

# TALES FROM THE RIVERBANK



July/August 2013

## *Report from RCC Scottish Branch*

*Christine Stuart  
(AKA Christine of the Antarctic)*

Hi there everyone just thought I'd keep you up to date with the goings on north of the border.

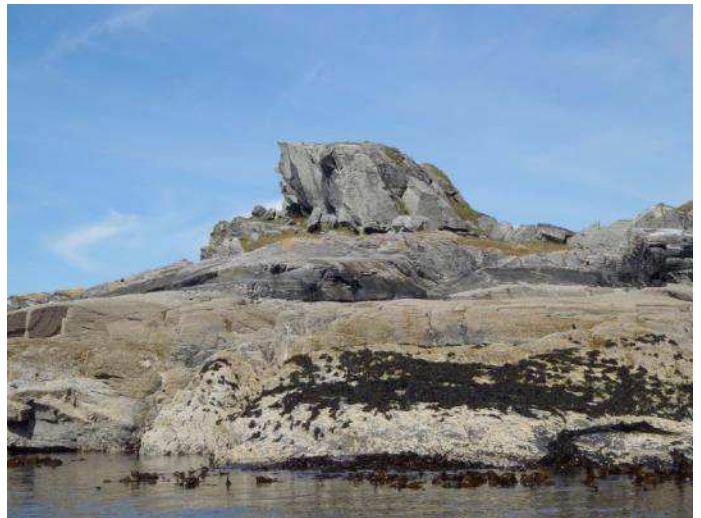


For those of you who don't know me, I joined RCC in 2011 with very little paddling experience. I went on a beginner's sea kayaking course with Glenmore Lodge at the end of April 2012. It was based on the West Coast of Scotland at the Glenmuig Inn for four nights. I instantly fell in love with the place and asked if they had any jobs. Three weeks later, I was back with my bike, my boat and my boots and now live and work there permanently!

I have had quite a few visits from members of RCC since I've been here so thought it would be nice to write an article for the newsletter to let you all know what you're missing!

At the end of May this year some of our members braved the journey and made it past border control even without their passports.

Mitch was first to escape and arrived for a day of paddling. We set off out of Glenuig, launching our boats from the front of the Inn. We paddled NE across to the end of the Ardnish Peninsula then North across Loch Nan Uamh to the South side of the Rhue Peninsula. From there we paddled west along the peninsula to the Borrowdale islands and explored these.



The rock formation on top of one of the islands is like a huge cat as you can see from the photos.

As well as the cat, there were 6 deer and a Stag on the island who just stood and stared at us as we paddled by.

It is only a small island and the only way they could have got there is to swim.





From there we continued to a secret bay where there are some fabulous rock formations and also a secret bothy built on the top of the cliff.



Accessible by rope it is probably the bothy with the best view in the whole of Scotland! This was our lunch stop and quick rest!

We then continued on to the Beadales then turned SE and back across to Glenuig for a well-earned pint at the inn.

The following morning it was off to Arisaig to meet four more RCC members, Pat and Norman Green and Albert and Kath Risely, not forgetting their four legged addition, Lottie, the cutest of the lot. We met up at Rhue Point and paddled out to the skerries.

Again, the weather was good and we explored around the skerries for a while until Normans tummy was rumbling and in need of Pat's food.

The hardest part of the day was deciding which beautiful white sand beach we should choose to stop on, but after much deliberation we chose one and wandered up onto some rocks to eat our lunch



Lunch was great and Kath had made some flap jacks which were delicious.

We had beautiful views of Skye and the Cuillins or slag heaps as Norman likes to call them.



After lunch we paddled some more then headed back to the vans to let Lottie have some exercise too. A cup of tea and cakes provided by Pat recharged our batteries and we headed back to Sunnyside Croft to a slap up meal in Pat and Norman's des res. Normans tummy was rumbling again as it had been at least an hour from its last top up so we all tucked into a fabulous meal of Steak Pie, wedges, veg and a good supply of wine. This was followed by a yummy pudding; we then adjourned to Albert and Kath's place for a coffee.

It was a fantastic weekend and great to see everyone. Thank you Mitch, Pat and Norman, Albert and Kath, and not for getting Lottie, for a great weekend and for making the journey all that way. I'm sure you'll agree from the pictures it is a beautiful place and hopefully this summer I will see some more RCC members coming up for a paddle.

### **At the end of June I had another visit from some RCC members.**

This time it was Stuart, accompanied by his dad, Alan. Stuart is a fairly new member of RCC therefore I had not met him before I escaped up North. Stuart and his dad had booked into the Inn for a few days paddling and not to miss out on a paddle, Mitch arrived soon after. I already had previous arrangements so could only paddle with them on one of the days but hopefully either Stuart or Mitch will give a report on the rest of their paddles.

It was Stuart and Alan's second day when Mitch arrived and as they had had a tough day the previous day paddling to the Arisaig skerries and back all the way from Glenuig we decided to have a little easier day and paddle round to Castle Tioram.



I was on breakfast duty that morning but had managed the rest of the day off to go out and play so the plan was for the rest of them to get the boats and kit ready and as soon as I had finished I would just get changed and go. This all went to plan and I have to say it is a very good way of paddling, no hassle or hard work, just get changed, out the door, cross the road, jump into my boat and paddle away.

We headed west out of the bay and followed the coast round past Samalaman Island, along past Smirisary, an old crofting settlement, and continued following the coastline round to white sands where we stopped for a quick coffee and stretch of the legs.



We had been followed round by a young seal that was having a bit of fun playing with us, popping up around our boats. The weather was a bit dreich but spirits were high and the forecast was for it to improve.

From there we headed east down the North Channel of Loch Moidart, the only Loch in Scotland that totally empties at low tide. As we rounded the corner of Shona Beag, Castle Tioram came into view and what a view. As we were now fairly sheltered, the water was very calm and with the mist it was very atmospheric.

Paddling down the North Channel we were caught up by Phil, another paddler staying at the Inn so he joined us for lunch when we pulled up on the beach. While we ate we watched a little boat ferrying some men in tweeds accompanied by their dogs over to the island. After lunch we set off paddling to the sound of bagpipes coming through the mist, it was beautiful.

We headed out down the South Channel then turned North round the end of Eilean Shona keeping a keen eye out for any wildlife as Phil had spotted a minke whale in that area a couple of days before. We paddled back round to white sands where we stopped again for a coffee and stretch of our legs then headed back to Genuig for another well-earned pint.

It was a great day out and I know that Stuart, Alan and Mitch had another day paddling the following day. Thank you again Mitch, Stuart and Alan for travelling all the way up North and I hope you had a great time too.

***Christine Stuart  
(AKA Christine of the Antarctic)***



# ***Borrowing Club Equipment***

Just a reminder for all would be Club Members borrowing club equipment: if you are going to borrow any equipment (not just boats) and take it off site you must send a request to the Quartermaster either by email [quartermaster@ribblecanoeclub.co.uk](mailto:quartermaster@ribblecanoeclub.co.uk) or via the booking system on the web site.

There is no need to book equipment out for a paddle on the canal on a Tuesday club night at the H&D providing you are returning it to the container on the same evening.

**UNDER NO CIRCUMSTANCES SHOULD EQUIPMENT BE BORROWED, AND TAKEN OFF-SITE WITHOUT PERMISSION FROM THE QUARTERMASTER.**

The club has a strict policy for borrowing boats. As the sign in the container clearly states

**“NO BOOKING NO BOAT”.**

## ***The Catastrophe Curve –Part Two***

***Mark Dillon***

It is now over 3 years since the original article was written but was re-printed in the last RCC Newsletter, and my paddling friends still talk often of the curve and how it can be applied. All the inquests into what went wrong on our day out or the talk about near misses can when viewed in hindsight be taken apart and opportunities to change the situation be seen. The Catastrophe Curve is all about trying to make the hindsight into foresight and so make a ‘learn before experience’ event rather than a ‘learn from experience’ one.

The only sad part about it is that if you do make those life changing decisions and maybe make some enemies in doing them and nothing goes wrong, then although you might feel justified, you don’t know whether it would have gone wrong anyway and so aren’t sure you were correct in your judgement call. All I can say is if it doesn’t feel right or you have any doubts, then follow your instincts and even if you go ahead with your actions at least you may be more alert and prepared and so able to respond in a better manner than you may have.

Have you ever heard the phrase ‘paddle to the weakest member of the group’, what it means is that the day out is dictated by the weakest paddler – unless they are all prepared to walk sections. If your group are mostly strong paddlers then those skills can help the weaker paddlers to take on bigger challenges and that’s fine, but always be aware of the limitations of people.

A good example of this was when Adam and I joined a safety course at the Tryweryn with another guy who we didn’t know and a hugely experienced Level 5 Coach. The coach chatted generally to us on route to the river, mainly chatted about himself and didn’t bother to talk to us about our skills before telling us how he was going to demonstrate ‘shout, reach’ techniques whilst bobbing around on the edge of a stopper at Chapel Falls.

Anyway, once he had been sucked into the stopper, spun around, and dunked a few times with us shouting encouragement from the bank we decided he looked like he needed a line to help him out. A line was dispatched and he was quickly fished out minus around £150 worth of kit that had been attached to his waist. Obviously the stopper was more grabby than he realised, and luckily Adam was spot on with his throw. Only later did we find out the other member of the group had last uncoiled his throw-line a year ago to hang washing on it on a sea kayak trip and had never thrown it before. Just imagine if the group had consisted entirely of his compatriots instead of us. A little bit of prior discussion, practice or whatever could have saved the L5s blushes. After all poor planning and preparation leads to piss poor performance.

That leads me nicely into some bits of kit I think are useful and always carry on a river. A phone, never paddle without one, even if you think there is no reception, because you can always walk to higher ground to phone for help. A GPS, brilliant for letting emergency services know where you are, it is also great for letting the Police know where we stashed a sit on top we found drifting down the river with car keys in its locker. Throw-line, carry one, know how to use one and practice- often. Split paddles, rarely needed but much better than running rapids without a paddle- make sure someone in the group has some. A shelter, do you know it could take rescue services 4 hours to get to you if you are on a river? Carry a first aid kit, a handily placed knife with a locking or fixed blade, and hot drink and snacks especially in winter. The list is endless and I am not going to try and cover it all here, every experienced paddler will tell you what they have in their boat- so ask them.

There are a few things that the trip leader can do before setting out to make the day safer and possibly better, again the list is endless but here are a few starters. Check the river levels on the EA website. Check properly that these levels have been updated and then compare to the weather. Sometimes the website is a day old or the level 6 hours old when you view it; obviously if it's been raining hard the level could have risen dramatically. This situation caught a friend who was leading a group from Backbarrow to Haverthwaite on the Leven, he went off the EA gauge and not his knowledge and paddled straight into the huge mid river stopper and almost drowned instead of taking the safe river left route. In retrospect he realised the level at the 'get in' was higher than he thought it would be and that the eddy above the stopper was deeper and more re-circulating than normal but just didn't put these things together.

Think about the trip length, can a car be placed at the half way point. This is handy if the day turns out badly, and a good tip is to always leave the car keys in a key safe with the car. Never leave the keys in your dry bag in the boat, just in case you lose the boat! Take a map of the river with you, it's handy if someone has to walk out and you need to show where a road is or arrange a meeting place and if a meeting place is agreed then stick to it. Recently I got off the Crake at Spark Bridge to go and collect some paddlers who had walked out. I found their boats but couldn't find them. After getting worked up thinking they were lost, just imagine how relieved I was to find them having a brew and chips after getting a lift to the Greenodd 'get out' instead of walking to Spark Bridge as agreed. Did I say relieved, I meant /\$\*%\*> off. Stick to the plan and think of others.

People on the trip can do their bit too by learning a few basics such as, if you are likely to swim, then know how to do it safely and practice receiving a throwline. If someone else in the group is in trouble get in a big eddy and stay there unless told otherwise. Learn that 'no signal' means 'no move'.

It's all right paddling with mates and group leaders who have all done a White Water Rescue Course, but remember are you capable of rescuing them if they get into trouble.? Try not to let hindsight be a wonderful thing.

**Mark Dillon**

## ***Top Tips***

- Have a list of paddling kit on your garage wall, that way you can check off that you have everything.
- Leave an old Spray deck and helmet in your car, in case someone forgets theirs. Especially useful if you paddle with Peter Roscoe.
- Tie your nose clip to your helmet. But make sure you remove it from your nose before removing helmet.
- Hang your skull cap from your BA to dry it, that way you don't forget it.
- Put talc in dry wet boots to help them go on easier.
- Buy some spray hand cleanser and use it before eating, especially at Burrs, the canal and Halton below the sewage outlet.
- Don't practice rolling at Halton below the sewage outlet, if you do, don't worry about not having hand cleanser.

***Mark Dillon***

## ***Chairman's Chat***

I'm talking very quickly as I've left Chat to the last minute (again) and the deadline approaches. Summer's here at last with all its interminable heat, sunshine, dry rivers etc. etc. Awful isn't it. Thank goodness we at least had our first camp before this terrible weather. Showers, wind, overcast skies – now that's more like it! And what a great time we had – about 20+ of us. I'm sure there'll be a write up on it in the September edition, if not in this. It looks like Loch Ken is set to become a regular venue for our first summer camp of the year. Many thanks to Dave Sutton for organising it and to all the members who made it such a memorable event. It was good to see relative newcomers there enjoying the craic (have I spelt that right Rick P).

The next camp's Rhosneigr in about two weeks time – can't wait. More craic (I can't stop saying it now – I hope it's not rude!)

And about three weeks later it's Bala – more Ribble ambience (no, it just doesn't sound as good)

Members have been out and about on dam release rivers, lakes and the sea – and wherever moving water can be found, like at Kirkby Lonsdale last week for Allan's moving water rescue session. Our coaches are busy as ever bringing new paddlers into the world of canoeing with the 1 Star courses and many development sessions. It looks as though demand is high for an August 1 Star Course. New members keep turning up. Coniston Beginners' Trip on 20 July should be lively from the amount of interest shown from all levels.

That's it for now – I'd better get this off to Pat. I haven't dared check my e-mails yet. I'm sure she'll have sent me a curt (but courteous) reminder.

***Terry Maddock***

[Chairman@ribblecanoeclub.co.uk](mailto:Chairman@ribblecanoeclub.co.uk)



# ***It's a Knockout RCC Style***

***Paul Binks***

Remember those halcyon days of summer sports days at school; egg and spoon race, dribbling a ball round obstacles and other pointless and fruitless activities? Well RCC recreated this nostalgic event with the mid-term sports evening at the pool on 17th May, but obviously with an aquatic twist. The teams were led by Tom Beer, Jane Eccles, Gareth Jones and Alan 'The Captain' Blackburn.

From the start Captain Blackburn was favourite to win, having won almost everything else we've put on in the last couple of years. But the young team captains were determined to show that youth and enthusiasm would triumph and did a sterling effort; unfortunately most of their team mates didn't have the youth to match their enthusiasm.

Tom's team started well, winning 2 of the first 3 games. The deployment of jokers though was to prove crucial Gareth's team won by careful use of their joker on the final game, the tug o' war which they won.

They won the overall event by just 1 point, piping Jane's team into second place.

Unheard of so far in Ribble modern history the Captain's Team came last. No doubt this will not deter him and he's vowed whip his team mates into shape over the summer to be match fit for the winter games, Dumbongo, in December.

## **Final Scores**

Gareth, 61 points,

Jane, 60 points,

Tom, 51 points,

Alan, 42 points,



***Paul Binks***

# ***Tales from Davy Jones Locker***

## ***Anglesey 27<sup>th</sup> / 28<sup>th</sup> April 3\* Training***

This was the first official Ribble Sea trip of the year and alongside the 3\* Sea Kayak trainees (Sarah and Gareth Jones, Paula Sharples, Matt Aspden, Alan Blackburn, Billy Turner, Stuart Williams and Nicki Marsh) other sea paddlers from the club joined us.

It was an impressive sight on the beach with so many sea boats lined up, good to see Ribble Broadening its' horizons.



***Lunch at Trearddur Bay***

On the first day the two groups both started out from Rhoscolyn and whilst the 3 stars were rock hopping along the coast practicing their manoeuvring skills the others headed out to navigate Rhoscolyn Beacon and after battling a head wind joined the others at Trearddur Bay for lunch.

The afternoon was glorious with blue skies and sunshine, bringing with it an abundance of first experiences with sea caves and arches, seals and the occasional swim.



***Anglesey White Arch***

In comparison the Sunday could not have been more different. The 3 stars chose to stay in the relative safety of Trearddur Bay where the Force 5-6 and 3-4ft swell gave us plenty of waves to practice our braces and rescues on.....not all planned I might add.

Meanwhile the others headed to the North of Anglesey, took one look out to sea and thought - nah, let's go for a brew! Back in Trearddur Bay there was plenty of surfing for the boys many using Peter as target practice! There was also more practice for our support and technical strokes whilst making several crossings of the bay (bearing in mind we couldn't get out of it.....did I mention the 3-4ft swell!) but we were not alone as we were in good company with the other 4 and 5 star training groups.

By then end of the day we were all grinning and impressed that we had survived the day in tact if not a little damp!

Big thanks go to our Ancient Mariner, Peter Roscoe and Alan Hacking for organising the first of many sea trips. Thanks also to Peters 'helpers' Mitch and Rick for helping us out with our training.

We would highly recommend everyone tries out sea kayaking, you never know you might just like it!

***Article and Pictures by Sarah Jones and Paula Sharples***

## ***Northumberland 30<sup>th</sup> May - 03<sup>rd</sup> June***

The usual suspects (Sarah and Gareth, Paula, Alan B, Mitch, Stuart, Billy and Peter) had been planning this trip for a few months and it didn't disappoint.

Part of the group arrived in Northumberland on the Thursday and soon settled into our 14 bed bunkhouse in 'Preston' which even had its own Tower down the road. It was a great base for the weekend and we were lucky enough to have it all to ourselves.

### **Day One: Boulmer to Beadnell Bay**

The usual suspects arrived at Boulmer Bay about 09.30 and started unloading our boats onto the beach even though we couldn't see the sea for the mist! Fortunately by the time we launched it had cleared enough to be able to leave the bay.



Although the fret (sea mist) came and went throughout the day it did not stop us from experiencing and enjoying the rocky coastline. After popping into Craster Harbour to say Hi to the locals we paddled past Dunstanburgh Castle which eerily appeared through the mist, past a few bumpy headlands to the beach at Embleton Bay where lunch was eaten and waves were surfed (by the boys anyway).



All that was left was a bumble across the bay to Beadnell (at least a km) where even by mid-afternoon the mist still lingered. Us girls got to enjoy ice-cream whilst the lads shuttled the transport. A perfect end to the day came in the form of a home cooked meal accompanied by a few drinks (or generous amounts for some), great spaghetti Mitch, you can come again!

## Day Two: Farne Islands

This day was the 'big one' for many of us (especially those who were under the weather) as it was our first open sea crossing. The trip began with an 8km, 2 hour nonstop crossing via the Swedman Bouy and round Megstone, all the way to Longstone Island and the lighthouse. After the crossing we were all happy to land but reluctant to evict the local seals who fled the beach on our arrival. After a quick bite to eat we moved on and the journey continued with more seal encounters not to mention the cute little Puffins, Guillemots and thousands of sea birds nesting on the cliffs as we paddled past them down towards the Inner Farne Islands. It was great to see so many birds all flying and diving in the water around us, and re-emerging along-side us as we paddled.



The journey ended with a paddle back towards the mainland into Bamburgh Beach with a stunning view of the castle as we surfed back into the beach.

For our first trip to the Farne Islands we were extremely lucky to have such glorious weather and not-too-intimidating waves. We would definitely recommend this a must visit location for Kayakers and non-kayakers alike!

*One of our group resting under Bamburgh Castle*

**Day Three: The Race!** The Coquet Island Race is a 5 mile race from Amble Harbour, round Coquet Island and back into the harbour. Apart from Sarah and I, the boys went from the initial "I'm just gonna take part" to serious pre-race planning and tactics.

Out of 58 competitors I am pleased to report that the Ribble Sea Paddlers were not too shabby for their first outing! (For all the results please see the forum under Competition)

## Our 2 Ribble winners!

Whilst Mitch was the first home for Ribble it was Peter Roscoe and Alan Blackburn who brought home the trophies for the club. The Ancient Mariner (Peter) and the Great (or Grumpy as we like to call him) Man of the Sea (Alan) did us proud. Stuart was the fastest back in a plastic sea boat and as for us girls, we did all right too coming joint 34<sup>th</sup> (joint 6<sup>th</sup> out of the girls) which we were very impressed with especially considering the photo session of the seals that we had half way round the island (the same seals that some didn't even realise were there!)



The day was enjoyed by all with everyone already planning on improving their times in next year's race.



***Coquet Island and its seals***



***The Team***

All in all, our Northumberland trip was a great success and thoroughly enjoyed by all who went. We would definitely recommend it to everyone, who wants to join us next year?

***Article and Pictures by Sarah Jones and Paula Sharples***

# ***Anglesey Camp 2013***

## ***Friday 26th – Sunday 28th July 2013***



This year's Anglesey camp will be on the weekend of 26/27/28 July. As usual we will be at Bodfan Farm at Rhosneigr (see their website [www.bodfanfarm.co.uk](http://www.bodfanfarm.co.uk) for details of location).

If you've been on this camp before you'll know that organisation can best be described as "loose". Depending on the weather, who turns up, what boats they've brought and what we all feel like we might go surfing at the beach (river kayaks are good), paddle up the coast or out to see the seals at Rhoscolyn (sea kayaks good, but not essential) or maybe brave the play wave at Stanley Embankment (good roll highly recommended). The main thing is, don't wait to be organised, let us know what you fancy and we'll try to accommodate.

We tend to arrive Friday afternoon/evening and make arrangements for the next two days then, so it's best to be there Friday night or arrive early Saturday.

Most people camp, some bring caravans or camper vans, some have even been known to B&B. People tend to make their own arrangements for eating on Friday. Weather permitting we aim to BBQ on Saturday.

I've made arrangements for camping with the site so, **if you're intending to camp** you don't need to book directly, just let me know you're coming via the forum. **If you're bringing a camper/caravan & want electricity** please do book direct with the campsite (and let me know). If you want to arrive before Friday or stay beyond Sunday please make arrangements with the campsite.

I can't offer any guarantees about weather – it's Wales – but most of the time most of us have an enjoyable weekend whatever it does. If you've been before you'll know all that; if you haven't please come along, get stuck in and enjoy it.

***John Kington***



# ***Ladies and Gentlemen!***



Are you free on the 16<sup>th</sup> – 18<sup>th</sup> August? Then book yourself on to the Ribble Canoe Club 3<sup>rd</sup> Summer Camp at Glan Llyn campsite, Bala!. Once again, we will be returning to the shores of Llyn Tegid for our final camp of the summer and I hope to see as many of you there as possible.

More details on booking can be found on the forum but here's a taster of some of the previous camps highlights:

- We will be camped right on the banks of Llyn Tegid - so there are opportunities for all to have a flat water paddle around the lake (after the purchase of a permit).
- A short distance up the road into Bala is Canolfan Tryweryn (which is the Welsh National White Water Centre) which, water release dependant provides a grade 3/4 trip for white-water paddlers of 3\* standard and above.
- The Lower Tryweryn is a great grade 2/3 (with a grade 4 which can be portaged) trip. More details can be found on [www.ukrafting.co.uk](http://www.ukrafting.co.uk).
- Also nearby is Coed y Brenin, the largest Welsh Mountain Bike centre. It's around 20 minutes' drive away and has a fantastic variety of mountain bike trails of various grades and walks.
- And last but not least – the traditional Saturday night BBQ which takes place come rain or shine!

If I've whetted your appetite for a late summer Welsh weekend adventure then all you need to do is contact the campsite direct to book your pitch – Prices and T&C's are on the forum post and as follows:

Tel: 01678 540227 or 01678 540441

Email: [info@glanllyn.com](mailto:info@glanllyn.com) Website: [www.glanllyn.com](http://www.glanllyn.com)

Please mention that you are with Ribble Canoe Club!

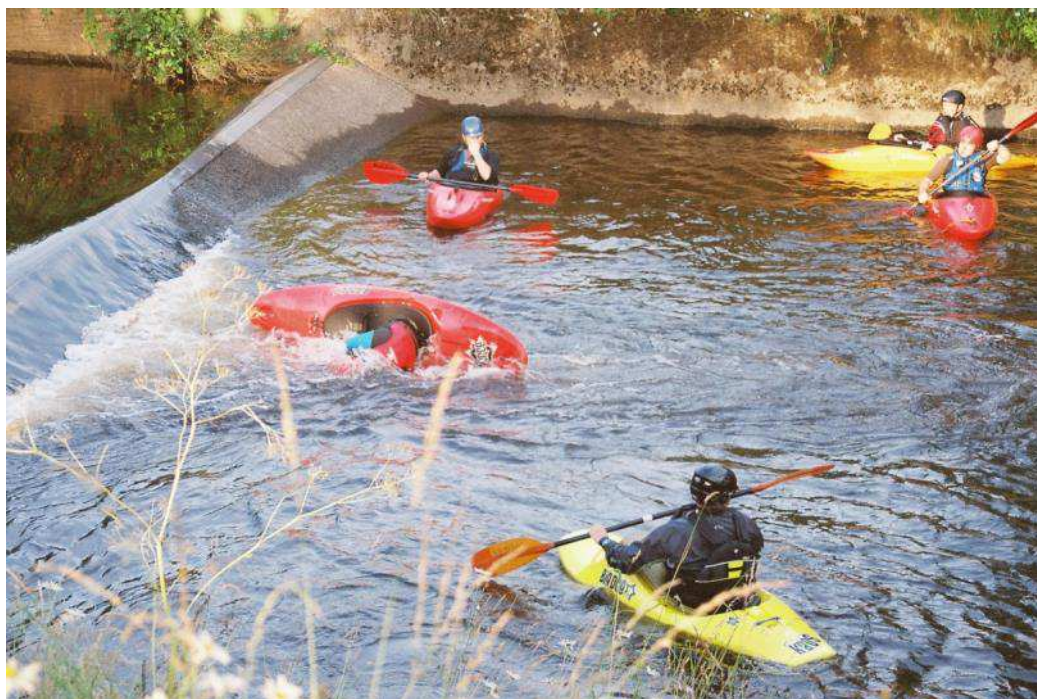
***Rachel Body***

## ***OTHER RCC SUMMER FUN***

*Photographs courtesy of Jude Smith*



White Water Safety Training on the River Lune at Kirby Lonsdale



Summer Evening Playing on the River Wyre at Garstang

# ***Editors Bit***

As always thanks to the contributors of articles for this edition, especially Christine Stuart's front page one. Just as a small point by the way, in my opinion the Cuillins on Skye look more like "Slag Heaps" than the rock in the photo looks like a "Cat." Joking apart we had a good day out with her and realise why she choose to go and leave Elswick to live in Glenuig.

Thanks to Paula and Sarah for their articles about their recent Sea Kayaking exploits to Anglesey and to the Northumbrian Coast. The photographs make it look very inviting for next year if only we could be guaranteed the same good weather. If memory serves me right the club has had trips to the Farne Islands in the past, one of which turned into a bit of an epic. If you want the unabridged version of the story I suggest you ask Andy Dowe.

Thanks to Mark Dillon for his article about the catastrophe curve, from the sounds of things he has been involved in a few "Paddling Pickles" in his time.

Because there is a fairly constant flow of new members coming along, it was thought to be a good idea to publish the information for their benefit and also as a memory jogger for regulars.

Speaking of new members (nice linkage there) as Editors, Pat and I welcome articles from you because you will probably have something to tell us about that we haven't heard before, so if you have the chance please send us an article.

It has been very encouraging to see many of the newer members coming on the recent trips, is it the lure of "Apres Paddle Barbecue" that has encouraged them I wonder. Whatever the reason it is good to see upwards of 30 people paddling on the Ulswater and Coniston trips. The "Flat Water" trips were poorly supported a couple of years ago, but now it seems they should be pursued as an integral part of the paddling programme by "Customer Demand."

Hopefully many of the newer members can be encouraged to try their hand at moving water ready for the Winter months when a Cold Windy Lake or the Sea have less appeal than a sheltered stretch of river. Especially as this Winter we should be able to use the facilities at Halton. Toilets, Changing Rooms and Hot Showers, right next to a section of clean white water, what more could we ask? Hopefully all the painting will be done by then so you won't be presented with a paint brush on arrival. I mention this because some of us have been providing our DIY skills to help Lancaster Cohousing finish off the facilities at the mill. At the time of writing we have just completed painting a wall, in one of the corridors, which was covered in years of Engineering Works Gunge. We were tasked with preparing and painting approximately one third of it, but Peter Roscoe was appointed Foreman (self-appointed) and he drove us on to doing all of it instead. This was much to the amazement and delight of Lancaster Cohousing who obviously don't know his "Duracell Bunny" reputation.

There are likely to be further requests for people to join a work party posted on the club forum, so if you are interested keep an eye out. I promise they won't all be led by "Foreman" Peter Roscoe.

**Dates and Deadlines:** The next committee meeting will be on Wednesday 4<sup>th</sup> September at 7:00pm at the Hand & Dagger. The next newsletter will be published on 18<sup>th</sup> September. We would appreciate all submissions by Wednesday 11<sup>th</sup>. Please send submissions to [newsletter@ribblecanoecclub.co.uk](mailto:newsletter@ribblecanoecclub.co.uk)

***Norman Green***



# 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
6 Sep	Open	N/A	Paul Binks	John Hooper
13 Sep	Paddle Skills	Allan Hacking	Paul Smith	Allan Hacking
20 Sep	Rolling	Allan Hacking	Matt Aspden	Allan Hacking
27 Sep	Rolling	Allan Hacking	William Body	Allan Hacking
4 Oct	Rolling	Allan Hacking	Rick Turner	Allan Hacking
11 Oct	Paddle Skills	Allan Hacking	Albert Risely	Allan Hacking
18 Oct	Open	N/A	Tony Morgan	John Hooper
25 Oct	Sea Kayak Skills	Paula Sharples	John Kington	Paula Sharples
1 Nov	Open	N/A	Bill Turner	Graham Kingaby
8 Nov	Paddle Skills	Allan Hacking	Bruce Carter	Suzanne Thomas
15 Nov	Polo	Gareth Jones	Brian Petherwick	Graham Eccles
22 Nov	Open	N/A	Debra Bookbinder	Paula Sharples
29 Nov	Slalom	Mark Shaw	Rachel Body	Gareth Jones
6 Dec	Open	N/A	Sarah Jones	Terry Maddock
13 Dec	Paddle Skills	Allan Hacking	Graham Kingaby	Allan Hacking
20 Dec	Dumbongo	Gareth Jones	Terry Maddock	Gareth Jones

**Prices for pool sessions:** Rolling Course £20 plus club membership. **All other sessions £5**

**Pool Session Protocol:** Open sessions are open access, with no need to book. Please book in advance for ALL other sessions by phoning the named contact or via the forum.

If using club equipment it is up to the individual to collect it from the pool store before 9.00pm, after which time the store will be locked. A club member will be on hand to assist. (best to arrive at 8.45)

If using your own equipment please ensure it is clean before entering the pool area.

If you use a boat at a pool session it is your responsibility to return it to where it came from (your car or the pool store) IMMEDIATELY at the end of the session and BEFORE getting showered and changed.

The pool sessions run from 21.15 to 22.15. We are not to enter the pool area before 21.05 - this to avoid risk of injury to swimming club members who have to clear the pool area by 21.05.

# ***Ribble CC Library***

**See Albert or Kath Risely to borrow a book or DVD.**

## **General**

BCU Handbook (2 copies)  
The Practical Guide to Kayaking  
Canoeing & Kayaking  
BCU Coaching Handbook  
The Rough Guide to Weather  
Canoe & Kayak Games  
Working out of Doors with Young People  
More Than Activities  
The Knot Book - NEW

## **DVD - BCU 'Go Paddling' 2012**

## **Touring & Sea Kayaking**

An Atlas of the English Lakes  
Canal Companion: Cheshire Ring  
Touring 100 Paddles in England  
Welsh Sea Kayaking Guidebook  
Northern England & IOM Sea Kayaking  
Scottish Sea Kayak Trail  
Scottish Canoe Touring  
Great Glen Canoe Trail  
Anglesey Info Pack  
Scottish Sea Kayaking Guidebook  
The Outer Hebrides Sea Kayaking Guidebook

## **Sea Kayak Navigation**

Complete Book of Sea Kayaking  
Sea Kayaker Deep Trouble

DVD - Sea Kayak Rescues  
DVD - Sea Kayak with Gordon Brown -  
Instructional Journey along Skye Coast  
DVD - This is the Sea 1  
DVD - This is the Sea 2  
DVD - This is the sea 3  
DVD - This is the Sea 4  
DVD - Performance Sea Kayaking-  
Skills, rolling & rescue techniques  
DVD - BCU 3 & 4 Star Leaders Sea Kayaking

## **Canoeing/Open Boating**

Open Canoe Technique  
Path of the Paddle  
Canoeing Safety & Rescue  
Canoeing

DVD - This is Canoeing (ww & wilderness)  
DVD - Open Canoeing -  
Reg Blomfield (amazing moves!) (2 copies)

## **Whitewater**

Canoe & Kayak Guide to North West England  
English White Water  
Scottish White Water  
White Water Lake District (2 COPIES)  
White Water Kayaking  
White Water Safety & Rescue (2 copies)  
Weir Wisdom  
Many Rivers to Run  
The Playboater's Handbook 2  
Whitewater Paddling (Strokes & Concepts) – NEW  
L'Eau Vive - NEW

DVD -Moving on to Moving Water  
DVD - EJ's Advanced River Running  
DVD - The Call of the River -  
100 years of WW Adventure  
DVD - Whitewater Kayaking

## **Rolling**

Bombproof Roll and Beyond!  
Eskimo Rolling for Survival


DVD - This is the Roll  
DVD - EJ's Rolling and Bracing

## **Club or Club Members Trips**

DVD - Mags Brayfield in Nepal  
DVD - It's Different Every Time - Halton Rapids  
DVD - Fort William 2005/06 Easter Trip  
DVD - RCC Scotland trip 2007 & 2008  
DVD - Tay Descent 2011

## **Expeditions/Adventure/Action**

On Celtic Tides  
Dancing with Waves  
The Canoe Boys  
Three Men in a Boat  
DVD - Revenge of the Fat Cats (Greenland)  
DVD - The Cockleshell Heroes (wartime adventure)  
DVD - Tatshenshini/Alsek 2007  
DVD - Mountain River Movie (Canada)  
DVD - Liffey Descent 1992

	Ribble CC Contact List	Committee	General Information	Access	Courses	Instructor	Hand & Dagger Key holder	T.E.A. Trips	Beginners River Trips	Intermediate River Trips	Advanced River Trips	Sea Trips	Open Canoes	Surfing	Beginners' Slalom	Advanced Slalom	Polo	Freestyle	Other
Albert & Kath Risely							☺	☺											Library
Allan Hacking		☺			☺	☺	☺		☺	☺		☺	☺						
Brian Woodhouse		☺	☺	☺				☺	☺	☺									
Elizabeth Kingaby																			Webmistress
Gareth Jones		Secretary																	
Graham Eccles		☺																	
Graham Kingaby		☺					☺												Quartermaster
Jane Eccles		☺																	Youth Rep
John Hooper		☺					☺												
John Kington		Treasurer								☺				☺					Treasurer
Mark Shaw		☺													☺	☺	☺	☺	Competition Secretary
Norman & Pat Green		☺						☺											Newsletter
Pat Green		Membership																	Membership Secretary
Paul Binks			☺				☺		☺				☺	☺	☺				Secretary
Paula Sharples		☺																	
Suzanne Thomas		☺																	Club Welfare Officer
Terry Maddock		Chairman	☺		☺	☺	☺	☺											Chairman

**Additional Key Holders:** Andy Dowe, Rick Turner, Roy Booth, Tony Morgan, Spare Key (Terry Maddock)



Last minute trips organised on the website, at the Hand & Dagger (Tues, 6:30pm onwards) or Fulwood Leisure Centre (Fri, 9:00pm). 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.

## JULY

***Sun 14 July  
Recreational trip  
Tryweryn - Bala***

**20 July**  
**Beginners trip - Coniston**  
**Contacts: Paul Wicks & Allan**  
**Hacking**

***20 July***  
***Fleetwood to Wyre Light Sea***  
***Trip***  
***Contact: Bruce Carter***

***Sun 21 July***  
***Recreational trip***  
***Tees Barrage***

***Fri 26 July – Sun 28 July***  
***Sea/Surf Camp***  
***Rhosneigr, Anglesey***  
***Contact: John Kington***

***Sat 27 July – Sat 3 Aug***  
***Alps Trip***  
***Landeck, Austria***  
***Contact: Roy Booth***

## AUGUST

*Wed 7 Aug 19:00 – 21:00*  
*Coaching forum meeting - Hand & Dagger, Treales.*

***Fri 16 Aug – Sun 18 Aug***  
***Summer Camp***  
***Bala, Wales***  
***Contact: Rachel Body***

## SEPTEMBER

*Wed 4 Sept 19:00 – 21:00*  
*Committee meeting*

***Sat 7 Sept***  
***River Dee Canoe Trail***  
***Contact: David Sutton***

## OCTOBER

*Fri 11 – Sun 13 Oct*  
*Welsh Open Canoe Symposium*  
*Glan-llyn Outdoor Centre, Bala*

## NOVEMBER

*Fri 1 Nov – Sun 3 Nov*  
*Tyne Tour - Tyne Green, Hexham*

NOTE: 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.