

ROTOTA SUN CLUB

March 2010

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“Our natural secret”

Hello Folks and welcome to the month of March

Just in case you used last month’s newsletter to wrap the potato peelings in, here is a re-cap of what’s happening at Rotota this **Easter. 2-5 April.**

Friday

Happy hour at the clubhouse. The committee are providing a sausage sizzle followed by a “winner takes all” games night. Get a team together and play 500 or euchre, darts, bowls etc.

Saturday

A silent auction will be held from 9am to 4pm. It will be “every man for himself”.

If you have items to donate then please get these to the committee on Friday.

8pm The disco theme is “Black and White”. Come dressed in theme and be in with a lucky dip prize. Gold coin entry please to go towards the “Kidzone’ bus in Lagoon.

Sunday

10am pancakes for the kids at the clubhouse. And some face painting too!

Treasure hunt in the afternoon.

8pm Quiz time in the clubhouse. Prizes for teams and spot prizes.

So...if you like bunnies and chocolate and eggs and chocolate and chickens and chocolate, Rotota is definitely the place to be this Easter.

Nudvan will be our guests. See you all there.

New members

Hello and welcome to some new members. They are Matthew, Ken and Sue and Richard and Sarah. We look forward to sharing Rotota with you.

“Our natural secret” isn’t so much of a secret anymore and that’s good!

Committee notes

- Please kids....**NO table tennis balls or tennis balls to be used on the pool table. It jams up the table and makes us adults very cranky.**

Parents...**if your children are under 16 yrs old, the pool table is out of bounds to them. Please supervise them in the clubhouse.**

A handful of very generous members made that pool table happen. Look after it please.

- **Plan B** with the composting loos. New signs will be placed in the loos providing information about the “whole darn composting business”. No need to take your favourite magazine in there, just read the signs, memorize it and wait to be tested on it at the next happy hour. All the toilets need more worms.
- **Our AGM is on Sunday June 6.** The deadline for nominations and remits is **Friday April 23.** These can be sent to RSC Secretary

100 Endeavour Ave
Flagstaff
Hamilton 3210

Don't forget the three signatures necessary for nomination and a seconder for a remit. The clubhouse will be toasty warm so come along and show your support.

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After a big adventure everything tastes and smells better.

Club Caretaker

The committee are still seeking a caretaker. Terms negotiable, location gorgeous, fun people etc.

Give Bryan G a call and enjoy “our natural secret”.

A hearty thank you to all the members who have lent a hand over the past few months.

Archives in the Alley

John A has had a spring clean and discovered some archival material of Rotota. It includes photos, newspaper clippings and slides. We will look into preserving the slide images by transferring them to digital form. Many thanks John.

Knitting

A highway patrolman pulled along side a speeding car on the freeway. Realising that she was oblivious to his flashing lights and siren, the trooper cranked down his window, turned on his bullhorn and yelled, “pull over”. “No” the blonde yelled back. “It's a scarf”.

Membership currently stands at 192

Some useful statistics. We have approximately 3 members from Papamoa, 12 Rotorua, 22 Auckland, 32 Hawke's Bay, 14 Taupo, 10 Wellington, 17 Hamilton, 4 Queensland Australia, 4 New Plymouth, 1 Raetahi and one member from Balclutha. There are a few places in between like Ngatea, Whitianga and Gisborne.

We have 2 Ken and Sue's, 2 Mike & Irene's, 4 Johns, 6 Brians {no matter how you spell it} 3 Grahams, 4 Daves, 4 Carols but only 1 Hone! Not to mention Wendy, Hazel, Yvonne and Bert!

Put all that together and you have one great club.

Some cheeky little By-Laws

4.6 Only one site to be allocated per couple or individual.

2.10 Noise must be kept to a reasonable level between 10pm and 9am.

3.5 Maximum speed for motor vehicles on the grounds is 10kph where vehicles are being used for club purposes or for the disabled or other bona fide reason, otherwise no driving around the grounds.

4.9 Members in the same camping area may swap sites with the approval of the Site Coordinator.

5.1 Customary camping accommodation must be used, i.e. tents, caravans, campervans etc. Cars cannot be used for accommodation.

On the next page there is a wonderful summary on how to **“keep safe on your kayak”**. You never know when you might need these few words of wisdom. Thanks to Kenn and Sue for submitting this article.

AGM

We encourage you all to **“got out there and vote”**. Late April you will have the names of all the nominees. I bet you can't wait!! For our new members, the AGM may prove a tad daunting, but all I can say is, ask around and get to know the nominees. It's a great way to meet other members too!

Bright ideas

A couple of good ideas have popped up as to future activities at Rotota. How does a “midwinter Christmas dinner” sound? Or a talent quest? The mind boggles! Get your ideas to the committee and take it from there.

Well folks, I hope autumn is to your liking and you get to kick a few autumn leaves here and there.

Keep well, keep happy and remember, **“Luck is a matter of preparation meeting opportunity”**

Cheers naturally
The Ed



<http://www.canoeandkayak.co.nz/>

Keeping It Safe on a Kayak

by Karen Knowles, Canoe and Kayak, Bay of Plenty

Kayaking is so much fun for young, old and everyone in between. Exploring around lakes, coastlines and rivers is effortless and with the range of kayaks now available it's never been easier to grab a kayak and just go! But as with all sports, there are a few safety reminders that people new to the sport can easily over look.

The first question you should ask yourself before jumping aboard is 'can I get back on this kayak if I fall off?'. Or considering the stability of most kayaks you may only capsize due to bad conditions, so also ask 'Can I get back on this kayak in rough water?'. The best way to answer this is have a go. In chest deep water or shallower, jump off the kayak and try to get back on. As you gain confidence move into deeper water until you cannot touch the bottom. At this depth the trick is to move to a part of the kayak which is lowest to the water (i.e. this may not be over the cockpit), kick hard and pull yourself up in a similar manner to getting out of a pool. It's not graceful believe me but it will work. Get your stomach onto the kayak, get your breath back and then while remaining on your stomach get your legs onto the kayak. Still staying on your stomach, move to the kayak's cockpit then roll over. Don't fall into the trap of sitting up or turning over too early or you will be back in the briny again. See I told you it wasn't graceful but at least you would have entertained your friends and be safely back on board.

After capsizing people often lose upper body strength quickly especially if it is cold. If this occurs it is difficult or even impossible to haul yourself back onto the kayak so ask your paddling buddy to raft up and assist you. If you are alone (or everyone capsizes) use a paddle float or stirrup. Both very cheap items that all kayakers should carry, however describing how to use these in writing would require several more pages. The best way to learn these techniques is on a kayaking course where they can be demonstrated and practised in a warm safe environment. Canoe and Kayak run courses suitable for sit on top paddlers right through to sea kayaking, where rescues, safety skills, paddle skills and much more is covered. So why not learn some safety skills and enjoy your kayaking even more. In the meantime, have a go at getting back on your kayak from deep water and remember these other golden rules

- As soon as you capsize grab your kayak and your paddle immediately.
- Wear bright clothes, hat and have a bright flag on your kayak
- Always wear your buoyancy aid (even for a quick trip)

If you have any questions pop into your local specialist kayak shop and have a chat, I am sure they would be more than happy to help you out.

We found Karen, Steve and their staff at Canoe and Kayak, BOP, very, very helpful in all aspects of owning and playing in a kayak and have been invaluable in their generous offers of help and advice. Happy and Safe Kayaking Everyone, Cheers Su'n'Kn