

TALES FROM THE RIVERBANK



MAY/JUNE 2010

The 5 Gentlemen of Spey



The thing about canoeing is ...it's not just about canoeing; it's about the places you can reach, the things you see and the people you share them with.

Paul Binks

Myself, Sam, Allan Hacking, Mick Sumner and Tony Marsh were the 5 gentlemen in question. We arrived in Newtonmore, 11 miles south of Aviemore, on 10th April with blue skies and temperatures of 19 Celsius.



This being the highlands translated to clear skies and temperatures of -4 Celsius at night; frost on my tent's a new one for me, but you know it's cold when the toothpaste won't come out of the tube, the butane won't gas and you have to sleep with a woolly hat on, at least I did. The first couple of days saw us get to base camp, shuttle the cars and spend an hour on the Spey practicing ferry gliding, breaking in and out and tracking the boats up stream. Oh yes, some of us also spent approximately 6 hours in the pub and had two pub meals as well; well we were on our hols. Much to our dismay the Licensing Act 2005 (Scotland) means you can't sit outside a pub with a drink after 9pm so the last half hour of each night was in the warmth of the bar.

The Day of Birds

Monday saw us load up and set off about 10, this became our standard departure time. Sam and I were paddling tandem and I'm renowned for taking too much kit. I'd substantially cut down from my Loch Lomond trip but still had loads more than everyone else. Our combined weight plus kit meant we only had 6 inches of boat above the water; a bit alarming considering some of the waves we were anticipating and it didn't leave us a lot of room for edging the boat. To begin

with we had 50m of gentle rapids followed by 100m or so of relatively flat stuff. This continued until lunch time. After lunch we had probably one of the hardest stretches, 6 or 7km of essentially flat water with a very strong head wind.



Allan "it's grand this isn't it"
Mick's reply "I'm not so keen on this paddling lark; I thought rivers were meant to flow!"

One of the advantages of tandem paddling is you've double the power and are less affected by the wind. But our surroundings made up for any hardship we were feeling; snow capped mountains in the distance, lightly wooded banks and lots of birds. Heron, golden eye, dippers, buzzards, oyster catchers, curlew, as well as a deer and other wildlife; you name it we saw it. Mick turned out to be a bit of a wild life expert. Sam and I were keen spotters but very often got the identification a bit out; but Mick was at hand to give the Linnaean binomial name and advice on breeding habits. Crossing Loch Insh was a challenge; our only open water and with a very strong headwind. Just at the end of the Loch we saw an osprey on its perch suddenly take off, dive, catch a fish and carry it back; now that's not something you see every day.

Making camp just south of Aviemore we'd travelled about 30km according to Tony 'the gadget' Marsh's GPS. The last part of each day was spent scanning for wild camping spots. On a river you literally don't know what's round the bend and you can't say 'the spot 500m back there was better, let's paddle back up stream after a tiring day and camp there!' So you literally have to go for the best

you can find. There were two routines each day, making camp at night and breaking camp in the morning. Making camp tended to be a quiet affair. Each of us tired from the day's paddle had to unload, pitch tent or tarp, get changed, arrange things, make tea etc. Thankfully we didn't have a drop of rain all the time we were out, which made life easier. The mood tended to become a tad more jovial once the food had been consumed, the fire lit and the strange brown Scottish liquid passed round; this also became a very pleasant nightly ritual. On this first site we also saw another Osprey flying overhead with a large fish. Mick remarked on what the fish might be thinking after spending its life underwater to spend its last few minutes 150 ft in the air.

The Day of Bridges



Day two saw us break camp and head past Aviemore. A few slightly less gentle rapids and our first fishermen early on gave way to our second long stretch of essentially flat water. The day, for me at least, seemed to be punctuated by bridges. Changes in the river from a series of rapids to long stretches of flat stuff, get out points for lunch and brews, or specific features all seemed to coincide with a bridge. When you're on the water and the banks are at head height it's not always easy to pick land marks out, but bridges you can't miss.

We got quite used to fishermen on day two as well. The etiquette is that on approaching a fisherman a whistle should be blown to alert them of our presence, they should then indicate, in a polite fashion of course, where they want you to go. This all seemed to work quite smoothly, apart from the fact a few had

expressions that said "why are they blowing a whistle at us?" We didn't have any cross words from fisherman for the whole trip. In fact quite a few pleasant words were exchanged; quite a refreshing change from the common experiences in England. It did seem a bit weird that fishermen and canoeists are essentially experiencing the same environment, but whilst we've full waterproofs made of modern material they wear tweed and have ties on! One piece of kit they have that I liked was the rod holders that went on the bonnet and roof of their Range Rover or BMW 4 wheel drives. I think they should make them for paddles, though I doubt Vauxhall will make them for the Vectra.

Camp on day two was definitely the best. Allan had met a stranger in Hamilton Services who advised him of this Shangri-La; a wooded island, away from habitation, flat ground for camping. Around 5 o'clock the island was sighted and a successful landing was made. It lived up to our expectations in every way and let's just say Allan was very happy. The only inhabitants we anticipated were voles as the ground seemed to be riddled with vole sized holes. We tent and hammock people were ok but we were a bit concerned that because Tony was sleeping under his tarp on the ground a vole might make a home in his sleeping bag, or even somewhere about his person. There were essentially 3 types of 'accommodation'; Allan and Sam had hammock under tarp, though Sam wasn't 100% effective in staying in his, myself and Mick settled for tents, whilst Tony tried different orientations of tarp and bivi bag. On the island it did look a bit like an exhibition of different camping methods.

The Day of Bailing.

The third day was to include the section from Ballindalloch to Knockando, which is one of the most scenic and fast moving sections, containing quite a few sections of rapids with long and reasonably high wave chains, including the famous Washing Machine, so called because it gives all paddlers a good soaking. Waking up in the morning I think this was on my mind. The

morning passed uneventful but my mood at lunch was contemplative to say the least as I knew just round the bend I was going to get wet. I think this was also playing on Sam's mind as well. Lunch each day had me, Sam and Tony bring out the Kelly Kettles. Whilst Tony persisted with tinder and a fire steel Sam and I persisted with matches and a handsome squirt of turps. Despite these modern innovations we still struggled to get the fire going, I blamed it on the underlying tension each of us was feeling.

After a relatively cold and unappetising wayfarer meal we set off. A group of kids in rafts floated past us so we thought we'd let them go first. As they disappeared round the bend we waited for the screams, but they didn't come; that seemed to make the tension even worse. When we finally got sight of the Washing Machine it didn't seem as bad as we'd anticipated. We weren't in this for the heroics so we took it nice and slow. The secret is not to rush it but back paddle to slow the boat down and stop it crashing through the waves and swamping the boat. By the time we got to the bottom of the wave chain we were knelt in at least 9 inches of water and were rather tippy, but happy to have done it and to have stayed upright.



Feeling quite smug with ourselves we set off again only to be presented with an even greater set of rapids that filled our boats again. The guide book hadn't mentioned this set! The route down to Knockando was great with sections of manageable rapids and great scenery.

Camping on the third night could have been a problem as the banks are more manicured with fishing places and the Spey starts to flow through more towns. We managed to get what was probably the last wild camping spot that would have been available to us that night. Not ideal as it was just on the outskirts of a town and within yards of the Spey Way. We thought we'd get over run with dog walkers but weren't disturbed all evening. As all self respecting, self sufficient wild campers would do when near a town we headed straight to the local shop to fill up on supplies. Fortunately, or rather unfortunately for our metabolism, the shop had an offer on breakfast packs, so we bought enough meat, and I use the term loosely as sausages and black pudding tend to be low on meat content, to feed a small army. We had to tell Allan to put the 3 litre box of red wine that was on offer back on the shelf, he did so but reluctantly and settled for a pack of white magnums, which he shared with us.

The Day of the Bay

The final day saw the scenery change again, several times! To start with we still had manicured banks set against a back drop of wooded hills. As we started to progress into Spey Bay and the estuary area the left bank became a large open flood plain, whilst the right one had some dramatic red sandstone cliffs with unusual pillars. These gave way to sandy cliffs and eventually the river ran in to what is probably a delta, with the river splitting up at random with channels going off in all directions and reforming again. The banks were littered with huge trees that had been brought down and large gravel banks and boulders. There was a definite sense of being in a different and wilder environment and the breeze coming in from the sea had picked up as well.

There was a real sense of the journey coming to an end, and so unfortunately it did. At 3pm we landed at the Spey Bay. Tony's GPS said we'd done 130km, it also said we were 4m below sea level. It seemed like the river had been our home for four days and we'd lived life along its banks. It seemed hard leaving it, but the call of a bowl of soup and a cream scone in the café was too strong and we were soon packed up and discussing our next trip in comfort.



Paul Binks

Brookbank Demo Night

Tuesday 29th June, 6 pm at H&D.

Come and try that boat you've always wanted. Our friends at Brookbank will be bringing loads of boats to try out.

There is a link on the forum to see which boats they are proposing. Please put a request on the forum if you want to try specific boat they stock.

Pool Sessions

The following lists the pool sessions booked at Fulwood Leisure Centre, the contact for the courses and the Supervisor and Committee member on duty.

Date	Session	Contact	Supervisor	Committee
16 April	BCU Star Course	Allan Hacking	Will Body	Rachel Drew
23 April	BCU Star Course	Allan Hacking	David Nelson	Alison Nelson
30 April	Brookbank Demo Night	Paul Binks	Albert Risely	Kath Risely
7 May	Open	N/A	Mark Loftus	John Kington
14 May	Paddle Skills	Allan Hacking	Tony Morgan	Paul Binks
21 May	3* Sea Course	Rick Patterson	Gary Fishwick	Cynthia Conway
28 May	Open	N/A	Mark Buttle	Brian Woodhouse
4 June	Open	N/A	Mark Buttle	Terry Maddock
11 June	Paddle Skills	Allan Hacking	Rick Turner	Albert Risely
18 June	Competition Skills	Rachel Drew	Will Body	Rachel Drew
25 June	Open	N/A	Mark Dillon	John Kington

Please note prices for pool sessions: All the above sessions £4.

Please book in advance for the Paddle Skills and 3* Sea Course Sessions by phoning the named contact. Telephone numbers can be found on the contact list page in the newsletter

Bank Holiday at Halton

Debra Bookbinder (AKA The Ice Maiden)



If you happened on Halton on May 1st you may be mistaken for thinking it was a Ribble Canoe Club Convention.



Low water levels and lots of company meant even the most timid were tempted and we were not disappointed.



Halton is a big enough stretch for us not to have been crowded so the star training sessions found the water they needed for training in aspects of moving water whilst the recreational paddlers got on with the busy work of talking to each other sat in their boats (well only most of the time).



There were also some very kind individuals, who shall remain nameless (thanks Gary, Debra etc.,) who took a swim so rescue skills could be practised.



Most braved and succeeded in running the drop, much to their credit.



Lunch was a very sociable affair, picnicking on the beach below the groynes.

It was fantastic to be able to be on the water, all thanks to Pat's work in negotiating access.

Debra Bookbinder
AKA The Ice Maiden

The Great Orme

Norman Green

This trip, organised by Alan Clowes and assisted by John Fyles, was put on to provide practical experience for those doing the Ribble Canoe Club 3 star sea kayak course. In practice there were a few hangers-on.

Those paddling were: - Alan Clowes, John Fyles, John Roberts, Albert Risely, Bruce Carter, Cynthia Conway, Norman Green, Pat Green.

The main paddling group going around the Orme was joined by Mick & Beth Balshaw, who were paddling up the Conway Estuary and back in their inflatable canoe.

The Plan was to launch from the West Beach at Llandudno and paddle clockwise around the Great Orme. If time and conditions allowed we would carry on to cross Llandudno Bay and around Little Ormes Head to Penrhyn Bay. We would then have a break and paddle back into Llandudno Bay to end the trip. The car drivers would then walk

back to the cars and drive back to collect the kayaks from the beach at Llandudno. The walking distance is probably about one kilometre. For those of you familiar with Sea Paddling you will realise that plans have to be very flexible because conditions can change very quickly.

Pat and I were hangers-on, but went along as roving reporters so that we could write this article. That's our excuse anyway.

We travelled down on the Saturday and camped overnight just outside Conway. We wanted to check things out in advance of the trip the following day.

The Saturday was nice and sunny but with a fairly strong cold wind blowing from the North West. If this wind blew on Sunday, the trip would have been very interesting, as we would have been exposed to this wind for all but the last half mile.

As it happened on Sunday the wind had dropped considerably and the weather was sunny and fairly warm, just what we needed for the trip.

As a bit of a digression I would like to acquaint you with some information about the area. Llandudno is a very popular seaside resort and has been for many years. It caters mainly for the day tripper and coach party visitors. As yet it does not seem to have considered the possibility that there may be some mileage in catering for Sea Kayakers etc. despite the fact that the area is ideally suited for the purpose.

Car Parks at West Beach have height barriers which keep out cars with roof racks, so we have to park on the promenade and surrounding streets, for free, instead of using a car park and actually paying. West Beach is very popular with day trippers; there were hundreds there on the weekend of the trip. Unfortunately the council are repairing the one and only toilet block and have not deemed it necessary to provide temporary toilets. Meanwhile back in Llandudno, the local council make it as difficult as possible to find somewhere to park a vehicle long enough to recover and load Sea Kayaks anywhere near the Llandudno Pier, the end of the trip. But paddlers are a resourceful lot (it comes with the job) and are not put off by such minor difficulties.

Anyway back to the trip. As we were only travelling from Conway, we arrived at the launch point at Llandudno West Beach early so that we could ensure a good parking spot near to the actual launch area and thus avoid a long walk with heavy Sea Kayaks. When we arrived, there were already other paddlers getting ready to launch, so to pass the time we struck up a conversation, as you do in such circumstances. One group consisted of just 2 brothers who were planning to paddle around the Orme and back. One of the brothers explained that he was more used to sailing and had not done much kayaking. His brother was quite experienced so he said that he was going to keep the van keys on his person so the experienced brother was bound to look

after him or he would not be able to get back in his van. We also suggested he would be in big trouble with Mum if he lost his little brother. Actually these guys were probably in their 30's and looked perfectly able to look after themselves.

Eventually members of our group started to arrive and jostle for parking near the launch point. Having parked up they asked where the toilets were only to be told that there were some in the café about a mile away down the other end of the promenade. They were then left with the choice of lose the parking spot or head for the Gorse bushes.

Alan & John and travelled together and chose the Café option whilst the main group improvised. The main group consisted of Bruce Carter, the driver, Albert Risely, John Roberts, Mick and Beth. All of them in the same car, towing a trailer with the 3 sea kayaks, an inflatable canoe and all the kit you might need for a day's paddle less one pack of sandwiches which Bruce had forgot to collect on his way out.

Cynthia had followed the instructions and parked by the paddling pool, but unfortunately it was the pool in Llandudno not West Beach, so she was guided in by mobile phone. She eventually arrived safe and sound and with a good knowledge of the area.



We all changed into paddling gear and assembled on the beach where Alan went through the pre-launch chat and gear check. Alan asked things like who has got flares, towing lines, mobile phones, VHF radios,

GPS units etc. Finishing off by saying “I assume you have all brought your sandwiches of course.” At which point Bruce had to fess up about his lack of sustenance and throw himself on the mercy of his fellow paddlers to feed him. How could we refuse when he had even bought himself a brand new dry-suit for the occasion?

Prior to the Pre-launch check we watched as Mick & Beth inflated their canoe and set off up the Conway Estuary.

Pre-launch check over we set off on to a fairly calm sea with very little wind and the weather set fair for a very pleasant paddle.

People paddled along chatting about this and that and I took the opportunity to chat with Bruce, who I had never really spoken to much before. He told me of his paddling experiences and that he had also done quite a lot of diving.



As usual groups tends to split up a little due to different paddling speeds, but John Fyles stayed at the back and ensured that no-one got left behind, whilst Alan Clowes paddled at the front and set the overall pace.

I usually paddle somewhere near the front but am usually aware of how far behind other paddlers are by the volume of Cynthia's voice.

She talks constantly and I have learnt to judge distances at sea by “Cynthia Decibels”. This avoids the need to turn around and risk being caught unaware by a wave and suffer an embarrassing capsize.

Unfortunately on this trip the system suffered a bit of a malfunction when we rounded the northern tip of the Orme and suffered catastrophic failure when we started to paddle round Pen-Trwyn after the lunch stop. It kicked back into life though as we neared the end of the trip and Llandudno beach hove into view.

The reason for the Cynthia Decibels system failure was that the sea got a little lumpy and Cynthia had to stop talking and concentrate on paddling in order to prevent a capsize. To be fair, we all had to concentrate because we were paddling with the wind and waves coming from the left, the tide flowing against us and waves reflecting off the cliffs on our right hand side. This meant that you were not sure where the next wave was going to come from. At one point I remember my stern being dragged down into a wave trough and the bow rising up in a disconcerting manner. Only after the trip did I learn that Albert had seen this and wondered what I was doing. The answer was, trying to stay upright.

Just before the last headland Alan suggested that we should take advantage of the small beach and cave to stop for lunch since there was nowhere else to land until Llandudno beach. We were all ready for a break so his suggestion was eagerly accepted.



Unfortunately the beach consisted of large pebbles and was fairly steep, making it difficult to land. It reminded me of the films I had seen of penguins trying to land on rocky wave lashed shores, some of them making it first time whilst others ended up back in the

sea again. We eventually struggled ashore and settled down to feed ourselves and hand out the odd tit bit to Bruce who was dreaming about his sandwiches on the kitchen table in St-Annes.



We shared our lunch spot with a fellow sea kayaker from Wigan who paddled solo and filmed parts of his journeys so that he could upload the footage to YouTube.

It was with help from this kind chap that I had managed to get ashore without losing my kayak or paddle, just my footing and my dignity.

I struck up a conversation with this chap, and asked if he always paddled solo, thinking maybe we can get him to come on trips with us as he is good at getting people onto a beach. He replied he used to paddle with his son but they kept arguing so now it's just him. He also said that the next bit of the trip was going to be the roughest since he was doing the trip the opposite way round and he had just paddled it. Not wanting to be upstaged, I replied that the previous bit had been no cakewalk. Shortly after he launched his kayak, spurning my offer of assistance, and went on his way.

Also resting on this beach was a seal pup, which was lying in a depression behind a large rock. I don't mean that the seal was in a depressed state, although it probably wasn't very happy at our nearly standing on it while walking across the beach, just that it was in a depression in the pebbles on the beach.



Actually seals have very effective camouflage and are very difficult to see when they are lying still. I discovered however that they can move pretty quickly into a snarl when you nearly walk over their tails.

Suitably fed and watered (except Butty less Bruce) with a sense of foreboding after the "Warnings of the Wiganer" we launched into the sheltered bay ready to take on the fury of the seas around the next headland. I have to say his assessment was pretty accurate and the sea was much more difficult than what we had encountered so far.

It was during these conditions that Bruce, weak with hunger, decided to demonstrate one of his dives and test the functionality of his dry-suit, whilst at the same time testing the rescue skills of Alan & John Fyles. Unfortunately, Albert went to rescue Bruce's paddle, as you do, and became an unwitting rescuer himself. Note to Bruce, buy a paddle leash. I would like to say that we watched as the rescue was carried out according to the text book, unfortunately self preservation kicked in, and we high tailed it out of there around the next headland to where the sea was calmer, and we never saw a thing. This is not quite as selfish as it seems actually because if we had hung around to watch, some of us could have also ended up in the drink thus making this situation even worse. (Talked my way out of that one quite nicely then)

The four of us waited patiently expecting to see Bruce and his rescuers come round the headland in the few minutes it normally takes

to put someone in his boat and paddling again. After what seemed like a very long time they appeared with tiredness in their faces after what had turned out to be a very difficult rescue because of the rough sea and proximity to the cliffs. Towing lines had to be used and Albert had to raft up with Bruce to provide stability because his boat still had a lot of water in it. It was impossible to empty due to the rough conditions.

Back in calmer waters his boat was emptied and his composure regained ready for him to continue on to the beach at Llandudno. Back at the beach, Alan decided that we would end the trip at this point since the conditions and the rescue had left us with insufficient time to carry on to the Little Orme. We were all in agreement we'd had enough excitement for one day and some of us had to walk back for the cars.

Bruce's trailer was pressed into service to bring back all of the kayaks to West Beach where we could get changed and packed ready for the trip back home.



Whilst changing and packing, Mick & Beth arrived back none the worse for their adventures. Much to the annoyance of the wildlife warden, they required an enforced landing at the Conway Nature reserve to re-inflate their bottom.

They then gave us a display of the "Human Rolling Pin" routine as they removed the air out of their canoe ready to be stuffed into Bruce's car along with several sets of smelly kayaking kit and paddlers.



Over a brew and a sandwich (just a brew in Bruce's case) we discussed the day's adventure feeling glad that we had done it and achieved a personal goal.

We had all learned different things; Albert learned that if you rescue someone's paddle you end up involved in the rescue of the casualty and boat. Bruce learned that a paddle leash is a useful piece of kit. We all learned something about the affect of tides and wind on paddling conditions. We had also learned about how waves reflecting off cliffs can make paddling conditions very difficult, especially in a rescue situation. John Fyles admitted that despite all his sea paddling experience it was the first time he had used his tow line for real. Alan learned his tow line can snag on his rudder so we all learned something from the trip. Strangely enough though it is the first time I have been on a sea trip where someone in the group has capsized, other than one trip where someone capsized and rolled up again.

We all made our farewells and set off home, unfortunately Bruce had to make a detour to Wrexham on the way back so he and his passengers were pretty late home. The good news was that at least he would have plenty of sandwiches for his supper.

Norman Green

PS Thanks to Alan Clowes and John Fyles for organising and running the trip and to John Roberts for providing helpful tips and advice at the appropriate time. Thanks to Albert for helping with the rescue in conditions that were probably at the limit of his comfort zone.

Chairman's Chinwag

I'm worried about Pat. How's she getting us all these extra dates at Halton? Is she doing something she shouldn't? Is the river bailiff involved? And who's going to tell Norman?

Getting a quorum at the last Committee Meeting was a close run thing. Mind you, we had 3 Committee Members in Australia and one papering his bathroom (or something), and one marking exams so it's hardly surprising. Nevertheless we're on the lookout for more, particularly as Andy Biggs has resigned. Many thanks to him for his contribution in the past.

We would particularly enjoy having one or more of our newer members on board. Fishes, toads, brewers of fine ales and any other categories would be most welcome (yes, even open boaters!).

Our current Youth Representative is perhaps Paul Binks, and, let's be honest; he's a bit beyond the job! So, in particular we're seeking one or more youfs to come along.

Don't be shy or backwards in coming forwards. We prefer volunteers to pressed men or women.

Another thing that keeps rearing its head at Committee Meetings and Coaching Forums is whether we should keep an Accident/Incident Book. This would take the form of a loose leaf file in which any person's report could be placed. A report could be made on a form (if we get one set up) or as a letter or e-mail. The report could be sent to the Club Sec or Chairman and would be subject to a brief

investigation with other witness evidence prior to a conclusion with possible recommendations being made by the Committee. All this would appear in the Accident/Incident Book which would be open to viewing by all Club Members on request and generally available on a Tuesday evening.

We wouldn't want to be getting reports every week or month, but occasional comments could be very useful.

The purpose of the reports would be as an instrument for improving safety, security and enjoyment rather than to blame any individual, any group or the Club. What do you think? E-mail or ring me or any Committee Member if you have any views on this. Remember IT'S YOUR CLUB – the Committee represent you and therefore should only do what you want it to do!

Don't forget to book in for any of the Club Camps this summer. They're all good fun, and nobody's pressured into doing anything they don't want to. They tend to involve walking, running, cycling and any other activity you can organise (including lying about reading a book). So it's not just canoeing. In the evening there's barbecuing, drinking, talking and chilling.

You can come along in caravans, camper vans or tents. And it's ALWAYS hot and sunny!

Terry Maddock
Chairman@ribblecanooclub.co.uk

Booking Equipment

A reminder to any members wanting to borrow club equipment

Please remember to follow the standard booking procedure, which is:

- Ring me on a Monday evening (contact details in Newsletter)
- Collect and return kit at H&D on a Tuesday evening.

SIMPLE!



Happy Paddling

Albert

Editors Bit

You may notice that this issue of the Newsletter is a little leaner than normal, this is caused by a distinct drying up of articles. Things are so bad in fact that Norman has had to write one to pad this issue out a little.

Are you too busy paddling to write an article? Are you stranded by a cloud of volcanic ash? Do you feel that you can have your say on the Club Forum so you don't feel the need for a newsletter at all? If so please write an article about it and let us know. Fishing for articles, what about some of our newer members, there is a whole aquarium of paddlers who have yet to submit one.

As ever thanks to Paul Binks and Debra Bookbinder for their articles.

Dates and Deadlines The next committee meeting will be on Wednesday 7th July at

7:00pm at the Hand & Dagger. The next newsletter will be published on 21st July. We would appreciate all submissions by Wednesday 14th.

Please send your submissions by email, to newsletter@ribblecanoeclub.co.uk. When we receive them we will send you an email acknowledgment. If you don't receive one you will know it hasn't been received

Disclaimer Please note that the opinions expressed in this and every other Ribble CC newsletter are those of the author of the article. They do not necessarily reflect the opinions of the newsletter editor or the committee, or the policies of Ribble Canoe Club

Pat & Norman Green
newsletter@ribblecanoeclub.co.uk

Ribble CC Library

To borrow a book or video, contact Cynthia Conway (cfconway@tiscali.co.uk) or see her at the Hand & Dagger. Donations of books or videos are always welcome.

Technique:

BCU Handbook
The Practical Guide to Kayaking
Canoeing & Kayaking
William Nealy's "Kayak"
Bombproof Roll and Beyond!
Eskimo Rolling for Survival
White Water Safety & Rescue
Weir Wisdom Rapids
Canoe & Kayak Games
The Playboater's Handbook
Complete Book of Sea Kayaking
Sea Kayak Navigation
Path of the Paddle
Canoeing
Open Canoe Technique
Rowing it Alone
The Handbook of Survival at Sea
BCU Coaching Handbook
Sea Safety: The Complete Guide
White Water Kayaking
The Art of Freestyle

Guidebooks:

English White Water
Scottish White Water
White Water Lake District
An Atlas of the English Lakes
Canal Companion: Cheshire Ring
Anglesey Sea Paddling
Welsh Sea Kayaking
Touring 100 Paddles in England
Scottish Sea Kayak Trail

General:

The Rough Guide to Weather
The Liquid Locomotive
Many Rivers to Run
Norwegian rivers
Canoe Focus
Working out of Doors with Young People

Expeditions:

Travels with a Kayak
Whit Descher
On Celtic Tides
Chris Duff
Blazing Paddles
Brian Wilson
Dancing with Waves
Brian Wilson
Paddling to Jerusalem
David Aaronovitch
The Last River
Todd Balf
Paddle to the Arctic
Don Starkey
Canoeing across Canada
Gary & Joanie McGuffin
The Canoe Boys
Sir Alastair Dunnett
Odyssey among the Inuit
Jonathan Waterman
Barbed Wire & Babushkas
Paul Grogan

Videos:

Liffey Descent
Deliverance (18)
Extreme Sports Canoeing
A Taste of White Water
Wicked Water 2
Drill Time
Destination Nowhere

Path of the Paddle: Whitewater

DVDs:

Tony Morgan - Grand Canyon
LVM Lunch Video Magazine
Ribble Newsletters (CD)
The Martin Years RCC Newsletters 2002-2009
Without a Paddle (13)
Whitewater Kayaking
The Cockleshell Heroes (U)
Mags Brayfield in Nepal
Tatshenshini/Alsek 2007
Mountain River Movie
By Michael Allender
Jackson Kayak Promo
It's Different Every Time
Halton Rapids
Norman Green
Fort William 2005/06 Trip
My Tartan Adventure (VCD)
Ribble Canoe Club, Scotland 2007
Thistle Float Your Boat
RCC, Scotland 2007 & 2008
Norman Green
Locks and Quays
Featuring Ribble Canoe Club
The Politics Show
Featuring Ribble Canoe Club
Open Canoeing
Reg Blomfield
EJ's Rolling and Bracing
This is the Sea - 1st ever action sea kayak video
Janet Robinson
The Call of the River - 100 years of Whitewater Adventure (USA)
Sea Kayak with Gordon Brown
Instructional Journey along Skye Coast

NOTE: Last minute trips are often arranged on the forum on the website (www.ribblecanoecub.co.uk), at the Hand & Dagger on Tuesdays or at Fulwood on Friday (RCC pool nights) . If you have any dates for the calendar please contact **Terry Maddock**

Ribble CC development trips are in **bold**

Ribble CC recreational events (assumed risk) are in ***bold italic***.

Other Ribble CC events are in *italic*.

Events in normal type are external events listed for information only.

MAY

Fri May 21
9pm - 10pm Pool - 3* Sea Course for those booked onto the course
Where: Fulwood Leisure Centre

Sat May 22 – Sun May 23
Slalom Div 3 & 4 Rhug

Sun May 23
TEA trip - Richard Collins
Where: Derwent Water

Fri May 28
9pm - 10pm Pool - Open Session for all Members to do their own thing (within reason)
Where: Fulwood Leisure Centre

JUNE

Fri June 4
9pm - 10pm Pool - Open Session for all Members to do their own thing (within reason)
Where: Fulwood Leisure Centre

Sat June 5 or Sun June 6
Development trip - see forum

Sat June 5 – Sun June 6
Slalom Div 3 & 4 Stone, Staffordshire

Sun June 6
3 star Sea Kayak - Possible Assessment day
Where: TBC

Fri June 11
9pm - 10pm Pool - Paddle Skills Session - BOOKING ESSENTIAL with Allan Hacking
Where: Fulwood Leisure Centre

Sun June 13
3 star Sea Kayak – Possible Assessment day
Where: TBC

Fri June 18
9pm - 10pm
Pool Session - Competition Skills - BOOKING ESSENTIAL with Rachel Desmond Drew
Where: Fulwood Leisure Centre

Sat June 19 or Sun June 20
Beginners trip - see Forum
Where: Venue to be arranged

Sat June 19
11am - 5pm 3 star Sea Kayaking trip - Lead = Alan Clowes
Where: Swellies N. Wales

Fri June 25
9pm - 10pm Pool - Open Session for all Members to do their own thing (within reason)
Where: Fulwood Leisure Centre

Fri June 25 - Sun 27 June
West Tanfield Camp
Where: Near Ripon West Yorks

Sat June 26 - Sun June 27
Slalom Div 3 & 4 Sowerby Bridge

Tue 29th June, 6 pm at H&D.
Brookbank demo night come and try that boat you've always wanted

JULY

Sat July 3 or Sun July 4
Development trip - see forum

Sat July 3 – Sun July 4
Slalom Div 2 & Open? Washburn
Where: Washburn

Sat July 17 or Sun July 18
Beginners trip - see Forum
Where: Venue to be arranged

Fri July 30 – Sun Aug 1
Rhosneigr Surf Camp, Anglesey - See newsletter March/April
Where: Anglesey

Sat July 31 – Sun Aug 1
Slalom Div 2, 3 & 4 Abbey Rapids

AUGUST

Sat Aug 7 or Sun Aug 8
Development trip - see forum

Sat Aug 14 – Sun Aug 15
Slalom Div 4 (Short Course) Matlock

Fri Aug 20 – Sun Aug 22
Summer camp – Venue TBA

Sat Aug 21 or Sun Aug 22
Beginners trip - see Forum
Where: Venue to be arranged

Sat Aug 28 – Sun Aug 29
Slalom Div 3 & 4 Bala Mill

Sat Sep 4 or Sun Sep 5
Development trip - see forum

Sat Sep 4 – Sun Sep 5
Slalom Div 3 & 4 Marple, near Stockport

Sat Sep 11
"Seaquest" & "Seatour"
Where: Wyre Estuary - Fleetwood

Sat Sep 18 or Sun Sep 19
Beginners trip - see Forum
Where: Venue to be arranged

Sat Sep 18 – Sun Sep 19
Slalom Div 3 & 4 Oughtibridge, Yorkshire

Sat Sep 25 – Sun Sep 26
Slalom Div 3 & 4 West Tanfield

This data is extracted from the Google calendar on the RCC website. Google Calendar amendments may be made after this one has been printed. Trips may be changed or cancelled at short notice. Always get in touch with the trip organiser the day before to check! If you don't, and you have a wasted trip, don't blame us.