



W.A.K.E.

Whatcom Association of Kayak Enthusiasts



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A Message From Your Board

By Les Rounds

Summers here!! We've had a great spring of paddling and summer promises to be even better. I've participated in over a half dozen WAKE paddles this spring and all have been great! So keep an eye on the Web site and join in or sign up to lead one. We could use a few more trips on the summer schedule.

Sorry if any of you didn't catch the change in schedule on the website and showed up for the Padden Skill Builder/ Potluck on 6/28. All you found were a bunch of swimmers, runners and bikers as there were 2 Triathlons scheduled for that day. My bad, I didn't check the Park's schedule

before picking a date. Luckily Andy discovered the conflict a couple weeks before the event and changed it on the website however if you missed it and showed up I hope you showed those swimmers how to really move on the water.

Also don't forget Richard Cochinos still has some beginner paddles on the schedule. He will give you some good tips and you will have a good time paddling with others who are just starting to get their paddles wet.

Chris Mitchell had a record 29 Kayaks on the

Deception Pass paddle in June. We all paddled through Deception and Canoe Pass a couple times at slack and then eight of us stayed to play in the current. It got pretty sporty but we only had one swimmer who was promptly rescued. Big thanks to Chris for leading the paddle and allowing so many to participate.

There was also an Elvis sighting at the

WAKE Cypress Solstice Paddle and he was hanging with a Gorilla!! You just never know who is going to turn up on a WAKE trip. Lisa and Andy lead the trip and 16 or so paddlers participated. This trip deserves a full report

so I'll say no more but it was two days and nights of paddling, hiking, bocce and fun.

The Lummi DNR site is looking good. President Lisa trained another half dozen or so volunteers in June and they are now qualified and ready to work. If you haven't checked out this site out you should. It's a nice paddle and a good place to spend a day, night or weekend.

Reliable rumor (oxymoron) has it that the Lummi site as well as Pelican Beach, Cypress

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There is no meeting this month

WAKE Website and Message Board

WWW.WAKEKAYAK.ORG

The most up-to-date schedule and trip descriptions; links to kayakManufacturers and other clubs, tide tables for the entire West Coast, ferry Schedules; a club contact list; and lots more.

Also, we now have a kayak message board where members can post impromptu trips, questions and answers, and have

Editor's Message

I hope everyone has been having a fun and safe summer paddling season. Judging from all the boats I see on cars or out in the water everyone is taking advantage of the Northwest's great summer weather.

We have a number of trip reports in this issue...a great one from Ken Miller on WAKE's trip to Sechart inlet, and two trip reports from Lisa Wallis that even include an Elvis sighting. I was pretty sure I saw a UFO about that time so that would explain it all. I've also included the kayak camping checklist again as so many of you have requested that I rerun that occasionally.

This also marks the first issue that we don't have my assistant Jodi Pederson taking care

of the mailing and making sure this newsletter gets into your hands. I'd like to thank Jodi for all the help she's given me and the club with the great job that you did. The guys at Office Max said they're going to miss you too.

On that note, this may also be one of my last newsletters. We've had interest from another member who would like to take over the reins and the thought is some new blood would probably be good thing. I'll certainly miss doing it each month, getting your submissions, reading the emails from interested kayakers, and getting to see all these great trip reports before anyone else does, but I guess after doing it for so many years it's time for a break..... thanks.....Scott

Message from the Board cont.

Head and Strawberry Island may be on the chopping block next year. So take a minute and email or write the Gov. and your State Reps to let them know that we are voters and we use and care about these sites. Besides they are good for the local economy as people come from near and far to paddle here and spend money on lodging,

gear, supplies and lots of other goods and services. Remember if you snooze you lose. "<http://www.access.wa.gov>" will get you to their email and or mailing addresses.

That's all for now, enjoy summer and paddle the pounds off.

Les

Safety Tips

Wear sun protection! Water intensifies the sun. Protect yourself from skin cancer. I recommend the following:

- 1. Sunscreen:** Bull Frog "The Quick Gel Sport Spray" - This is a SPF 36 All day waterproof and sweatproof UVA/UVB Protection spray that dries instantly. A little pumping action (and no hand rubbing) seems to result in even skin coverage. My dermatologist recommended this, which may be my gear find of the season! **Not for the face!!!**
- 2. Cotz SPF58 Waterproof UVA/UVB** which contains only titanium and zinc. For the Face. Expensive but seems to go a long way.
- 3. Wear a hat.** I have a new 5 inched brimmed hat that covers my ears, face and neck. I also recommend carrying a hand sanitizer. Purell and other companies make travel size containers of these products that fit easily into your ditty bag. I carry mine along with my toilet paper in a little baggie....

Happy Paddling.....Lisa W

Sechelt and Tzoonie Narrows Trip May 2003

by **Ken Miller**

This is the almost factual trip report of the May 23rd WAKE expedition to Sechelt B.C. and northward to Tzoonie Narrows. Normally the report is the responsibility of the trip leader, but she was so busy looking for a bear that she wanted me to try to reconstruct what had occurred on the trip. There has to be a potential bear or else the motivation to put our food up in the trees each night wanes.

Four of our group of eight, Lisa Wallis, Patty Johnson, Adrienne Moll and Scott Melnick took the ferry to Lansdale on Thursday and intended to camp at our put in point at Porpoise Point Provincial Park. They arrived so late that the park was closed, so a friendly woman took pity on them and invited them to sleep at her home for the night. The rest of us, Trip Commander Rosemary Patschke, John and Stephanie Miller and lowly scribe Ken Miller, took the Friday morning 7:30 a.m. ferry and arrived at the campground around 10:00 a.m. The first challenge was to cram all the gear into the kayaks to begin our journey. I don't know what happened since it all fit at home; must have a pressure change that expanded all the dry bags. That done, we headed up the Sechelt Inlet under clouds and occasional sprinkles of rain and no wind. A floatplane practicing splash and goes provided a send off from civilization. After a stop for lunch, we continued paddling to our first nights stop at Kunechin Point.

At the campsite, we were perched on a rocky point with a family of geese that we displaced upon our arrival. The dinner that followed tent erection was a welcome event and John and Stephanie provided a Tortilla strawberry desert with real whipped cream topping. That is after a brief struggle with a Whisper Lite stove; I began to think that it had an appropriate name since it was so quiet; found out it wasn't burning for a long time until John overcame it's stubbornness. At dawn the sound of wings and honking greeted us as the geese returned for breakfast; we were camped on their table it seems. Until someone left their tent, they

stayed and happily grazed around and in between our shelters. At least it wasn't a bear feeding spot! It rained a bit during the night, so we packed some soggy gear and set off on our trip up the Sechelt Inlet.

Another gray day, but we experienced little wind and had pleasant temperatures for paddling. We stopped briefly to check out a geocache site, but it looked too challenging to climb to and possibly get injured just to log another find. About halfway to the Tzoonie campsite we stopped for a lunch break and then continued to our home for the night. The narrow part of the inlet is steep sided and very scenic. We had a nice spot but light rain fell on and off so that we could again pack soggy stuff in the morning. Thanks to John, we had a fire for atmosphere and the usual smoke it provides. Some of us paddled the next morning and went to the narrow part of the "narrows" and returned to pick up the rest of the flotilla as we head back to the west side of the Sechelt Inlet. As a side interest, after returning home, I discovered that there is something behind the float and gangway we saw near our camp; Tzoonie Outdoor Adventures, where you can stay in comfort and they feed you seafood all day long. In fact if we had known, we probably could have arranged to attend the \$20 cn salmon barbecue instead of eating our camp meals. Oh well; next time...

Along the way, we passed a barge like boat that we had seen before and wondered what he was fishing for. It turned out he was pulling shrimp pots and Adrienne got a reject from the harvest tossed at her; a small octopus. The day warmed up and we arrived at our last site at Halfway Beach. What a site! We were in a clearing amid beautiful woods and even had a picnic table. It was a pleasant evening to dry out and enjoy each others company. It must have been all the garlic filled olives that Lisa shared, since Lisa, Patty, John and Stephanie elected to leave early the following morning under the pretext of catching an early ferry. They must have been downwind of my tent. The rest of us

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Cypress Solstice Trip 2003: Elvis and a gorilla on the beach

by Lisa Wallis

What a crazy trip! The craziness started with the number of enthusiastic participants that signed up. I apologize to all of you that weren't on the roster. It is painful for me to say no, but alas beach space is a premium.

Fourteen paddlers in 13 yaks set out from Washington State Park in Anacortes on Friday evening at 6:30 p.m. Due to my gimpy wrist [see my sad story elsewhere in this issue], I sat in the front of a double with strict orders not to paddle. Yawn.

The paddle to Pelican Beach was great fun, especially for the girl in the front seat of a double. I have to say that it is a bit chilly on the water without exercising, despite long underwear and a dry suit. The group faced a fun little bit of chop on the way down. It was lovely water with beautiful scenery.

We were greeted by several friends on the beach who had all snuck in earlier in the day. Camping was cozy, but with a fun easy-going group this never seems to matter. Several couples in the crowd halved the number of tents on the beach.

A partially rainy weekend was enjoyed by all. We hiked during the day Saturday. Cypress sports a lot of trails. We hiked over to the west side of the island. The little lake along the way was beautiful, littered with lily pads. We were greeted by a beach littered with the jewels of beach glass that looked out onto Rosario Strait. We missed Eagle Cliff trail, which was closed for the season, good for the eagles, but I was sorry to miss it.

The group enjoyed reading and playing bocce ball, as well as some scrabble. The Seattle Washington Kayak Club paddled in on Saturday afternoon. We happily moved boats and tents and tarps to accommodate them on the beach. Later that evening, their club presented a little Shakespearian skit for the crowd. This was great fun. WAKE provided a couple of spare actors to supplement their staff.

Later, as we gathered around the campfire, I relayed a story from my Elvis collections. The story went a bit like this-- Elvis had been sky diving over Las Vegas when a huge wind caught his parachute. He traveled a long way before he finally

landed in Uganda on the African continent. In Uganda he enjoyed a fair amount of success as a songster, but longed for something more, so he took up eco-tourism. He became driven to hang out with a great gorilla in the Jane Goodall fashion. He searched high and he searched low. He endured snakes and spiders and hardship. His sideburns were eaten by a termite specialized in anglo hair removal. Then, one day, a gorilla jumped out of the woods who unrepentantly grabbed Elvis by the wrists. The next thing Elvis knew he was spinning around wildly to the tunes of "It Aint Nothing Like a Hound Dog"

Music courtesy of Dave Harris on the guitar, Elvis courtesy of Kristi girl Hug, and the gorilla courtesy of Andy the handy boy Wallis. Lisa W. managed to tell this silly tale, and yes, our little troupe of three did manage to pack a full gorilla suit, an Elvis suit, and a guitar into our yaks.

We paddled around the north tip of Cypress on Sunday morning. The paddle down the west side was very pretty. Lots of rocky coastline and many eagles. A bit of chop. We intended to take a break on Strawberry Island, but another large kayak group was launching on the limited space when we paddled in, so we opted for a big old beach on Cypress itself.

We had one paddler experience some sea sickness and fatigue on the way home. The paddler bravely spoke up on our crossing back to Washington State Park, and accepted a tow. As someone who just endured a weekend of NOT PADDLING and relying on a partner, I was impressed with the courage it takes to accept help. I can tell you that any one of us is much less of a liability on any trip if we speak up when we are down, rather than put the entire group at risk due to silly pride. Remember those tiny little blisters on the backpacking trail?

Most of the paddlers enjoyed a dinner at the Brown Lantern in Anacortes before departing home. Thanks to all who participated! Kristi, Shereena, Stephanie, Patty, Merve, Werner, Melinda, Red, Nancy, Dave, the more or less Les and Kathy, John, John, and the real John Janney. Special thanks to my dear husband who coerced me into coming along despite an injury and not being able to paddle, love you Andy.

Wake 2003 Calendar of Paddles and Events

Month	Dates	Destination	Contact/Skill Level
August	16-17	WAKE Circumnavigation of Lummi Island Leave Saturday morning and round the northern end of Lummi, enjoy the current the down the west side, then camp at the DNR site. Head home on Sunday morning. 19 mile trip, but easy when riding currents without a big head wind. Contact: Lisa Wallis 360-756-7553 or trekkin@fidalgo.net	
September	13	Tri-Club Picnic - WAKE once again joins with Hole in the Wall (Skagit) and North Sound Sea Kayak Association (NSSKA - Everett) to celebrate being kayakers in this great part of the world. We'll start with a group paddle at 12:30pm, return to Bowman Bay for a paddlefloat rescue contest at 4:00pm, followed by a salmon BBQ & Potluck at 4:30pm. Contact: Mary Bauman 766-4265 or Kathea Rasmussen 766-8720, at Bowman Bay, Deception Pass State park from Noon to 6:00 p.m.	
	16	WAKE September Meeting--Doug Alderson is our probable speaker; 7:00 p.m. at Fairhaven Library. Contact: Lisa Wallis (360) 756-7553	
	19 -21	20th Annual West Coast Sea Kayak Symposium - The premier sea kayak symposium in North America, 3 days of boat demos, classes, on-water clinics, presentations, contests, and sunshine. Volunteers are needed to work the event & get a free 3-day pass and T-shirt - sign up at the website.	

Kayak Camping Checklist

The Essentials

- Kayak
- Paddle
- Spray skirt
- Personal Floatation Device
- Paddle float
- Bailing pump
- Whistle
- Waterproof dry bags

Safety Gear

- Collapsible spare paddle
- Tow rope (if you know how to use it)
- Spare set of dry clothes in case of immersion
- Sunglasses
- Sunscreen
- Water bottle (or hydration system)
- Water purification
- Nylon cord (50 feet)
- Waterproof/windproof matches
- Headlamp (extra bulb and batteries)
- Fire starter
- Pocket knife
- Toilet paper
- Navigation charts w/ waterproof chart case
- Compass
- Emergency blanket/ Space blanket
- Signal mirror and flares
- Emergency snacks
- Repair kit (duct tape, material to patch hull, pliers, rudder cable, nuts and bolts to fit boat)
- Weather radio
- Current tide tables
- Waterproof watch

First Aid

- A quality pre-made first aid kit
- Emergency Phone Numbers

Paddling Clothes

- Dry suit
- Wet suit – farmer john/jane, shorty, or jacket and pants or shorts
- Paddling jacket
- Long underwear (light-mid-weight tops, bottoms. Polyester is best – NEVER cotton)
- Paddling shoes or wet suit booties
- Gloves or poggies
- Rain/sun hat
- Croakies or Chums for glasses and sunglasses

Camp Clothes

Be sure to keep warmth and the ability to shed

moisture in mind all year round.

- Water proof coat, jacket, or cagoule (Campmor) Gore-Tex is best
- Fleece, Polartec or wool sweater and/ jacket
- Pants – nylon or other synthetic, and fleece
- Shirts – nylon or other synthetic, and fleece
- Camp / hiking shoes or all-terrain sandals
- Socks – wool, fleece, and/or synthetic
- Rain suit (jacket and pants)
- Warm gloves
- Bathing suit

Personal

- Quick drying towel (not cotton!)
- Biodegradable soap and shampoo for saltwater
- Solar shower
- Personal stuff (toothbrush and toothpaste, hair brush, etc.)
- Personal medications (aspirin/ibu/Tylenol)
- Lip balm (SPF30 is good)
- Compact mirror

Camping Gear

- Compact tent with rainfly – able to withstand moderate winds and heavy rain
- Synthetic (not cotton, dacron, or down) sleeping bag (stored in a dry bag)
- Sleeping pad
- Pillow (bring a synthetic - not cotton - pillow case and use your fleece for stuffing)
- Camp stove and fuel
- Water (several smaller, collapsible bags preferable to bottles)
- Cooking pots and pans
- Cup, plate and eating utensils

Miscellaneous

- Sponge
- Waterproof deck bag for storing essentials
- Binoculars
- Multi-tool knife
- Fishing gear and license
- Mini flashlight
- Extra heavy duty garbage bags
- Camera and film in waterproof bag
- Insect repellent
- Daypack for side trips out of boat
- Bird / sea life guidebooks
- Sewing kit
- Large, sturdy bag for hanging food
- Large tarp with plenty of rope/cord (for when it rains)

Gimpy Girl on the Beach - Lummi DNR June 7th and 8th

by Lisa Wallis

A number of years ago my girlfriend tried whitewater kayaking for the first time. She paddled down the Stillwater River in Montana, a class II river. In her enthusiasm, she clutched her paddle tightly and paddled vigorously to punch through the rapids. The next day her little wrists swelled up, they crunched and creaked, and she ended up in wrist braces for a long time. She was essentially crippled for three to four weeks. I am not sure if she really ever tried to paddle again. I took note of her sad situation, and have always made a note of it to extend my arms and wrists and relax my arms while paddling.

Flashing forward, I trailed Ed and Andy to the Lummi DNR site early Saturday morning on June 7th. We faced some head winds with wind opposing current [chop]. The water was fun, but I worked a bit hard to keep up with the boys. By the time we paddled into our little cove, My left wrist was a bit sore. Slug slug slug - then we landed. Whew.

The Lummi DNR site looked great. A deer trotted down the new Galvin staircase as we paddled by. We did some light maintenance and some power lounging. Andy and Ed reinforced the bottom staircase to the island, we picked up very little trash, and I cleaned the outhouses.

The next day we set out at noon for home, just about slack. We hit a little head wind around the half way point home. Very pretty paddle. A school of small porpoises were in Hale's passage,

lovely. My wrist was sore the entire way home, actually very painful, but who likes to admit to falling behind. I made it into port okay.

Later Sunday evening I noticed my left wrist to be very swollen and creaky. It felt like a fingernail on chalk board, type creak. It actually made me nauseated. I had developed DeQuervain's syndrome, a tendonitis of the wrist. My left thumb was tingling and I welcomed a brace on my wrist, this from a girl who hasn't seen a health care provider in years. I was a gimp.

Okay, once again, my girlfriend had this condition at the age of 25. I remind myself of this fact so as not to become discouraged by the plethora of age jokes flying at me, which are numerous. Okay, so I am turning 40 in six months. If you haven't been out paddling lately, I deserve no special recognition for my age. Many of my colleagues on the water are in their 50's, 60's and beyond. They thrive out there. Nonetheless, these little injuries can sure mess with a girl's pride.

I am not sure what the morale of the story is other than injuries can just happen. As a health care provider, I know that prevention is the key. But still, I know that a person can just get caught off guard. This trip was my sixth kayak camping trip of the year, and not the first one into a good head wind. Mostly I just feel a bit victimized by my own little gimpy wrists. Don't count me out though, cause I plan to be back on the water soon!

True Confession by Lisa W

Sechelt and Tzoonie Narrows Trip May 2003 cont.

enjoyed packing up leisurely, and for me to dump my excess water. We tackled medium head just prior to our lunch stop at a fish farm's beach. The farms to alter the scenic texture of shorelines. With the end of our trip approaching, we paddled toward Porpoise Bay Park and enjoyed scanning the homes rimming the hills adjacent to the water's edge. Some of the stairways to the dock are unbelievable, at least judging from my endurance level. Arriving tired, unkempt and hungry, I intended to just head out for the ferry. Then I saw the clean shower in the washroom and thought about the hot water and just kind of

caved in. It did feel good.

Any trip is a learning experience as you see different ways of doing what you normally do. Camping, cooking, transporting gear to and from your kayak, and one other thing for the guys with the dry suits with relief zippers; put the tab on the front of your spray skirt in your teeth prior to you know what. I thought I was completely dehydrated before I discovered my mistake.

Thank you Rosemary for a safe and scenic trip!

The W.A.K.E. Hierarchy

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W.A.K.E. Membership Application

Name _____ Date _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Mail with \$20.00 to W.A.K.E. P.O. Box 1952, Bellingham, WA 98227 Annual dues 1/1 to 12/31. Membership is \$20 and \$10 after July 1st

WAKE

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