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Vol 34	No 10	November a	November and December 2018	
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Secretary	Dom Pirlo	4976 1215		
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Assistant Treasurer	John Butlin	4393 6815		
Editor	Alan Smith (Smithy)	4392 1864	0414 186 963	
Welfare	Kevin West	4399 3872		
Attendance	Peter Kun	4392 6092		
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Equipment Manager	Dave Farrell	4976 1594		
Safety	Brian "Skeeta" Wilson		0407 210 031	
	Laurie Luthje	4390 3105	0419 409 661	
Merchandise General	Kerry Robertson	4334 1565		
	Laurie Luthje	4390 3105	0419 409 661	
Program Convenor	Ron Gibbs	4388 2675		
Publicity	Jasmine Miners		0467 589 350	
	Valerie Smith	4367 4712	0414 401 912	
Carvers	Kevin West	4399 3872		
	Bev Clark		0404 461 629	
Scroll saw	Clarry Rogers	4390 8676		
Toys	John Lea		0428 927 241	
Exhibitions: Centres	Frank Barton	4972 5273	0419 624 240	
Other	Barry Peick	4372 2069		
	Assisted by Jim Christie and Brian Duncan			
New Member Liaison	Vicki Rollinson	4389 1984		
Trainers	G. Buckman, R. Gibbs, J. Lea, A. Smith and B. Wilson.			
Refreshments	Bobbi Jo Van Raalte 0438 142139			
Board Members	Mark Board, Garry Buckman, John Butlin, Phil Clements, Dave Farrell,			
	Peter Hamilton, Tony Hartmann, John Lea, Dom Pirlo, Kerry Robertso			
	and Brian Wilson.			
Life members:			er, Ron Gibbs, Ray Grennan,	
	Alan Hagan, Nev Heap, John Lea, Laurie Luthje, Gerry Paine, Barry Peick, Kerry Robertson, Alan Smith, Dorothy Thomas,			
	Lois Watt, Reg Watt and B	rian Wilson		

www.ccwt.org.au

Please address all correspondence to: **The Secretary**, P.O. Box 820 Wyong NSW 2259 **Disclaimer:** The views expressed in this *Hobby Turner* are not necessarily those of the CCWT.

PRESIDENT'S REPORT:

Hi Everyone Greetings from China.

I am currently in China, but due to fly home on overnight on Monday. Over the past two weeks, while enjoying China, I have really missed the Club sessions on Friday and Saturday mornings. Several of the regulars have expressed how much they enjoy coming to the Club and sharing ideas with other 'turners' during those sessions. During "Smoko" lively debate and discussion can be heard, anything from the properties of different woods or even the different ways to



drive to Morpeth! What has become clear to me is that turning can become an addiction, but an addiction with many benefits for both body and mind.

I am pleased to say that Dom, our librarian, has stepped up to the role of Hon. Sec. Like me Dom has extensive travel plans already in place and it will be necessary for other board members to fill in when he is away on holiday. Last year's vice president John B has agreed to continue in this position and cover for me.



Things have been moving while I am away and I particularly want to draw attention to the new horizontal band saw which the Club has purchased. The saw id housed at Alan's and we will publish the times when members can take their 'logs' to be slabbed. When I left we were waiting for a sharper blade but hopefully the saw will be fully functional by now, or very soon in the near future.

I am certain the Christmas Party was a huge success and thanks to Rooster and others for organising the event. Watch out for the closing dates of the workshop over Christmas and New Year.

I am due for some minor surgical procedures on my wrists over the next few weeks. Whilst this might prevent me from turning it certainly won't keep me away from the workshop. I hope to see you there.

Happy turning... Peter Hamilton

The diffence between school and life is that at school, you learn lessons and have a test but in life, you are tested first and then learn the lessons.

Minutes of the General Meeting held on Saturday 3rd November 2018

Meeting was opened at 1.05pm by President Peter Hamilton.

Minutes taken by Dom Pirlo



John Butlin - Vice President. Dom Pirlo - Secretary.



Apologies: Bob Norris, Malcolm McKellar, +3 others

No Guest Speaker for this meeting.

New Board Positions:

Show and Tell: Conducted by Ian Robertson (Robbo)

Name	Item	Wood Used
Ross Gordon	Lidded box.	Camphor
Ross Gordon	Lidded Box	Blue Gum
Kerry Robertson	3 hollowed vases with contrasting tops	Camphor and Red Mallee
Kerry Robertson	2 bowls	Jarrah burl
Bob Chivers	Bowl	Blackbutt
Ron Gibbs	2 bowls	Blackbutt
Ron Gibbs	Small Bowl	?? Burl
Ron Gibbs	Platter	Coolabah

An interesting and informative session with good humoured constructive criticism.

- items designed for a function should perform that function
- shape is important and items should look balanced
- lids on boxes should not be tight fitting or too loose
- finished items should be visually pleasing
- avoid over sanding and remember to "go through the grits!"
- the bottom of an item should be finished to the same standard as the rest of the item
- the edges should be rounded over with a chisel; not sandpaper
- end grain (straight up and down) boxes should not distort
- even wall thickness is important
- camphor (a great timber)vases with contrasting wood on top very effective
- shiny sells!

Winner was Ross Gordon with his lidded bowl.



Correspondence:

Expressions of interest for stallholders from Love Lanes Festival 2019

4

Business Arising From Correspondence:

Love Lanes Festival letter – to be dealt with under Coming Events.

Welfare:

Alan Smith reported that Ron Deacon passed away on Wednesday. Margaret asked that members not contact her at this time. Alan will keep everyone informed. The funeral will be at Palmdale on Friday 9th November at 12.30pm.

Minutes from Previous Meeting: It was moved Ron Gibbs and seconded by Alan Smith that the minutes of the October monthly meeting be accepted. Passed.

Business Arising: Nil

Coming Events:

- Frank Barton reminded members that sales at Tuggerah Supa Centre are on from 6th to 9th December. There are sufficient sellers.
- Kids Day Out tomorrow at Narara Valley High all under control. More members welcome.
- **W** Ron Gibbs reminded members of Robbo's demonstration at the workshop on Wednesday 7th November from 8.30 to 3.00pm. Cost is \$10 per person.
- 4 In February 2019 Steve Attard will be demonstrating the use of resin in wood.
- **4** There was discussion re the Love Lanes Festival.
 - Moved: Garry Buckman seconded Kerry Robertson that it be held over for the next Board meeting. Carried.



21st to 24thAug 2019 Sept 2019 23rd to 26thOct 2019 4th to 10thNov 2019 5th to 8thDec 2019

Deep Water Plaza Woy Woy Wyong Orchid Festival**** Imperial Centre Gosford**** Lake Haven Shopping Centre **Tuggerah Super Centre**

***** Dates to be confirmed



Financial report: Garry presented the report for October 2018. Income \$2,069.50 and Expenditure \$4,441.01 leaving a debit balance of \$2,371.06 for the month.

Moved: Brian Wilson and Seconded: David Farrell that the financial report be accepted. Passed.

Matters Arising from Financial Report: Nil

Lucky Door Prize: Won by Bob Bamforth

New Members: Eleanor Campbell Andre Horvath

Other reports:

Workshop:

- David: The new bandsaw is at Alan Smith's place. Will try to arrange a demonstration next Monday afternoon. Cost to members to use the bandsaw will be \$1.00 per cut.
- David has built and installed a metal guard on one new lathe. He will construct guards for the other lathes as time permits.
- The video system and the small Vicmark lathe need attention. David will attend to them when he can.

Robbo: Highlighted a safety issue that needs attention. When sharpening chisels in the workshop he has observed a tendency for people to walk back from the grinder carrying the chisel in a dangerous position. Tools are best carried by the blade shaft.

Carvers: Kevin West. Generally going well. Kevin and one other Club carver will be attending the "Roundtoit" Woodturning event at Jindabyne from 9th to 11th November.

Scrollers: Scrolling steadily! Great to see Geoff Burgess back on deck.

Toys: Rooster (John Lea): Bob Bamforth has made two boxes of toys. He is unable to continue with the barbecue. David Farrell offered to assist with barbecue. Skeeta and Rooster to purchase additional toys to the value of \$2,000 and vouchers to the value of \$2,000 from the Toy Fund next Friday. The presentation of toys and vouchers to a Central Coast Outreach Representative will be made at the Club Christmas Dinner. Lunch time next Friday will be the last chance

for members to purchase tickets to the Club Christmas Dinner.



Library: A special thanks to Skeeta (Brian Wilson) for constructing the cupboard and shelving for our library books. This should make them more accessible to members. Members are encouraged to make use of the Club Library facility. Some additional books have been donated for which we are very grateful.

Merchandise: There are lots of items for sale in the Club Shop – all at reasonable prices. See Laurie or Kerry

General Business:

Kerry Robertson suggested that we have buns and salad instead of a barbecue during the summer months. Moved Kerry, Seconded Graeme Craike. Carried

The Club has a number of VHS tapes on woodworking/woodturning which need to be converted to DVD format so members can use them. Ron Gibbs has agreed to convert the VHS to DVD.

Members were asked for suggestions for guest speakers. The Club's next guest speaker will discuss dementia at a meeting early next year.



"I admit, I didn't handle that well, but I don't want this to discourage you from being honest with me in the future."



Phil Clements: Asked members with a current First Aid Certificate to let him know. He will arrange a refresher course on the use of the defibrillators. He informed members that we have sufficient lolly bowls for this year but asked members to start turning LB's for next year.

Working with Children Certificates: Members were reminded that these are required if teaching, demonstrating or selling. Members are asked to send their number to Garry Buckman for Club records.

Alan Smith: Was contacted by a lady in Gosford who has a Camphor Laurel tree to be cut down and has offered it to the Club. Alan will inform members when he has more information.

Kevin West: Reminded members of the Club Turning Challenge for the New Year. Members are challenged to "Create a Masterpiece" using all or some of the following skills: Turning, lidded box, captive ring, beads and coves, finials, inserts, surface finish, offset turning, segments, candy stripe, decoration –paint, carving, pyrography, inlays, use of resin etc, etc. Use some or all of the above.

Meeting closed at 1.55pm

Next Meeting will be held on Saturday 1st December 2018



The church held a ''Marriage Seminar'' and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years. Luigi replied to his audience, "Well, I tried to treat her well and spend money on her... but the best thing I did was take her to Italy for our 20th anniversary."

The Priest said "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." Luigi proudly replied "I'm gonna go and get her."

Women call me ugly occasionally... but that's only until they hear how much money I make. Then they say I'm poor and ugly!

I made a beginner's mistake and went shopping on an empty stomach. I am now the happy owner of aisle 7.













HUSBANDS ARE THE BEST PEOPLE TO SHARE YOUR SECRETS WITH.

THEY'LL NEVER TELL ANYONE BECAUSE THEY AREN'T EVEN LISTENING.



Oh dads...

Central Coast Woodturners Co-operative Ltd Minutes of the General Meeting held on Saturday 1st December 2018

The meeting was opened at 1.05 pm by Peter Hamilton.

Minutes taken by Dave Farrell.

Guest Speaker: Nil



show and Tell

Show and Tell: Conducted by: Dave Farrell

Name:	Item:	Woods used:
Rob Z.	Pen IT circuit	Plastic
Kerry R.	Bowl	Camphor
Kerry R.	Clock mounts	Red Gum Burl
Ross G.	Lidded boxes	Jacaranda
Barry P.	Lidded Box	White cedar

Rob Zwart won a \$10 gift voucher.

Attendance: 33 members, 3 apologies, 1 associate and 0 visitors.

Welfare:

Kevin West reported: Reg. and Lois Watt are in hospital. Rob McIlroy passed away recently.

Minutes: It was moved by Ross G. and seconded by Barry Peick that the minutes of the monthly meeting held in November be accepted. Passed.

Business Arising: Nil

Coming Events:

- 4 6^{th} -9th December Tuggerah Super Store is last even for year.
- 4 Australia Day booked for The Entrance.
- **4** March 2019 Lakehaven booked.
- 4 2nd February 2019 Steve Attard demonstration.

Note: Club closed 22nd December – 7th January



Correspondence:

Inwards: Various new enquiries by emails. Club to be represented by Skeeta at Nursing Home/Aged Care

Outwards: Nil

Business Arising from Correspondence: Nil

The more you weigh.... the harder you are to kidnap. Stay safe and eat cake.



Financial Report: Garry presented the report for November 2018

Income \$8,212 and Expenditure \$5,622, leaving a Credit Balance of 2,809 for the month.

It was moved by Ron Gibbs and seconded by Ross Gordon that the financial report be accepted. Passed.

Matters Arising from Financial Report: Nil

Lucky Door Prize: Won by Clary Rogers who received a \$10 shop voucher.

New Members: Nil

Other Reports:

Workshop: Winding down for Christmas.

Carvers: Quiet... closing down for Christmas.

Scrollers: Quiet.

Meal arrangements for summer meetings are not acceptable and we need to look for another solution. After some discussion decided President would convene a meeting of parties involved before Feb. meeting.

Toys: Christmas party went well and good feedback... thanks to Rooster.

Thanks to Ron for helping to sort toys on his floor. Handed over to Outreach with much appreciation. Balance in Toy Fund now \$3K.



Library: Nil

Merchandise: There are still plenty of items and supplies available for sale.

General Business:

Ron Gibbs gave plans for demonstrations in April, June, or later in 2019. Plans are in place for Joey Richardson, Jimmy Clunes, Julio Marcolongo and Jan Palmowski.

Agreed need for demonstration of new milling saw at Alan Smith's.

Frank: November discussion for Love Lane's night festival... is it worth doing? Mainly a music festival – too expensive. Feeling is too much effort for little return. Previous experience is a flop. **NO GO**

New Signs for shopping boxes are done and we need tarp covers and table cloths... required by March.

Skeeta: Visited Albert's place for equipment for sale. List prepared to be sent out.

John B: Attended Speech Day at The Entrance High. Recipient was Kale Baker. Much appreciated.

Brian D: Take care in workshop please.

Kerry R: Broken blades on saws too frequent.

Garry B: Arts/Craft weekend idea to be held at Milk Factory. Need participants. Contact Keith Nest.

Jim Christie: Board to negotiate with cycle group next door so we can have more room. *Note: We have this as an ongoing request.*

Next Meeting:

General meeting will be on Saturday 02-02-2019 Board meeting 01-02-2019

The meeting closed at 1.58 pm.



Aussie ingenuity: Found this for sale online as an antique wood plane.



A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totalling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."





An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great, I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you **give to someone you love**? You know, the one that's red and has thorns?"

"Do you mean a rose?"

"Yes, that's the one," replied the man.

He then turned toward the kitchen and yelled, **"Rose, what's the name of that restaurant we went to last night?"**



Our intrepid travellers, Valda and Kevin, headed south for this year's ROUNDTOIT event. They had a great time and came back full of ideas for new projects.

The photos are of the turners; Valda's first attempt at pyrography and an item that would be good to replicate for Kevin's Challenge (See meeting minutes for Challenge details).







As I was getting into bed, she said "You're drunk!" I said "How do you know?" She said "You live next door."

Husband: "I'm seriously considering adoption." Amazed wife: "Why? We already have five kids." Husband: "I know... but I figured that if we adopt three of them out, we could make a bit of money and keep the two that we like."

Ron Deacon:



There are people that we meet in our journey through life who touch us deeply and have a profound effect on our own outlook and ideals. Through example, they demonstrate their passion and they inspire us to achieve beyond our expectations. They not only teach us new skills but they make us much better people for having had them in our life.

Ron was one of these wonderful people and I'm very proud to say that he was my friend.

Unfortunately, Ron became ill towards the end of last year and soon after lost his battle.

He was a man who adored his family and doted on his grandchildren. He is greatly missed by his beautiful wife, Margaret; their two lovely daughters, Jane and Evelyn and their devoted families.

His other passion was wood working and he was a superb wood turner and craftsman. He could make pretty much anything from wood when he put his mind to it and he was always keen to pass on his skills to those willing to learn.

He was a great husband, father and grandfather to his family and he was a talented mentor and friend to those lucky enough to have spent time with him.

We will all miss him but Ron would want us to remember him with a smile and he will always be there in our hearts.

"Those we love don't go away. They walk beside us every day. Unseen, unheard, but always near, Still loved, still missed and forever dear."

A note from Margaret and her family:

With our sincere thanks:

On behalf of our wonderful daughters, Evelyn and Jane, along with our extended family, I wish to thank all of our friends at CCWT for their friendship and support for us, and our beloved Ron, during his illness. In his final days with us, we know that he looked forward to those visits. Your support since has been much appreciated and we look forward to our ongoing involvement with you all in the New Year. May we take this opportunity to wish you all a great Christmas and all the best for 2019.

Sincerely... Margaret and family



Letters to the Editor:

Hi Al,

I got a phone call from Terry Hanslow (past member) Mob: 0409 816 563. San Remo Men's Shed has a bowl lathe excess to their needs and space. They thought we or one of our members would be interested. They are open Mon, Wed, Fri and Saturday's. Please contact Terry. Skeeta.

Hi Smithy,

I have attached some dates for inclusion in the Hobby Turner (see meeting minutes). Some, I have finalised but others will come later.

For those who would like to be included in Lake Haven sale please call me before MID Feb so that I can try to get some sort of roster happening. The sale is for a week, from Monday till Sunday, so if anyone wishes to attend for the first part of the week and pack up Wednesday night I can look into that also.

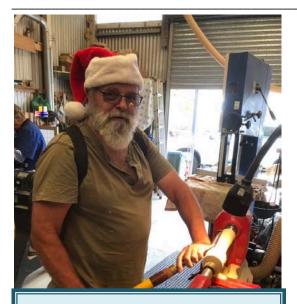
Cheers... Frank

Dear Alan

I received the club members list. We have over 150 members, which is very good.

Is it a shame we only get about 40 at the monthly meeting. I think many more should turn up. It is our mob, and I myself have learnt a lot... especially at the Show and Tell. When one sees the things some make, it is a challenge to do the same. I have always found the makers of these amazing pieces very willing to tell me how they were crafted, then I go home and try to do the same.

I hope we see many more at our meetings and they are enjoyable especially now the Kerry R is making a salad for summer. We do have a few brains in the club... Bill Allen



Santa visited before Christmas but he came back afterwards and now we just can't get rid of him!!

Only in Australia:

- Twenty four rabbits released in Victoria in 1859 grew to a population of 10 billion in less than 70 years.
- When the Skylab space station crashed near Esperance, Western Australia, in 1979, the town's council issued NASA a \$400 fine for littering, which was never paid.
- Issued as Australian legal tender, the most valuable coin in the world is a \$1 million coin made by Perth Mint, which weights one tonne and is 99.99% pure gold. It is actually worth almost \$52 million.
- In 2013, a feral pig stole 18 beers from campers, got drunk, and started a fight with a cow.





Robbo has kindly volunteered his services again and he will be demonstrating for us during the first week in March 2019 at the workshop.

The demo will run from 8.30am until around 3pm with lunch provided.

There will be a fee of \$10 to cover the cost of lunch.

Robbo's demo is all about turning and he will be reinforcing the basics and showing some more advanced applications.

It will be a great day and I can guarantee that everyone who attends will learn something new.

Steve Attard is coming next Saturday:



Ronnie Gibbs has organised a Demo Day with Steve Attard at our workshop before next Saturdays meeting... 2nd February 2019.

Steve comes to us from Western Sydney Woodturners and he is a very talented young man with a great reputation for quality and innovation in his turning.

He is enthusiastic and passionate about his craft and the Demo Day will certainly provide everyone with new ideas and challenges.

He will also be demonstrating the use of resins in woodturning.

It will be a "must see" for new and old members alike.

Be there or miss a brilliant exhibition from a young master craftsman.



An elderly man visited the doctor for a checkup. "Mr. Smith, you're in great shape," said the doctor afterward. "How do you do it?"

"Well," said Mr. Smith, "I don't drink, I don't smoke, and the good Lord looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me."

Concerned, the doctor found Mrs. Smith in the waiting room and told her what her husband had said.

"I don't think that's anything to worry about," she said. **''And on the bright side, it does explain who's been peeing in the fridge.''**

Believing that someone is doing a great job and not praising them, is like, wrapping up presents and not handing them out.



Well, this year we had another very successful Toy Drive and it was mainly due to the efforts of John 'Rooster" Lea. He's always coming up with money raising ideas and he always seems to have his hand in our pockets after loose change or notes. He also runs our Toy Drive raffles and buys the prizes with his own pocket. Very well done, John! Thanks also need to go to our wonderful craftsmen and women who make the beautiful toys and dress them up for presentation.

This year we again supported Central Coast Outreach at Long Jetty and the organisers were overwhelmed with the generosity of our members.



Apart from all of the beautiful handmade toys, we purchased \$3,000 worth of toys at Toy Mate at Lakehaven and \$2,000 worth of Kmart vouchers for the parents and bigger kids.



It's an absolute pleasure to walk into a toy store and spend a large amount of money on toys for needy kids.

I look forward to it every year.

This is Barbara and John who run the Outreach program. They are very humble people, they do amazing work and they really do make a difference within the community.

If you are in need, or just want to congratulate them on their wonderful work, then they are on facebook or contact them at:

Central Coast Outreach

19 Anzac Road Long Jetty,

New South Wales, Australia 2261

(02) 4333 1108

After we bought and collected all of the toys, we took them around and filled up Ron and Janine's lounge room. You quite literally could not get in there and walk around.

We must also thank Ron and Janine for their association with the Elderslee Foundation and

Outreach. It is through these lovely people that we have all formed a partnership to support the folk within our community.









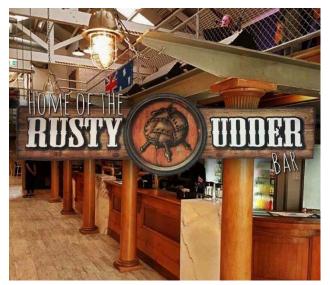








Christmas Party:



We were happy to be able to have our Christmas party in the upstairs function room at the Rusty Udder again this year.

It's a great venue and the food is wonderful. We were well looked after by the lovely staff and the wonderful Kylie looked after our drinks all afternoon.

We were very pleased to have Barbara and John from Central Coast Outreach there as our guests. Our club has supported their group through our Toy Drive for the past few years. They are lovely folk who do great work in the community. We were very happy to present them with our toys and gift vouchers and they were overcome by the generosity of our members. Well done guys!



Some people arrive and have such a beautiful impact on our lives that we have forgotten what life was like without them.





I'm dating this wonderful girl and she has a twin. People often ask me how I can tell them apart – but it's easy, really. Jane likes to paint her fingernails and Tom has a beard.

Husband brings the child home from kindergarten and asks his wife, "He's been crying the whole way home. Is he sick or something?"

"No," replies the wife, "he was just trying to tell you he isn't our Frankie."

Never let a fool kiss you, or a kiss fool you.

Dear rappers, please stop putting sirens in your songs. When I'm driving, it scares the crap out of me. The Hobbyturner Page 19

What's on	When	Contact
Monthly Meeting	First Saturday each month. Old Dairy Co-op Wyong.	Skeeta
Woodturning	Mondays 8 – 4; Fridays 8 – 12 and Saturdays 8 - 12.	Skeeta, Ron Gibbs
Scrolling	Every Saturday of the month $8 - 12$.	Clarry Rogers, Ron Dunn
Carving	Mondays 8 – 4.	Kevin West, Bev Clark
Pyrography	Not available at present.	

**Note: The Club's Workshop is located in the Old Dairy Co-op premises at 141 Alison Rd, Alison (about two kilometres west of Wyong).



supplies. All of the above times are subject to change on long weekends and holidays. Check with organizers for details.

The 'SHOP" is open from 8am - 12noon Mon, Fri and Sat for those wishing to replenish

EDITOR'S NOTE:

Hi Folks,

I'd like to tell you a true story, the moral of which has only just become clear to me... almost 50 years later.

When I was younger I was a fit and very active sportsman. I was into basketball, swimming, surf life saving and kayaking. I even paddled kayaks at State and Australian level.

Now anyone who has done any sort of boating knows that they usually work better when they're on top of the water. A small amount of water in your kayak is OK but too much is obviously no good.

Well, when I was 17, my surf club decided to have a training race from Wyong Bridge to Canton Beach which is a distance of about 16kms. Half the distance is on the Wyong River and the other half is across Tuggerah Lake.

There were surf skis and the surf boat but I decided to paddle a racing kayak which is faster and I thought that I was a good chance of winning. I'd paddled this course 100's of times before... so off we all went.

The kayak was perfect on the river and I was well in front when we hit the shores of the lake.

During the journey though a southerly storm had blown in and the lake was very, very choppy but I headed across towards Canton Beach anyway.

Now, as I got further into the lake I had to slow down because the choppy surface had turned into half a metre waves and the kayak only has about 100mm of freeboard. The splash from the waves started to come into the kayak, so I slowed down even further. Everyone caught and passed me but I said that it was nothing to worry about and I would get there OK eventually... so off they went.

As they disappeared into the distance the storm increased and the water level in the kayak rose. I still thought that I was OK but I turned towards Toukley Bridge with the wind behind me and was surfing little waves towards shore. I thought that the waves and the water would be a good excuse for not winning the race. Then the inevitable happened and a larger wave sank the kayak... right in the middle of the lake and a good 4kms from shore. Now, racing kayaks don't have buoyancy tanks and when it sank, it really sank.

So here I was in the middle of the lake... alone... in the middle of a raging storm but I was a good swimmer so I headed to shore. After about 45mins swimming I was starting to get cold but I kept going so that I didn't cramp up.

Meanwhile, my father realised that I was in trouble and came out in the ferry that operated on the lake to look for me. He found me straight away but when I stopped swimming to get in the boat everything cramped up and I had to be dragged in board... even though I insisted that I was still OK. After warming up I was fine and we even got the kayak back about a week later when it washed up on the shore near a friend's house.

In our lives we have all got 'some water in our canoes' at different times. This could be in the form of increased stress, larger financial responsibilities, gaining a little weight, drinking a little too much and so on.

We tell ourselves that a small amount of 'water in our canoe' is OK and our life moves on. Then we take on a little more 'water' and a little more but we keep telling ourselves that we are fine and we'll fix it tomorrow.

Eventually though, we start to flounder and we wonder what on earth happened. How did this happen to me?

How much 'water' is in your canoe?

If your 'canoe' is carrying excess 'water' then now is the time to start bailing it out. Don't leave it for tomorrow... you might sink by then.

Also, keep an eye on your mates. They might need some help in bailing out their canoes too. Don't let them sink.