

TALES FROM THE RIVERBANK



November/December 2010

Your Quartermaster Needs



YOU

The annual stock take and inspection of all Club equipment will take place on Friday 26th November

All boats and equipment must be returned to the Hand and Dagger no later than Tuesday 23rd November.

So if you have a club buoyancy aid lurking at the back of your garage, that club paddle you have been using to prop up the clothes line, or a kayak being used as a flower pot, you know what to do.

Dingo-Dumbongo

17th Dec

At the Billo-bong

(Fulwood Pool 20:45)



Antipodean themed

It's a Knock Out



Dingo-Dumbongo

It's time again for the Ribblers annual Christmas version of "It's a Knock Out". Last year the "Bongo Boys" were thoroughly thrashed by the new comers, "The Middle Aged Fogies".

This year, in honour of so many Ribble paddlers making it across to that great penal colony down under (some haven't come back!) the Dumbongo organizing Committee, which consists of just me, have unanimously decided to have an Australasian theme.

The games will have names such as 'chase the alligator' and 'pull the jumbuck from the billabong', however the keen eyed amongst you will realize these are the exact same games as for the past umpteen years simply with the name changed – if it ain't broke, don't fix it! However one of the games has a 'cunning twist' – all will be revealed.

What we need are 4 teams, not much paddling experience required, to sign up. The post will go on the forum very shortly.

Paul Binks

Thank You For Your Generosity

Following on from the Star Awards Presentation Night held recently at the Hand & Dagger, Ribble Canoe Club has donated the sum of £100 to 'Help for Heroes'. This amount is the money raised from the raffle and then rounded up by the club. Eric Innes who presented the awards paddled around the coast of Britain in 2009 to raise funds for this worthy cause which I am sure everyone will agree is doing a fantastic job supporting our wounded servicemen and women.

Kath Risely



Ribble Canoe Club
Donation

Thank you so much for your donation of **£100.00** to Help for Heroes. We appreciate every penny that comes in and we will ensure that it is put to use providing support for the men and women who are injured in the service of our country.

When Emma and I decided to do our bit to help 'the blokes', the men and women of our Armed Forces, we had no idea that so many people felt the same as us. We are proud parents of a soldier and know what it is to have him away fighting; we also know what it is like to see his friends injured with their lives changed forever. We cannot prevent these terrible injuries but by joining together with others in support, we can do something positive and help them on the road to recovery.

We have already been able to fund the Headley Court Rehabilitation Complex, assist other Service charities such as Combat Stress and SSAFA in their excellent work and helped fund adaptive sports through the Battle Back programme.

The next project for H4H, which your donation will go towards, aims to ensure those wounded in the line of duty get the very best support; for life. H4H is working with the Services, to establish a Recovery Capability that will not just ensure that those who leave get jobs, but that they have access to a comprehensive range of support; from learning new skills to access of psychological financial, employment, prosthetic and social support - a "one stop welfare shop" for our wounded and their families.

Our work is by no means over, there is a great deal to do but your contribution will make a great difference to the lives of some very special people. On behalf of all of us at H4H and all those who we will help, thank you.

With thanks

Bryn Parry OBE
Emma Parry OBE
Co Founders Help for Heroes

www.helpforheroes.org.uk

Help for Heroes Limited a company limited by guarantee. Registered in England and Wales under number 6363256. Registered charity number 1120920.
Unit 6, Aspire Business Centre, Ordnance Road, Tidworth, Hants SP9 7QDTel: 0845 673 1760 Email: info@helpforheroes.org.uk

White Water Safety Rescue – Ribble Style

Debra Bookbinder

DAY 1

Thanks to Allan Hacking (who had been subject to relentless nagging, so maybe it was self-interest) a course was arranged for September 18/19 with Sean @ Wild River. More pics and info at www.wildriver.co.uk and search on facebook. Always a good idea at the beginning of the paddle season (hint to committee about the annual paddling calendar) the following valiant (if foolhardy – read on) paddlers committed to try and be a bit less numpty in the event of difficulty.

I'm not sure we committed to be scared to within an inch of our lives and more exhausted than we ever imagined possible, but that's what we got.

Learning Point One:- It's less tiring to be on the river, than in the river

So, introducing the Sartorial Safety Six:-

Left to Right: Wayne, Sean (WR) Paul Binks, Ice Maiden, Sam Binks, Phil Howarth, Mark Buttle



The morning started civilised enough in the café of the leisure centre in Carlisle next to the Eden. Now given my last time on the Eden involved being the only safety kayak for a trip with open boats that ended a little disappointingly (at one point there were 7 folk in the water), I had a little trepidation already.

However, we were soon outdoors showing Sean all our bits. Yes, it was a bit embarrassing, but where he did criticise, he also explained what the shortcomings of the kit choices were and why other choices are not just about the brand but about improved safety.



Most of our ropes came in for a fair bit of criticism to be honest. Too thin, too short being the most common. We learnt about packing the ropes and this was to be a recurring activity, in fact I've been to the Doctors for RSI we packed ropes so often in the next two days!



We then proceeded to paddle across the Eden, although we spent so little time in our boats after that it's a wonder we bothered! First off we set off above a little drop and had to deliberately capsize above it, swim defensively down, then aggressively swim to the eddy.



Paul Binks is still smiling at this point but I suspect he just hadn't heard what we'd been asked to do next.

Learning Point One: Defensively doesn't mean closing your eyes, covering your head and curling up in a ball. It doesn't work. However, getting on your back with your legs up, pointing downstream and using your arms to work yourself across the river to where you may want to be more active is a little more effective.

Learning Point Two: Aggressively doesn't mean finding someone to punch cos they didn't help, although you may feel like that. It does mean getting close to the eddy line you want to cross, then turning onto your front and swimming very hard to where you want to be, turning over as you cross the eddy line.

We then learnt various ways of helping a paddler in a manner that minimises danger to yourself. Basically the less the contact the better seems to be rule of thumb, although of course your thumb wouldn't be involved as you wouldn't have contact. I digress.

No Contact

- We all had a go at shouting and much to my embarrassment this turned out to be what I was best at.
- Accompanying this with dramatic body gestures to exaggerate what's being communicated was also encouraged.

We looked like an outing for care in the community.

Minimal contact

- Getting up close in a kayak and encouraging the swimmer to keep active and providing guidance on eddy's coming up etc., also minimised contact
- Offering a paddle if this was within reach was also a possibility.
- My personal favourite was encouraging someone to grab the back of your boat but paddling just slightly out of their reach so they keep trying and working. Does get them to get themselves out of danger but they may give you a good slapping once you're out.
- You could offer the straps on the back of your boat (another good reason to put straps on). This avoids direct contact with the boat but gives some support.

Direct contact

- Encouraging the paddler to grab the boat using the grips on the back of the boat puts the paddler at increased risk and was only advised if this was thought necessary for the swimmer
- Allowing the paddler to mount the boat and hold onto the paddler was also practised. A useful exercise in establishing what level of support you are comfortable with offering.

Given I kept yelling 'drown, drown' to the person on my boat I now have a good sense of where I am on that scale.

Ropes

We also enjoyed entangling our ropes in trees, throwing them upstream of the swimmer, short of the swimmer and all sorts of other places, some of us even got them near. It was surprising how soon aim gets better with even a little practice, so even though you do feel stupid, it's worth doing.

Having done all that we wondered what else was needed and why there was a second day.....
Hmmmmm – to be continued in January Newsletter.

Debra Bookbinder

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**

Blackpool Wake Park

www.blackpoolwakepark.com

For those who don't know, Blackpool has a fairly new attraction. The Wake Park. It is just outside Blackpool, nr Weeton village.

I recently visited the Wake Park to have a look and to see if it would be possible for Ribble Canoe Club members to visit and use the facilities that the park has to offer.

I met the owner of the Wake Park, Gary and he is keen for any members of the club to use the lake for whatever use they can, from newcomers to experienced paddlers for recreational, training etc.

The lake is a fresh water lake which is spring fed all of the time, the run-off water runs into a stream at the far end of the lake, so nice clean water 100% of the time. The water depth varies from approx. 2metre to 5metre in

various parts of the lake, ideal for those practice rolls.

I spoke to him regarding the cost of us using the park and he mentioned a charge of £5.00 whether you are at the park for a couple of hours or there all day. Opening times vary due to seasonal and daylight conditions but he said they are usually open until the light starts to fade.

Gary was a very helpful and stated that if the club needed or required any further information or help that he was only a phone call away and he gave me his mobile number 07875369409 for anybody to ring him if they have any questions.

Wayne Lees

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
7 January	Open	n/a	John Kington	Paul Binks
14 January	Skills	Allan Hacking	Rick Turner	Terry Maddock
21 January	Rolling	Gary Fishwick	Katie Fishwick	Gary Fishwick
28 January	Rolling	Gary Fishwick	Wayne Lees	Kath/Albert Risely
4 February	Rolling	Gary Fishwick	Katie Fishwick	Gary Fishwick
11 February	Skills	Allan Hacking	Mark Dillon	Paul Binks
18 February	Open	n/a	David Nelson	Alison Nelson
25 February	Open	n/a	Mark Loftus	Brian Woodhouse
4 March	Polo	Rachel Drew	Will Body	Rachel Drew
11 March	Skills	Allan Hacking	Wayne Lees	Cynthia Conway
18 March	Slalom	Rachel Drew	Will Body	Rachel Drew
25 March	Open	n/a	Mark Dillon	Cynthia Conway
1 April	Sea/Touring Safety	Allan Hacking	Mark Buttle	John Kington
8 April	Skills	Allan Hacking	Mark Loftus	Brian Woodhouse
15 April	Open	n/a	Tony Morgan	Terry Maddock
22 April	Good Friday, no session	Easter Bunny		

Please note prices for pool sessions: Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4. Please book in advance for the Paddle Skills Sessions and Rolling Course by phoning the named contact.

Beyond the Tay Descent: Killin to Grandtully

Paul Binks

After the Tay Descent, myself, Sam, Allan Hacking and Mick Sumner, 4 of the 5 'Gentlemen of Spey', decided to stay on and have a little bit of a wander down the Tay system. Setting off at 5pm from Killin at the far west end of Loch Tay may have seemed a tad fool hardy, but hey, we're hardy fools and the clear sky guaranteed us a full moon by which to navigate and pitch camp.



We managed to find a spot that looked down the Loch and as we were unloading the boats the full moon started to rise. I've hardly seen such a big moon as came over the horizon that evening. Myself and Mick stuck with tents whilst Sam and Allan set up tarps and Bivvies' using their boats, paddles and canoe poles; the first time either had tried this method of camping. Allan's faced out towards the Loch so he could watch the sun rise over the far end of Loch Tay.

Food was had, fire lit and we settled in for the night to chat, eat biscuits and drink whiskey. As we started to turn in for the night we realized that there was frost forming around us, it was promising to be a cold night.



Waking up the next morning I was glad to see Sam and Allan hadn't perished. It was still freezing as we got going; which did have its advantages as the washing up I'd left the night before could be chipped clean. The disadvantage though was that my wet shoes and gloves were also frozen and had to be prized apart before I could get them on.

Setting off down the Loch a slight breeze started to pick up. Both Allan and Mick had sails with them and needed no encouragement to try them out.



As myself and Sam didn't have sails we had to raft up with the others in order to keep up, sometimes in pairs and sometimes as a raft of 4. Top speed of about 5.7KPH was reached. Whilst we all had a function to play, holding the sails, steering, holding the boats together, the occasional paddle stroke for good measure, it did seem that none of us were actually doing anything really. That was until Mick decided to try and share the jelly babies out; then it all went to pot! As each one of us started to lessen our attention on our tasks the raft literally started to fall apart; the boats drifted away from each other, the sails flapped and Mick's paddle decided it didn't want to stay with us and stayed put whilst we carried on.



The intention was to get a short distance down the river Tay before pitching camp, but it was getting a bit dark and we were tired and not in the best frame of mind for tackling the rapids under Chinaman's bridge which we'd been told about. The island at the west end of the Loch proved to be a very suitable camping spot that was obviously also used by others. A convenient area of flat ground, a readymade fire place and trees to shelter us from the increasing wind and prying eyes was ideal after a long day on the water. That night couldn't have been different weather wise.

Sam and Allan now experienced wind and rain and their tarps still held fast.



We were a bit nervous of the rapids at the start of the river as Sam and I hadn't paddled rapids solo before and none of us had a desire to be wet.

Standing on Chinaman's bridge we picked out our lines and ended up negotiating them without any problems. The river Tay isn't very wide and is quite fast flowing. There were a few rapids and wave trains on route but nothing that we couldn't handle.

The important thing though was to get out before Grandtully rapids, which for us, in our boats and our kit would have meant a rather cold bath! We did manage to get to shore and carried the fully laden boats back to the car park; though the technique of 4 men with straps under the boats does work I'm not sure my back thinks it's a good idea even now! May be I just need to take less kit!

Many thanks to my comrades in arms for their support and camaraderie; to Allan for the maps and direction through the rapids, to Mick for helping me lighten my load by eating some of my food and to Sam for not minding spending his holidays with three old gits!

Paul Binks

Festive Dinner at The Hand & Dagger
On Tuesday 14 December 2010 from 7.00pm

If you're coming along to the Hand & Dagger on Tuesday 14 December you can, if you want to, book for the Festive Dinner by e-mailing me at chairman@ribblecanoecclub.co.uk or ringing 01253 838502. Below is the menu to whet your appetite. Let me know your order when you book.

Following intensive negotiations I've managed to get the Dinner Menu at the Lunch Menu price. That is £12.50 for two courses or £15 for three courses (a £2 discount). This is based on getting at least ten to book. Please book as soon as possible so that we get up to ten before the end of November and we know the discount will hold.

Still come along if you're not booked in for the Festive Dinner. The normal menu will also be available or you don't need to eat at all. The landlord would however like you to buy a drink at least!

STARTERS

Home-made roasted root vegetable soup (V) served with granary bread from Phil's Bakery, Lytham.

Rillettes of fresh and smoked Scottish salmon served with caper mayonnaise and mixed leaf garnish.

Home-made chicken liver pate served with an onion and raisin marmalade and granary toast.

MAIN COURSES

Roast Fylde Turkey

served with home-made stuffing, chipolatas, cranberry sauce, fresh seasonal vegetables and potatoes.

Comfit of Duck

slow cooked duck leg served with home-made orange sauce, fresh seasonal vegetables and potatoes.

Seafood Cassoulet

prime fresh fish cooked in a light cream sauce, served with fragrant rice.

Braised Beef Olives

tender slices of English beef wrapped around mushroom pate and braised in a red wine sauce.

Butternut Squash and Wild Mushroom Risotto (V)

served with a herb salad.

DESSERTS

Christmas Pudding served with home-made rum sauce.

Mulled Fruit Crumble served with home-made custard.

Tipsy Sherry Trifle home made to our special recipe.

Chocolate Ganache served with vanilla ice cream.

Paddling in the Alps 2010

An Introduction to Alpine Paddling with Plas Y Brenin

Debra BookBinder

Part 3

Day 5 was always down as the Upper Ubaye and we knew timetable wise it was likely to be the most challenging day. What we hadn't reckoned on was the overnight rain. Solid Grade III with must make moves to avoid debris and holes a good deal longer than any boat, with very few eddys. It was another challenging drive in with hairpin bends and a pressing need to get ahead of the road closure for the local cycle race due through the area. I decided not to take a travel pill and the coaches kindly took the longer, less windy route (though it still felt pretty horrid!).

On the way there we came across a cyclist injured in the road and offered assistance but they quickly worked out that turning a mini bus and trailer around to go back to Embrun was probably more dangerous than waiting for the assistance they had called but it was yet another reminder of the dangers of assumed risk sports (she was just feet away from a sheer drop).

Wide, deep, rocks were not going to be the danger but sheer volume and width would make any swim interesting. Overnight rain had made it even higher and there were few eddys. Adam explained that we wouldn't try to make many eddys but we should signal if we were tired and wanted one. We were advised to enjoy the roller coaster and that wasn't far wrong as a sense of the rise and fall of the waves. It was continuous, almost relentless. By now I wasn't following Adam like a lemming but was following Craig behind Adam, trying to follow his signals but also read the water for myself. It was moving so fast sometimes whilst you could see a difficulty ahead it wasn't always possible to

avoid it so there came a point where instead of paddling away, you had a judgement call to make to turn and paddle into it, straight on.

Almost the whole of the immediate horizon could be a wall of water or the snow-capped tip of the alps. Sally advised to use the crest to look forward then attack the next wave. This was solid Grade III.

We had been going almost an hour at which point I was happily following Adam, anticipating most of his signals when he asked me to break out into an eddy river right and wait as he had a swimmer. I broke out and made the eddy; realising Craig was in the water. I made the eddy and shouted to paddlers on the bank who were set up to offer safety to their group, to offer Craig a line. Craig almost got it but then went into the rapid. The paddlers on the bank then asked me for my line (they had used theirs for Craig) as they now also had a swimmer. I got out of my boat and gave them my throw line but then their swimmer was too far over (anything less than 25metres in the Alps is a bit useless and my line was only 18) and someone else had her.

The rest of my group had passed as I was getting out of my boat (which I shouldn't have done) but signalled to me to join them. Instead of the usual rush I decided to do things in my own time. The eddy I had made was not ideal with trees at both ends. There was a rapid river right, same bank, a little further down, I realised I really didn't want to be in. I got back in boat, got myself positioned at the bottom of the eddy so I could get in three strong strokes before breaking in and ferrying centre before turning downstream, staying centre then breaking left onto the island where my group was waiting.

I was effectively on my own and my concentration couldn't have been more focussed. I did another handbrake break out to join the group. I had to do it because it mattered.

Spike commented that it was as if a switch had been turned on and it was all dropping into place. Apparently my break out and positioning had been text book. I was starting to believe I could actually be a paddler, rather than someone who wanted to paddle.

We waited for Sally to join us (she had run shuttle). I commented on how difficult I was finding it to repeat signals from the coach as he didn't signal when there was no problem, but if I waited to be at the point where the coach made the signal, then it was already getting tricky, but if I signalled too early, before the 'difficulty', this was equally unhelpful!

As we sat in the eddy waiting for Sally, Spike suggested the introduction of a new signal specifically for alpine paddling. Making like a snake the signal would be to represent there is stuff left and right and whilst the coach will try to show a line, you have to think for yourself and find the best line for where you are.

There was more Grade III big waves and purposeful paddling; every stroke had to be decisive. At the same time if you found yourself spinning instead of fighting it, moving into it, quickly, to then power out of it, was not a technical skill but a key manoeuvre. Seams appeared from both sides that needed to be dealt with.

Another 20 minutes and I was getting quite tired, I misread a wave from the left under a bridge and I was over. Without a roll and with no one close by I bailed. Adam was there in an instant, I grabbed his boat and kicked hard, in no time at all were river right and into an eddy. I got hold of a rock, worked my way round and was out. He went after my paddle. I walked up the bank, along the road for a short while and some passing cyclists told me (in French) my boat was a few meters behind. I looked down and saw Ross had rescued it and was on the bank. When I joined him he said he didn't know if the rest were 50 metres or 5

kilometres so he would be with me until we joined the group. The bank was a wide crescent but I could see a very nasty drop river right and there was only a very slim eddy. I would have to power out with only one or two strokes before ferrying to the middle.

I suggested it would be best if I called it a day but he said we had to join the group and then I could 'walk out'. I knew that once I had avoided the nasty drop I'd be OK, but I wasn't confident of my ability. Like the time at the safety training when he had offered to swim with me (which I had declined), he said he would go downstream first and be just ahead of me but that he was confident I had the ability to do it. I borrowed his belief.

Unable to indulge my fear I completely focussed and made a great break out into the centre current, easily carrying me past the drop, joining the group. There wasn't anything as big and continuous as we'd been through and for some parts I lead. I was beginning to experience some pain along the top of my right arm between the wrist and the elbow. Adam advised letting it cool in the water and that I needed to use my abs more. It eased.

As we approached St Clement I was determined to run the slalom. Again I asked to follow Sally through but I was quite sure of my line. The river was slightly higher but that meant the hole on the right beyond the wave wasn't as grabby and whilst bigger, it was actually smoother. As I entered the wave I challenged it to have me! It didn't.

Day 6. More overnight rain. I had run the river from XXXX Prelles???? To xxx??? In both '07 and '08. In '07 it had also been the final run of the course, and followed rain, in fact it was raining so hard when we arrived we had all changed in the minibus to the sound of some very upbeat music. When we got it in smelled pretty bad, the levels seemed to have encouraged some sewage. I declined to play with the apples and various other detritus available in the calmer parts but determined not to go in. I had my first day without a capsized.

In '08 it was so high we had to seal launch as the eddy was gone.

It looked like '08. The coaches got out to inspect as we waited in the minibus. It looked faster and muddier than in '08.

When they came back I immediately said I wasn't getting on and found that Craig and Rick were of the same opinion. Dan and Mike were offered the option but Dan had a stomach upset the night before and Mike didn't fancy it. The coaches seemed relieved and also pleased that we would trust our intuition.

We decided to do some pool work and headed back to St Clement. As we passed St Ecrins it looked good so we headed back, took a look and Spike said we should all do it.

As we prepared in the car park Sally fainted, showing how demanding the conditions can be. Without further ado, we got our boats down to the launch. It was very fast and we would have to launch pretty close to each other. As I got in my boat my left foot rest lurched forward inside the boat (despite the air bags) and I realised the brace was completely off the bolt with no screw. I was a little elated at the possibility of a completely plausible excuse not to paddle but quick as a flash a screw was obtained and my excuse dissolved.

On we got for some pretty continuous grade III. Spike ran shuttle and took photos from a couple of bridges. At the final bridge at the end of the intense Grade III sections he relaxed in anticipation of our final run. For a good five minutes I found myself recanting the mantra (F*(k tired, purposeful) with every paddle stroke. My right arm, despite the Ibuprofen, was now really quite painful.

My thinking was good. I was reading the river and knowing where I needed to be and what I had to do to get there, but I was really fatigued. Almost 5 full days of paddling was catching up with me. I found myself thinking that I had less than two years before I could go on a SAGA holiday and what am I thinking of!

By now I was mostly behind Craig, letting him follow Adam and trying to read the river

for myself. I could see the moving water on the right and there was some white stuff on the left that was probably not playful for they would have enjoyed it. I pressed the 'switch' for power to the right, but nothing happened. My right arm was weak, my abs didn't connect. I tried a hard sweep on the left but my paddle went shallow. Twice.

Alpine water was fast and I realised I wasn't going to clear the difficulty on the left and the worst thing would be to remain horizontal to it, so I had better face into it. I planted my paddle on the right to do a hard sweep, but my arm failed and it went shallow. The wave curved over me and I capsized.

This time I kept my paddle and Ross was onto me in a flash. With my paddle on top of his boat and between my arms, kicking with all my might we were on the side in a flash. I walked up the bank and very shortly met Adam, who had my boat.

I asked if this was a convenient place to walk out (I could see a road). At first he wasn't sure but when I explained how bizarrely satisfied I was, he seemed more reassured, helped me find the path with my boat and made arrangements for me to be picked up by Spike. He remarked that I'd done the most difficult part and couldn't believe I'd swum, it was solid Grade III and my improvement over the week had been fantastic.

How could I be disappointed? I had paddled to the upmost of my physical ability. I hadn't let emotion overwhelm me. I knew technically what to do, but that my body wasn't conditioned enough to do it. To continue, knowing I was tired and my body was not responding, would be to compromise myself and my fellow paddlers.

It was the first trip I had paddled every single day. Instead of counting capsizes per trip or even per day, it was per week. 7 rivers, 6 days, 4 capsizes, 2 epic swims, 2 good rescues. Huge volume, high speed, stunning scenery, superb coaches, great paddling pals, sunshine.

It's got to be close to heaven. Mum, I hope you're watching and I'm making you happy.

Debra Bookbinder

FOR SALE

2 x 13ft plastic beginners kayaks

similar to dancers £80 each, in ok condition.

Roy Garriock

AGM 2010

Agenda

Notice is hereby given that the Ribble Canoe Club AGM for the year ending 31st December 2010 will be held on **Tuesday 15th February 2011** at The Hand & Dagger, Salwick at 7:30 for 8:00pm start for the following purposes:

To receive the Hon. Secretary's report for the year ended 31st Dec 2010.

To receive the Hon. Treasurer's report and Statement of Accounts for the year ended 31st Dec 2010

To receive the Competition Secretary's report for the year ended 31st Dec 2010

To receive the Hon. Chairman's report for the year ended 31st Dec 2010.

To elect Officers and Members to the General Committee.

To appoint auditors.

To discuss any other business.

To present the Club Trophies

Anyone wishing to put forward an item for the agenda must put item in writing to the secretary by 31 December 2010.

***By order of the Committee
Paul Binks, Secretary***

Trophies Awarded at the AGM

Driftwood

The Driftwood trophy is awarded to the club member whose paddling ability is thought to have improved the most during the last year.

Competition

The Competition trophy is awarded to the person seen to have achieved (or improved) the most in Competition during the year.

Youth Challenge

The Youth Challenge trophy is awarded to the club member under the age of 18 who is thought to have achieved the most in the past year, be it in improved paddling ability or competition.

Shakespeare

The Shakespeare trophy is awarded to the writer thought to have contributed most/best to the newsletter in the last year.

Philip Singleton Trophy

The Philip Singleton Memorial trophy is awarded for significant contributions to the club over a number of years.

Floater

The Floater trophy is to be awarded to the Club member who hasn't won 'owt and deserves summat for doing the most extraordinarily exceptional thing(s) during the past year - extraordinarily exceptional in any way which enhances the diverse nature of our club, be it silly, eccentric, adventurous, outlandish, courageous, bold, hardworking, entertaining, public spirited, mad, generous etc...etc..."

All members are invited to submit the name of any member(s) they feel deserve any or several of the above awards. Nominations should be submitted in writing to the Chairman either in person or by post to Dean Nurseries, Chapel Road, Blackpool FY4 5HU or by e-mail to chairman@ribblecanoecub.co.uk by 31 December 2010.

Go on, nominate some deserving member

Chairman's Chunter

If there's something you're not happy with about the way your Club's being run, there's possibly two things you could do. One is to clear off and join a different club – but I hope you'll adopt the alternative option which is to stick your oar in at the AGM next February and get things changed.

To do that, you'll need to submit your proposal in writing by 31 Dec 2010 to our Hon. Sec. Paul Binks, with the signature of a seconder as well as your own.

Of course, an easier thing you could do is to collar a Committee Member on a Tuesday night and bend their ear long enough to challenge their will to live. Then get them a drink and they'll agree with everything you've said and put it forward at the next Committee Meeting.

Do you know about the trophies we present at the AGM each year? There's a summary of the trophies elsewhere in this marvellous magazine with an explanation of what they're presented for. If you think any member you know deserves one of these trophies, then why not nominate them for one. How you do that is explained on the trophies page. I hope you DO nominate someone, because it's otherwise just up to the Committee alone, and we occasionally struggle to know all the paddling details of all deserving members.

When you do nominate someone, please give a very brief explanation of why you think they're deserving. If you can get someone else to agree with you, they can support the nomination and make it even stronger.

And lastly about the AGM – BE THERE. You'll get subsidised food and entertainment as the Chairman struggles to remember what's going on and tries to get it all in the

right order! We try to keep the formalities to a minimum – oh, and there's a raffle.

There's been a lot of canoeing activity since the last magazine. As well as Beginners', Development and Recreational Trips there was the Tay Descent and the Tyne Tour. You can view a video of the Tay Descent via this link

<http://www.canoescotland.org/events/TayDescent.aspx>

You'll see plenty of Ribble C C members canoeing, kayaking and swimming! The Ribblers returning from the Tyne Tour are stock full of excitement and bonhomie about the event. So I think it went well.

Back to the future, and there's a Festive Dinner being arranged at The Hand & Dagger for Tuesday 14 December. See elsewhere for details and how to book. Don't worry if you don't want the festive fayre but do want a normal social Tuesday evening with normal menu and/or drink – that's still running alongside the festive troughers.

Of course it's the Club's Dinner & Disco at The New Drop on Sat 18 December so, if you've booked, don't forget to go (it's been done before). Many thanks to Debbie for organising it again.

I'm now eagerly awaiting the flood of proposals for the AGM, nominations for trophies, and bookings for the H&D Festive Dinner. Merry Christmas and a Happy New Year to all.

Terry Maddock
Chairman@ribblecanoecub.co.uk

Editor's Bit

Being close to Remembrance Sunday we thought we would go with a World War One themed headline, just to be a bit different. From the sound of Albert's newsletter item, we think you ought to Poppy down to the H and D and return any club kit on time to avoid being sent to the Trenches.

Thank you to Debra Bookbinder for her intrepid tales of Paddling in the Alps Part 3, which concludes our first ever Mini-Series.

We will have to hope that she goes off to do some further Hair Raising stuff to write about next summer. That woman has more bottle than United Dairies.

You have probably noticed that the Gentlemen of Spey have lost one of their numbers and moved to a different Scottish River just for our enlightenment, thank you Paul for your article.

This is also the second of two episodes about their recent paddling exploits in Scotland. We believe that Paul has tasked Sam & Rob to write the first episode as an article about the Tay Descent for next issue.

So that's second part first and first part second, hope you are all keeping up with this.

Overheard on a recent trip "When I capsized I put my paddle in the roll position but couldn't remember what to do next".

Dates and Deadlines The next committee meeting will be on Wednesday 5th January at 7:00pm at the Hand & Dagger. The next newsletter will be published on 19th January. We would appreciate all submissions by Wednesday 12th.

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 Dunnnett
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

CALENDAR

NOTE: Last minute trips are often arranged on the forum on the website (www.ribblecanoeclub.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.

NOVEMBER

Fri 19
Pool Session: Freestyle
Contact Will Body

Sun 21
10am - 4pm Halton working party
Contact Pat Green
Helpers to assist with clearing the site

Fri 26
9pm - 10pm Pool Session: Open
No booking necessary

Sat 27
2pm - 4:30pm Liverpool Coast Guard
Visit - 3 star sea kayakers
Contact Rick Patterson

DECEMBER

Wed 1
7pm - 9pm Coaching Forum
Contact Allan Hacking

Fri 3
9pm - 10:30pm Pool Session: Open
No booking necessary

Sat 4 or Sun 5
Development Trip – Halton

Fri 10
9pm - 10pm Pool Session: Paddle Skills
Contact Allan Hacking

Sun 12
10am - 4pm River Trip - R Leven
Contact Rick Patterson

Sun 12
Washburn Release

Fri 17
9pm – 10:30pm Pool Session: Dingo Dumbongo!
Contact Paul Binks

Sat 18
6pm - 12am Club Christmas Dinner and Disco
Contact Debbie Dowe

Sun 26
Washburn Release

JANUARY

Wed 5
Committee Meeting
Contact Paul Binks

Fri 7
9pm - 10:30pm Pool Session: Open
No booking necessary

Sun 9
River Trip – River Wenning
Contact Rick Patterson

Fri 21
9pm - 10:30pm Pool Session: Rolling Pt1
Contact Gary Fishwick

Fri 28
9pm - 10:30pm Pool Session: Rolling Pt2
Contact Gary Fishwick

FEBRUARY

Wed 2
Coaching Forum
Contact Allan Hacking

Fri 4
9pm - 10:30pm Pool Session: Rolling Pt3
Contact Gary Fishwick

Fri 11
9pm - 10:30pm Pool Session: Paddle Skills
Contact Allan Hacking

Sun 13
River Trip – Ingleton Greta
Contact Rick Patterson

Tues 18
Ribble Canoe Club AGM
7.30pm Hand & Dagger

Fri 18
9pm - 10:30pm Pool Session: Open
No booking necessary

Fri 25
9pm - 10:30pm Pool Session: Open
No booking necessary

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.