

THE DOGHOUSE



Spring 2003 edition

Welcome to the new season for old Ponders and a very warm welcome to new Ponders. Our records show that the first official gathering of the Ponders was Saturday 30th November 2002 so we are officially one year old. Like all infants we are learning as we go and the Ponders concept is still evolving. Your input, whether as an old Pounder or a new pounder, is essential to the ongoing success of the Ponders concept, so please if you have an idea don't be shy lets make it happen.

For those that came in late (old jungle saying) the Ponders concept is very simple and summed up in our slogan "old dogs new tricks" with our main objective being to learn some new tricks (i.e. to paddle a surf ski) and to have fun. The Ponders is open to all sexes and all ages with one of last years major successes being the number of ladies that paddled and the range of ages to which the Ponders appeal has spread. We start at 14 (although we regularly have younger kids down with their parents) to over 60 (no names mentioned here).

After our first year of operations we can report that in excess of 60 members had a paddle with the Ponders through the course of the year and of those some 25 to 30 became regulars.

This year we have started strongly with paddling down at the river for most of the Saturdays in October and a large number of new members joining in the fun at City Beach. We hope to continue attracting new people to join our group and build on the success of our first year. Welcome aboard for 2003/2004 and hopefully we will all have a fun year. Good Paddling

Ken Richards



Ponders early season "teething problems" at Johnson Street.



Read the body language.

Pounders Pounded in Swan Classic (BRIDGE TO BRIDGE)

November the 23rd saw 9 intrepid Pounders venture forth on the calm, benign Swan River for a leisurely Sunday morning paddle to Freo – a one-hour tour. The weather started getting rough, the tiny boat was tossed, if not for the courage of the fearless crew the “Minnow” would be lost. Well the Minnow wasn't lost but the weather did get rough.



Swan Classic Warriors (L to R) Rod King, Kevin Cropper, Brian Muir Ken Richards, Jim Crockett, John Sydenham, Trev Tilley, Paul Dwyer and Jeff Mullins – all conquerors of the bridge to bridge in atrocious conditions

True to form “old Hughie” blew in a gusting 20 – 30 knot westerly at right angle to our intended direction with a waves lapping the side of our craft and generally making for tough conditions as the crew paddled from the brewery to the flying squadron.

The paddle of the day went to Paul Dwyer and Trev Tilley who paddled the double and completed the event in under 1 hour 20 minutes. These guys were smart - they chose the more stable double ski and with the extra pony the craft powered away. They did blot the copybook by capsizing at the finish line while strutting for the “family flicks.”

For the rest there were many stories of chaos and survival. Jimmy Crockett lost his ski just off Steves and the wind sent it cartwheeling end over end across the Swan. Jimmy left his paddle behind and swam a personal best 50 metres to reclaim his ski, which is a gutsy effort. What I'm most surprised about is that a Pounder can swim that far and that he swam away from Steves one of his favourite watering holes.

Kevin Cropper capsized in the heart of Matilda Bay and couldn't get control of his ski- the wind pushing it away. “I was stuffed, I couldn't breathe,” said Kevin but in true Cropper style found that second wind to power home. Ken Richards also managed the impossible capsizing his “state of the art” ski three times. Rod King completed his first long ski race on a plastic - a great achievement considering the conditions. Jeff Mullins a noted flat-water specialist did not enjoy the conditions but typically “guts it out”

The Swan River Classic saw the official launch in competition of the new Pounder's caps and the team was very noticeable in the new bright red caps. Its now very easy to spot where the Pounders are in the field and there was a lot of comments at the finish where the caps became something of an icon to a group of three kids watching the race. After 64 questions along the lines of what's a Pounder? How do you become a Pounder? What do Pounders do? And the classic; How come you guys are all so old? After that they were told to “pound off”.

Bay To Beach

Injury, nipper age management duties and bronze training limited our entrants in the 18 km Bay to Beach to two. Ken and Mike set off from the Johnston St Boat ramp towards the harbour with a nice easterly pushing them along. The harbour was a new experience as it is normally closed to paddlers. A little bit of cross chop made it a bit bouncy but soon it was out to the open sea leaving North Mole behind. A further 6 kms into the easterly across to Dutch Inn and then back to Fremantle Surf Lifesaving club for the finish.

The highlight (for Mike anyway) was Ken cruising by at the bridge at Freo about to "stick it up" him in that unique smooth style. Unfortunately for Ken the wash of a cruiser splayed him into the drink. Ken had the last laugh finishing the race with Mike limping home with "bogus" injuries.

The Bay to Beach was a long paddle made a little bit easier by the easterly. If there was a strong sea breeze this would be one tough paddle.

Coaching Video

James Payne of Spirit Paddle Skis has generously donated an instructional video by Greg Barton, a 4 times Olympic Kayak champion, called the Kayak Forward Stroke. Its well worth a look so see Ken if you want to borrow the video.

Pounders sessions

Beginner's sessions will now be held on Saturday morning at 8.00am until 9.00am. If there is demand a further session on Wednesday could be held.

The normal Pounders sessions will continue to be held on Tuesday and Thursday at 6.00am but there will be no help available for beginners at these times.

After several suggestions from Pounders due to conflicts with junior sport etc we will start Saturday sessions at 6.00 am and the plan is to have a 10km group paddle leaving at 6.05 am to either North Cottesloe or Scarborough. Stay tuned to your email as some Saturdays we may venture to the islands off Marmion or other interesting destinations.

Forthcoming events 2003/2004

Date	Event	Distance (kms)	Comment/Course description
20/12/2003	SLSWA State Endurance Championship	12	Cottesloe Beach. Will include a masters section
10/1/2004	Port to Pylon	12?	Finishes at Cottesloe Beach – more information shortly
17/1/2004	Men's Health - Fremantle to Sorrento	24	As per last year. Teams and individual
7/2/2004	XXXX bridge to Brewery	7	7 km paddle, 1.2 km swim and an 8 km run
20/3/2004	Ultimate Challenge - Geographe Bay	67 km	Broadwater beach Bussleton to Koombana Bay Bunbury – must have tender boat

Profile – Paul (The Demolition Man) Dwyer



Paul was weaned on a diet of "smash 'em, crash 'em, bash 'em, burn 'em" ...you know how it goes, and yes it was the old demolition derby.

Paul we know is an absolutely outstanding bloke. He has a warm, friendly, manner and is always ready to lend a hand. Paul is a foundation Pounder and is married to Lisa with two terrific boys Will and Pete who hang off Dad's every word (they're still young).

In the surf club Paul is not content to sit on his hands and has taken the responsibility as the Under 8 age manager, a role he approaches with typical gusto, energy and enthusiasm. He is also doing his bronze certificate so he can compete in the big ski races?

Paul is one of the best paddlers in pounders. He has competed successfully in the Bridge to Bridge and Garret Road Bridge to Sandalwood. More recently he is combining with one of his mates (Trevor Tilley) on the double ski. He has a great attitude, likes a yarn and a beer but is always there to help the Pounder Pups.

But back to the demolition side of Paul. Paul occasionally hears those voices (you know "smash .em..."). Paul is the only Pounder to smash a ski – and has done it twice. He sees the bank, sticks the nose in the path, froths at the mouth and goes for it. A serial ski killer – one at Secret Harbour the other at City. The man needs a ski psychologist; so put double locks on your skis Yours could be next!

<u>Name:</u>	Paul Dwyer
<u>Age:</u>	44
<u>Birthplace:</u>	Bridgetown WA
<u>Lives:</u>	City Beach
<u>Occupation:</u>	Consultant
<u>Favourite music:</u>	Bob Dylan
<u>Favourite Food:</u>	Thai, Indian
<u>Why Pounders:</u>	Great company at the best time of the day, (early) and time on the water. It's a fantastic concept
<u>Spare time:</u>	At Rotto, down the beach with the kids or on the couch