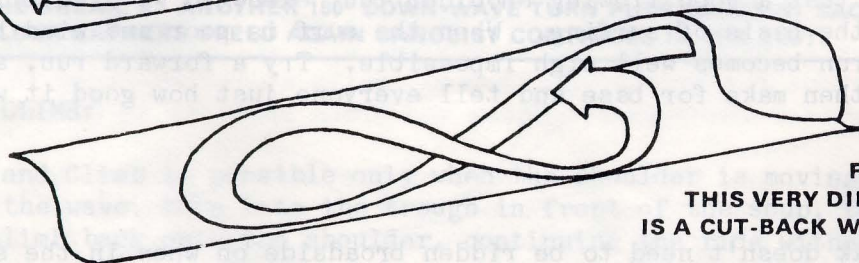
However, rides taken by a Surf Kayak Enthusiast will be closer in style to board surfing than they will to slalom kayak surfing. Once you get a good shoulder ride in a surf kayak, especially when slalom kayaks are on the same wave, you will soon understand why board surfers get fed up with other canoeists!



Diag. IX.
FACE ROLL



Diag. X.
FACE REVERSE
LOOP OR PIROUETTE



Diag. XI.
FIGURE OF EIGHT-
THIS VERY DIFFICULT MANOEUVRE
IS A CUT-BACK WITH UP-WAVE TURNS.

Boat 318
Freight 310
628

898
71628
56
68
63
50

NZ COST \$898



Perception Inc. P.O. Box 686 Liberty, South Carolina 29657 (803 859-7518)

DIRECT NEW ZEALAND SALES

Because of the numerous inquiries from New Zealand about Perception Kayaks, we have developed a method that will enable any canoeist from the "down under" to order a kayak "factory direct." By selling to the foreign market at **wholesale prices** as if they were in effect, a single dealer, we are able to offer a **landed kayak** in New Zealand for only slightly more than an American paddler would pay in the Western United States. **This is before customs fees and import duties however which must be privately arranged by the importing canoeist.**

Perception Mirage with roto-pillars	\$299.97
Perception Eclipse	317.97
Perception Mirage with foam pillars	329.97

(include all of the following items)

Ocean Freight	\$160.23
Booking Cargo, prep. ex. dec. and/or B/L	38.00
Messenger Service	8.00
Postage and Petties	8.00
Port Charges	17.00
Preparing and securing validated cons. Inv	9.75
Marine Insurance	10.00
Arranging Insurance on cargo	9.75
In State Freight (to port)	30.00
crating at Perception	9.00
preparation of export documents; Perception	10.00

\$309.73

additional accessories that can be shipped inside boat:

large circumference spray skirt for Eclipse, Mirage	\$ 25.17
K-1 paddle, spoon, RH or LH, 2 cm increments	59.37
helmet, Protec with crushable liner, s-xl	19.77
K-1 float bags, 12 ml	17.97
Life Jacket "Challenger" s-xl	24.90

Payment must be in the form of a bank cashier's check made payable to Perception, Inc. in U.S. DOLLARS only.

Thank you.

Prices subject to change without notice. If shippers raise their prices to us, we will have to ask you to pay the adjustment prior to shipment. We answer all correspondence promptly.

Marsyandi - Himalaya

James Stone.

From 'Adventure Sports' magazine.

Marsyandi may sound like a beauty queen from Lubbock Texas, but a more ugly, twisting, devious, calm, mannered, unpredictable bitch you couldn't wish to canoe down. Two hundred and fifty miles of river with a temper quicker than a Scotsman with a gripe, sober one minute, a seething mass of churning white water the next, a challenge indeed for the 18 strong, mainly British party of canoeists - including three former down-river racing champions who, in October 1979 tried to conquer this uncut jewel of the Himalayas - and succeeded.

In truth, they didn't canoe the full length of the river which flows just west of Katmandu from the highest lake in the world, southward to join the Kali-Gandaki 250 miles downstream. They began 150 miles from the source at Menang, 12500 feet above sea level, in the words of the expedition leader Chis Hawkesworth "as high as practically possible". And they didn't canoe all of that either, managing only 95% of a section where the river twice disappears underground, porters carrying the boats around these difficult parts in between transporting supplies along the riverbank. Although nobody was hurt and no canoes were lost on the one month trip, it wasn't for the want of the river trying.

The Himalayan Mountains are the highest and greatest in the world with an annual snow fall which feeds the rivers with enough water to send them tumbling to the lower planes at speeds of up to 25 miles per hour. These are the so-called rapids, the bubbling, foaming, frothing phenomenon which have been such a weakness of the man with a paddle. The speed of the river, which made redundant standard ideas of rescue, the ferocity of its rapids, the skill of the paddler picking his line and the regal scenery of the Himalayas made this expedition particularly tempting.

One hundred and two porters, 14 sherpas, two guides, 18 canoeists, four back-up canoeists for bank safety, and a three man camera crew made up the largest kayak expedition to the Himalayas ever. While the camera crew rode a 12 foot inflatable raft, the canoeists set off on their day's journey which was based on how far a porter could walk in that time - as he had to meet them with a prepared camp.

The first descent took two days starting from the valley of Menang and reaching Pisang where the river cuts a deep V shaped canyon through the rock. After leaving Pisang the river gains speed and volume tearing against the solid rock bed before disappearing underground for a distance. Earlier, another of these underground stretches had produced the first fright of the expedition, delaying the arrival of three canoeists, unaware of the hole until they were nearly down it. On re-emergence the river makes a sharp bend to the south at the base of a gigantic structure of rock shaped in an arc and known to the locals as Swarga-Dwari, Stairway to Heaven. The river then passes through narrow gorges between towering mountain walls, dropping through 184 metres in only 3 Km and still only 5m wide. It took three days to walk around this uncanoeable obstacle.

At Chame it flows by Pangdang Cliff before dropping under massive boulders and gradually becoming steeper, cutting a sharp bend and rushing into a narrow chasm. At this point it has travelled about 76 km and is then deflected southwards continuing to drop and increase in volume. Gradually the gradient eases through Tal and then flows out of the valley before being joined by the Mardi Khola which flows down from the Namun Glacier. From Thoche to Lampate the Marsyandi maintains its southerly course falling 992m in 28km on the journey to Mugling where it joins the Trisuli and journey's end at 2000 ft above sea level.

All along this route porters had humped the gear and supplies, establishing camps to welcome the tired paddlers at the end of their day's paddling, feasting them royally on yak, smoked buffalo and porridge for breakfast in true Lord Hunt style. Camera work was almost as tricky as the canoeing, with photographer Jerry Young at one point suspended from a large boulder by a rope on one side of a rapid, and on another occasion swimming down some rapids in a wet suit, cameras in hand, clicking away merrily. Otherwise both he and the film crew, who were shooting for a forthcoming documentary, stayed safe if not totally dry in the raft.

With standard kayaks strengthened by diolen, their lenses were focussed more on action rather than incidents, although one C2 did get caught in a stopper; the damage was repairable.

Overall, says leader Chris Hawkesworth, the trip was a great success.

NGARURORO — to the sea

JOHN HOWES

The initial objective was to paddle from Boyds Hut to Kuripapango, and if possible to Whana Whana in two days. But as you will see, we went much further. Our party from the Hawkes Bay Canoe Club consisted of Paul Neilson, Dave Clark, Bill Nalmo and John Howes.

Two flights in a Cessna 206 were necessary to transport three Olymp VI kayaks and ourselves to Boyds Hut, situated in tussock country sandwiched between the Kawekas and the Kaimanawas, about 90 river miles from the sea.

We started paddling at 0607 Hours on the 31 st October, just after daybreak. The river was clear but not low for that time of the year. For the first five miles it was shallow, flowing through tussock country with no real rapids. Then we entered a section of steep gorges and native bush similar to the Motu gorges. This went on for the next 30 miles to Kuripapango.

Grade III rock garden type rapids were consistent as far as Rocks Ahead Hut. The river was tricky; often a jagged rock would block what at first appeared to be a clear path, resulting in minor damage to our boats.

0945 hrs saw us at Ngaawapurua hut; Rocks Ahead Hut at 1200 hrs; Kiwi Mouth by mid afternoon; then Cameron. Finally we made Kuripapango at 1725 hrs. We stopped briefly at each hut to fill in the log book, with the exception of Rocks Ahead Hut where we stayed at least 40 minutes.

Dave Clark and I got on the water at 0625 hrs on the 1st November, reaching the bottom of the gorge by 0845 hrs where we found a large container full of gear belonging to Dave which had been left from a rafting trip. Dave towed this container to Whana whana which we made by 1230 hrs. Paul and Bill arrived to take charge of all our surplus gear, leaving Dave and myself to paddle to the sea, which we achieved at 1850 hrs.

A gusty westerly wind had proved to be a nuisance on that Sunday, being funneled down the gorge and causing us to have to paddle by memory in some places; sand being blown in our faces as we paddled over the river flats. We were so exhausted at Fernhill that we started laughing and found it difficult to stop. The last mile was extremely hard and to add to our problems we had trouble finding the river mouth. Finally we crossed the river bar into metre high dumping surf where fear gave us more energy.

Never again! The Ngaruroro from Boyds Hut to Kuripapango offers excellent canoeing for the fit and experienced white water canoeist.

SLALOM

The 1981-1982 season was a very busy one for slalom competition - a team went to the World Championships at Bala, Wales in July of 1981 and a team of 14 has left for the Commonwealth Slalom and White Water event at Nymboida, Australia. This team consists of 6 for the mens K1, 2 for mens C2, one for the ladies slalom, four for the W.W. and one for the ladies W.W event. Team Manager is Garth Falloon. Competition with overseas countries is vital to lift our present standards and this series of events will afford our paddlers an opportunity to see just how they are shaping alongside overseas standards.

The Secondary School Nationals were held on the Wairoa River, Tauranga, and revealed a strong nucleus of slalom paddlers who will be available to progress towards future world championship events

A booklet 'Slalom Organisation' has been produced which sets out in very concise terms all aspects of running a slalom, from the planning stages to the final winding down of the event. This booklet is a must for clubs running slaloms and if the advice it contains is followed then slaloms in the future will run without a hitch. The booklet is available from the slalom committee.

Rob Worlledge is the new slalom commodore and can be contacted at P.O. Box 737
TAURANGA.

Rob says that his main objectives are to build up the base of Div 2 paddlers and to provide more scope for novice paddlers. Without the steady influx of Div 2 and novice, slalom as a sport is likely to fade. Rob has also decided to make a few changes to the ranking system in order to strengthen the base of slalom competition.

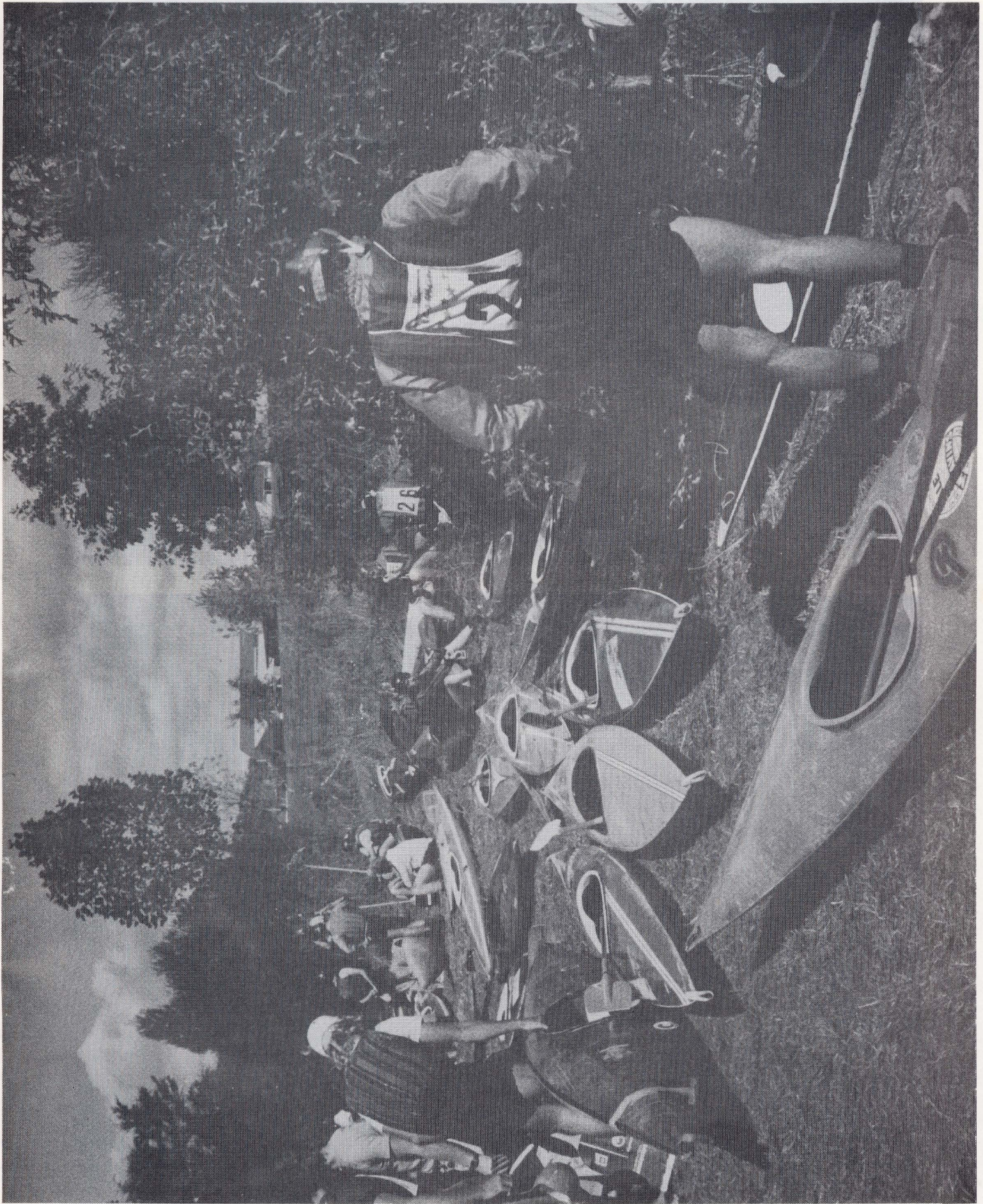
1. Promotion from Novice to Div.2 will be by a win in a novice event, or by promotion from results from at least 3 novice events.
2. Promotion from Div 2 to Div 1 will be from a win in a Div 2 event of any 1 of 10 selected Div 2 events. These 10 will normally be six ranking slaloms plus four others selected by the slalom committee.

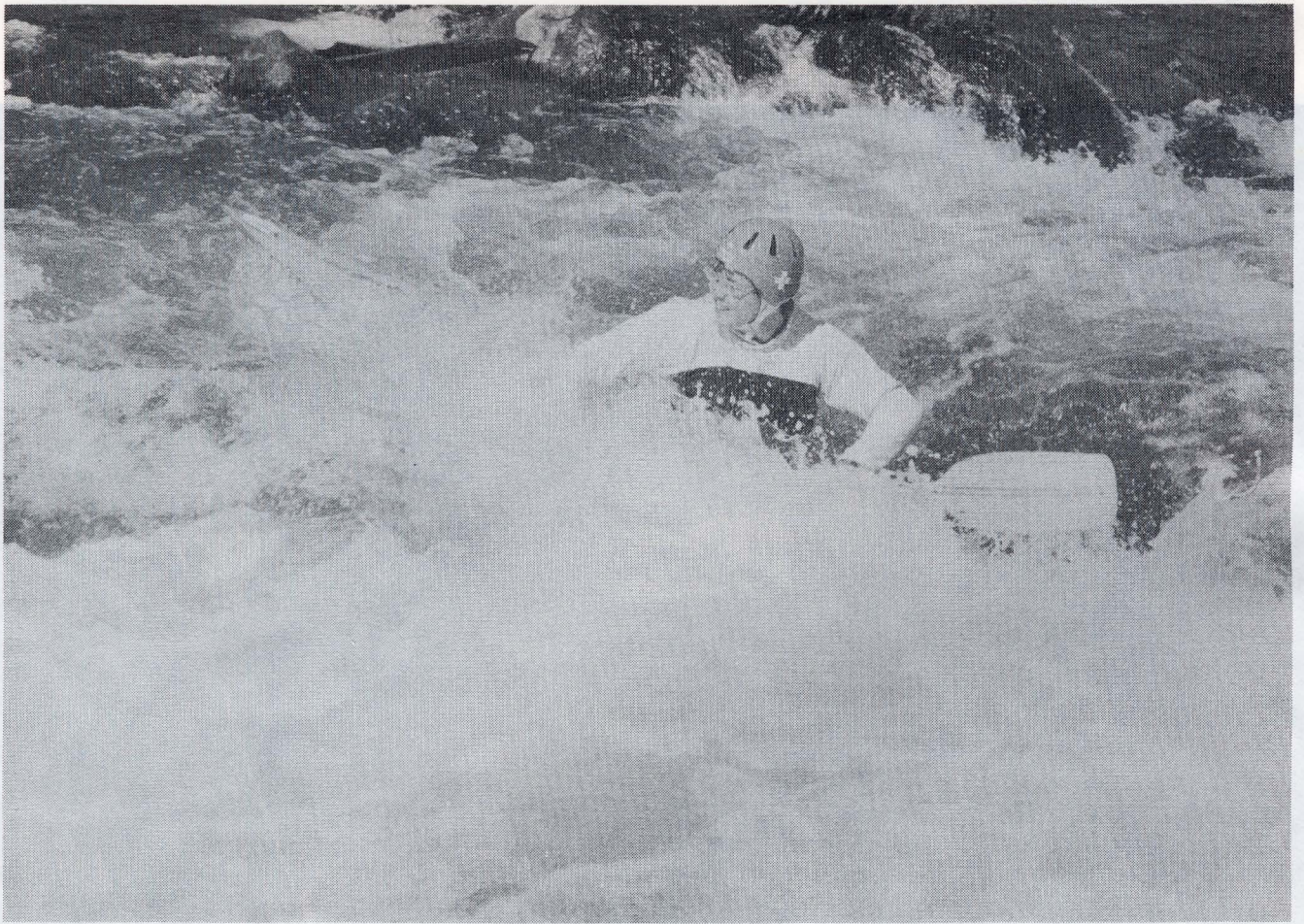
At any one of the 10 promotional slaloms one competitor will be promoted for every 15 paddlers competing. If there are less than 15 then there will be no promotion.

3. Div 1 ranking slaloms will operate in the same way as it has done last season but the points allocated in the results will go from 20 to 30. Again, only 30 placegetters will remain in Div 1 at the end of the season. The best four of a possible six ranking slaloms will provide your points for ranking.
4. Div 1 and Div 2 womens slalom will be combined to form a separate Womens K1 event. This will be run apart from the open K1 event in the same way as C1 and C2 are handled.

Rob hopes to run more training camps this year too.

The following photographs were taken by Peter Sutcliffe at the National Champs: Preparation at the start. Nick Kerham. Rod Laurenson. Eric Horwood. A C1. An Australian paddler. Greg Bell & Pauline Cooper in their C2 mixed.











If you have any interesting new food recipes, to be cooked either on an open fire when camping, or at home, please send them to us for inclusion in future magazines.

Kaimoana

How resourceful are you? Here are some recipes to use that sea-food that you collect on your sea trips around our coasts.

MUSSEL PUFFS:

2ozs butter	$\frac{1}{2}$ cup flour	2 $\frac{1}{2}$ cups mussels	salt, pepper
$\frac{1}{2}$ cup water	2 eggs.	chives	1 tbsp lemon
		paprika	juice

Bring butter and water to boil; add flour quickly, beat well; cool.
Add eggs and beat till shiny. Put spoonfuls onto a cold, greased tray.
Bake at 220°C or 425°F, for about 20 minutes.

FILLING:

Mince mussels which have been thoroughly rinsed. Add to a thick white sauce and season with chives, salt, pepper and lemon juice. After filling, garnish with a little paprika.
Makes about ten.

MUSSELS IN SAFFRON SAUCE:

For 2 people, cook 3-4 pints of carefully cleaned mussels with a small onion (chopped), a bayleaf, parsley stalks, a scrap of thyme, 3 or 4 fennel seeds and a teacup of water. As soon as mussels open, remove them and strain liquid. Add a scant $\frac{1}{2}$ pint to $\frac{1}{4}$ pint of very thick bechamel sauce. Then add enough saffron, either in powder or infusion form (in the latter, subtract a coffee-cupful of liquid from total amount of mussel stock) to make a good butter colour.

Next, add just 1 tablespoon of cooked and very finely chopped spinach. Then stir in the shelled mussels and turn all into a fireproof dish. Spread with breadcrumbs and tiny pieces of butter. Reheat in a hot oven for 10 minutes until top is brown-gold.

(From "Spices, Salt and Aromatus in the English Kitchen" by E. David.)

DEEP FRIED MUSSELS:

Mussels- about a dozen. 1 good-sized onion. A sprig of parsley.
Batter - made from a cup of flour, 1 egg, tsp. baking powder, salt, and milk to mix.

Mince the mussels, add chopped onion and parsley.
Make sufficient batter so that the mussels don't get lost in the batter.
Roll this into balls and EITHER deep fry in smoking oil,
OR fry in shallow fat (Make the mixture drier).

Optional Extras: You can add anything that is spare in the fridge, such as cold mashed potatoes, grated carrots. A little kelp powder adds interest, too.

This is a rich meal. Feeds at least 4 people.

If you have any interesting sea food recipes, to be cooked either on an open fire when camping, or at home, please send them to us for inclusion in future magazines.

PUBLICATIONS

'WANGANUI RIVER GUIDE' A new printing of this essential guide to our most popular canoeing river. A rapid by rapid description \$ 4.00

'NORTHLAND RIVER GUIDE'

'TARANAKI - WANGANUI RIVER GUIDE'

'HAWKE BAY - EAST CAPE - BAY OF PLENTY RIVER GUIDE'

'MANAWATU - WELLINGTON - WAIRARAPA RIVER GUIDE'

'NELSON - MARLBOROUGH RIVER GUIDE'

'WESTLAND RIVER GUIDE'

'CANTERBURY RIVER GUIDE'

'OTAGO - SOUTHLAND RIVER GUIDE'

\$ 4.00 each

or \$ 24.00 for

a set of eight

Note that the Waikato - Hauraki River Guide is out of print and is not available.

MOTU RIVER MAP FOR CANOEISTS AND RAFTERS - N.Z.Forest Service Map. _____ \$ 0.75

AN INTRODUCTION TO CANOEING IN NEW ZEALAND _____ \$ 2.50

CANOEING - Outdoor Education/Sports Series _____ \$ 4.25

TEACHING CANOE & KAYAK SKILLS AT A BASIC LEVEL _____ \$ 2.00

TRAINING MANUAL & FITNESS MANUAL _____ \$ 2.00

TRAINING FOR SLALOM AND WILDWATER RACING _____ \$ 2.00

RECREATIONAL RIVER SURVEY REPORT (Three volumes) _____ \$22.00

64 NEW ZEALAND RIVERS - A SCENIC EVALUATION _____ \$ 2.00

GUIDE TO CONFIDENT CANOEING _____ \$ 0.50

GUIDE TO COLD WATER SURVIVAL _____ (all three \$1.00) \$ 0.50

GUIDE TO SELECTION OF A BUOYANCY AID _____ \$ 0.50

OUTDOOR SAFETY KITSET - NEW ZEALAND MOUNTAIN SAFETY COUNCIL _____ \$20.00

CANOE PLANS - For an open 'Canadian style' canoe full size drawings and notes for building in wood-strip / Glass-fibre sandwich \$ 4.00

SUBSCRIPTION TO 'NEW ZEALAND CANOEING & RAFTING MAGAZINE' \$ 7.50

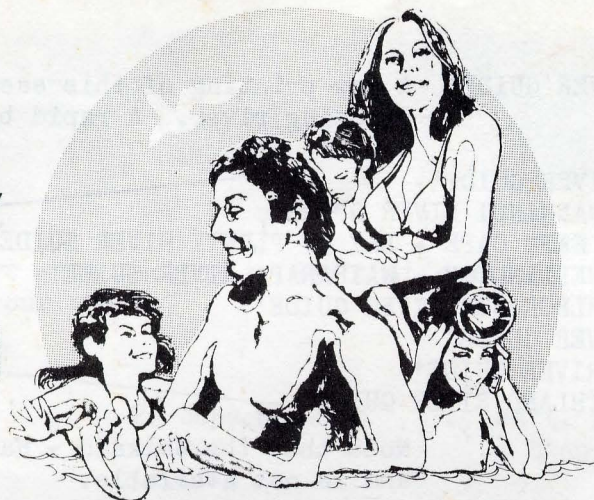
To order please either remove this page from your magazine, or photocopy it; complete your name and address so that we can post your publications to you. Please also add \$ 0.50 to cover part of the postage costs. Include a cheque or postal notes to cover the cost plus postage. As we are a non-profit making organisation staffed entirely by volunteer workers, please assist us by including payment with your order so that our administration time is minimised. Only in exceptional cases will we respond to orders that do not include payment.

POST TO: PUBLICATIONS DIVISION
N.Z. CANOEING & RAFTING MAGAZINE
P.O. BOX 3768
WELLINGTON

NAME _____

ADDRESS _____

Life...it's for living, not throwing away



**Most of us don't think about life and living...until
something happens to someone we know**

Our fantastic beaches, lakes, rivers and pools are the envy of the world, but every summer in New Zealand too many people drown . . . so often children. They drown because they never learned to survive.

SURVIVAL

...THAT'S THE NAME OF THE GAME

And to survive in water you've got to play by the rules

NEVER TURN YOUR BACK ON THE CHILDREN

Two minutes and 5 cm of water is enough to drown a child. Watch children like a hawk all the time they're in or around water. A moment's inattention is a threat to their survival.

LEARN TO SWIM

It's easy, it's fun . . . and you haven't much chance of surviving a water accident if you can't swim. Make learning a family affair this summer . . . there's a class in your area. Just ask at your local swimming pool.

RESCUE BREATHING...

A VITAL SKILL FOR EVERYONE

Rescue Breathing has saved thousands of lives . . . and not only in water. It's an essential skill whenever an accident victim has stopped breathing through shock, poisoning, heart attack, suffocation, drowning . . . the list is almost endless.

LIFEJACKETS: NEITHER USE NOR ORNAMENT UNLESS THEY'RE WORN

Lifejackets are not for sitting on, lying on or leaving on shore. They're to be worn. Wear yours at all times when you're boating, and make sure everyone on board does the same. And remember to check your boat thoroughly every time you take it out. Have you got plenty of fuel, oars, a bailer? Did you check the

weather report for the area and tell someone where you intend to go and when you expect to be back? These may not seem much like survival techniques, but they can be vital.

WATER SKI-ING...

DO IT RESPONSIBLY

It's the most exciting of water sports . . . but don't be a selfish skier. The law states that you must stay at least 200 metres from shore while you're ski-ing, and 30 metres away from bathers. As well as the driver, the boat must carry a second competent person to relay signals from the skier and to help in case of emergency.

CANOEING...BEGINNERS

TAKE EXTRA CARE

Never paddle out alone unless you're a very experienced canoeist. Make sure your canoe is the right model for the purpose . . . your local canoe club can help you with advice. Check its sea, river, or lake-worthiness every time you go out.

EXPOSURE...THE SILENT KILLER

Exposure, or hypothermia, can strike even the strongest swimmer, summer or winter. If your boat capsizes, keep on as much clothing as practicable — it will trap warm water against your skin. Don't panic, and float as still as possible to conserve your energy.