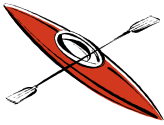


Your Update



OCT 2010



<http://www.castlecanoeclub.co.uk>

WELCOME TO THE CASTLE CANOE CLUB COMMUNICATOR.

Pool Sessions Courses Trips

Newsletter editor needed!!

Have you got some spare time to support the clubs communication efforts. If so contact castlecanoeclub@googlemail.com

Pool sessions

Now that the winter has come, there are no longer Tuesday sessions on the reservoir

See page two for details of pool sessions

5th December Safety and Rescue Training session on Reservoir

See page three

5th December Christmas Party 13.30 in the Brownwood Tavern

E-mail Claire at clhouvet@yahoo.de if you wish to come, costs TBC

22nd & 23rd January River Reading and Leading Skills on the Dart

See page three

13th and 13th March Wye Trip

See page three

Sea Kayaking Trip Report

See page four

Pool Sessions

The following dates have now been confirmed

Tuesday 9 th of November 2010	19.15—20.15
Tuesday 7 th of December 2010	19.15—20.15
Tuesday 4 th of January 2011	19.15—20.15
Tuesday 1 st of February 2011	19.15—20.15
Tuesday 1 st of March 2011	19.15—20.15
Tuesday 5 th of April 2011	19.15—20.15

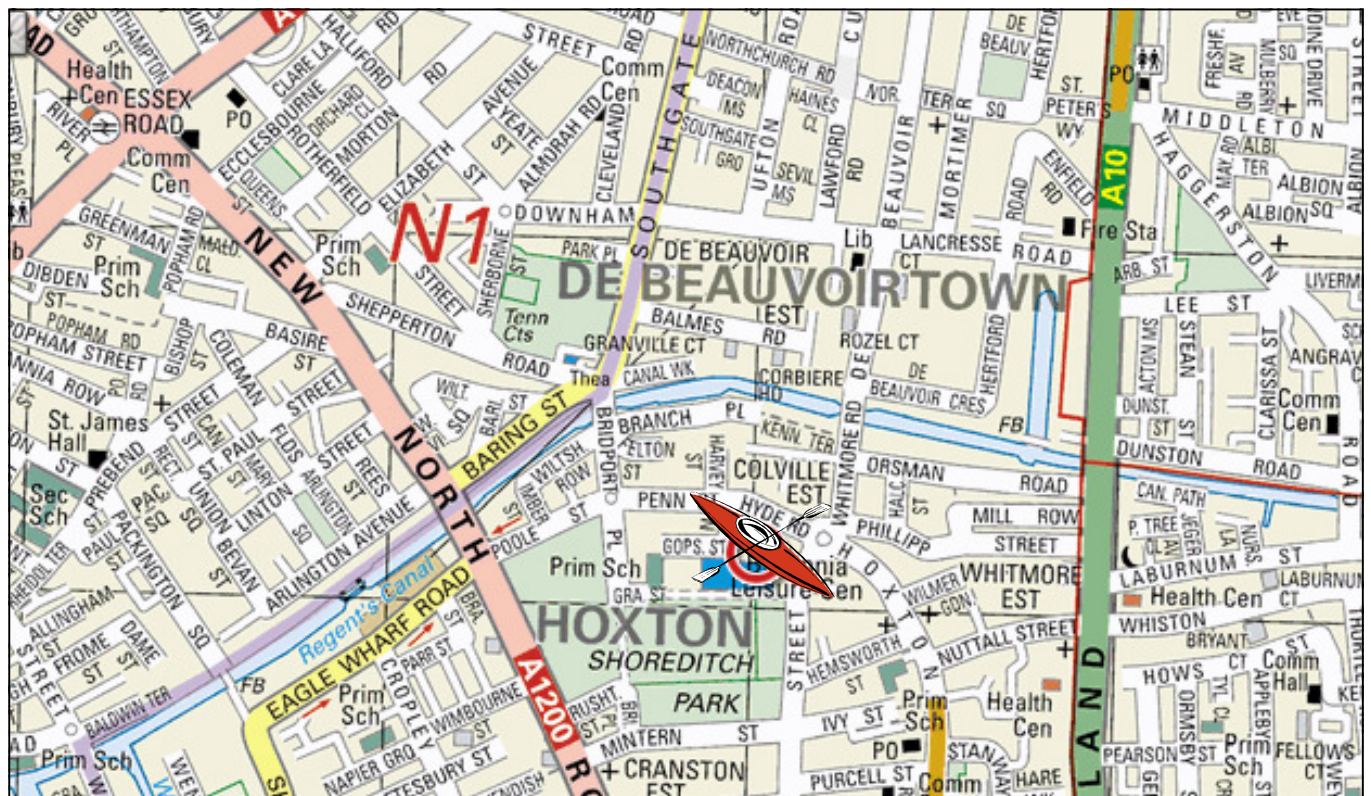
N.B Apart from the first date they run the first Tuesday of the month

First come first served! There is a max of 12 place per session. It is a great chance to practice techniques like rolling and bracing in a warm safe environment. At this stage there is no coach booked and will be done informally by other members. Where there is a coach it will be additional £5 to cover their cost.

If you are interested please let the duty officer know which dates and pay £5 per session. (cheques preferable).

Venue: Britannia Leisure Centre, 40 Hyde Road, London, N1 5JU, Tel: 020 7729 4485

Any questions email: castlecanooclub@googlemail.com



Safety and Rescue Training session on Reservoir 5th of December

Christine will be running a Safety & Rescue session to introduce key safety and rescue skills which will enable paddlers in a sheltered water environment to ensure the safety of themselves and others and be able to help themselves and others in difficulty. It will be based on elements of the BCU Foundation Safety & Rescue Training and will be very practical. As a minimum you should have basic boat control and have completed a capsize test and will need to come prepared to get wet! Please e-mail Barbara to reserve a place. castlecmembership@googlemail.com 10 PLACES. Cost a £10.00 donation in advance to book a place . The proceeds will go towards buying safety equipment in the club

River Reading and Leading Skills on the River Dart 22nd & 23rd January

CCC is organising a weekend trip to Devon aimed at members who have been on at least two or three trips on moving water of Grade 2/3 and want to progress their personal skills and be introduced to river reading and leading in this environment. You should have attended some Safety & Rescue training prior to the weekend. Please e-mail Jonathan to reserve a place

jonathan@whiteandreid.co.uk

OBJECTIVE: To introduce paddlers to skills and qualities required for self sufficiency / leadership on grade 2/3 water and increase confidence in these and personal paddling skills

CONTENTS: To include

- Planning and organising groups for paddling
- Group management
- Reading river features
- Running rivers safely
- Leading styles and leading on different features / grades
- Risk assessment / management
- Safety & incident management
- Personal & group equipment
- Rescue – paddlers and equipment Personal paddling skills

Costs approximately

- Petrol £20
- Bunkhouse: Say £40

13th and 13th March Wye Trip

Aimed at members who have been on at least one trips on moving water, such as ‘Intro to White Water Course’ and want to progress their personal skills and be introduced to river paddling. Charlie will be the level 3 coach on the trip.

In low to medium flows, this is a beautiful piece of water a classic section of the river, would also suit Canadian paddlers. 6 places available, could increase if there is demand. Please e-mail Shane to reserve a place

shanecashin@yahoo.com

Costs approximately

- Petrol £20
- Bunkhouse: Say £40
- Equipment hire (if don't have own): £20
- Food and drink: £20

Sea Kayaking Trip Report

FLOTSAM AND JETSOM ON THE ESSEX MARSHES –

Pete and I planned a trip to the Blackwater, this took time as I corresponded with Angie who knows the Blackwater and paddles it often with a group called SESK (South East Essex Kayakers – they have a good web site). We looked at circumnavigating Mersea Island and eventually planned a more modest trip for our first venture on the sea.

We talked to the club's sea kayaking paddlers Jean Pierre and Paul Towell and took advice ranging from, equipment we would need, our likely average paddling speed, tides and trip planning to practicing a deep water sea rescue technique which we all agreed on. I also spent an evening with Brian Williams from North London Sailing Association who has sailed for many years out of Brightlingsea and knows the tides and conditions.



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We were a group of 8, Karina, Barbara S, myself, Jamil, Jawad, Maurice, Pete E, Simon B. Arriving at the Old Customs House owned by the North London Sailing Trust in Brightlingsea on Friday evening, we dug out the charts and had an impromptu session on navigation.

Maurice taught us about cone shaped flashing green buoys on starboard side and flashing red cans on the port side as you enter the port. We familiarised ourselves with the scale of the charts knowing that time over distance would be important to measure once we were on the water.

We had not paddled together before and had a range of differing abilities and experience, we could only guess that our speed would be no more than 3 km per hour before taking the speed of the tide into account.

In the morning we checked the weather with the coastguard, force 5 to 6 with sudden squalls! That confirmed that we would go for the sheltered route 'Plan B' up St Osyth Creek. We decided we would first paddle to the mouth of the creek and look for ourselves at conditions in the River Colne (our original destination) . We got on a rising tide at 10.30am, high tide was 2.00pm a woman in a rib passed and said ' in 20 minutes 20 Hurricanes are coming out of the sailing club – they will be going at speed and will take no prisoners!' rounding the corner we spotted a bank of catamarans, one sped by.

We quickly passed and peeped out of the creek, noting the location of the 'South Cardinal Marker' a post with 2 triangles at the river mouth. It was blowing a hooley in the Colne, with a tide flowing from north to south and wind blowing from the north west, we briefly experienced the waves whipped up by wind over tide, we rapidly retreated.

Pete led us on the south side of Cindery Island, we stopped for a cup of coffee at the mouth of St Osyth Creek overlooking pincushion island. We landed in the mud, Karina made herself a coffee with her new gadget a cafetiere for pirates ... I mean paddlers.

We arrived at St Osyth with its boat yard there were a couple of old Essex smacks in various stages of reconstruction. It was 1pm an hour before high tide we had travelled at 6 km per hour with the tide. Pulling up on the quay we were welcomed by a man and a woman.

On asking if there was tea shop near by we were all offered a cup of tea by Joy, I gratefully accepted. A beautifully balanced pair of wooden split paddles were produced and offered for sale for £2.00 by the man, Jawad bought them. As we left I spotted a carved wooden hen washed up the night before by the spring tide. For our maiden voyage, the Essex marshes were producing rick pickings.

The tide had turned for our return voyage, as we joined the Brightlingsea Creek we faced wind over tide again and some bouncy waves. We made our first open water crossing into a head wind resting once we reached the other side. We then carried on back to Brightlingsea where the squalls had arrived and loaded up the cars with a darkening sky.





Steve (Chair), s_a_shaw@hotmail.com —I started kayaking in spring 2009 and immediately loved it. We're so lucky to have our club on the reservoir in Stoke Newington, it's like an oasis of open aquatic calm in the middle of London's bustle. I've done several river trips with the club too - most memorable so far being a fantastic week in the Scottish Highlands where I got to experience some pretty big white water. I think we have an excellent club that a lot of local people really enjoy and so I'm proud to be chair as I want to help it thrive. Look forward to seeing you at the reservoir!

Hi, I'm Claire (joint social), castleccsocial@yahoo.co.uk. I started kayaking in the reservoir in summer 2008. Not only do I enjoy paddling but also love interacting with people. I am joint Social Secretary for the second time, this year together with Jasna. Last year, I organized 5 events which had a fantastic turnout and were really enjoyed by many club members. My Asian roots partly explain my enthusiasm in organising social events and gatherings. I was born and spent my childhood in the Philippines. I love travelling and kayaking gives an exciting opportunity to explore sites from a different perspective. I look forward to seeing you at the Club either during paddling or for a chat in the reservoir café.



Hello, I'm Jasna (joint social). I started paddling in winter 2008. I am joint Social Secretary this year together with Claire. I came from former Yugoslavia. I grew up by the sea and love the water. I live near the Club and the reservoir is a jewel in this area. I am now taking part in an introduction to White Water paddling and I am very excited about it.

Barbara (Membership), castlecmembership@googlemail.com - I have canoed for 23 years I enjoy kayaking, open canoe, surf kayaking and sea kayak. In 1990 I co-ordinated the White Water Training Course at Regents and have co-ordinated numerous trips in open canoes. Having children (James 14, Ellen 8) caused me to take up surf kayaking an activity which can be combined with family holidays at Whitesands Bay in Pembrokeshire!! I have paddled in UK, Ireland and France. You will often see me in a sailing boat on the West Reservoir, I started sailing in 2004. I am keen to see Castle Canoe Club organise a range of trips which will be good social events as well as good paddling.



Nina (Health and Safety) ninabury@hotmail.com 07729360757. I started kayaking at West Reservoir a couple of years ago. Last year an injury meant I had to find something else to do on a Tuesday night, and discovered canoe polo - a chance to get some skills while being distracted from the fear of falling in. A week in Scotland last October led to getting to know some of the others in the club (and their dodgy taste in music) a lot better - swimming down virtually every rapid in Scotland turned out to be an amazingly good time in great company. So this year I've been on all the trips so far - and that's how I got involved enough to be suckered onto the Committee... I'm now Health and Safety Officer, which includes organising the Duty rota - so you'll definitely be hearing from me at some point.

Shane (treasurer), shanecashin@yahoo.com, 07984883757. I took paddling up at uni in Ireland and did quite a lot of canoe polo and a few trips. I found castle by accident last year and re-started. While messing around with some canoe polo again at castle, new people started to get involved and we had some great games which has really encouraged me to start paddling again. I went to Scotland and the Wye trips and had a great time. Looking for to doing more this year.



Hello, my name is Paul (Rivers / Trips Advisor), Paul.Wathan@Camden.gov.uk 07768441368. I am a chartered surveyor and live with my partner Christine and our cat Henry. My main purpose in life is being a supporter of Southampton Football Club, but in order to counter some of the low points that this entails, I took up white water kayaking about 15 years. Since that time I have kayaked in over 20 different countries around the world including in Central and South America and New Zealand. My favourite river in the world is the Pacuare in Costa Rica, being a two day trip through the tropical jungle with continuous grade 3(4) rapids, warm water and spectacular scenery and wildlife.