



Whatcom Association of Kayak Enthusiasts • www.wakekayak.org • volume 27 • issue 7



President's Message by Dawn Groves

The other day our daughter, Holly, was reading us a short description she'd written about family members. When it came to Dan and me, she wrote, "Dad is always getting ready

to go kayaking," and "Mom is always on the computer." Hey," I complained, "I kayak too. " I wanted to say, "I've kayaked plenty of times and I'm the PRESIDENT of the kayaking club!"

But I didn't. Instead, I smiled and went back to typing. I had a deadline to meet.

Life often plays out in ways we don't prefer. Between our country's economic situation, the election issues, the state of our planet, and the challenges in our personal lives, there's a lot over which we have little to no control. It's tempting to hunker down, work too hard, deny reality or just plain give up. The cup of energy that ordinarily keeps us going strong gets knocked over and never refilled.

Let me suggest another possibility. During

stressful times, let's pay closer attention to that cup of energy. Physical, financial, and social turmoil will tip it plenty of times. If it doesn't get refilled, our bodies and spirits will take huge hits. Emotional strain, memory issues, chronic illness, damaging habits of compensation, alienation, you name it, the results are not good.

So how are we going to refill our cups? Well, as member of WAKE, I would suggest that we all go kayaking. Yes, it's chilly out there. It's also lively and breathtaking. We can wear extra coats and noodle around Lake Samish or Lake Whatcom. Remind ourselves that the world is full of more than crisis and frustration. We're kayakers. Water and fresh air replenish us like nothing else.

I would prefer that Holly see me first as a kayaker and second as a worker bee. The Pacific Northwest is stuffed to the gills with glory. I won't allow too much time to go by before taking advantage of it. There are so many exquisite ways to refill my cup.

And kayaking is one of the best.



WAKE presents....Tuesday, October 21st, 2008

Tim Wahl will talk about the new Parks and Rec plan for the waterfront including kayak put-in locations and other points of interest to kayakers.

See description on page 2

Bellingham Library

Doors open at 7:00 p.m.

Meeting starts 7:30 p.m.

Calendar

October 21st Meeting

Land use and survey researcher Tim Wahl will present a old maps, views and stories of Chuckanut Bay, with emphasis on changes to the historic shoreline and tidelands around Chuckanut Village and Woodstock Farm. The City of Bellingham Parks Department will be considering proposals by the Whatcom County and City of Bellingham Public Work Departments to reduce automobile impacts on the shoreline near the end of Fairhaven Avenue, along with improving upland trail linkages between North Chuckanut Mt. Trailhead and Woodstock Farm. Public lands on NE Chuckanut Bay (including what is known as Mud Bay) include the City's most biologically diverse estuarine marsh and extensive rocky shore and headland ledge habitats. These habitats are often fragile and subject to degradation as more people recreate along our shoreline. City officials have been encouraged to provide information at the end of the slide show on current issues and future options concerning public access at the northeast end of the Bay.

Tim works for the City of Bellingham Parks Department who, along with County Parks and private conservation owners, owns extensive shoreline and tideland property in the area.

November 18th Meeting - Coastal Processes and the Implications of Global Sea Level Rise

Jim Johannessen will talk about the processes (geologic, hydrologic, meteorologic, and oceanographic) affecting our coastlines and the resulting shoreline morphologies. Due to global climate warming, mean sea level is predicted to rise three to five feet in the next century causing widespread changes in shoreline morphology and resultant massive political and engineering efforts to combat the rising tides.

Jim is a Washington Licensed Engineering Geologist and is a Principal Scientist with Coastal Geologic Services Inc. in Bellingham. Jim specializes in coastal processes and beach management with particular expertise in soft shore protection and beach rehabilitation and restoration. He designs gravel beach nourishment, sediment bypassing, and other methods to reduce coastal erosion, often working with engineers and fisheries biologists. Jim's project experience includes designing the restored beach at Marine Park in Bellingham.

December 5th WAKE Holiday Celebration

Friday night at the Squalicum Yacht Club. More details at the November meeting. This is our big end-of-year party. Vote on board members. Enjoy a festive potluck dinner and a silent auction with especially fine items donated from local outfitters, coaches, and businesses. Wake supplies wine, plates, glasses, cutlery. You bring the food. The holiday party is always a really good time.



LONG DAY ON THE WATER

(written after a nice long paddle)

*I went out with my kayak
feeling competent and strong
ready for the miles ahead.*

*But then, I noticed I was full of sorrow,
so I gave it to the clouds,
their view is higher and loftier than mine.*

*And I gave my passion and love
to the cool clear depth and the currents
they are more transparent and deep.*

*And I gave my wanderlust
to the geese overhead
who consistently wander more than I.*

*I gave my roots
to the rocks on the shore
who are more stationary than I.*

*I gave my arrogance to the gulls
who dance the winds
without effort.*

*My loneliness
I handed to a loon,
whose cry echoed my soul.*

*My hunger and greed
I gave to the eagle, who
while looking noble, steals most of his food.*

*The hunting song that was brewing in my
head,
I gifted to the heron, standing in the
shallows,
for he seemed out of luck.*

*Attachment I offered to the void
begging "please take it."
Exchange for detachment was rejected,
too.*

*My competence and strength
I forgot
in the rhythm of the miles.*

THE ENDING

(written after a long day at work)

*But when I got home, the clouds and
the depth, and the geese sat on my front
porch, drinking.*

*The eagle, gull, heron and loon were
arguing over a piece of dead fish while
the rock just sat there.*

*They all handed back the crap I had
tried to palm off on them ...
but the heron gave me a wink before he
flew away. He must have liked
hunting songs.*

- Chris Burkhart



Products of Interest

Here are a couple of products that I regularly take along on my paddling trips and would recommend either one as quality items. -Ed.-

Greatland Laser Flare

This device is a good replacement/supplement for pyrotechnic flares. It is safe and can be easily carried in a PFD pocket. It doesn't expire like pyrotechnic flares. I have tested the laser at night and the brilliance of the signal was amazing.

- Ed.-

Rescue Laser Flare® signaling devices are safe and effective survival tools that offer the following advantages over conventional pyrotechnic flares:

- Hours of signaling on replaceable batteries

- Range up to 20- 30 miles at night; 1-5 miles during the day
- Multi-purpose - use it for signaling or finding reflective materials
- Waterproof to 80 feet - anodized to resist corrosion
- No fire hazard - will not start a fire
- Environmentally safe - can be carried onboard an aircraft
- Easy to operate - twist-on, twist-off

Get more info at:

<https://www.greatlandlaser.com/index.php>



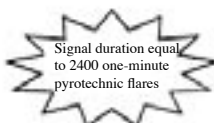
Rescue Laser Light

"Perhaps one of the best night signals invented"
US Navy Aviation Survival Gear Field Test



Small enough to carry in your pocket or put on your life jacket!

- Nighttime signaling up to 20 miles
- Daytime signaling 1-3 miles
- Operates 40 hours
- Compact-weighs only 6 oz
- Long life RED laser diode-10,000 hours meantimes to failure
- Limited lifetime warranty
- Single CR123 3-volt lithium battery



Model #RL012-01
Shown actual size.

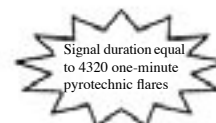
Rescue Laser Flare® Magnum

Recommended by Ralph Naranjo at
Safety At Sea seminars



Designed to stow away in your survival gear or life raft!

- Nighttime signaling up to 20 miles
- Daytime signaling 1-3 miles
- Operates 72 hours
- Compact-weighs only 6 oz
- Long life RED laser diode-10,000 hours meantimes to failure
- Limited lifetime warranty
- Two AA batteries



Model #RLFAA-023-01
Shown actual size.

Greatland Laserss has offered a **20%** discount on either of the red lasers to WAKE members. Just call the toll-free number 1-866-889-3425 and tell Kim you are a WAKE member.

The NRS Wingman Knife

- Easily deployable one hand flip-open blade
- Knife has a blunt tip and both smooth and serrated blade sections. The blade locks open for safety.
- Removable spring steel clip
- Length closed: 4" Blade length: 2.75"
- Weight: 3 oz
- Blade Material: 420HC stainless steel
- Blade Finish: Mirror polish
- Handle Material: Glass-Reinforced Polypro with TPR overmold
- Bottle opener on end (and who doesn't need that!?)



Check it out at:

<http://www.nrsweb.com/shop/product.asp?pfid=2771&deptid=960>

Flares: Are they safe?

An Editorial



If you have been watching the WAKE list serve you probably saw that there was an incident at the West Coast Sea Kayak Symposium where a couple of people got injured by hand held pyrotechnic flares. This brings up the question of the safety of those flares.

Are flares safe? Yes. Are flares dangerous? Yes! How can something be both safe and dangerous? There are several factors that make a product safe or dangerous. Anything that is inherently dangerous, during it's intended use, has a higher incidence of injury than something that is not inherently dangerous, during it's intended use. A flare that is explosive and involves high temperatures is inherently dangerous. An automobile that can be driven at high speeds and slammed into a concrete wall is inherently dangerous. In contrast, a hairdryer is not as inherently dangerous.

Learn to identify what is inherently dangerous.

Another factor would be the quality of the product. You may get electrocuted using a poorly made hairdryer, your brakes may fail on a poorly made automobile and your poorly made flare may backfire or explode in your hand.

Use quality products when inherent danger is high.

If you don't take care of your gear, it will fail. Don't forget to put oil in your car, clean all that pesky lent from your hairdryer, and keep your flares dry and up to date.

Maintain your emergency flares.

You wouldn't drive your car if you didn't know how to start it or knew which side of the street to drive on. You shouldn't use your hairdryer while standing in a bathtub full of water. You shouldn't fire your flares unless you know how.

Know how to use your flares.

So, to summarize, know that flares can be dangerous, buy quality flares, keep your flares well maintained and educate yourself on their proper use.

Note: The flares pictured above are quality flares and are not the brand that was involved in the injury at the symposium. -Ed.-