

Newsletter

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EDITORS PIECE

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Those who were at the AGM will have heard that me ol' man decided to cash in his chips that same day. My thanks to all those who have expressed their condolences over these past few weeks, which have been a bit hectic to say the least. So the newsletter is a little later than originally planned.

At the AGM it appears we acquired a few new committee members, more on these people later as well as a short report detailing the awards etc.

This Winter has been high and fast water all through and I can only think of one upstream trip to Temple. Naturally, I was there first - I just needed twice as long as everybody else to recover. All other trips have been downstream either from 'Flowerpots' or to Maidenhead. Needless to say these current assisted trips have allowed faster speeds than usual and on one occasion I got the Inazone to just over 10mph.

Inside we can enjoy a report on the canoeing part of a Trek America trip by Chris Porteous, and a trip around the Greek Islands from Jane. There's a couple of nasty incidents that so easily could have been much worse and more to boot.

"Even at the very bottom of the river, I didn't think to myself, 'is this a hearty joke or the merest accident'.
I just thought, 'it's wet'."

Eeyore

Perhaps most importantly I received a complaint from one of our contributors concerning the article he posted to me, and how it appeared in the newsletter. I hope my explanations were satisfactory, but please see my little piece on editing items so that no contributor is left wondering just how I approach my editorial duties. The next issue should be out around mid - late June and I can accept pieces as of now.

AN INCIDENT ON THE THAMES.

Word had gone out by way of the YAHOO group that AC was the D.O. for 14th Jan., and as we had done a couple of trips from points upstream of the club a change was called for. Maidenhead was the chosen destination and shuttling of cars etc. was completed by 10:30.

I felt the need to remind members of the 'no seal launching in club boats' rule, but with the water near lapping the river door my attempt at humour was lost on those in club boats.

We gingerly made our way on to the water, the level being sufficiently high that there was no respite from the current close to the bank.

During the 1* courses we take time to point out a few hazards on the river and include the benign looking willow tree just yards downstream from the club. We point out the hazards etc., and why they are known as 'strainers' but on a balmy summers day the reality of winter is a long way away.

We had not gone very far when disaster struck and the tree had its first victim for quite a while. One of our no. had found herself in the tree and had held on to a branch, releasing her paddle in the process. The current turned the boat and tried to push it

away and the situation turned from a joke to a serious incident. Our normally ebullient member was genuinely scared.

Help was at hand, but not from the source I was expecting. Our L3C held station just a little way from the tree and I paddled back up and around to shelter inside of the tree on the submerged steps of the adjacent property. I was prepared to use the throwline, but maybe this was not a good idea in the confines of a willow. Meanwhile Kelvin manoeuvred his open to just alongside our stricken member. Kelvin, braced against some sturdy branches, encouraged our endangered paddler to hold onto his boat and let go of the tree. This resulted in the kayak returning to an upright position. Rob paddled up with the lost paddle and handed it over. Carefully reversing out of the strainer our stricken member followed him to a safe location. Problem over. Or so you would have thought. As soon as the kayak was free there was nothing supporting the downstream side of Kelvin's boat and he soon found himself in a similar situation.

Now Kelvin is a small bloke and any open looks large on him. With the dexterity of a circus acrobat Kelvin manoeuvred himself in and around his boat to affect a release from the tree. Our L3C had held his station throughout the incident but ultimately was not called upon this time. From start to finish had been no more than perhaps 4mins. but it served to amplify Andy Maxted's warnings the previous weekend concerning the availability of L3C's on non peer group paddles.

We portaged the lock and Adrian took the opportunity to talk to the group and reinforce a few safety points (looking ahead, being aware etc.) and maybe a few techniques helpful in avoiding such

situations in the future should we come close to a tree.

A reverse ferry glide was considered to be the most appropriate action as this could give you time to think about the situation as well as allowing you to extricate yourself from the impending problem. Draw strokes, it was explained, were unlikely to pull you clear of the tree, especially one of this size. A paddle down around the end of the island provided a safe opportunity to practice the reverse ferry stroke in relative safety.

The lesson was to paddle toward the 'danger' sign and then use the reverse ferry to manoeuvre away from the sign. I've got a feel for this stroke and could easily get to within a metre or two of the post and pull away to either side quite safely, but although we had done a conventional ferry glide practice a few weeks before with varying degrees of success the reverse concept threw many into confusion. Clearly something to work on during the next summer Wye trip, JP explains this very well.

We continued downstream, the current giving us a fast pace and we arrived at 'The Ferry' (Cookham) for coffee. An unscheduled stop meant many had bought insufficient funds but Guy came to the rescue of the pecuniary embarrassed.

Whilst enjoying our coffee some DWer's set off for a practice. For wobbly boats this is a bit of a nightmare. From the Ferry, the route is straight ahead to the lock cut. But the prevailing current comes in from the left as it exits Cookham Weir and leaves river right on its way to the next weir. In these conditions the flow was very noticeable. The DWers nearly lost it but a superb tandem support stroke caught it just in time and they continued on their way, though possibly a little lighter.

Coffee over we too headed for the lock and portaged it. Cookham lock is a big lock but even so, the downstream side was flooded. This gave the opportunity to seal launch down the grass bank for some, the water being deep enough to avoid grounding on the walkway. Others just got wet. We continued to Maidenhead, enjoying a very fast stretch where the weir stream rejoins the river just below the lock. The weather had been fine throughout and an enjoyable paddle came to an end around 1:40, a shame, as dinner was on the table for 1:30.

John Norris

15/01/07

The Committee retains a Social Secretary with a view to organising a few 'off the water' activities when conditions are such that many of the newer members might feel left out. Amongst those to hold this post in the past are Gary Board, myself, and Debs Hardy. Slowly the post has evolved bit by bit, but something has changed this year. Maybe it's Melinda's gregarious nature, or maybe the club's changed direction a little. Whatever it is, the Social Secretary role has changed for the better. Here's a piece on her latest success.

THE CHRISTMAS PARTY

The Christmas party, normally a fairly notorious event in any organisations calendar, full of embarrassing moments and stories that circulate for years. I have a bit of a habit of jumping into things without thinking it through, so after volunteering to write this article, I did begin to wonder what I would be letting myself in for!

Thankfully it turned out to be a very well organised and civilised affair.

Come the evening of the meal, off I trotted to Zizzis and my first impression upon entering the restaurant was 'blimey, who are all these people!' Having joined only recently and not yet had the chance to go on any white water trips due to a lack of experience, I did not recognise over half the attendees. During the 'free garlic bread course' (for want of a better phrase) and a very nice starter I got to know quite a few new people who were sitting around me and was just starting to get comfortable when JP announced that everyone should move places. Although I'm sure this was a nightmare for the waitresses, it was a great way to meet more people. We did this twice more during the night and I am pretty sure I ended up talking to everyone! The main course lived up to the standard set by the starter, with a good selection of different dishes to suit all tastes (well all Italian tastes anyway). I chose a creamy pasta (not wanting a third pizza in a week) which I quickly downed and went back to chatting to my neighbours. After pudding, it was quite evident that the staff wanted to shut up shop for the night so after 20 minutes or so of communal head scratching we paid the bill and left. A jolly enjoyable evening and thank you to Melinda for all the hard work she put into organising the event.

Xxxxxx xxxx 20/01/07

SWIMMEROLLATHON

Or to give it its full name - the *'First Annual Marlow Canoe Club Swimmerollathon and first splosh sweepstake'*.

This year's Swimmerollathon Spectacular was held at Hell Hole on

the Wye. The competition format was quite simple and involved each entrant predicting who would swim or walk at the feature and calculate the total number of points scored based on a scale loosely linked to the paddler skill level. An added complication was that none of us knew at the time what the water conditions would be like which added to the difficulty.

In all eighteen of us reached Hell Hole and to be honest the water level was pretty high. There appeared to be two routes down, one right through the centre – if you could get far enough out, and one line river right skirting a very nasty looking stopper.

Kieron, who snores apparently, volunteered to take first run in his canoe – and promptly put 7 points onto the scoreboard by capsizing down the right. His boat was then washed several hundred yards downstream. Having witnessed this, several people wisely decided to watch the fun from on a rock and contributed a massive 47 walk points to the scoreboard.

That left nine of us to tackle the feature of which two had a nice swim which added another 10 points to the tally making a grand total of 64. Seven of us made it successfully through in a variety of styles which you can see on the video clips doing the rounds.

The prize of a very nice bottle of red wine unknowingly donated by Susan was won by Richard Williams with an excellent estimate of 65 although estimates ranged from Henry's high of 123 (clearly no faith in us whatsoever!) down to Andy with 10 (clearly thinks that we are all very good!).

The first Splosh sweepstake involved having to predict how long it would be after we took to the water that our group would have its first swim. Again we had a very wide range of guesses from the low of Kieron of 45 seconds,

he had obviously heard about last year's trip, up to Reza predicting 2 hours 35 minutes – ever the optimist!

Fittingly at 27 minutes and 30 seconds two of our intrepid band simultaneously did the honourable thing and put us out of our misery although from where I was sitting Lewis' attempt to go up the side of a standing wave was rather more spectacular than Reza' flying off the top of one.

Andy Hibbert was closest and won a very large chocolate swiss-swim roll with a guess of 30 minutes.

To complete the roll of honour, special prizes were awarded as follows:-

Henry for throwing his rope vertically into a tree as Reza floated past.

Andy for demonstrating on video why a stopper is called a stopper.

Paul C for showing us all how to get into, and out of, a stopper

Reza and Lewis for their synchronised swimming

I am delighted to say that we raised £40 from both events and this has been sent to the Chiltern Air Ambulance. They have sent back a very nice letter of thanks which I have pinned up on the club notice board.

Paul Griffin

05/01/2007

It's not often I get the chance to say 'Been there - done that' but on this occasion I can. Not only that, but I got there before it was popular, and more importantly before Health and Safety arrived. Totally different from the 'American Rockies' these mountains, with notable exceptions such as Assiniboine, appear much older than those to the south of the range. I can only endorse Chris's comments and if you get the chance, I suggest you go.

CANADIAN ROCKIES - 2

Canoeing and camping in the Canadian Rockies; two things I have been wanting to do for quite a while now. With university exams over and a nice long summer holiday just starting, what better time to kill two birds with one stone? With only one and a half weeks notice I managed to book onto a TrekAmerica trip around the Rockies incorporating white water rafting, walking, camping and a wilderness canoe trip.

The trip started in Seattle, USA however after two whole days driving and a nights camp, we reached the heart of the Canadian Rockies; Yoho National Park. The scenery was stunning, however there was no doubt why we had stopped in this particular location; rafting on the Kicking Horse.

The river had quite a good reputation for white water and with rapid names such as Man Eater (G4+), Terminator (G4) and Double Trouble (G4+) it promised to be good fun.

After getting kitted up in (badly fitting!) wetsuits and buoyancy aids, we loaded up in a van to get the put in where a helpfully positioned pole in the river informed us the river was just a bit below the perfect level for rafting.

The organizers obviously didn't believe in gentle introductions – after only 100m of river, it was straight into a 2km long high volume grade 3 / 4 wave train & other rapids! On the very first rapid (admittedly a pretty big one) one of the girls at the front of the raft got catapulted out after not grabbing onto the boat in time. After a botched rescue which very nearly resulted in the raft capsizing on a massive stopper, she went bumping and bouncing down the rest of the stretch until someone further down managed to get a throw line to

her. For everyone else who avoided getting acquainted with the river, it was great fun with the raft going every which way over the rapids. Probably the highlight was one of our tour group (who was at the front of the boat) somehow managing to end up on top of the guide at the rear after a particularly vicious rapid! After a few more rapids it was time for a breather, and the swimmer from earlier rejoined us, this time as far back in the boat as possible (safer apparently)!

After more grade 3 water, it was time to get out and circumnavigate an impassable waterfall to reach the lower canyon. The safety disclaimer that was pushed under our noses before getting back in stated that first time rafters probably would not want to attempt this section, however I most certainly wasn't going to get out before the best bit! We all leapt back in and set off as quick as we could to get out of a vicious mosquito swarm which claimed many victims; luckily I wasn't one of them as I was sporting a rather potent repellent spray.

The lower canyon of the Kicking Horse was extremely deep and surprisingly dark (given the fact it was a cloudless summers day). It contains what our guide called the "serious" white water. It certainly was very fast and with no visible rocks in the main flow, from the raft you could see the river dropping away at quite a rate. After navigating the twists, two 90-degree turns and stoppers without anymore losses, the river suddenly levelled out, widened and it was over. It was definitely a great ride and was the main reason that I signed up for a 1* kayak course when I got back to the UK.

After the Kicking Horse, we had 7 days of walking, cycling, relaxing and driving before our next water-borne activity;

the wilderness canoe trip in Wells Gray Provincial Park.

We arrived on the shores of Clearwater Lake (which really does live up to it's name!) after an hour long drive up a winding dirt track from the small ranch where we had slept the night before. As we unloaded the canoes and our kit, the sky got progressively darker and eventually after 10 days of perfect weather, the heavens opened. Nevertheless, we continued preparations and the kit was packed into dry bags (just in case – accidents happen!), food loaded and off we set. As most of us had minimal canoeing experience at best, it was a bit of a ropey start with collisions galore as we tried to keep close to Wayne, our mountain-man guide who was shouting instructions. After a few helpful hints we started to get the hang of it and struck out for the far shore of the lake. After a choppy crossing, lunch was had on a beach created by a small mountain stream entering the lake. Helpfully, the thick pine trees shielded us from the rain and it was almost enchanting sitting on the lake shore with the rain hitting the lake and clouds swirling in elegant patterns around far-away mountains in a very Tolkien-esque scene.

The afternoon paddle, although still wet, was fairly calm as we hugged the shore passing small beaches and endless pine forests in which we occasionally saw movement however, sadly, no Moose (which are abundant in the area and one of the few animals we had yet to see since arriving in Canada).

We reached the camp area in the late afternoon and hurriedly put up the tents and a tarpaulin to keep dry and change out of our wet clothes. In keeping with Murphy's law, the rain stopped almost immediately and after a

campfire BBQ, a few of us elected to go back out on the water to explore the nearby coves. Sitting bobbing on the lake in the late evening twilight with a warm breeze gently blowing and no sounds except for the lapping of water on the wooded shore and the odd unidentified animal call has to be one of the most peaceful experiences of my life. I sat for probably about half an hour absorbing the atmosphere before the two of us who were still out on the lake decided it was probably a good idea to head back before it got completely dark.



EMERALD LAKE - For more pictures from Chris's trip see website at end of feature.

Upon returning to camp, Wayne was just getting up from the fire to leave for bed, taking the axe with him, saying he always kept one close by in case of any bears; very re-assuring!

By the next morning the sun had returned to full strength and with no attacks by the local wildlife during the night, the day was spent with more relaxed paddling and a walk through the pine forest up to "Eagle Crag", a craggy outcrop with panoramic views of the surrounding area. On the way, Wayne showed us a ton of edible berries and plants which could be used for remedial purposes.

After sitting on Eagle Crag for a while, we made our way back down and set off around the lake, heading for the original put-in.

We were pretty worn out by the end of the trip (partly due to a race which developed about a mile from the end) and it was nice sitting in the van reflecting on the past couple of days. It has definitely inspired me to do a longer wilderness open boat trip this coming summer, maybe with a bit of bushcraft thrown in if possible. It certainly is not an experience I will forget any time soon!

If you want to read more about the rest of the 2-week "Mountie" trip and see some photos (well, a lot of photos actually!), I have set up a website at: <http://mountie.chrisps.com>

Chris Porteous

18/12/2007

ANOTHER INCIDENT

Usk Trip November 2006
Mill Falls without a canoe

The line had been identified, starting hard left. I had practised it in my mind. Why I was going hard right down Mill Falls I will leave others to say - if they must - but it was not by choice.

"Kelvin you're going to go down the wrong side, the Big BIG hole side." My mind was warning me. "Paddle harder to the bank. You are not going to make it, prepare yourself to go for a swim. Here comes a ledge, you are going to clip it and fall out."

Over I go.

"Keep hold of the boat, have you got the paddle? Here we go into the Big Hole."

Whoosh down I go, and up again
"There's another hole, I don't remember there being two. Gosh! This one is even bigger, Oh Dear! You've lost grip of the canoe, there goes the paddle, you've lost that for good. The canoe is in front of you! You're going to hit it. Dive, and hope you don't come up under it, DIVE! Duck! Whew you're out. Where's the canoe? There it is behind you. It is caught on the wave; it's not going to catch you now. Forget the canoe forget the paddle, swim. Where did all these waves come from? The current is too strong, can't swim out of them. Can't get my breath. Cough! Splutter! When will these waves end? They're a little easier now; I can breathe. The current is still too strong. Lay back and don't panic. This dry-suit is keeping you dry. There are people on the bank try and swim, swim harder, you are not making any headway! Yes you are! Grab a branch to slow you down. Missed. Missed again. Got it. That's not a good idea you're going under. Where did all these kayaks come from? Andy is shouting 'let go of the branch'. Swim again, harder, harder you are making it. Your feet are on the riverbed, steady yourself. Stand up. Thanks. Catch your breath"
It was something like that, and no expletives.
I am so thankful that I had tied down everything in the canoe, I lost a sponge and a cap; that was all, not even the paddle I was using was lost, I assume it became entangled in the baler's cord. I am also glad that I was wearing a dry suit. Not only did it keep me completely dry and warm enabling me to continue the day, it also gave extra buoyancy; I could never get all the air out of that thing, thank goodness.
I would like to apologise to Adrian for causing him a few anxious moments, I was completely oblivious, thankfully, to

the danger I was in. Especially as he made Hell Hole look so easy on the previous day, the line was perfect and it seemed no more difficult than a Sunday paddle up to Temple.
Lastly, I would like to thank all those who helped in my rescue, everything happened so fast that I cannot remember who was involved. Thanks very much to you all.

Kelvin Abbott - 26/11/06

SEA KAYAK - MILOS 2006

Last July, Andy (my husband – some of you have met him) & I visited Milos in the Cyclades for our fourth Sea Kayak trip together. Andy says before he married me, he used to have holidays! Having braved the Outer Hebrides (that was scary!), then Turkey for our honeymoon and Croatia last year, we fancied somewhere warm and relaxing, where we could swim and snorkel in addition to paddling and above all somewhere inexpensive!

Rod owns the sea kayak business, his wife runs the basic but comfortable guesthouse and they both welcomed us warmly when we arrived. Basically the holidays consist of mainly day trips for people who generally stay around 8 nights, but when he has space he also takes other visitors to the island out for odd days. He also does a couple of two day trips with an overnight camp – when the weather allows

I knew that the Cyclades tend to be windy, but when I checked the 10 day forecast before we went, I was disappointed to see that the wind was expected to blow around force 6 for the next week or so. This didn't seem to bother Rod unduly – we went out anyway, even though the ferries were tied up in port.

Most people who were there already (about 8 other guests) seemed to be paddling doubles, so we opted for that too – until the third day, when we realised that another day in the same boat was going to lead to at least a major argument, if not worse!



Anyway, the first day we paddled out to a rock formation just out of the main harbour called The Bears. Going out was ok – going round was something else!

We quickly worked out how we could tell what kind of day it was going to be – Rod by himself - easy. Rod and Julian (the other guide) – potential for capsizes. Rod, Julian and an extra bag of bananas – hard work. The bananas plus Rod & Julian both starting off wearing tow ropes – this is going to be interesting. Actually there weren't many capsizes – one or two in surf landings, the others mostly day trip people with no experience just getting blown over.

On the third day, the forecast was that the wind would drop to (only) force 4/5 so Rod decided this would be a good day to cross to a nearby island. I was

in a single Laser for the first time – and opted not to have a rudder (I've always thought they are for soft Americans). It was the longest mile I've ever paddled! The guides told me I need to

edge it – but in 2 metre waves that wasn't something I felt able to try!

Other days fell into a rough pattern – set off around 9.30, drive to a spot on the sheltered south coast, paddle for an hour or so, have a break ('morning snack' and lunch were provided each day), paddle another hour, stop for lunch, then paddle back, generally arriving back around 5.30 – in time for a large glass of wine (1 euro). Most of the trips were between 15 and 20km. In the breaks we would swim, have a rolling lesson (Rod nearly drowned Andy once when there were some very distracting girls on the beach!) eat and then often walk to some interesting cave/lighthouse/mine.

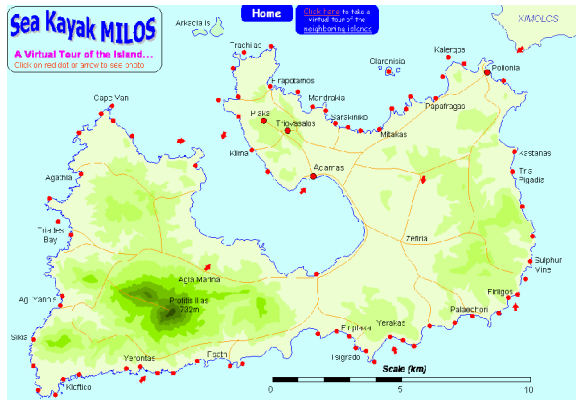


The island is volcanic so there were some really interesting things to check out – one place where you wouldn't want to fall in because the water was very hot, lots of places where gas bubbles up out of the sea – and a natural sauna cave that we swam to. The rock formations were fantastic with some amazing caves and tunnels to paddle through. Out of the main resorts, we mostly had beaches to ourselves – they are pretty inaccessible by foot or larger boat.

I'd definitely recommend it for anyone wanting to build up their confidence – after the first few days we really started to enjoy the big waves, and learning to

roll in the Med definitely beats the Thames!

Find out more and see some great photos at seakayakgreece.com. Andy & I are hoping to join Rod and others later this year on an island hopping trip from Kos to Rhodes. Anyone fancy coming with us?



Jane Oxley

18/12/2006

NEWSLETTER SUBMISSIONS

Recently, I upset one of our contributors by editing his item in a way to which he was not entirely agreeable. I hope my reply to him explained my reasons for doing so such that we both now understand the why's and wherefore's.

I'd like to take this opportunity to explain to the membership the few rules I work within.

Upon receiving a submission I generally read it through a couple of times; don't know why because I usually leave it alone save a spellcheck. I might take out paragraph spacing to save space but that's normally all. Unless the author requests to be advised of any changes I might make I do not generally reply. I can only recall one time when a change was made and the originator requested to be advised of such thus far and I was happy to

accommodate that. On a few occasions I have padded a piece out or helped in composure if requested. Sometimes I ask Mrs. Ed to run her eagle eye over for grammatical errors that fool me and Microsoft.

The nub of the issue is that it's your newsletter. You write it, I collate it, and edit it (occasionally) then distribute it.

If you are unsure about writing an item, try looking on the BBC website, there is a lot of advice to be had there from bitesize revision to exercises and quizzes. That's what I'll use when looking something up. If you want assistance in putting a piece together then don't hesitate to ask. I'll always do whatever I can to assist.

One thing that does bug me though is spellcheck. Please set your spellchecker to English (U.K.) and not the American default. I know they sometimes appear aloof and arrogant, (I wonder where they learnt that from). But we do have something to be thankful to them for. Teflon, Gore-Tex and the letter ZEEE, as in Zezame Street. Just a little point, but it keeps the editor happy. After she's checked this over I'll take Mrs Ed. out for a pasta. I hear there's a good place in Marlow, Sissi's I think it's called!

SEA KAYAKING

I've been trying for a while to get this re-instated in the club's profile, trouble is, while I think I'm going to like it, I've not even got so far as trying it yet. My nice (nearly) new capella has not even seen the briny yet. But help is at hand.

James and Elaine Farquarson have offered to assist and one or two of the older members well versed in this discipline (Gerry Knight & David Lydiatt)

have also indicated they would help if possible.

I've got to tie up some loose ends with James & Elaine but we are hoping to get a trip to Poole Harbour on the cards for around 30/06 & 01/07. It'll be camping overnight or B & B for the affluent. Practising in Poole Harbour on Saturday with the possibility of a short trip on Sunday depending on how we fare. I would think 2* should be adequate for this trip but I'll confirm with James. A few names have already expressed interest in this but let me know if you want to be added to the list. A sea kayak is not necessary, I've seen invaders do this sort of trip before, but the club has 3x sea boats available to the first people that reserve them.

In the mean time I hope to have completed an 'Intro to sea kayaking' at Cym Pennant before then.

John Norris 19/02/2007

NEW EQUIPMENT OFFICER

A fair few of you probably don't know me as I only joined MCC in October, however I am your new Clubhouse & Equipment officer! I have been meaning to learn to kayak for a couple of years and a canoeing holiday I took part in this summer (see article later!) spurred me on to actually take a 1* course last autumn. Since then I have really "got the bug" and have been out at most Sunday sessions. I look forward to meeting more of you come the summer sessions

Chris Porteous 21/02/07

Our new Equipment Officer was straight into action. I saw him Sunday after the AGM trying to get a quart into a pint pot. It's possible that your boat might

be in a new home if it's a couple of cm's to short / long to make efficient use of it's bay.

SUNGLASSES!

I'm more often than not to be seen on the river with my 'shades' and baseball cap, as I find sunlight reflected off the water is a real pain for me.

I saw the lovely Dr. Alice Roberts on the box the other night giving the lowdown on yer glimmers so I did a little research into sunglasses. In the end this explanation from CARL ZEISS was perhaps the easiest to understand so I've taken the liberty to reproduce it here, (hope they don't mind).

WHY UV PROTECTION IS SO IMPORTANT

The sun emits a broad spectrum of radiation, the visible part of which is commonly known as light.

The other components of solar radiation are invisible, but they perform very important functions. Infrared radiation, for instance, is responsible for providing warmth. Ultraviolet (UV) radiation supplies the solar energy required for a large no. of biological processes. However, excessive UV radiation can be harmful to many forms of life.

The sun's UV radiation can also be divided up into several different ranges. Like visible light UV-A and UV-B penetrates the protective atmosphere surrounding the earth and reaches it's surface. However UV-C which is particularly high in energy and therefore extremely dangerous does not reach the earth's surface. UV-B radiation contains more energy than UV-A and can cause sunburn. Solar radiation that burns the skin can also damage various layers of tissue in the eyes. Sunglass lenses from CARL

ZEISS help protect your eyes against excessive UV-B radiation.

The intensity of the UV-A and UV-B radiation reaching the earth's surface depends on how clean the atmosphere is. In the dusty, polluted air of urban area's less UV radiation can therefore be expected than in clean mountain or sea air.

With continuing atmospheric degradation as a result of global warming the glimmers are in for a hard time. I have a pair of CARL ZEISS sunglasses that I use for driving though I have used them on the river occasionally. As with many of the premium lens manufacturers the optical quality is superb, and the enhanced contrast transforms many a river view. The downside is they are not cheap, and when they are on the bottom of the river they are no better than a £5 pair from Woolies. Help is at hand though. Glasses retainers come in many forms and perhaps 'Croakies' are most popular with paddlers. They are around £6 each, but I've seen similar in many a canoe retailer for half the price. I can understand people not wanting to fork out for an expensive pair of shades just for paddling so some cheaper ones are available. Try M&S or BOOTS for a reasonably priced range, or if you fancy some of those wraparound styles ISAAC LORD has DeWALT eye protection in clear, smoke, and reflective at between £6 - £10. They claim 99% protection from ultraviolet rays (a top quality lens will provide 100% protection). When I cycled a lot I found that the reflective coatings, even on cheaper products did much to enhance contrast and improve vision.

All sunglasses from a reputable source should state the level of protection

offered and should also have a CE European symbol on them.

Please note that all the text in italics is mine and is based on my experience. It should not be taken as gospel. If in any doubt, consult an optician.

John Norris

21/02/07

FANCY BEING AN OLYMPIAN?

London 2012 Fast-Track Women's K4 Talent Recruitment Programme

In partnership with GB Canoeing, the English Institute of Sport (EIS) Talent 10 Team is running a special project searching for female athletes with the talent characteristics to achieve Olympic medal success in K4. The GB Canoeing Team was one of the most successful teams at the 2004 Olympic Games, bringing home 3 medals and ranking in the top 6 Team GB Olympic sports.

If you are a female aged between 18 and 24 years old and feel you have what it takes to be an Olympian then we would like to hear from you. Please contact Natalie Dunman

(EIS Talent 10 Coordinator) at natalie.dunman@eis2win.co.uk giving the following information:

Full name

Age and date of birth

Height (cm)

Weight (kg)

No more than 200 words about your athletic background/sporting achievements

AGM NOTES / AWARDS

I won't go through all the nitty gritty, you can always request a copy of the minutes from the club secretary if you wish to know that, but here's a few points that a wider audience might appreciate.

Membership fees for the year through to Feb 2008 were agreed at;

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|----------|--------|
| ADULT | £42.00 |
| JUNIOR | £23.00 |
| FAMILY | £65.00 |
| BOAT BAY | £19.00 |

DAY VISITORS

| | |
|--------|-------|
| ADULT | £5.00 |
| JUNIOR | £3.00 |

Remember all day visitors have to show a 1 certificate (or better, or similar) before going out on a group paddle. An adult member can take out a guest without such a qualification provided they remain entirely responsible for the guest(s) throughout the session and that they have sought and obtained the O.K. from the Duty Officer.*

Rod Edmonds advised that the membership stood at 207 (53 Juniors).

Tim Twitchen reported on a very successful coaching year, and thanked all the coaching members.

The Chairman thanked all the committee members for their efforts in keeping the club running.

David Lydiatts efforts in running the club marathon over many years were rewarded with the presentation, by the club president (Tim Ward), of an engraved crystal tankard.

And so to the highlight of the evening the annual awards, (we really need a name for these).

MOST IMPROVED AWARDS

| | |
|------------|--------------------|
| Junior | Andy McMaster |
| Lady | Susan Freeman |
| Men | Alireza Miresmaili |
| Newsletter | Julie Briggs |
| Swimmer | John Parkin. |

I would just like to point out to all those new members who did not attend, and to prospective new members reading this; don't worry. The Swimmer of the year award is only won by those who should know better; that's coaches and the more experienced paddlers who just make that little slip when they should have known better - like not to make such an error when the rest of the club is looking.

All award winners were presented with a stainless steel vacuum flask.

LAST YEAR'S RECRUITS

It was a very busy year for us, and I'm aware that some people were unable to paddle when they wanted too. I can recall one time when we had to turn people away. If you are not sure about returning to the fold, why not come down (conditions permitting) a bit earlier in the year before the no's increase to much. Then rejoin if you wish. If the forthcoming year is as good for the club as the one just past I'll get our equipment sec. to sort out a rota and that should help the situation no end. The plan would be that you can book a boat only if you have been denied the opportunity to paddle on a previous occasion. Or has anyone got a better idea.

COMPETITION

Now here's a little something that I came across the other day, whilst looking for quotes for the front page.

-
- A 'How'd you like it?'
- B 'Like it?'
- A 'Whitewater rapids!'
- B 'I never dreamed.....'
- A 'I don't blame you for being scared - not one bit. Nobody with good sense ain't scared of whitewater...'
- B 'I never dreamed that any mere physical experience could be so stimulating'

All I want to know is;

Who is 'A' and who is 'B' and from where are the words taken. Answers on a postcard or by e-mail. First correct answer wins a delightful cup of finest filter coffee at the Temple café. Answer next issue.

(The prize budget has yet to be approved)

WHOSE BOAT IS IT ANYWAY?

Another new equipment secretary and another trawl through the myriad of unclaimed boats taking up valuable storage space on the racks. Many have tried (and failed) to resolve this problem, so we are not a lot nearer (if at all) to a solution. The new equipment secretary (see his intro on page 11) has started to make fresh inroads into this thorny problem. I don't know whether it's his youthful exuberance or blind ambition but I see a change coming.

Chris' plan seems to involve shifting a few (or all if there is space) of the unclaimed boats out of the clubhouse

to an area adjacent the new open boat annexe. But it's identifying the remainder that might cause a problem in the future and if we are not careful, in a few years time we will be right back where we started.

Big Dave suggested adopting a whitewater paddling practice, that of providing a name on equipment so that in the event of loss, equipment may be returned to it's rightful owner. This could be as simple as a name inside the boat written with a permanent marker pen or something more professional. I'm thinking the fast boat practise of hanging a label on the end of a boat is not such a good idea as we will have labels all over the floor before we know it. I have a paddle purchased from BROOKBANK and they stick a 'supplier label' on the shaft and that sticks like the proverbial to a blanket. I'll find out where they get them from.

MARSPORT OPEN DAY

Our open weekend this year is a little different to the normal one: It's centered around the racing market – There'll be the Southern regional bellboat championships
National & Schools 10k sprint
Lightning races
Pyranha Speeder races
New BCU Junior "Wicked" K4 races
As well as demos and exhibitions from our own craft, Pyranha, Kayakpro, P & H, Wenonah and Bell.
Come & see us on 19th May.

Craig (Marsport) 07/03/07

Bit of room for the open boat people to move around in and not forgetting our own marathon section. Get down there and try something out, you might find something you want - even if you cannot afford it.

WHAT'S ON, WHEN AND WHERE

The complete and authoritative guide to all that the club hopes to do in the forthcoming months. Please note that at the time of going to press dates cannot be guaranteed and that the programme is subject to changes.

| | | |
|--|--|-----------|
| 25 / 02 / 07 | CLUB SESSION (PEER GROUP RULES) | ML |
| 04 / 03 / 07 | CLUB SESSION (PEER GROUP RULES) | JN |
| 05 / 03 / 07 | COMMITTEE MEETING - LONGRIDGE st. 7:30pm. | AM |
| 11 / 03 / 07 | CLUB SESSION | |
| 16-18 / 03 | THE OUTDOORS SHOW - BIRMINGHAM | CP |
| 18 / 03 / 07 | CLUB SESSION | |
| 24 / 03 / 07 | WORKDAY - SPRUCE UP THE CLUB HOUSE, VOLUNTEERS REQ'D. | CP |
| 25 / 03 / 07 | CLUB SESSION | |
| 01 / 04 / 07 | CLUB SESSION | |
| 02 / 04 / 07 | COMMITTEE MEETING | AM |
| 08 / 03 / 07 | CLUB SESSION (EASTER SUNDAY) | |
| 15 / 04 / 07 | CLUB SESSION | |
| 17 / 04 / 07 | CLUB SESSION; TUESDAYS ARE BACK ON AGAIN | |
| 22 / 04 / 07 | CLUB SESSION (SUNDAY) | |
| 24 / 04 / 07 | CLUB SESSION (TUESDAY) | |
| 29 / 04 / 07 | CLUB SESSION (SUNDAY) | |
| 01 / 05 / 07 | CLUB SESSION (TUESDAY) | |
| 06 / 05 / 07 | CLUB SESSION (SUNDAY) | |
| 07 / 05 / 07 | COMMITTEE MEETING | |
| 08 / 05 / 07 | CLUB SESSION (TUESDAY) | |
| 12 - 13 / 05 | BCU 1* KAYAK (NOVICE) - COURSE 1. | JN/TT |
| 19 / 05 / 07 | MARSPORT OPEN DAY. | |
| EVERY THURSDAY EVENING 9.00 - 10.30 | SWIMMING POOL SESSIONS AT GURNELL POOL, WEST LONDON. GET TUITION IN ROLLING, OR PRACTISE 3* SKILLS, OR ANYTHING YOU'VE GOT A BIT RUSTY ON. SEE WEBSITE FOR MAP AND DETAILS OR CONTACT JOHN PARKIN or JOHN NORRIS. | JP |
| | | |
| | | |

ORGANISER / MCC CONTACT CODE FOR ABOVE EVENTS

| | | | |
|----|---------------|--------------|---------------------------------|
| AC | ADRIAN COOPER | 01844 344580 | adrian@familycooper.fsnet.co.uk |
| AM | ANDY MAXTED | 07730 852760 | morven@ukonline.co.uk |
| DL | DAVID LYDIATT | 01753 887773 | david@lydiatt.plus.com |
| JN | JOHN NORRIS | 01494 483833 | j.k.norris@btinternet.com |
| JP | JOHN PARKIN | 07973 820515 | johnnyp@medusamusic.com |
| MP | MARTIN PLAIN | 01628 483252 | martin@longridge.org.uk |
| TB | TERRY BELCHER | 01628 851001 | terry@amoffice.co.uk |

THE COMMITTEE AND OTHER USEFUL NUMBERS

A list of those members who serve on the club's committee, their role and a contact no. should you need to contact them.

| POSITION | NAME | CONTACT NO. | E-MAIL |
|-----------------|-------------------|-----------------|---------------------------------|
| PRESIDENT | TIM WARD | 01494 482959 | |
| CHAIRMAN | ADRIAN COOPER | 01844 344580 | adrian@familycooper.fsnet.co.uk |
| SECRETARY | ANDY MAXTED | 07730 852760 | morven@ukonline.co.uk |
| TREASURER | PAUL CRICHTON | 08708 806962 | |
| COACHING | TIM TWITCHEN | 07833 995289 | timothy.twitchen@btinternet.com |
| NEWSLETTER | JOHN NORRIS | 01494 483833 | j.k.norris@btinternet.com |
| MEMBERSHIP | ROD EDMONDS | 01753 671389 | |
| EQUIPMENT | CHRIS PORTEOUS | 07824 483201 | chrisps@gmail.com |
| MARATHON | TBA | | |
| LONGRIDGE | MARTIN PLAIN | 01628 483252 | martin@longridge.org.uk |
| WOMENS REP. | DEBS HARDY | 07812 749555 | hippydeborah@hotmail.com |
| YOUTH REP | ALEX SHEIL | 07707 953124 | sheillalex@hotmail.co.uk |
| SOCIAL | MELINDA LIVETT | | melinda.livett@yahoo.com |
| WHITewater | JOHN PARKIN | 01628 476384 | johnnyp@medusamusic.com |
| INLAND TOURS | GUY MADDIESON | 01844 275418 | gsmaddieson@aol.com |
| SEA | TBA | | |

OUR NEAREST RETAILERS / SUPPLIERS

| | | | |
|-------------|-------------------|-----------------|---|
| RIVERSIDE | OXFORD | 01865 248673 | http://www.riversideoxford.co.uk/ |
| MARSPORT | READING | 01189 665912 | http://www.marsport.co.uk/ |
| WWC | SHEPPERTON | 01932 247978 | http://www.whitewaterthecanoecentre.co.uk/ |
| PADDLESPORT | COMPTON VERNEY | 01926 640573 | http://www.paddlesport.co.uk/ |

Please advise the editor if any contact details are wrong or if you wish to add an alternative no. / e-mail address to the list.