

# wake

November/December 2010

Whatcom Association of Kayak Enthusiasts • [www.wakekayak.org](http://www.wakekayak.org) • volume 29 • issue 5



## President's Message by Ted Wang

It hardly seems possible that another year is about to go into the books. The weather has taken on a distinctly wintry air, which means that extra layer or thickness of fleece under the old dry suit seems appropriate. It won't be much

longer before the water in the bay will be warmer than the local lakes. Some will hang boats from the rafters and call it a season, but there's lots of great paddling to be had. If for no other reason, the lack of motorboats and jet skis makes this (and the upcoming) time of year a more tranquil time to get on the water.

The end of a year is traditionally a time to reflect on accomplishments done and challenges to be addressed, so let me roll into them. Although it took longer and cost more than it could have, thorough research and consultation helped WAKE to resolve the liability issue and saved the club some insurance premiums as well. A new webhosting firm was engaged, the website upgraded, and Carol Spano took over as webmaster. Thanks Carol! A popular Members-Helping-Members series of stroke improvement, roll clinics, and rescue practice sessions began and were ably organized by Ray Bailey and Gary Henderson. Thanks Ray & Gary!

Our Gear Swap and Demo-Day set new records for participation and funds raised, and our association with Ski-to-Sea promises to build an even larger and community-wide event. Special Thanks to Nancy Joseph (for working with the vendors), Norm Nielsen (for running the swap), and all the other members who helped out! The Symposium was a huge success: great fun, great participation, and 14 new members. Debbie Bailey gets kudos for organizing the event with assistance from Dave Church.

We offered quite a few paddles during the summer,

highlighted by the multi-day Gulf Islands trip, led by Becky Hardey. WAKE's coordination with the Hole-In-The-Wall Paddling Club increased trip opportunities for both clubs, including a recent and tremendous Deception Pass play session during a six-knot ebb. Look for more cooperative events with our HITW friends.

Challenges to be addressed in the year to come include recruiting new board members (we're still shorthanded at the moment...) and folks to help with coordinating other activities. We want to offer more paddles and events for our membership to enjoy, but the club needs to have additional leadership to accomplish these goals. There's a real concern about "burnout" affecting those who have been volunteering their time and energy.

What can WAKE members look forward to in the coming year? Here's a partial list of things in the early stages of planning: a return to a regular "Show Up at Starbucks" paddle, where interested members gather and decide (based on conditions and interest) where they'd like to go paddling that day; a paddling clinic by noted instructor George Gronseth, of The Kayak Academy, participation costs to be partially subsidized by the club; the "Introduction to Kayak Camping" class that was postponed from this year; more multi-day paddle trips in the San Juan's and elsewhere (Gulf Islands?, Deer Group?, Desolation Sound?, Nootka Island? Stay tuned...); and, of course, a continuation of the Members-Helping-Members sessions, which will feature cold and rough water clinics through the winter months. Add to those items day paddles, our entertaining and informative monthly meetings, some new "social" events, the Symposium, Demo-Day-Swap, and you can see that WAKE will have plenty of things to enjoy in 2011.

Hope to see you on the water and at our meetings and events. Thank you all for your participation and support this year! May your Holidays and New Year be blessed with good times, good health, and lots of kayaking!  
Happy Paddling,  
Ted, President

**WAKE presents....Tuesday, November 16th, 2010**

## **Kayaking in Baja**

**Dave Peebles, Jim Graeser, and others**

**Bellingham Library**

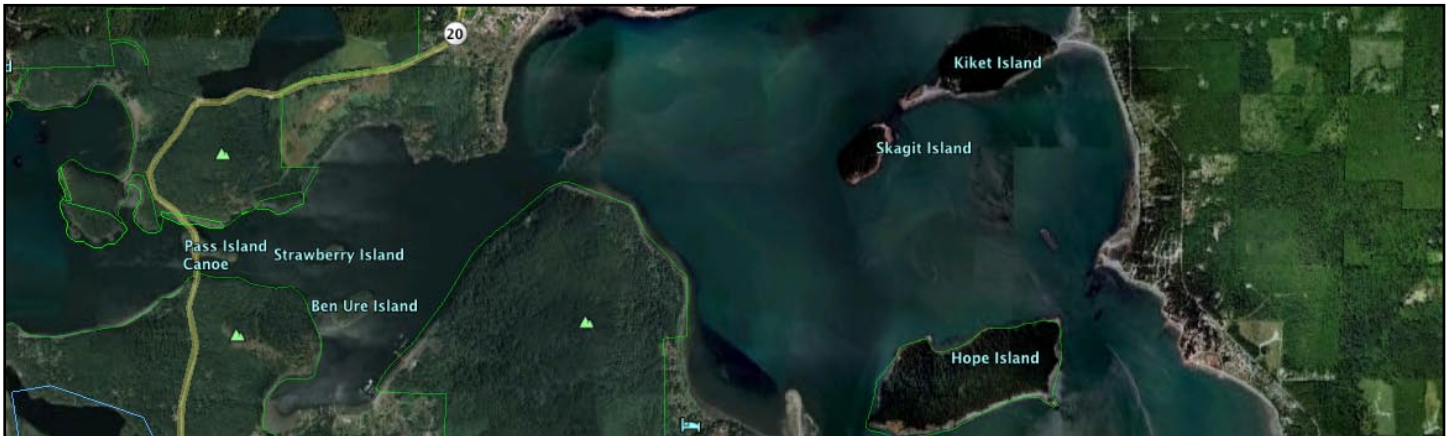
**Doors open at 7:00 p.m.**

**Meeting starts 7:30 p.m.**

**See details on page 3**

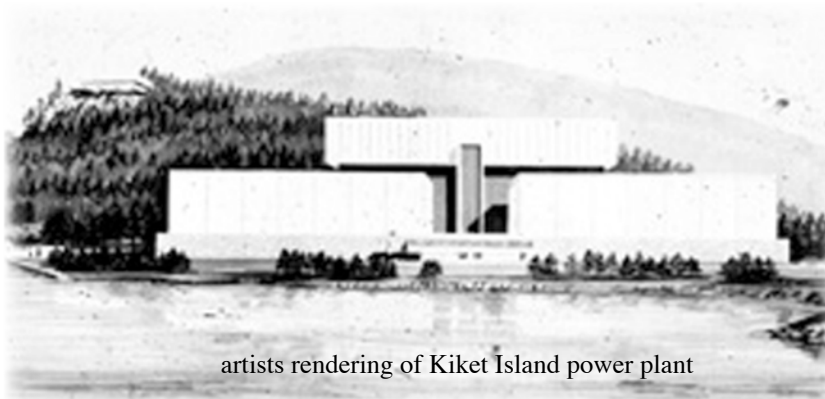
# Items of Interest

**What could have been** - As evidenced by the article below, one of our prime paddling destinations, Skagit Bay, could have been the site of a nuclear power plant, just a short paddle away from Deception Pass.



Seattle City Light approved to purchase Kiket Island for a proposed nuclear power plant on June 30, 1969. On June 30, 1969, Seattle City Council approves City Light's request to purchase Kiket Island at Deception Pass (located 70 miles north of Seattle) as a site for a \$250 million nuclear power plant. Council member Tim Hill (b. 1936) casts the only dissenting vote. The plan will be dropped in 1972 due to environmental concerns.

In the 1960s, planners predicted an energy shortage



artists rendering of Kiket Island power plant

by 1977 or 1978. Seattle had explored nearly all the available sites for hydroelectric dams and looked to thermal (oil, coal, and gas fired) and nuclear sources. In partnership with the Snohomish County Public Utilities District, the utility picked Kiket Island in Skagit Bay for a 1100 MW power plant. The distant location was chosen to protect Seattle in the event of a nuclear accident, considered a remote possibility. Almost immediately, environmental objections rose against the plant. Residents of nearby Anacortes opposed the proximity of a plant deemed too dangerous for Seattle. The utilities started extensive environmental studies to determine the impact of factors such as vast quantities of hot water generated by the facility. In 1972, the administration of Seattle Mayor Wes Uhlman (b. 1935) and City Light Superintendent Gordon Vickery (1920-1996) shelved the plan. The City sold Kiket Island in 1980.

Courtesy of [www.historylink.org](http://www.historylink.org)

## For Our White Water Paddlers

### International Scale of Rapids

Whitewater rapids are rated on a scale of one through six, indicating the difficulty of each rapid at medium water level. Remember that rapids can change radically as river flows fluctuate. Be sure you know how to read the water, and scout rapids from shore if necessary to find the best route.

Class I - Very Easy-small, regular waves and riffles; few or no obstacles; little maneuvering required.

Class II - Easy-small waves with some eddies, low ledges, and slow rock gardens; moderate difficulty, some maneuvering required.

Class III -Medium-numerous waves that are high and irregular; strong eddies; narrow, but clear passages that require expertise in maneuvering; scouting from the shore recommended.

Class IV -Difficult-long rapids with powerful, irregular waves, dangerous rocks, and boiling eddies; precise maneuvering and scouting from the shore imperative; take all possible safety precautions.

Class V - Very Difficult-long rapids with wild turbulence and extremely congested routes that require complex maneuvering; a danger to your life and boat and near the limits of navigation.

Class VI - The Limits of Navigation-rarely run; a definite hazard to your life.

See alternative scale on page 4

# Calendar

## **November 16th Meeting - 7:30 PM - Bellingham Library - “Kayaking in Baja”**



This presentation will feature photographs from Dave Peebles, Jim Graeser, and others. It'll be a nice “heartwarming” topic for our cool and rainy fall weather!



## **December 3rd - WAKE Holiday Party - 6:00 - 9:00 PM - Squalicum Yacht Club**

The WAKE Holiday Party will be on December 3rd, at the Squalicum Yacht Club 6-9 pm. There are some changes this year: WAKE will provide a turkey and a ham, along with the customary soft drinks and water (paper plates, plastic ware, etc.). In the near future, you'll receive an email with instructions on what side dishes to bring. Since WAKE is providing the main course(s), we'll be dividing up the rest of the menu, so please watch for that email.

In addition to the usual Silent Auction and door prizes, a new feature at this year's Holiday Party will be the First Inaugural “I Found It While Paddling” gift exchange. Please bring a wrapped item that you found while paddling this year and exchange it with another partier. Okay, so this is short notice: if you claim that the item was found while out in your boat, we'll believe you. The more obscure and “funky” the item the better! We'll get some laughs, and the beaches will be somewhat cleaner. Get into the holiday spirit and bring a goodie to exchange!

The Holiday Party is also the Annual Meeting, at which the membership nominates and votes for the WAKE Board of Directors. Please consider becoming a member of the board!

## **December 4th - Deception Pass Dash - Bowman Bay/Deception Pass**

The fifth annual Deception Pass Dash

Register at <http://www.outdooradventurecenter.com/40227/Deception-Pass-Dash.html>

## **January 18th Meeting - 7:30 PM - Bellingham Library - “Tides and Currents”**

This presentation by Ed Alm will introduce and give an overview of how tides and currents affect planning for kayaking trips in the San Juan Islands.

Ed will show what resources are available for planning and demonstrate how to use them. The focus will be on tides and current planning and will incorporate how the planning affects the “actual” on the water navigation while on a trip. Examples of actual trips will be shown and the materials used in developing those plans will be demonstrated. There will be several examples of mistakes made and lessons

learned from those mistakes. If there is interest, Ed hopes to schedule a more “hands on” class at a later date.



## Alternative to the International Scale of Rapids

### **Class I: Easy.**

Fast moving water with riffles and small waves. Swimming is pleasant, shore easily reached. A nice break from paddling. Almost all gear and equipment is recovered. Boat is just slightly scratched.

### **Class II: Novice.**

Straightforward rapids with wide, clear channels which are evident without scouting. Swimming to eddies requires moderate effort. Climbing out of river may involve slippery rocks and shrub-induced lacerations. Paddle travels great distance downstream requiring lengthy walk. Something unimportant is missing. Boat hits submerged rock leaving visible dent on frame or new gash in plastic.

### **Class III: Intermediate.**

Rapids with moderate, irregular waves which may be difficult to avoid. Water is swallowed. Legs are ground repeatedly against sharp, pointy rocks. Several eddies are missed while swimming. Difficult decision to stay with boat results in moment of terror when swimmer realizes they are downstream of boat. Paddle is recirculated in small hole way upstream. All personal possessions are removed from boat and floated in different directions. Paddling partners run along river bank shouting helpful instructions. Boat is munched against large boulder hard enough to leave series of deep gouges. Sunglasses fall off.

### **Class IV : Advanced.**

Water is generally lots colder than Class III. Intense, powerful but predictable rapids requiring precise swimming in turbulent water. Swimming may require `must' moves above dangerous hazards. Must moves are downgraded to `strongly recommended' after they are missed. Sensation of disbelief experienced while about to swim large drops. Frantic swimming towards shore is alternated with frantic swimming away from shore to avoid strainers. Rocks are clung to with death grip. Paddle is completely forgotten. One shoe is removed. Hydraulic pressure permanently removes waterproof box with all the really important stuff. Paddle partners running along stream look genuinely concerned while lofting throw ropes 20 feet behind swimmer. Paddle partners stare slack-jawed and point in amazement at boat which is finally pinned by major feature. Climbing up river

bank involves inverted tree. One of those spring loaded pins that attaches watch to wristband is missing. Contact lenses are moved to rear of eyeballs.

### **Class V: Expert.**

The water in this rapid is usually under 42 degrees F. Most gear is destroyed on rocks within minutes if not seconds. If the boat survives, it is in need of about three days of repair. There is no swimming, only frantic movements to keep from becoming one with the rocks and to get a breath from time to time. Terror and panic set in as you realize your paddle partners don't have a chance in heck of reaching you. You come to a true understanding of the terms maytagging and pinballing. That hole that looked like nothing when scouted, has a hydraulic that holds you under the water until your lungs are close to bursting. You come out only to realize you still have 75% of the rapid left to swim. Swim to the eddy? What %^&\*##\* eddy!?! This rapid usually lasts a mile or more. Hydraulic pressure within the first few seconds removes everything that can come off your body. This includes gloves, shoes, neoprene socks, sunglasses, hats, and clothing. The rocks take care of your fingers, toes, and ears. That \$900.00 dry suit, well it might hold up to the rocks. Your paddle is trash. If there is a strainer, well, just hope it is old and rotten so it breaks. Paddle partners on shore are frantically trying to run and keep up with you. Their horror is reflected in their faces as they stare at how you are being tossed around! They are hoping to remember how to do CPR. They also really hope the cooler with the beer is still intact. They are going to need a cold one by the time you get out! Climbing out of this happens after the rapid is over. You will probably need the help of a backboard, cervical collar and Z-rig. Even though you have broken bones, lacerations, puncture wounds, missing digits & ears, and a concussion, you won't feel much pain because you will have severe hypothermia. Enjoy your stay in the hospital: with the time you take recovering, you won't get another vacation for 3 years.

### **Class VI: World Class.**

Not recommended for swimming.

Thanks to Dave Petterson of Calgary Paddlers



## WAKE CLUB MEMBER PROFILE

This edition's member profile is Ed Alm who is a veteran member of the club.

Ed has been a member of the club for many years and also serves as a board member. It seems like whenever there is a need for a volunteer to help the club, Ed is there. Whether it is someone to help with the annual Demo Day, Club Symposium or teaching others about navigation skills, Ed is there. At our last Club meeting he did an excellent presentation on recent kayak trips with wife Bonnie. Ed uses a GPS to plot and track his route and it was amazing to be able to see the actual route taken as well as listen to his experiences in tides and currents. Ed has presented very informative and eye-opening classes on kayak navigation in the past and the rumor is that he may be doing something in the future as well. This is highly recommended, especially for beginning kayakers.

This 60ish kayaker has really taken to the sport with his first lesson in 2001, buying boats in 2003. Ed and Bonnie had done a lot of canoeing over the years and the Skamokawa Kayak Center near Longview was really pushing kayaking so they decided to try it. Shortly after their first lesson his job situation forced him to move to Bellingham where their new interest in kayaking really fit in. They joined WAKE in 2003 to gain "local knowledge" on places to paddle and to find like-minded persons to paddle with.

Their favorite place to paddle is Johnstone Strait and the Broughton Archipelago. They have been there three times and never failed to paddle with the whales. The couple really like the wilderness beauty up there. Ed remembers that Gene Davis' description of where to launch and what you can see is what got him started going there.

Ed and Bonnie have participated in many training sessions sponsored by WAKE: Stroke improvement by Chris Mitchell (several times), Boat handling (edging) by Body Boat Blade and Nigel Foster; Bracing by Wayne Horodowich was particularly good; Rolling class by John Janney and especially the rolling training from Reg Lake. The informal member helping member type sessions have been particularly helpful as well as the WAKE symposium sessions. Ed says he can always use help improving his stroke.

When asked about what he like about the club, Ed said he especially liked how freely some of the older/more experienced members have been willing to share skills and paddling knowledge with him. As far as an improvement, he stated that the club really needs a way to easily connect with each other for informal paddles.

Ed and wife Bonnie live in North Bellingham near Ferndale. His phone number is 360-383-9139 and email is ealm@comcast.net They lived lived in Longview, WA for 30 years prior to moving to Bellingham in 2002. Ed and Bonnie have two grown sons, one in Seattle and one an Air Force pilot presently serving in South Carolina.



# New CPR Rules

October 18, 2010

It's official: The American Heart Association says chest compressions come first when performing CPR.

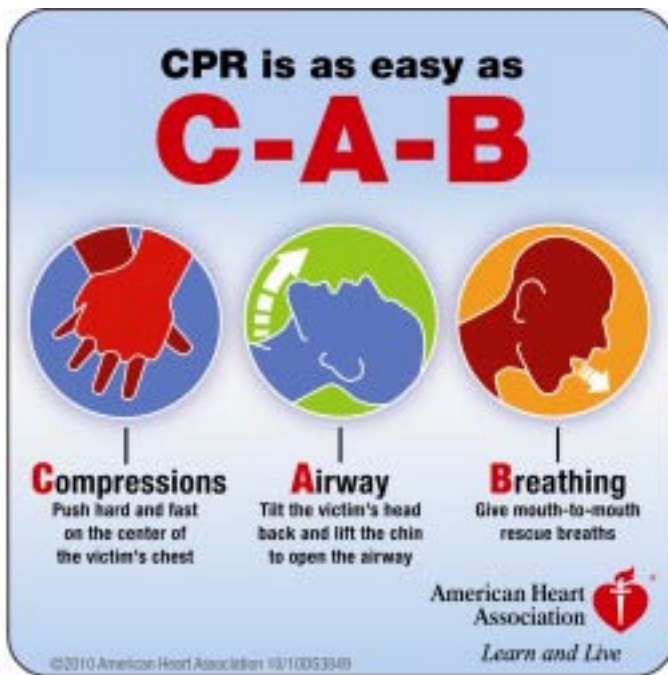
According to new guidelines issued today, ordinary people and professionals trying to revive people whose hearts have stopped beating should immediately start pushing on the person's chest. That's a departure from previous recommendations to check for breathing and to clear the airway before starting chest compressions. Those two steps should come later, the group said.

In the first few minutes of cardiac arrest, the Heart Association explains, people still have oxygen in their lungs and bloodstream. Vigorous chest compression can push that oxygen-rich blood to the heart and brain and keep it circulating in the body.

Recent research studies have shown that chest compressions are better alone than when combined with mouth-to-mouth resuscitation for two reasons. First, mouth-to-mouth interrupts valuable compressions and second, bystanders' reluctance to do mouth-to-mouth may prevent them from helping at all.

"We hope that these guideline changes will encourage more people to perform CPR in appropriate situations and until help arrives," Boston EMS Chief Jim Hooley said in a statement released today. "Being trained in CPR and how to use an automated external defibrillator are not just skills for medical professionals – they are potential lifesaving skills everyone should know."

So cardiopulmonary resuscitation now means C-A-B, for compressions, airway, breathing, reversing the ABCs of guidelines first issued in 1996.



While it appears that this "victim" has more than just resuscitation problems, the point is that the rescuers are practicing a valuable skill.

For more CPR info:

<http://www.mayoclinic.com/health/first-aid-cpr/FA00061>

<http://depts.washington.edu/learn-cpr/>

[http://www.heart.org/HEARTORG/CPRAndECC/WhatIsCPR/What-is-CPR\\_UCM\\_001120\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRAndECC/WhatIsCPR/What-is-CPR_UCM_001120_SubHomePage.jsp)