

TALES FROM THE RIVERBANK



July/August 2011

Outrigger Canoe Paddling Hawaiian Style

Debra Bookbinder



Yes, ANOTHER kind of paddling,
and it is great fun.

An outrigger: - “is a type of [canoe](#) featuring one or more lateral support floats known as [outriggers](#), which are fastened to one or both sides of the main [hull](#). Smaller canoes often employ a single outrigger on the [port](#) side, while larger canoes may employ a single outrigger, double outrigger, or double hull configuration (see also [catamaran](#)). The [sailing canoes](#) are an important part of the [Polynesian](#) heritage and are raced and sailed in [Hawaii](#), [Tahiti](#), [Samoa](#) and by the [Māori](#) of [New Zealand](#).

Using an outrigger or double hull configuration greatly increases the stability of the canoe, but introduces much less [hydrodynamic](#) inefficiency than making a single hull canoe wider. Compared to other types of canoes, outrigger canoes can be quite fast, yet are also capable of being paddled and sailed in rougher water. This paddling technique, however, differs greatly from [kayaking](#) or [rowing](#). The [paddle](#), or blade, used by the paddler is single sided, with either a straight or a double-bend shaft. Despite the single paddle an experienced paddler will only paddle on one side, using a technique such as a J-stroke to maintain heading and stability.

http://en.wikipedia.org/wiki/Outrigger_Canoe

So Who does What?

Outrigger Canoes are literally hip width wide and paddlers sit behind each other to form a line.



The typical club outrigger has six seats and roles associated with seat position. The Captain takes the rear seat 6, steering and taking responsibility for the direction, speed and anything else, kind Captains who actually allow you to rest are very popular. When steering is sorted Captains (sometimes) also paddle, but some take in the scenery.



Captain's privilege

Seat 1, at the nose of the boat is taken by the 'stroker'.



Calvin "Stoker", Christine on "Arma"

The stroker sets the pace and needs additional skill for manoeuvring the boat upon the Captain's request.

Seat 2 and 4 are next to the arma (the generally wooden arch that reaches out to the float, providing the stability).

At rest those sat in 2 and 4 generally get the honour of sitting on the arma to give the boat more stability, or when surfing may be asked to climb out onto the arma to drive the boat harder into the wave against the face of the rising wave. Seat 2, 3, 4 and 5 may also be called upon to bail if water has been taken on.



weight on arma (Debra)

Seat 3 may be asked by the Captain to take on the call. This is a generally a two phased call happening before the penultimate, then the final stroke before the paddlers switch sides.

Sides can be switched at any regular point but after 15 strokes is quite common. Therefore the call would start just before the 13th stroke. It's very important paddling is done collectively and simultaneously. If the paddler's strokes do not match the stoker it has the effect of 'dragging' the canoe.

The job of the person in Seat 5 is to do what the Captain tells them. This can often include bailing. This is the novice position and a great way to coach someone. Generally someone with no paddle experience whatsoever would find their first experience of an outrigger would be from Seat 5.

Once launched, on the Captain's command, the paddle side will change from being all on the left (as it also is for returning to shore past the breaking waves), to alternating down the boat. However, all the strokes have to follow the pace and timing of the stoker.



Alternate in stroke paddles

I got my first opportunity to paddle an outrigger within 24 hours of landing on Maui, one of the smaller Hawaiian Islands.



Fortunate to be introduced by the President of the Club (whose wife is my distant cousin and how I came to be there), I was soon thrown in with the other visitor's the Club welcomes.

Be advised, not all clubs are like Maui Canoe Club. Racing is a big sport in Hawaii and the other half a dozen or so other clubs on Maui generally focus on racing. Maui Canoe Club (MCC) is the only club with a specific commitment to recreational paddling and they welcome visitors. As a tourist destination it is understandable regular clubs do not wish to be used as a visitor experience, so if you do go, choose your club wisely. MCC has a philosophy similar to Ribble and believes paddling should be fun.

http://www.facebook.com/home.php?sk=group_99585660752

The initial safety briefing took around 10 minutes and then it was time to launch.

Launching is an art in itself. The boat is taken down the beach close enough to the water's edge to get the nose wet. The arma is supported and clear of the sand and everyone is on standby holding the back of a seat. The Captain reads the waves and then gives the warning "after the next breaking wave" and then "now". The boat is then pushed into the water; clear enough to take the weight of the paddlers but not so deep that you can't jump in.

Well that's the theory. In my defence I only missed the part where you climb in once, for a few seconds, before I hauled myself in, but I got the bruises to prove it. There are only a few seconds for this process. Go too soon and you end up dug into the sand with a wave breaking into the canoe and a lot of bailing to do. Wait for it to go too deep and you literally miss the boat!

Trips can vary in length from 20 minutes (surf canoeing, high intensity) to weeks (ancient voyage re-enactment and only for the expert outrigger). Generally the Club sessions last around an hour and the number of rests in within the hour is determined by the Captain.

After a rest there are three calls the Captain makes:- (1) Makaukau = Lift your paddle horizontal in front of you (2) Hoe Hapai = Reach forward into the water as though you are going to spear a fish (3) Imua! = GO



Makaukau

For my first trip the Captain was the President and he directed us to an area above a reef.

Within twenty minutes we spotted our first turtle, bobbing it's head up within 5 metres of the boat.



turtle

We rested to enjoy the sight and it was clear from the discussions sighting of dolphins and whales were also commonplace.

Unfortunately, severe rain and the recent tsunami had left visibility still poor so it was not possible to see the reef.



boats

Each morning around 4 or 5 boats go out for an hour and when all the boats return there are usually enough people who are enthusiastic enough for a second trip.

My hand shot up and I was off again. This time we didn't do the reef but headed for some outrigger canoe surfing. The boats are quite fragile and the Captain has to find the perfect conditions where the surf is breaking far enough away from the shore for the boat not to be damaged.

Along this particular coast there are several areas of old fish ponds, built by the local Hawaiians, where fish would be trapped at low tide. Whilst many of the ponds had been damaged by the tsunami and some were already out of use before then, the walls from the ponds lay at or just below the surface so the Captains local knowledge was very important in picking the right spot and conditions.

Once we were in position the Captain had us rest whilst he chose the wave we were going to try and catch.

In surfing the paddle still has to match the stroker but it has to be very strong and purposeful and is faster than normal.

As the wave approaches the canoe gathers speed and the Captain may encourage the paddlers, then the back lifts a little and nose dips as the boat curves slightly to the left to be carried by the surf.

In this video, taken on my first surf, notice how the boat's pace speeds up as the wave approaches behind. You will see the stroker reaches out and puts his weight to the left.

<http://www.youtube.com/watch?v=ldhR7Bf0gug>

We took a fair bit of water so the bailing began but if you forward to 2.5 minutes in, you'll see us start paddling to catch another wave which we surf for around half a minute, at some speed.

Forward again to just past four minutes and you will see us paddling back out over the swell and the stroker pointing for me to put weight onto the arma for more stability.

At five minutes in for around a minute you can see how the change from paddling one side to the other is to be achieved with no break of rhythm and continues even over the swell where the paddle is not making contact with water, as the movement has to be maintained as a single body down the whole canoe.

All this and I hadn't even been on Maui for 24 hours. Didn't think it could get any better, but then they announced they would be taking the four seater surf canoe out on Saturday (specifically designed for surfing with a support bar for getting out onto the arma)....

Let me know if you'd like to hear more, especially what doing a 'huli' means.. hint 'huli huli chicken' is spit roast.....

The actual stroke itself can deliver a significant all body work out. The stroke begins with pressure against the same foot as the side which is being paddled and requires abdominal tension against the paddle as the paddler reaches forward and spears into the water as close to the side of the boat as possible, pulling the boat past the paddle and putting force against the handle to 'drive' it through. The upper body/shoulders are rotated to the side being paddled and an upright paddle, with the upper body forming a D shape is the aim.

Having returned and paddled my kayak, my paddle stroke is more forward and upright and I feel stronger.

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

Graham Kingaby

That's a Tick - The Conwy Ascent

Kath Risely

Ribble paddlers: Norman, Pat, Albert, Kath. Also Debra (who we met twice) and Brian & mate (who we didn't meet).

Following my New Years' Resolution to get out paddling again, and filled with enthusiasm after my enjoyment of the Ravenglass Seaquest weekend, I looked for something else different to do. Top of my 'To Do' list was the Conwy Ascent, an event run annually by the Dyffryn Conwy Paddlers and involving, surprise surprise, an ascent of the Conwy estuary in North Wales. I love paddling estuaries and when this is combined with the scenery that Cumbria or North Wales has to offer, then for me, paddling doesn't get much better.



You can send your entry form off, with your fee of £6.50, prior to the event, but not having an awful lot of faith in the good old British summer, we decided to hedge our bets and enter on the day, paying the £2 surcharge for doing so. The decision also had to be made whether to race or tour. Touring seemed like a good option for a couple of reasons: firstly, the scenery should provide lots of photo opportunities and, secondly, not being particularly competitive (although that was arguable at Seaquest) it would be nice to paddle leisurely, enjoy our surroundings and take in the whole atmosphere of the event.



My only previous experience of Conwy is driving through the tunnel under the estuary on our way to other North Wales destinations, so we decided to check it out the day before.

What a lovely town this is, and definitely worthy of further exploration. The Afon Conwy is a beautiful river flowing through the picturesque Conwy valley from the Snowdonia National Park and down to the sea. We peered over the bridge by the 13th century castle to watch the tide rushing through with swirls and boils and were then warned by a local lady to 'be careful if in a boat as the tide runs the wrong way after the bridge and is very likely to tip you in'! What a confidence giver she was and just what we needed to hear!

When we arrived at the start of the event on the sandy beach on the west side of the Deganwy Narrows we were confronted by an array of people and craft of all shapes and sizes. There were canoes, sea kayaks, touring kayaks, river boats, racing kayaks and stand up paddleboards. There were seasoned sea paddlers, serious racers, families, first timers and novices. One family were in a triple sea kayak with the child in the middle who, they said, often fell asleep whilst out paddling but never, ever, let go of his paddle.

The tourers can pick their departure time according to how fast you think you are likely to paddle, with the aim of arriving at the finish within the one hour time window specified by the race organisers.

If you arrive too late you will need to paddle against the ebbing tide, too early and you could run aground on sand banks or have to portage the Tal-y-Cafn rapid around 10km up river.

The racers, however, have a 'Le Mans' style start whereby the boats are lined up halfway down the beach, and the paddlers line up behind a tape at the top of the beach. On the 'GO' the paddlers run to their boats, pick them up and run to the water where they get into the boat and paddle off.



Pat and I saw to the event registration, which was very well organised, then packed up our boats with sandwiches and safety gear, whilst Norman and Albert sorted out the car shuttle, leaving a vehicle at the get out at the old aluminium works at Dolgarrog. This was quite a lengthy process and made us think that if we took part again we would be tempted to paddle back with the ebb tide instead, as several others were going to do.

Eventually all was sorted, the race officials logged our start time, and we were off! The current can flow at a rate of 6 knots through the harbour where there are many mooring buoys as well as boats to avoid. Our plan was to keep just slightly out of the main flow, making it easier to dodge the obstacles, but still having plenty of tidal assistance.

However, Norman was off like a greyhound out of the starting gate and so had to wait for the rest of us in the large eddy on the far side of the bridge. This was the bit which had

concerned us the most, but all fears were totally unfounded as we swept under the bridge with only a few boils to keep us on our toes. Sadly, we were travelling far too fast to take any photos of this section which offered us fabulous views of the castle and mountains beyond. What did take us by surprise was the vastness of this part of the estuary which is about 1.5km wide and part of which comprises the RSPB reserve.

The currents eased here and we could relax and enjoy.



We thought we were setting a fairly quick pace, until I looked over my shoulder and saw we were being overtaken by someone on a stand up paddleboard! Ever felt inadequate!



It reminded me of the time when I was cycling in the Manchester to Blackpool charity bike ride a couple of years ago and feeling fairly fit until I was overtaken going uphill by someone on a 6ft unicycle.

Back to the Conwy, we then met a very nice chap in a canoe who had ceased paddling and was drifting along gently with the current. He was relaxing and offering a selection of hot drinks from his flasks to his mates in kayaks. Is he related to Pat by any chance?? No he can't be – there was no cake!

As the river changed course we encountered wind over tide conditions producing some bouncy waves which were fun and required some effort to plough through. Then on and under the Tal-y-Cafn Bridge to a narrower rocky section where the rapids of the same name may be encountered if you reach there too quickly. In our case the rock ledges were well covered, with the only indication of what lay beneath being a series of boils in the water.

The last 5 km of our 15 km trip sped by all too quickly and we were soon within sight of the Dolgarrog Bridge and the finish line, complete with cheering spectators waving banners.

We tried a last minute sprint, just for fun, and then after an awkward get out we slipped and slithered our way up the steep muddy bank with our boats.



Tip: we should have waited another 15 minutes or so for a nice easy exit when the water level rose sufficiently to reach the flat grass

Lunchtime entertainment was provided in the form of paddlers falling in whilst trying to get out, and dodging the array of boats now accumulating on the river bank.



Welcome refreshments and a commemorative coaster were provided at Dolgarrog village hall. Our time was logged as 1 hour 42 minutes, with the fastest tourers taking about 1 hour 20 minutes and the slowest 2 hours 38 minutes (in river boats though).

There were also a couple of swims I believe although we never heard whereabouts on the course these happened. The organisers provide safety boats in the harbour area and follow the last of the racers up the estuary.

We found out later that 183 paddlers took part and next year they are hoping to make 200 for the first time. It was definitely a great event, and we will be back, so to those of you who also have this on your 'To Do' list - get it done! It's worth it!

Kath Risely

The Small (and sunny) Isles!

Phil Howarth

After 2 previous attempts were cancelled due to poor weather forecasts, this summer we were going to be lucky and have a great tour round all the islands. There were 3 of us – Stuart and Phil who had been on the Greenland trip in 2007 and me.

Following a wild camp at Bridge of Orchy on Friday night, and breakfast in Morrisons at Fort Bill, we arrived at the Road to Rhu near Arisaig for midday. We selected a very handy launching spot with some good parking, where we could leave both cars for the week. We got busy loading the kayaks with gear and food for the week, and then settled down in the sunshine to eat lunch before setting off.

Final checks were made and we were ready to launch – until someone noticed a slight technical hitch. Whilst we were busy loading and eating lunch, the tide had gone out and the short carry to the sea was now a short carry to a land locked pool and a drag over sea weed covered rocks – oops! Launching turned out to be better than it looked, but not the most professional of starts to the trip!

However, the crossing to Eigg was far better as we enjoyed flat conditions all the way across and completed it in 2.5 hours. We kept away from the harbour area at Glamisdale, and picked a quiet grassy peninsula near Kildonnan.

The good weather continued into the next day with a gentle paddle across the harbour entrance and south westwards towards Muck.



Our paddling was interrupted by the sighting of 4 dolphins swimming and jumping in formation. Unfortunately they didn't stay around for very long but were soon replaced by some basking sharks. We saw several different sharks as we made the short crossing to Muck, and they certainly kept us entertained



Although longer and wider than the sea kayaks, they were amazingly accurate as they swam just under our boats – close enough to have been touched if we'd dared to put our hands over the side. One basking shark even swam straight at me and ducked under the water at the last moment, only just missing the kayak by curling its large dorsal fin to one side as it passed under the full length of my kayak. Did I get a photo? No – although I wavered several times between my paddle and my camera, the paddle won in the end just to be safe!

By the time we arrived at Port Mor on Muck it was dinner time, so we wandered up to the café and treated ourselves to cheese and ham toasties. We sat outside on one of the picnic benches and soaked up the sun.

After the break we continued our circumnavigation of Muck and looked for a suitable camping spot on the north coast.

The best sandy beach was by Gallanach, but unfortunately we didn't fancy being under the constant gaze of the residents of the farmhouse there. Instead we headed a little further east and landed at Camas na Cairidh, which had a narrow sandy beach to ease the landing.



There was a fully equipped yurt nearby, but we resisted the temptation to have an upgrade and used our own tent. Despite the fact that we seemed to have lost a set of tent pegs since camping on Eigg, we had a spare set that were meant for a porch extension so we could still put the tent up! Although the bay had seemed remote from the sea, it turned out to be next to the only road (track) on the island and we'd arrived just before rush hour!

By the next morning, the sun had disappeared to be replaced by a grey and overcast sky and a southerly wind. It stayed dry for most of the morning and the wind help speed us northwards and along the west coast of Rhum. By the time we reached the southern tip of Rhum, the rain had started and would remain with us for the rest of the day. We made good time paddling up the west coast and called in at Harris for lunch. After soup and butties in the shelter of some rocks, we explored the nearby mausoleum which belongs to the Bullough family. This was the second attempt which looks like a Greek temple, following the first one being blown up by Mr Bullough because his friend said it looked like a public convenience!

Lunch stop over, we headed further north to the top end of Rhum so that we could make

the crossing to Canna. However, the wind strengthened and the crossing appeared very lumpy with white horses as far as we could see. A quick decision was taken to run and hide, so we continued skirting Rhum and headed for Guirdil Bay which looked promising on the map as a landing place.



As we changed direction to north-easterly, we were largely sheltered from the wind by the mass of Rhum, and Guirdil Bay proved to be a sheltered landing. Despite being wet through, imagine our delight on seeing a bothy at the top of the beach – far more tempting than the thought of a rain-battered tent for the night.



The bothy was very basic, but dry with plenty of room to hang all our stuff out to dry. There were two small rooms downstairs, one a cooking/dining area and the other a sleeping area with a wooden floor. The bothy appeared to be undergoing refurbishment, as there was a partly finished first floor area which would provide further sleeping space. Although there was a small supply of dry wood in the bothy, we decided against making a fire as we had no means of replacing the wood and we thought someone else might appreciate a fire as we weren't cold.

We had a good night's sleep and woke to hear the rain still falling on the roof. However, the sky was brighter so we decided to have a leisurely start and see if the white horses out at sea disappeared before continuing our expedition. Within the hour the sun had come out and the wind dropped, so a paddle across to Canna was on the agenda.

On first stepping out of the bothy, we saw several red deer outside and only a few yards away. They didn't seem too bothered about us, as I guess they didn't see too many visitors!

By late morning we were back on the water and heading towards Canna, passing a ferry boat moored up in the entrance to Canna Harbour as we looked for somewhere to land for lunch. We spotted a white cottage at the far end of the bay and convinced ourselves that it was a café waiting for our custom. As we got closer we could see that we were right and discussed what delights we might try in order to support the local economy! Although the cheapest thing on the menu at £8 each, the venison burgers were excellent as we sat outside in the sunshine.



We even had some entertainment when a Scottish guy travelling with several bags, a suitcase and a guitar tried to hitch a lift with us! It turned out he'd been thrown off a ferry for being too drunk, which explained it took a while to convince him that there wasn't any room for him on our sea kayaks!

We set off again just in time to catch the last of the high tide to enable us to take a short cut

between Sanday and Canna, instead of having to go the long way round. As we passed back into open water, we got the fishing gear out and dropped our lines. Within minutes I'd got 4 reasonably sized mackerel on the various hooks and pulled them all in. I called Stuart over to help me unhook them and put them in a bag to have for supper later that evening. We were just about to set off again when Stuart said he could feel something on his line – he pulled the line up to reveal fish on 5 out of the 6 hooks (he always has to go one better!). We threw most back, but kept a large pollock, so that we had one fish each for supper.

After the venison burgers for lunch, and due to the warm sunshine, we didn't have much appetite for paddling round the whole island so we decided to camp in Tarbet Bay on the south side of Canna. We found a nice flat grassy promontory with a sheltered pebble beach for a fire in the evening. There was a stream within 10 minutes' walk, where we all went and had a cold but refreshing bath! We found plenty of driftwood so had a cracking fire on the beach, with the fish making an excellent supper thanks to some added herbs.

The following morning we headed back to the north coast of Rhum, in sunshine and calm water aiming to stop for lunch at Kilmory. There's a brilliant sandy beach at Kilmory, where the deer were grazing all around seeming oblivious to our presence. We did a bit of exploring whilst here, checking out a burial ground where 5 generations of one family died due to a plague. There was also some sort of basic shooting lodge accommodation nearby, but no one around as we had a quick nosy. The view across to the Cuillins on Skye would have been spectacular, if they hadn't been mostly obscured by cloud.



Back in the kayaks we headed round the northeast corner of Rhum in glorious sunshine and made our way towards Kinloch in search of another café! We paddled to the head of the loch and pulled out onto the gravel beach near the café, which is based in the community centre along with the post office and pretty much everything else. We had the place to ourselves as the daily ferry hadn't arrived just yet, and used the time to study the map to try and locate a likely place to camp for the night.

As we headed out of the loch we called in briefly to check out a recently built otter hide and to find one of several geocaches hidden on the island. The midges were on form so we didn't linger too long, and as we got back on the water we met the only other sea kayakers we were to see all week. After a couple of false promises, we found a suitable beach to land on and pitch the tents for the night.

The sun was still shining and the views across to Eigg were fantastic.



Tents were pitched, clothing laid out on the rocks to dry and wood collected for a fire later on. Tea was almost ready when the breeze suddenly dropped and we were attacked by a swarm of midges. Tea was eaten in a mad rush, followed by a quick dash round to collect all the clothing and then we all dived in the tent with some whisky for the rest of the evening.

Luckily the next morning the wind had picked up again, so we were spared the hassle of any midges. By the time we were on the water the sky had clouded over and the rain was soon to follow.

We headed southwards along the east coast of Rhum, with the intention of calling in to Dibidil where there is another bothy and a geocache to find. There's no beach at Dibidil and any overnight stop would involve some serious lugging of the kayaks to get them above high tide, but for the half hour we planned to be there it wasn't an issue.

The rain was almost horizontal by now, but in kayaking gear it doesn't really matter. The bothy was like a palace compared to the one we'd stopped in at Guirdil Bay, with all the walls lined with wood panelling. There were two lounge areas so two groups could be accommodated at once, with sleeping areas upstairs. The place was pretty desolate in the heavy rain, so we got back in the kayaks and began the crossing back to Eigg leaving the rain behind as we got about half way across.

We crossed to the Bay of Laig which has a fantastic sandy beach and landed once again in glorious sunshine. Unfortunately Phil had a slight miscalculation whilst coming in on the surf and ended up swimming the last 100 yards or so! We walked up to the top of the beach and enjoyed lunch in the sunshine, whilst watching a very nasty looking storm pass through mid-channel. Compared to most lunch stops, this beach proved to be quite busy with people coming down to explore the sands.

Back on the water the clouds cleared away and the sea settled down, allowing us a very enjoyable paddle down the east coast of Eigg. There were suggestions of cutting straight across to the mainland and the cars whilst the weather was so good, as we knew that strong winds were forecast for the following day. However this would have meant a long day and a very long crossing given the angle needed to return to the cars, so we opted for another night's camp at Kildonnan.

Although it was just after 5pm, we thought we'd try our luck at the café at Glamisdale as this was the only café we hadn't tried during the week – it was closed when we left Eigg at the beginning of the week.

Our luck was in and we enjoyed a cake and coffee in the sunshine – that was all 4 cafes on each island enjoyed in glorious sunshine! Could this be a record? There was a group of locals enjoying a few beers who tried to tempt us to stop a little longer, but it looked like it was going to be a long night for them!

We paddled back across the bay and set up camp at the same spot that we'd stayed for our first night on Eigg. Guess what? We found that missing bag of tent pegs as we were unloading the kayaks, along with a pair of boxer shorts which somebody suddenly remembered having missed for the last week!

After tea we admired the sunset and had a wee dram, before retiring early as we had planned an early start in the morning to avoid the worst of the weather.

Up for 5am and on the water before 7am, with the calm surface disappearing to be replaced by an increasingly turbulent sea within half an hour of leaving Eigg. The head wind gradually got stronger and stronger as we headed eastwards towards the mainland and our cars.

It was heads down and just grind out the miles.

As we finally reached the main coastline Phil stopped for shelter behind a smaller rocky outcrop and complained that he was shattered. I wasn't surprised given the speed he'd paddled at for the last couple of hours, but he said he just wanted to get across as fast as he could in case the weather got any worse!

We emptied the kayaks and loaded the cars in torrential rain and headed into Arisaig for a coffee and chat indoors away from the weather. We had planned to stay the night in Arisaig and have a final meal together in a local pub, but given the atrocious weather it just didn't seem worth staying any longer. Not quite the best finish to the trip, but at least we'd had the best of the weather whilst out at sea, so it didn't really matter anymore.

The rain stayed with us most of the way home but we were past caring – we'd had a brilliant trip and took some great memories away with us.

Phil Haworth

A typical moment in a committee meeting



Is Rachel texting ... "Dear Wee Willie Winkie please come to the H&D several subjects ready to be tucked up in their beds."

Editor's Bit

From the articles submitted for this edition of the newsletter it looks like we have taken to Sea Paddling and forsaken the rivers and lakes. We know better of course and we also know that there have been some very eventful trips on those rivers and lakes since the last edition. So where are the articles?

Remember that what may seem rather ordinary to regular paddlers and not really worth writing about, may be quite interesting to one of our newer members.

Always remember that journalistic integrity is not particularly applicable in this situation and the actual truth should not get in the way of a good story, (within reason).

There is also the promise of the much coveted Shakespeare Prize for the person who contributes the best article. There is also the promise of a prize for the best photograph accompanied by a suitable write up. Terry and the committee are still pondering about the name for this prize and would welcome your suggestions.

We think that the picture taken at the recent committee meeting will take some beating in this category. (see picture on page 13)

On the subject of prize giving, what do members think about how prizes are awarded at the AGM? Should the process be more democratic?

At the moment, members are able to send in nominations to the committee, and the committee decide who gets the prize.

Should members be able to vote? (Power to the People). Perhaps this could be done via the Forum on the Club Website.

Send your opinion, if you have one, in an article for the next newsletter, (please).

Also remember that an article does not have to be about a recent trip, it can be about anything that is paddling related, interesting/controversial/humorous, and is within the bounds of the law of libel. It would be good if the information for the article was not obtained by illegal means, so best not quote certain newspapers as the source of the information.

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

Please send your submissions by email, to newsletter@ribblecanoecub.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
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Chairman's Chat

Whooooosh! As Martin Stockdale (our previous editor) used to say, "There goes another deadline!" He was a bit of a stickler for deadlines, but not as bad as our current editor - just because she wants to get off to Rhosneigr tomorrow morning.

Hey, I think all the club's going from the look of the thread on the forum. John Kington's warned the site to expect 50 of us. Mind you, some may be put off by the forecast of rain and wind. I can put that in because by the time you read this we will all have come back.

The Ulswater alternative to West Tanfield Camp seems to have gone well despite high winds on the Sunday. I'm hoping there's a full report somewhere in this newsletter to tell us all about it.

Perhaps this year, Bala is going to be the hot and sunny camp, just like all our camps used to be – or is that just my selective memory again.

The 1 Star Course, so ably organised by Allan Hacking is now more or less over, most students having passed, but a few still, I think, to do the wet bits.

Most assessments were completed on a Coniston trip including, jetty launching, rock jumping, barbecues and frisby championships as well as the assessment.

We are aiming to have our Awards Presentation night at the H&D on Tuesday 27

September, so pencil that into your diaries and keep an eye on the Forum for updates.

You may notice a rather interesting photograph in this Newsletter, showing your Committee hard at work setting up a new award to be presented with our many others at the AGM each February.

Your committee need help in deciding the name of the new award which will be for the best photograph taken by a member in the current year 1 Jan 2011 to 31 Dec 2011 and published in that same year in this magazine or in the Gallery on our Website.

We have also to decide how the winner will be chosen. This again is considered along with the selection of all other award winners elsewhere in this erudite edition.

See you at Rhosneigr, or maybe next Tuesday at the H&D. We're getting about twenty to thirty members along each Tuesday, most paddling on the canal before going into the pub. Food is served till 9.00pm.

Terry Maddock 07733386704

Chairman@ribblecanoecub.co.uk

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
2 Sept	Open	n/a	To be determined	
9 Sept	Open	n/a		
16 Sept	Paddle Skills	Allan Hacking		
23 Sept	Rolling Course 1	Gary Fishwick		
30 Sept	Rolling Course 1	Gary Fishwick		
7 Oct	Rolling Course 1	Gary Fishwick		
14 Oct	Paddle Skills	Allan Hacking		
21 Oct	Open	n/a		
28 Oct	Polo	Rachel Desmond Drew		
4 Nov	Open	n/a		
11 Nov	Paddle Skills	Allan Hacking		

Please note prices for pool sessions:

Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4.

Open sessions are open access, no need to book. Please book in advance for ALL other sessions by phoning the named contact.

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

Canoeing Safety and Rescue by
Doug McKown

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

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)

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)
RCC, 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

100 years of Whitewater
Adventure (USA)

Sea Kayak with Gordon Brown
Instructional Journey along
Skye Coast

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

Fri 15 to Sun 17
Rhosneigr Camp - Rhosneigr, Anglesey

Sat 30
Outdoor rescue Session - Brockholes Lake
Contact: Roy Booth

AUGUST

Wed 3
19:00 – 21:00
Coaching Forum - Hand & Dagger

Sun 7
Development Trip
River depends on water levels
Contact: Rick Turner

Sun 14
Coach Mentoring Course – Hand & Dagger
Contact: Allan Hacking

Fri 19 to Sun 21
Summer Camp - Bala, Wales
Site access to Bala Lake and close to the Tryweryn
Contact: Rachel Desmond Drew

SEPTEMBER

Fri 2
21:00 – 22:15
Open Pool Session - Fulwood Leisure Centre

Fri 9
21:00 – 22:15
Open Pool Session - Fulwood Leisure Centre

Wed 14
19:00 – 21:00
Committee Meeting – Hand & Dagger

Fri 16
21:00 – 22:15
Paddle Skills Pool Session - Fulwood Leisure Centre
Contact: Allan Hacking

Fri 23
Rolling Course Pt 1 - Fulwood Leisure Centre
Contact: Gary Fishwick

Tuesday 27th
Awards Presentation night at the H&D for the 1 candidates*

OCTOBER

Wed 5
19:00 – 21:00
Coaching Forum – Hand & Dagger

Fri 21 – Sun 23
Tay Descent – Perth Scotland

NOVEMBER

Fri 4 – Sun 6
Tyne Tour - Hexham

Fri 11 – Sun 13
English Canoe Symposium
Location TBA

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.