

wake

September/October 2010



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President's Message by Ted Wang

As I write this column, there's been a change in the weather that presages autumn's arrival, but I'm sure that quite a few days of excellent paddling remain. It's been a nice summer, and I've heard quite a few good

stories of members' adventures. In that light, for the October 19th meeting, we'd like to see your photos and hear your stories, and elsewhere in this issue are the "details." The next meeting, on September 21st, promises to be a very interesting program from Rob Avery on his trip to the Aleutian Islands and how man has impacted the region.

There's been a lot going on, and kudos need to go out to a couple of members, in particular. Carol Spano has been doing most of the updates to the website, and we've finally ironed-out all but a couple of very minor "glitches" to The Map Thing. New instructions for its use are posted. Ray Bailey came up with a great idea, the "Members Helping Members" sessions at Lake Padden and ran with it. These have been a ton of fun and well attended. If you want to work on strokes, rescues, wet exits, rolling or anything else, come out and join us at Lake Padden. These Tuesday sessions (5:30-7 pm) will continue through September and maybe into October, if there's sufficient interest.

Just as an aside: there's no substitute for practicing the skills you may need to employ when encountering adverse conditions! And, they need to be practiced when the weather and water are challenging. Few accidents, comparatively at least, occur on calm, warm waters with no wind blowing. While practice in those circumstances is valuable, to really get proficient (and confident!) in your self- and assisted rescue skills, you need to get out in the nasty stuff. WAKE will have some sessions devoted to this in the coming months.

We've had a number of well attended paddle events, ranging from day trips to multi-day overnights. From what I've seen and heard, there's been great enthusiasm from the participants. See Becky Hardey's article on the Gulf Islands trip, as an example. Our association with the Hole-in-the-Wall club has expanded paddling opportunities for both clubs, but WAKE still could benefit from increased member involvement in initiating and leading paddles. This challenge will be the basis of more discussion through the fall, as we begin planning for 2011.

Due to other commitments, Nancy Joseph has resigned from being the Paddle Coordinator, so we really need someone to help with arranging on-water events for our members. Please contact me if you'd like to discuss the position.

I look forward to seeing you at our meetings and other events. Don't forget the Quad-Club Picnic on September 18th.

Ted, President

**WAKE presents....Tuesday, September 21st, 2010
The Aluetian Islands-They're Not What you think!**

Rob Avery

Bellingham Library

Doors open at 7:00 p.m.

Meeting starts 7:30 p.m.

See details on page 3

Items of Interest

2010 Quad Club Picnic

Saturday, 18 September 2010.

Hosted by the Hole in the Wall Paddling Club. Participating clubs; Whatcom Association of Kayak Enthusiasts, The North Sound Sea Kayaking Association and Whidbey Island Sea Kayakers Group

This annual event is great fun, a chance to meet with members of other paddling clubs, demo some boats, and sell/trade off outdoor items you no longer want.

Also attending will be:

Valley Sea Kayaks, Rockpool Sea Kayaks, Sterling's Sea Kayaks, Yeager's Paddle Shop, and Dubside
Location: Bowman Bay Picnic Area in Deception Pass State Park. Camping reservations may be made online at: <https://secure.camis.com/WA/>

Schedule of Events:

10 am: Swap Meet - There will be one or two tables reserved for selling or trading paddle sport/camping/ outdoor items. Items must be marked with price and seller contact info. There will be a managing attendant supervising. No fee to participate.

10 am - 5 pm: Demos – Boat and gear demos from: Chris Mitchell, (Second Wind Sports/Rockpool Kayaks), Rob Avery (Kayak Kraft/Valley Sea Kayaks), Sterling Donaldson (Sterling's Fiberglass Repair/Sterling's Sea Kayaks), Yeager's Paddle Shop, and Dubside.

11:30 am - 12:30 pm: Kayak Games.

12:30 pm - 1:30 pm: Potluck - Soft drinks, disposable plates and utensils provided by the Hole in the Wall.

1:30 pm - 5 pm: Paddle Tours - Biz Point (an easy paddle up the northwest shoreline possibly as far as Telegraph Bight and back) or Deception Pass/Canoe Pass. Deception Pass currents are 5.12 knot max flood at 10:07 AM, slack at 1:42 PM and a 5.83 max ebb at 5:06 PM. Sunset is at 7: 15 PM.

Come a dip a paddle into Bowman Bay and help celebrate the beauty of the Pacific Northwest with fine food and friends.

WAKE MEMBERS ASSIST WITH SKI-TO-SEA SAFETY

For the second consecutive year, WAKE members acted as Safety Boaters for Bellingham's annual Ski-to-Sea kayaking leg. Whereas the 2009 event featured nearly "dead calm" conditions, 2010 had significant chop and moderate currents. The pre-race organization of the safety boaters, which included Sheriff's deputies from 3 counties and the Coast Guard Auxiliary, was much improved over last year, as were radio communications. The result was better coordination between the motor vessel and kayak members of the safety team.

From the position at the Outfall Buoy, it appeared that the overall competence level of the participants was somewhat better than the previous year, even in the more challenging conditions. There were a few participant capsizes, necessitating rescues, all of which apparently came off quickly. At least one "top 100" finisher had to be rescued but still placed at that level. Thanks to all of our safety boaters!

Additional kayakers with assisted rescue skills are needed for the 2011 event, which should be a grand occasion, as it marks the Centennial celebration of the forerunner event to Ski-to-Sea.

As a postscript: WAKE members Ray and Debbie Bailey designed and built the trophies for the fastest female and male finishers in the sea kayaking leg. Thanks to them!

WAKE Needs Help - Get Involved!

There are several positions that need to be filled. As it stands now, all of the work that makes for a fun filled club is being done by a small core of volunteers who are having to do several jobs at once.

Librarian: Takes care of and makes the library available to members

Safety Coordinator: makes or organizes safety presentations for the club (including meetings and events), advisor to board on safety related matters.

Events Coordinator: develops a calendar of paddling and other club activities and serves as a "go to" person for the membership for planning events, arranges for speakers at meetings.

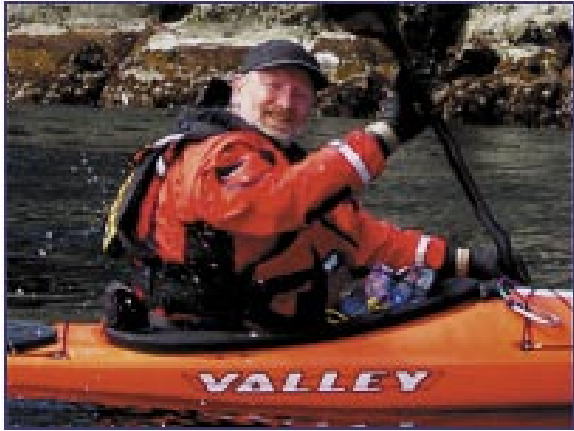
Please help. For information on any of these positions, contact Ted Wang at tedwang@comcast.net

Calendar

September 18th - Quad-Club Picnic - Bowman Bay - see page 2

September 21st Meeting - 7:30 PM - Bellingham Library

“The Aleutian Islands - They’re Not What You Think” with Rob Avery



Rob Avery recently kayaked the Western Aleutian Islands and will give a presentation of his expedition, which is featured in the Fall 2010 issue of Wavelength Magazine.

“After paddling for three weeks in the remote western Aleutian Islands I came away with a deep appreciation for this region; with its diversity in its beauty, its weather, its wildlife, its history and culture. This presentation will take you on a journey of discovery and illumination, as witnessed from the cockpit of my Nordkapp early this summer.”

October 2nd - The Weather of the Pacific Northwest - 7:00 PM

Heiner Auditorium at Whatcom Community College

WAKE is co-sponsoring (with the Community Boating Center and others) a talk being given by Dr. Cliff Mass, author of The Weather of the Pacific Northwest. Doors open at 6:15, and general admission tickets are \$10, \$5 for students. Dr. Mass’ book is a highly readable source for detailed information on the complexities of our region’s weather, and there will be a book signing following his presentation.

Three tickets to the event will be given away as door prizes at the September 21st WAKE

October 19th Meeting - 7:30 PM - Bellingham Library

The program for the October 19th WAKE meeting will be **“What I Did On My Summer (Kayaking) Vacation.”** Members are asked to pick up to 12 photographs from their 2010 paddling experiences for presentation at the meeting. The photos need to be in jpeg format and submitted to info@wakekayak.org, along with any narrative material (it would be best if the member would do the narration themselves at the meeting!) no later than October 10th, so that the collection can be assembled on disk or flash drive for ease of presentation.

October 25th - National Public Lands Day - Lummi Island Paddle and work Day



Lisa Wallis is working on a volunteer work day focused on our Lummi Island site in celebration of National Public Lands Day. WAKE will partner with the DNR in sponsoring the event.

The project will consist of removing the old picnic tables and replacing them with new ones. The new tables will consist of galvanized steel frames with composite wood benches and tops. She is hopeful that you folks, all heavily vested in our dear DNR site, can make it. Remember that Lummi is a beautiful campsite so, join Lisa for a fun camping trip and a chance to improve a valuable resource.

For info contact Lisa at ullrwallis@gmail.com

Members Helping Members

submitted by Ray Bailey

During early summer Ted (the Prez) Wang and I had been kicking around some ideas about how to make WAKE a stronger club. After considering how well the Symposium went this year and realizing the large number of new members (many of whom were new to kayaking), it led us to think about how best to continue serving the existing and new membership. We thought about how we (individually) got started and what kept us going in this wonderful sport. Fortunately for me, when I first got started, there were some great club members who offered me some pretty sound advice. They said to get some training before I ventured out on the water. Well, that made good sense to me, but where am I going to get this training? At that time, the club was bringing in certified trainers periodically. And I took advantage of that. In fact, I repeated some of the classes to make sure I got it all (sort of reminded me of high school).

I have to say that the club Symposium this year brought out many of our own club members to offer excellent (one day) training for our membership. These folks are fantastic, and their training was well attended. So, where do we go from here? I believe that most folks are interested in more club paddle trips and just getting out on the water for some fun. There have been several club trips offered this summer and I believe the number of these will continue to increase. But are we all truly prepared for those long crossings in wind and currents?

After a couple of “interesting” outings where I realized that I needed to revisit my training and strengthen my own skills, it became obvious to me that safety, strong paddling and rescue skills seemed like the obvious thing that we should try to promote for our club membership. People are different, and for some, learning something once is all they need. For the

rest of us, we need to continue to practice what we learned to keep us sharp.

Having said all that. Ted and I decided that we should start on-going “members helping members” skills and rescues sessions. After all, we have some of the most talented and highly skilled paddlers with years of experience in our own club. We have been meeting at Lake padden on Tuesday evenings at around 5:00 PM. So far it has been well attended, except for when the weather is bad (which I don’t really understand. It seems like the optimum time for practice). The idea is for any member to show up and just ask for assistance in whatever skills they want to improve on, or help another member with their needs. So far, there has always been someone there to help. Ted is often there and seems to be always helping someone with paddle strokes or rescues. I have been working with several club members to develop or strengthen their roll. We even have a new member who is new to kayaking and wanted to learn how to roll. He had his first roll within a half hour during his first session and is making excellent progress. And now, just a couple months later he is proficient in 8 of the 35 Greenland rolls and continues to make progress. He also has been benevolent and helpful in assisting others with developing their roll.

For me, members helping members become stronger, safer paddlers so we can really enjoy the sport is what this club is all about.

My hope is, as we continue this training, that more of our highly skilled veteran members will be willing to come out and pass on some of their knowledge. As the daylight hours get shorter and the water temperature in the lakes get colder, we will probably move to the saltwater. Watch for more to come on that.

Discussion



Learn to roll down (easy part)



Instruction



Learn to roll up (harder part)



ISLAND TIME

submitted by Becky Hardey

The Canadian Gulf Islands are, like the San Juans, a kayaker's paradise. Endless paddling opportunities and beautiful scenery abound in every direction. But, unlike the San Juans, a much quieter and less hectic pace prevails here, due to lower island populations. So, on Monday July 26th, WAKE members Barbara, Lee, Mike, Nancy, Ron, Janet, and Becky headed north, in search of 6 days' worth of paddling and "Island time".

After crossing the Strait of Georgia via BC Ferries, we arrived at Mayne Island - our base for the trip. There is only one camping option on Mayne, and there are no Provincial campgrounds, and it's a beauty - Seal Beach Campground. Privately owned, it's nestled at the end of a dead-end road, and looks out on Miners Bay and Active Pass, with easy water access for kayakers. The afternoon was spent enjoying the camp area, exploring the nearby village, and having dinner on the outdoor patio of the historic Springwater Pub.

Tuesday morning dawned a beautiful day, and we loaded our kayaks for a 2 day excursion to Prevost Island. Paddling down Active Pass is always exciting - it is the main marine route from the Strait to the Vancouver Island area



- and the boat traffic can make for quite a parade. Also, timing with the current is essential thru this narrow pass. After dashing across the mouth of Active Pass during a lull in the traffic, we paddled north along Galiano Island to Montague Harbor for lunch on a nice sand beach. The afternoon winds began to build, and by the time we returned to Trincomali Channel and the point to make our crossing, the winds were blowing strong and whitecaps were everywhere. We found a small inlet to take shelter, landed, snacked, napped, and after a few hours, the wind subsided and we made our crossing to Prevost Island. On the north end of Prevost is a Provincial campground set in a lovely old apple and plum tree orchard on scenic James Bay. Dinners and evening conversation down on the beach were topped off by a beautiful sunset... Ahhh, I think we were starting to get on 'Island time' now!

Wednesday gave us yet another lovely day, and after a leisurely morning (again, timed to prevailing currents), we spent the day circumnavigating Prevost Island. Lots of inlets and bays offer plenty to see - rock formations of



all varieties, frequent eagle sightings, and lots of intertidal life - sea stars, kelp varieties, etc. The afternoon wind gave us some fun and more challenging water, and then we zip up the east side on the flood current, back to camp. Another fun evening of dinner and laughter on the beach!

On Thursday, we launch late morning to enjoy an ebb current on our return down Trincomali Channel. We watch a long log boom pass in front of us, and joke about "grabbing on and getting a ride". Upon arrival at the south end of Active Pass, it becomes obvious how it got its name - we wait for several big BC Ferries and various other boats to pass, before we get a chance to cross.



After a short wait for slack current, we have a leisurely paddle back to Seal Beach Campground, set up our camp, and head to the Pub for burgers 'n' beer. Yummm... this 'Island time' gets better and better...

Friday, we drive to the south side of Mayne, and launch from Bennett Bay - the largest beach on the island. Once again, we are blessed with a perfect, beautiful day - just a slight breeze, temp in the 70's, and nary a cloud in the sky. We pass some amazing sandstone formations on

Curlew Island, paddle down Georgeson Pass, to Winter Cove on Saturna Island, where we stop for lunch. Between a finger of land at the edge of Winter Cove and nearby Samuel Island is a very narrow passageway - Boat Pass - that offers a perfect 'playground' for kayakers when the current starts picking up speed (it can frequently get up to 6+ knots). After lunching on the spit above



Boat Pass, watching the water calm to slack, and then begin to flood, we launch for some playtime in the current. Practicing eddy-turns and bracing, everyone 'rides the carousel', and then gets to practice doing rescues when Lee and Becky capsize (on purpose!).



Then we head north, paddling thru the Belle Chain Islets - a string of rocky outcroppings that are home to sea lions in winter, but now, in summer, are covered with harbor seals - mostly mothers and pups, basking in the warm sunshine. Oystercatchers and other bird life make this a very active wildlife area, but unfortunately, no Orcas in sight. We return to Bennett Bay, load the boats, and finish a perfect day's paddle.

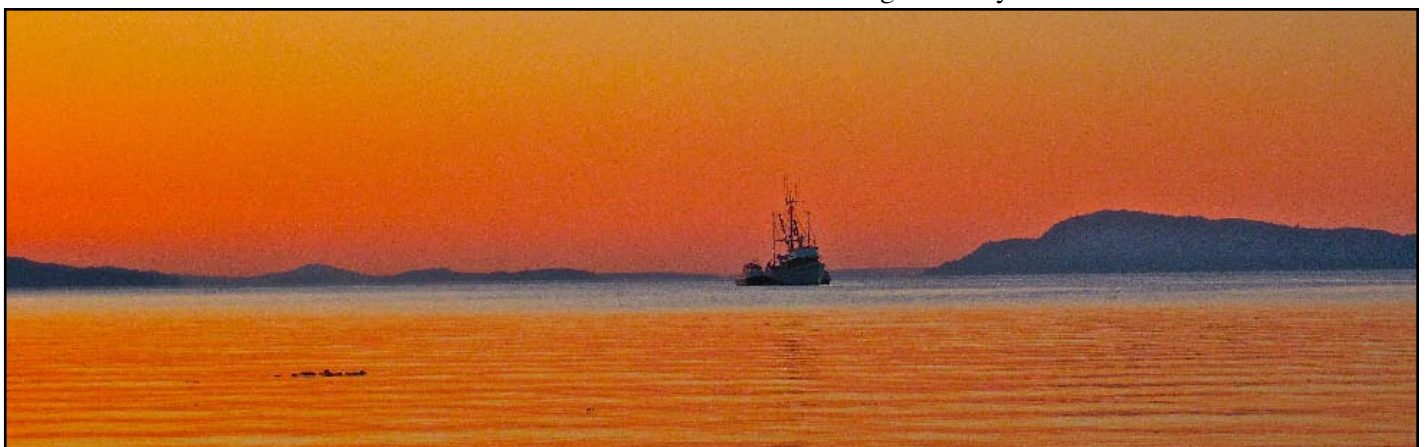
Saturday is "Free day" - everyone is free to do as they please, either paddle or not, and several opt to spend the



day exploring Mayne Island and enjoying the sights.

Saturday is Farmer's Market day, a fun social event; the historic Lighthouse at Georgina Point offers expansive views of the Strait of Georgia: the Japanese Garden is a beautiful community-supported garden done in traditional style; and a handful of interesting shops offer local artists' and craftspeople's work.

We leave on Sunday, happy and relaxed, a bit more tan, and definitely on 'Island time'! The Gulf Islands have worked their magic once again, and WAKE has given its members a wonderful paddling opportunity. Let's do it again next year!



WAKE CLUB MEMBER PROFILE

In an effort to promote a stronger club through communication, we will be doing a member profile section in our newsletter. Right now, we can look at a club roster and see who belongs, or perhaps mingle at a club meeting, but that's about it.

What about:

How long have they been in the area? Are they new, and could I show them some great places to paddle? Have they been here all their lives, and would they be willing to show me their favorite places to paddle?

Are they new to the sport or seasoned veterans? If new, maybe I could offer some information/training on paddling. If a veteran, perhaps they would be willing to share their knowledge with me.

What kinds of paddling trips do they like? Could I connect with them for one of their favorite day or overnight trips? Or, could I join them for a session at Deception Pass, playing in the currents?

What other sports or hobbies do they enjoy to stay in shape for kayaking? Rock climbing, cycling, tennis, running, etc.

In this newsletter, we will start with a new member to WAKE: Gary Henderson. Gary is definitely a kayak enthusiast who joined the club in June and came to the Symposium. He participated in the rescues, strokes, and maneuvers training and mentioned that he would like to learn how to roll. So, some members met with Gary at Lake Whatcom one afternoon and got started. Within half an hour, Gary had his first roll and has not looked back since. Gary continues to work on his roll and at this time is proficient in eight of the thirty five Greenland rolls. Gary also practices rescues and continues to work on fine tuning his paddle strokes.

Here is what Gary says:

Gary Henderson

email - garyjhend@gmail.com

I moved to Bellingham from West Michigan four years ago. I am 39 years old and live with my wife, two kids and our dog. Some of my hobbies include kayaking, sailing, hiking, camping and toy making. I started kayaking in May of 2010. I had wanted to learn to kayak for a number of years and decided to take lessons at the Community Boating Center. Ted Wang was my instructor and was promoting WAKE as an organization that advocates safety, sharing knowledge, and helping people get together to have fun on the water. Since I joined the club, I was able to attend the Symposium at Lake Padden and learn better about control through strokes and ruddering from Chris Mitchell. Also, I have learned to roll my kayak several different ways with help from Ray Bailey and other club members. We have also worked on an array of rescue techniques. Having learned these things has increased my confidence level and paddling skills. I would like to learn more about paddling in currents and rough water so that I can feel comfortable in most situations that I may encounter.

I think WAKE has a wealth of knowledge and experience in its members, and they all seem eager to share.



Drowning Doesn't Look Like Drowning

As he sprinted toward the couple swimming in the water between their anchored boat and the beach, the former lifeguard kept his eyes on the victim. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but the captain kept swimming hard. "Move!" he barked as he swam between the stunned owners. Directly behind them, not ten feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this lifeguard know, from fifty feet away, what the father couldn't recognize from just ten? Drowning is not the violent, splashing, call for help that most people expect. The lifeguard was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water then you should make sure that you and you know what to look for whenever people enter the water. Until she cried a tearful, "Daddy," the daughter hadn't made a sound. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for, is rarely seen in real life.

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing; no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under. Of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In ten percent of those drownings, the adult will actually watch them do it, having no idea it is happening. Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs.

Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.

Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water, permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements

Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick.

Unless rescued, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

Head low in the water, mouth at water level

Head tilted back with mouth open

Eyes glassy and empty, unable to focus

Eyes closed

Hair over forehead or eyes

Not using legs – Vertical

Hyperventilating or gasping

Trying to swim in a particular direction but not making headway

Trying to roll over on the back

Ladder climb, rarely out of the water.

So, if you see someone in the water and they seem to look O.K., don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the sky. One way to be sure? Ask them: "Are you alright?" If they can answer at all – they probably are. If they return a blank stare – you may have less than 30 seconds to get to them. And parents: children playing in the water make noise.

When they get quiet, get to them and find out why!