

THE DOGHOUSE

October 2006 Edition

Major Sponsor



Patron: Geoff Mullins Esq. AC. EPA. DDL. ER.

Welcome to the new season

Welcome to the 2006/2007 season and what a great season this will be for the Pounders.

This season sees the introduction of a new paddling series, with 7 races over a variety of courses in October and November, and the Australian Surf Championships here in Perth in March 2007. As well as all these new innovations there will be still more of the old. Good paddling, good times with mates and a bit of fun and frivolity. Innovations instituted last year: The Pounder's Cup and The Groyne to Esky will be on the schedule again and who knows what else may spring up.

Training has already been underway for a month and a growing band of Pounders, keen to get fit for the races in October and November have been hard at it. Some are already fit from the Avon training while others have been sneaking in paddles south of the river several times a week during winter.

My tip for the big improver this year is Tim Norrish. He's looking fit, he has a new ocean racer ski, he's paddling well and he's one of the south of the river boys that have been training hard over winter. Get used to looking at his back.

Apart from old friends we have already had a good influx of new paddlers. Andrew Wilmot, Sean Salter, Dean (Richard's mate), David Coley and Jen Mickle have already shown their considerable skills on the ski and they will add great paddling depth to the Pounder's stocks.

After his appointment as Patron last year, Geoff Mullins is out to prove he's not just a figurehead. He has the world's lightest kayak (one of 7 craft he owns) with a hidden outboard motor that really does have a third gear. Geoff is back and paddling well.

The winter has seen some Pounders learn new talents. John Davies and Mark Wilson are now qualified IRB drivers and join Kev Cropper in our motorised division. Several Pounders are taking their advanced first aid course under the watchful eye of Ric Lovett and there will be a significant number of Pounders on Patrol this year including Patrol Captain Paul Banks.

At last years windup our historical research officer reported that our records show 155 people have paddled with the Pounders over our first 4 years. I can hear the amazement in your voice – we have records! This year we may crack the magical 200. Bring your friends down.

Football reprise –from Kev “Docker” Cropper



**Yep
I bet
they
are!**

Surfing Dungeons – From Rob Dougall

A picture or two beats a thousand words. But if after seeing the picture you want the full story go to <http://www.surfski.info/content/view/157/47/>



Friday Night Protein Intake

This year we are going to make a serious effort at getting Friday night going. Ken, who struggles to make Friday nights on a regular basis has been sacked and Huey and Dewy (John Davies and Mark Wilson) have been appointed to run a tight action packed programme on Friday night that will end up at the Club bar for protein Intake.

Starting at 5.30 there will be a mix of downwind, upwind, crosswind and elbow bending. Stay tuned the first night will be a biggy. We let you know once the planning committee (Huey and Dewy) get their act together.

Technique upgrade

Well known technical guru and current WAIS paddling coach, Ramon Anderson has agreed to run a session for the Pounders where he will give instruction as to the correct stroke, take video of your stroke and give a warts and all analysis of what you need to do to maximize power and minimize whatever it is you should minimize.

The course will be held in October probably either Saturday the 14th or 21st of October from 9.00am to 12.00 and the cost will be advised. Numbers will be limited so please ring Ken (0403 385 051) to make a firm booking.

Forthcoming events

The first of the big paddle series the King of the Cape has come and gone. The next races are:

8 th October 2006	Mandurah Split Race	9.00am start	14 km by Ocean or Estuary
22 nd October 2006	Bridge to Bridge		12 km from Perth to Fremantle
5 th November 2006	Bay to Beach		
19 th November 2006	Rockingham to Fremantle		
25 th November 2006	Men's Health Ocean series		24 km Fremantle to Sorrento
26 th November 2006	Men's Health Ocean Series		30 Km Rottneest to Hilary's
16 th December 2006	The Pounder's Cup	7.00 am start	13km City to City via pylon

Now is the time to enter the Mandurah Split race and that can be done on the following link. Entries close on the 5th of October at 11.59. <https://www.registernow.com.au/sports/Register.aspx?EventID=292> .
General information re the paddle can be found at <http://www.slswa.com.au/node/967>

Also the Bridge to Bridge is not far away and that can be entered at the following link. Entries close on the 17th October at 11.59 pm (if you are up that late) and the event can be entered online.
http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&orgid=1409

Is this the technological edge the Pounders are looking for

Rob Dougall, our technical correspondent, has emailed in the latest new technology for surf skis. Coming out of South Africa (albeit originally from Ben Lexcen) is the winged rudder.

The theory is that it will stop the ski broaching on down wind runs. For a full run down go to

<http://www.surfski.info/content/view/275/99/>



As a recap for those that didn't catch up on the other winged Keel technology go to, <http://www.aftenposten.no/english/sports/article1161296.ece> as the foil kayak site is temporarily down or put Foil Kayak in Google.

King of the Cape and Anaconda Report



Our patron at the start of the 12 km paddle getting respect from D1 and D2

A win to D1 and D2

The Pounder's were well represented in both the King of the Cape and the Anaconda Adventure Race. At the time of writing there are no official results up for the King of the Cape but I am reliably informed that the Dynamic Duo D1 and D2 wisely opted for the shorter race from Bunkers to Dunsborough, were third over the line overall and winner of the double ski category.

I understand that our patron Geoff also paddled and he would have obviously feature high up in the 60+ category (if they had one)

Richard Eadie was the only Pounder stupid enough/tough enough to enter the King of the Cape and I am hearing tales of 5m waves and tough conditions. Congratulations to Richard who finished the race in what was extremely tough conditions (it really must have been tough as I have used tough now 5 times). I am hopeful that, even though he is an accountant and therefore more numbers orientated, we may get a few words in the next edition from Richard on the ordeal/ paddle.



The start with Geoff in Red cap and Paul and Trev on his left

Kieran Chute, part time Pounder and full time Boatie at the club successfully completed the Anaconda in a respectable 6 hr 47 min. Jason Wright (an occasional Pounder some years back) showed the benefit of major weight loss and reeled of a 10th place in the Open division in an Outstanding time of 6 hrs 27 min.

For those of you that paddled with our new honorary Pounder, Ian Franzke last Tuesday, you would be delighted to know that the late training was useful to Ian, who came 8th overall in 6 hrs and 18 mins. Ian based in Albury Wadonga was giving the Murray Marathon (a week long paddle of some 350 km down the Murray river) a big wrap and was keen to see some of the Pounders head east and tackle this mighty event. Anyone interested should talk to our Patron Geoff, because of course Geoff has already done the paddle.

Paul Banks also competed as a team of two and came 61 out of 179 in a very respectable time of 7 hrs 5 mins. Paul did the 14 km paddle leg in 1 hr 34 and the bike leg in 2 hr 50. I know we had other Pounders doing the ski leg of teams events but as yet no feedback.

Pounders Mechanised Division - report from Huey and Dewy

Yes, we had always dreamed of being motorised , but this is not quite what we planned – yes 25HP sounded about right, but – *not attached to an IRB!!*

Yes readers in a moment of madness we had signed up – how hard could this be, just sit in a boat and cruise around. How does that story go... the weather started getting rough, the tiny ship was tossed...

Things started very well with fine weather for the first few weeks, only one drawback – a nasty shore dump. Result: shore dump 1 – pounders nil – first attempt at the rollover recovery procedure completed.

News Flash: Crew shattered, previously half overheard rumours of donuts found to not include the baked variety - only the opportunity to make ever decreasing circles. Added bonus – opportunity to throw crewmember from boat with unexpected turns (often a surprise to the driver too)

Train on Sundays – rediscover muscle groups on Monday – bruising gone by Friday ready to back up again.



Huey and Dewy in control

Lifting patients into boat– Monday: order special muscle building powder – Current patient likely to see us awarded a Commonwealth Gold medal in the heavyweight class - commence search for preferred patient – no more than 30 KG or bust!.

Got the basics – now inshore running. First couple of attempts not all that successful according to Tothy, states we must be within Australian Territorial waters for it to be considered inshore running.

Result: Team responds “if you want us *that* far up the beach you should give us a towel to lay on”

Lifting patients into boat now found to be growth experience – must get that hernia looked at soon.

The team Wilson - Davies bonding well by this time, standard exchanges of pleasantries being:

“You weak b@stard!” and the response

“You’re a weak b@stard too!”

Hence the names WB and WB1 (since changed to Huey and Dewy by the Editor).

Weather starts turning to SH*T on Sunday mornings.

Result: ”You want us to go out where and do WHAT!” Note to self - recheck life insurance policy for special conditions and suicide clauses.

Strong encouragement and support from the club, nurturing newsletters about the Brass Monkey swims now including motivational content such as “The surf conditions also increase our prospects for some rollover entertainment from the "L Plate" IRB drivers who will be practising their stuff.

Strangely “Vulture Video” in the form of Jeff Scott starts arriving about this time hoping for some action – pleased when he sadly departs without any much hoped for footage.

Lifting patients into boat now a life changing experience – double hernia coming on well.

Under Tothy’s expert training approach “off you go – I don’t want to get wet today” we made leaps and bounds – surviving most. At that stage we were still working on the words on the wisdom of patron saint Mullens “Give it a handful” Result: We both agree its amazing how far you can get an IRB out of the water vertically – and the young blokes reckon they know about ‘Hang Time’. Dewy – never spent that much time in the air on his windsurfer! Best ever rollover recovery time achieved by team.

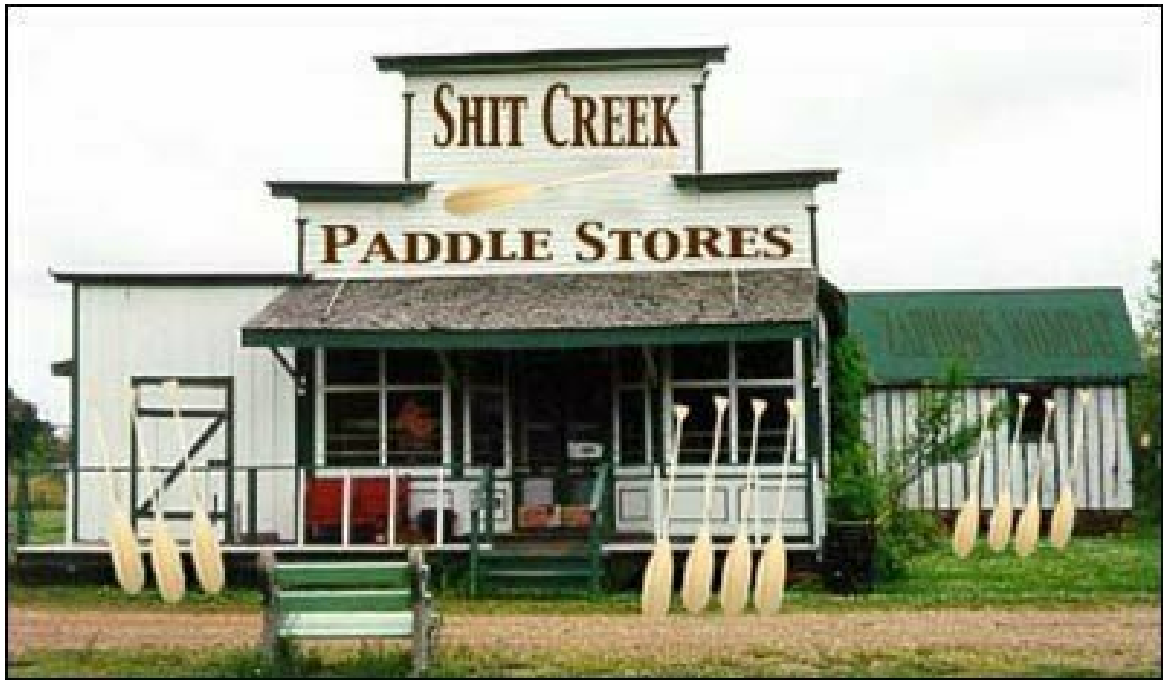
Technical malfunction occurs (stuff up to you amateurs) - Result: Sandbar 1, broken propguard nil, precautionary Xray. Damn – should have got them to look at that double hernia while I was there!

Good news! - rollover was that quick it was missed by vulture video. Start getting enquires from F1 pit team crews – news is out about how fast we are now at getting the boat out of the pits after a rollover. Ken offers to act as our agent – *for a fee*. (Ed Note a BIG Fee)

Despite best attempts, seem to be getting the hang of this. Only one problem, new patient standard required - nothing more that 20KG.

Exam date looming Huey in eastern states all week – relaxed about coming event, UNTIL text message from Dewy:

Huey surfs up. If you have a direct line to god you may want to talk to him today or we may see him tomorrow!



Where Huey and Dewy were on the morning of the exam

Response:

Speaking to him now. Have asked him not to book us a corner table for dinner tomorrow night!

Exam morning – Tothy can’t stand the strain – has gone bush to avoid the carnage! (Forecast 2.5m seas – 5m swell)

Result : Weather ugly – other clubs withdraw - examiner cancels prac exam, so we do the theory – unexpected result – WE PASS (stewards inquiry expected).

Team returns to City Beach – Bugger it! - do a prac session anyway – what does the examiner really know – weak B@stard! Every cloud has a silver lining, during session trainer says “why not roll the patient into the boat when lifting”. Huey and Dewy “talk to god” (loudly) on hearing this news.

Result:

Dream of Commonwealth gold now receding – mumbled comments “I’m going to miss that hernia”

Exam day – as expected weather gone to sh*t. Crew get flogged driving boat from City to Scarborough for exam. Arrive late to cheery news that all other candidates (10 in total) are out due to having rolled their boats.

Huey and Dewy are the last starters - the rest is history...

Editors Note

Its good to see Pounders getting broader skills within the lifesaving movement, especially as we now have a couple on bunnies to put out some turning cans for us.

Conditions for using the club ski shed and Club gear

It's a good idea at the start of the season to remind all paddlers of the terms and conditions of using the ski shed and club gear.

All paddlers should be particularly aware of the new conditions for use of club ski's introduced last year. The principle change is that

any Member damaging Club gear will be responsible for its reinstatement to a similar state of condition prior to the ski being damaged.

The complete notice is repeated below for everyone's information. Full copies of the terms and conditions are available from the office.

Notice to Paddlers

Use of this ski shed is governed by the Club's "Terms and Conditions for use of the ski shed facilities" and the associated "Rules and regulations for the use of the ski shed". This Document is available from any of the contacts listed below and all paddlers should read the whole document.

If you have not been sent a copy of this document and signed the terms and conditions you should also contact the club. You cannot use the ski shed without signing this document.

Key points to note are

- Your ski is not insured while under any club policy whilst stored in the racks
- The Club is not responsible for any damage to your ski while stored in the racks
- The Club is not responsible if your ski is stolen from the racks
- The Club is not responsible for any injury to you whilst using the racks
- The racks must be kept locked at all times
- The racks are allocated annually

Club Skis are only available for use with the permission of the Club Captain, the Ski Coach or other designated club personnel. Any Member damaging Club gear will be responsible for its reinstatement to a similar state of condition prior to the ski being damaged.

Gear marked "Competition only" is not available for general use and is only available to paddlers as designated by the Ski Coach.

Contacts	Stephen Toth	Club Captain	0421 862 476
	Ken Richards	Pounders and general enquiries	0403 385 051

Stephen Toth
Club Captain

Our first Avon experience... by Avon Virgin

Having very limited experience with paddling, and absolutely no experience with paddling more than 15 kilometres at a time it was with a little fear and trepidation that we approached our first Avon. After initially registering by myself, I did a little research and realised that it would make more sense if I roped someone in for this very silly adventure. Nick Van Leeuwin had even less experience than myself, however being a Christchurch rower seemed to make him think that this would be a doddle.

Our initial training regime looked very impressive; we even had a colour coded spreadsheet outlining how hard we were going to push it. But as young brash men, alcohol fuelled weekends, work and generally bad logistics prevented us from maintaining the schedule (or even starting it).

With a grand total of three training sessions (including the competency session) we drove to Northam with little idea as to what we had gotten ourselves into. We were not prepared, some would even say clueless, as we started to realise the enormity of the race.

Having no idea as to which were the good stages to take we 'rock, paper, scissors' as to who would start the event; Nick would lead us out, or rather start the running race. It was on the first change over that reality set in; I initially saw the South Africans cruise past, followed by other fibreglass cruisers. Next came the more experienced campaigners. I thought fine, that's ok, Nick must be pacing himself, then the ladies (Helen and Collette) from the club went by and swiftly changed over, we were in trouble.

We had damaged the rudder, and could only turn right. It was the cause of much pain throughout the rest of the day, as we overtook many on the long stretches only to be overtaken at the next left turn and we careened into the bank. The biggest cause of frustration was the ladies, we were determined not to be beaten, by two *cough* more mature ladies. We overtook them 6 times throughout the day, only to be overtaken again whenever there was a corner involved.

Finishing the day was very satisfying as we heard many paddlers didn't get past the Tea Trees.

Day 2 proved a lot more successful, with a fixed rudder system it was generally smooth sailing, we set our targets on over taking as many people as we could, gaining over 100 positions throughout the day. The rapids proved to exciting and produced their expected challenges.

Our first experience was a tough one with many frustrating experiences getting in and out of the ski, and paddling through some very low water. I look forward to doing it again next with a bit more water and a little more nous. Maybe a solo run will even be in order!

Isaak Dury

Ps no Pictures as we would have infringed several major copyrights

Collective noun for a group of Pounders

One of the regulars in the Gym in the morning was bemoaning the influx of Pounders one morning and started to speculate as to the correct collective noun for a group of Pounders. We ourselves have had this debate with Huey (or is that Dewy) surmises that because of the grunts a rolling stone gathers (you had to read the article) the correct term was a Band of Pounders.

Our gym regular put forward several possibilities but given the nature or the Pounders decided that the only possible collective noun for the Pounders was:-

A Delusion of Pounders

He cackled away at this suggestion but it does seem somewhat appropriate.

Beginners sessions

As we do each year we are planning a 4 week beginners course with the first two weeks at the river. Planned dates are:

28 th October	9.30 am	Johnston St Peppermint Grove
4 th November	9.30 am	Johnston St Peppermint Grove
11 th November	9.30 am	City Beach (weather permitting)
18 th November	9.30 am	City Beach (weather permitting)

The more the merrier so round up your friends and anyone interested and give it a go. The course is free to Club members.

Publisher

The Doghouse is published by Docker Dreams Pty Ltd as a reward to the true believers. DD as it is affectionately known, provides unbelievable experiences (of both the good and bad kind – it's a random process) to people who believe that the rival company Eagle Dreams is the Devil in disguise.

Mind you either has to be better than that other heavenly outfit Halo Dreams (that's the Saints Johnny), who again have duded their supporters with a less than adequate season and sent St Grant packing.

DD, has performed at least one miracle this year (the miracle of the mid season revival), so someone must be up for sainthood soon (maybe CC is going to coach the Saints – remember you heard it here first).