

TALES FROM THE RIVERBANK



SEPTEMBER/OCTOBER 2008

“Slalomed” out!



I'd saved all my holiday entitlement up to have a long summer break! Jacquelyn was the first to change this when she received a rather last minute email inviting her to La Seu d'Urgell in Spain to join the GB team at the Pre Worlds where they were holding a test event for women C1.

The picture is during the races, and you might notice the glove on her left hand, she had taken the skin off four knuckles in practice and they were also badly bruised; the GB



physio patched her up, one of our section judges lent her a cycling glove to protect her hand and off she went. Little were we to dream she would walk away with a bronze medal.

It was a trip of events as it wasn't only the hand that got attention, a lorry ran in the back of the hire car, took out the rear window and we could no longer open the boot of the car. It was at this point gaffer tape had more uses than just patching slalom boats. Jacquelyn is pictured with the C2 pair and our Olympic C1 silver medallist Dave Florence, they all also got bronze at the Pre Worlds.



So I had to alter my holidays after that and agree to work part of August.

End of July saw Jacquelyn and I yet again off on our travels. GB canoeing at last recognised that C1 women is turning into a viable class and for the first time provided training at Nottingham for C1W. Jonathan was at Junior Development camp for the first half of the week, then Jacquelyn had a day at the end of the week. The camper van and my feet know ever inch of Nottingham as though it were home!

This took us right up to August and off on our family travel into Europe. We first stopped at lovely clean little site right by the side of Troja on the outskirts of Prague, you can roll out of bed and directly onto the course which is used each year for a World Cup event. It runs off a river rather like HPP, but the water quality is much better and so is the weather. After a couple of days we sauntered down to Ceske Budejovice which is the south of Czech. Jonathan had two races here, the Teen Cup which lasted two days, with qualifiers, semis and finals and then the Wave

International which had the same format and Jacquelyn joined in her K1.



Jonathan had a great time reaching the finals in both events. The Teen Cup was divided up into U17 and U15; Jonathan was the 2nd U17 winning a paddle and extremely nice home made Czech cake, another of the GB girls also won a cake so we had no problems with pudding at the BBQ the following evening.



Both Jacquelyn and Jonathan had great Wave International races as Jacquelyn made the semis and Jonathan made the final and was 5th J18 against the Czech junior team, so he was quite pleased with that. Could this be Jonathan in the wave??



So onward to Slovenia, and leave Jonathan to train with the GB junior squad and race at Tacen. Jacquelyn, Mark and I drove off to Italy to await the A level results and take Jacquelyn on to Solkan on the River Soca. This was a lovely part of Slovenia and although not seen I believe it has some great play waves for you playboaters.

Jonathan proved his race at Czech was no fluke and went one better on a flooded course at Tacen and came 1st, this time winning a cag and laptop bag. Jacquelyn also got the results she wanted that week to go to Nottingham Uni.

Back we all came to sunny???? Lancaster and whilst I went back to work making up for lost days Jacquelyn and Jonathan clearer off camping to Grandtully. Jonathan came back highly delighted at his promotion to prem in his C1.

Summer ended with Jacquelyn and me yet again treading the ground at HPP whilst she

had another excellent C1 training day with GB canoeing; and lucky old Jonathan jetting off to Bratislava to race for GB in the Danubia Cup, his first major senior international race, paddling alongside some of the best C1s in Europe. He is very proud that Nico Bettge, a top German paddler, stopped him to tell him how well he looked to be paddling. There is a picture of one of the drops but I believe it doesn't really give any idea of the size of the drops there. However it was a great end to a busy summer getting into the semis in his first senior international.

So, if you want a busy but really exciting summer consider giving slalom a go, it takes a year or two but look at the trips you might achieve - Jonathan is a funded paddler so his races in Tacen and Bratislava are funded by Sport England. Jacquelyn is currently unfunded but got funds toward her Spanish trip and hopes to possibly get TASS funding this autumn.

Susan Shaw

The Rothay Strikes Again

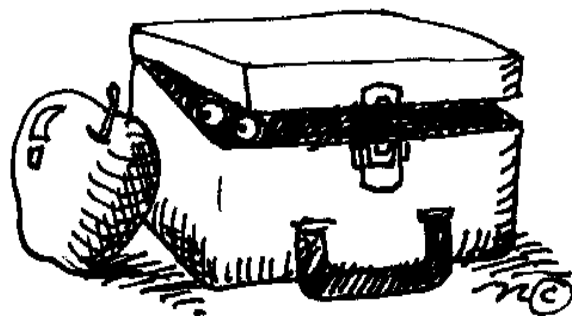
Coniston camp had been cancelled so off for a Rothay trip. The last time we paddled this river International Rescue had to be called in to evacuate a couple of our paddlers, so were we wise to try again? Well perhaps not! The problems started on Waterhead car park. Ian's buoyancy aid had decided it did not fancy this trip so it had stopped at home. Another recruit joins Ribble Ramblers Club for the day.

From here we shuttled up to Grasmere village where Allan had found an excellent launch spot by the village car park. All was going well as we paddled through the village until Mark discovered he was sat in a puddle. "Your flask is probably leaking," suggested Norman, but no, worse that, he was sinking!

A message was relayed to the group leader that Mark had made it to the bank and had discovered a large crack in his bottom! Unsure whether the crack was in the bottom of the kayak or the kayaker's bottom Allan arrived with both elastoplast and gaffer tape.

Luckily for all concerned it was the gaffer tape that was needed.

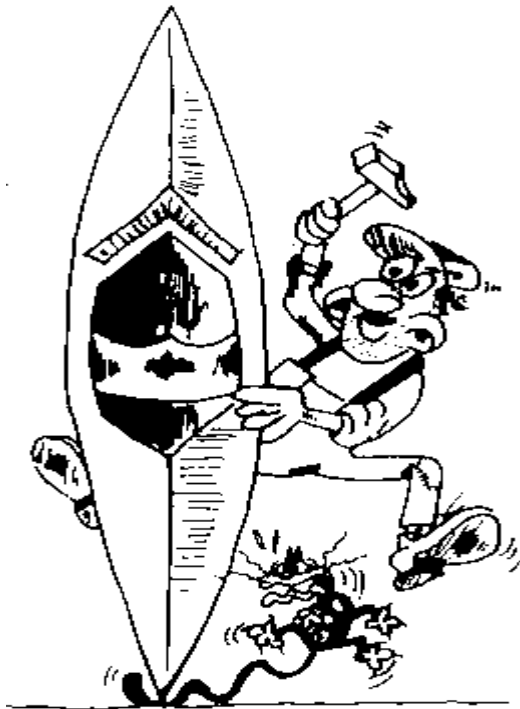
Boat repaired, we continued an uneventful paddle across Grasmere and down the Rothay to Rydal Water where we stopped for lunch. Again the curse of the Rothay returned to haunt us. Allan discovered that his packed lunch did not want to come on this trip and was still hiding in the back of his car.



Jillian also found her lunch could not face the Rothay so it had disguised itself as breakfast

and had been eaten earlier. Having failed to find the part eaten can of tinned fruit, with added boy's thumb, that we left here on our last trip the two hungry paddlers had to make do with scraps from the rest of the group.

Off again down the Rothay but again Mark started taking on water so he and his dad left us to make a dash for home and more permanent repairs.



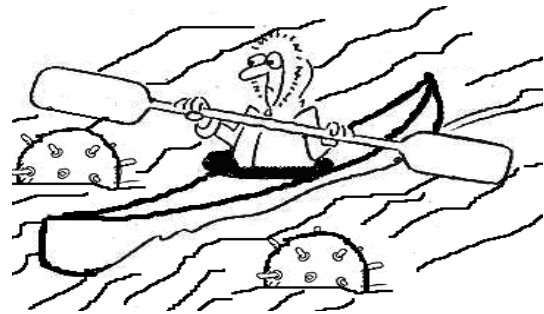
The rest of us played long and hard on the hotel weir before returning to Waterhead after an excellent but eventful trip.

Who sank Mark?

As we left Grasmere village we saw a sign that stated:

CANOES MUST NOT BE
PADDLED UPSTREAM OF
THIS POINT

We just joked "It would be OK as we always paddle downstream." Perhaps Grasmere village had better defences than just a sign!



Or perhaps Mark's boat had just worn out!

Peter Nelson

3 Star whitewater course

This winter we are proposing to run a 3 star course, many of you will probably be thinking "why in winter?" The new 3 star course is no longer generic to all disciplines and now splits into whitewater, flatwater and sea amongst others. The white water award now includes moving water up to grade 2, which means we need a reliable moving water venue.

The course will run at various venues and on some club trips when coaches are available, it is not going to take place on a fixed set of dates. Further information can be obtained

from any club coach at the Hand & Dagger on a Tuesday night.

The course will cost junior members £20 and for adult members £30, There will be additional costs for pool hire and BCU fees for certificates etc.

It is hoped to hold the assessment towards the end of February, very probably on the Lune possibly at Halton, and yes you do have to get wet, so yes it will be cold.

Allan Hacking

Safety First part 3:

Clothing

Helmet

Although generally very straightforward, when choosing and using a helmet you should consider the following issues.

Holes in the helmet allow water to pass through the helmet reducing the pressure and lifting effect. Helmets without any 'ventilation' holes, (such as Sweet and generally made of composites), can be rotated off the forehead, or lifted off completely, when submerged in turbulent water. In the past, concerns have also been raised around helmets with solid peaks. Frontal impact on the peak can lift the helmet off the forehead and also rotate it backwards, until the back of the helmet collides with the nape of the neck, causing injury.

Be aware that some helmets with large ventilation holes and side protection can suffer entrapment if the head comes into contact with branches.

Chin straps generally come in two types, single or multiple attachments. A single attachment relies on the helmet shell to be shaped in such a way, usually with additional ear protection sides to distribute the load equally, via the strap. Keep an eye on the rivets used for attachment, many are only nickel plated steel, and as such corrode, especially in sea water. Adjusting the strap can only keep the helmet in the correct position with the forehead covered. This type requires a good fit without the strap being tensioned as there is little or no adjustment. Multiple straps often form a 'V' around the ears and require carefully adjustment to distribute the load equally to keep the helmet on the head with the forehead covered.

Never attach anything to the helmet (visors, face guards) with metal fittings as a knock on that part of the helmet could force the fitting into the skull.

If you wear an earwig type head warmer below your helmet cut off the chinstrap or removes the attachment clip. This avoids accidentally fastening the wrong strap and leaving the helmet undone.

Cag

The choice of cag is usually dictated more by budget than safety consideration.

The main issue is usually to stay dry which depends on the quality of material and condition of the seals. To extend the life of latex seals (which are degraded by UV and contact with body sweat), wash with mild soap, rinse, dry in the dark and dust with talc, which absorbs grease and helps fitting.

If you are thinking of breathable material remember the area covered by your buoyancy aid and waistband will stop any breathable effect. (This also affects the waist and backside of dry pants.)

The main safety issue with many cags is the drawcord at the waist, which often passes through an adjustable toggle and then creates a loop. Cut the loop and knot the individual ends to avoid an unwanted attachment point.

Avoid using touring type cags with hoods on moving water.

Spray Deck

Spraydecks come in many similar styles but a wide range of costs; the more expensive usually having improved grip and

reinforcement around the cockpit combing. If your deck is the correct size for your boat but doesn't grip the cockpit well consider coating the combing in wax to improve the grip before replacing the deck. Some boats (such as early Prijons) had a shallow combing and worked better if the deck was worn inside out allowing the elastic to grip better.

All decks should have at least one release strap, this must be stitched to the elastic of the deck. If it is a loop, consider cutting this and having 2 equal length straps to avoid an unwanted attachment point. If you cannot bring yourself to do this, stitch the end of the loop to make it 'closed'. Remove any plastic clips from the release loops as these can clip onto the broaching bar of most short boats. Some decks have an adjustable strap across the width that can be lifted or raised with the legs, this forms a big loop and possible attachment point. If you have one of these adjust it and try it, many don't work as well as presumed and only work with cockpits that allow the knees to be raised while sitting. Consider having the strap under the deck if used as a knee release, this will let the deck cover it if you are swimming. Alternatively leave it undone and tucked under the deck or better still cut off leaving 120mm tails on each side.

Securely attach a 200mm length of 25mm webbing to the underside of the front of the cockpit. Place over the cockpit combing, and lay it on the front deck before fitting the deck. Pulling this strap toward you will force the deck forward and upward, releasing it easily.

The elastic of the deck comes in several profiles from standard round bungee cord to an edge moulded to the combing shape. An extra neoprene skirt fitted to the edge also improves performance especially on cockpits where the front is significantly higher than the middle or rear.

If you are concerned about a large cockpit deck 'popping' due to weight of water on the top, attach a sailing batten or length of tube underneath. The batten or tube should rest on each side of the cockpit, across the widest

part, half way between the paddler's waist and front of the cockpit. This acts as a bridge supporting the deck, it works well on sea kayaks.

If you regularly carry out 'X' rescues you will soon damage the deck as the weight of the rescued boat pierces the deck at the combing, consider a deck with a reinforced edge. Alternatively cover with a nylon deck on top of the neoprene one.

Although unlikely, remember if the deck material is pierced during a swim or entrapment you will have a continuous, unbreakable loop attaching you to the object, the only practical release would be cutting with a knife.

Footwear

From a safety point of view, apart from a few sites footwear should always be worn. Even if you don't swim you need to be able to get out of your boat and quickly across whatever terrain is present to help with rescues.

Whatever the footwear it should have no loops or toggles that could catch in the boat or the river.

If you have a drysuit with socks then boots will stay on your feet better, shoes often slide off if not next to the skin. If you are buying boots with zips try and get ones with a Velcro strap across the top of the ankle, this stops them unzipping accidentally and attaches the boot more securely.

Some thin, pull on, neoprene boots fill with water and rotate on your feet, if yours do consider putting a couple of drain holes near the arch of your foot to drain them.

Whenever possible choose boots, they will give better ankle protection and are more secure. If you have cold feet fit a pair of insoles cut from foam camping mat, the extra insulation helps in the boat and when standing around.

Buoyancy Aid

Apart from the obvious feature of aiding your buoyancy consider the following:

Side impact padding and protection for the ribs and kidneys, bright colours, including reflective tape for visibility.

'Clean lines', all the straps and fastenings to be as flush as possible.

Avoid front zips, one more mechanical thing to go wrong, and never attach anything to the zip as this can get caught and undo the zip. This commonly happens during rescues when you are sliding up or in boats.

Safety/chest harness strap must be cut to correct length before use leaving a tail between 150mm-180mm. Be aware that buckle arrangement may have multiple settings allowing different levels of friction, know which to use, in which situation, to avoid compromising the ability to quick release.

If a cows tail is fitted the karabiner must not be attached permanently to the BA, attach with Velcro or a sacrificial loop. If you don't use a cows tail but attach a rope to yourself via a karabiner directly to the rear of the safety/chest harness, only use a screwgate karabiner. Use of a snapgate is dangerous as it can slide along the harness webbing, contact and connect to the attachment loop of

the BA and you will be permanently attached. An exception would be if you had retained the metal loop of the cowstail on the harness, a snapgate could be used in this.

If you are a white water paddler buying a new BA consider one with a built in harness. This uses the webbing of the BA to form a climbing type harness, with the buoyancy attached, the stitching is bar tacked and capable of carrying a load.

Pockets should be easily accessed and the closure secure, even when under the pressure of moving water. Inside the pockets there should be sacrificial attachment loops to attach the contents and avoid losing equipment should you have the pocket open. Pack your pocket in the order you're likely to use the contents, most important things, knife, first aid, etc. at the top. Be sure you can access your pockets quickly with cold hands. An easy method of attaching lanyards (whistles, knives, etc.) to BA pocket, permanently attach spring loaded toggles to the inside of the pocket, pass the lanyard through this, it will grip the rope, but a strong tug will release it.

Finally your BA must be comfortable, shouldn't restrict your movement. When buying a new one try it on while sat in a boat, with a spraydeck fitted, make sure it's the correct length and not riding up towards your chin.

Tony Morgan

Introduction to moving water

Each year we run courses aimed at introducing our novice paddlers to the fluffy stuff known as white water. This year we will be starting off in October with some sessions at Burrs Country Park in Bury, before moving onto our usual venue at Lancaster. The sessions are aimed at those paddlers who have the basic paddling skills required for the BCU 2 star award, or Paddlepower discover.

Whilst these sessions will also be part of the 3 star course, they are not exclusively for the 3 star paddlers, they are for any club member who wishes to progress onto moving water. Check the trips calendar for specific dates and contact details.

Allan Hacking

Arnside Bore

31st August

I've heard a few comments about the Arnside bore over the past few years, most of them derogatory... boring being the usual description.

There was a 9.5 metre tide forecast for Sunday, apparently 10 metres are better, but size isn't everything is it?

With a new, unused sea kayak lurking in the garden I was willing to paddle anything, anywhere, so I arranged to meet up with our glorious leader, no not Gordon, Terry Maddock, Leigh Pemberton, and Alan Clowes.

We met up on the front in Arnside, a town firmly stuck in the 1950's (a fine decade), well worth a visit for the bakery alone, the Cornish pasties and sausage rolls are recommended.

A word of warning, park on the front, not in the car park near the war memorial as you might meet up with your car sooner than expected, as it floats past you on the tide (it floods during high tides).

We launched from the western end of the promenade, Terry paddling his Kendo, Leigh paddling something else, and Alan and I in sea kayaks.

We had about twenty minutes to wait before a low; gradually increasing hissing sound signalled the approach of the bore. Apprehension subsided as it became clear that the wave was only a few inches high. We turned to catch the wave, but it proved impossible to surf (well, for me anyway), turning the kayak sideways on and then leaving me behind (was this boat a wise buy?) wondering why I'd bothered. A second wave appeared and we all sat on the flood behind the wave, taking us towards the multi arched railway viaduct, we aimed for the wide arches

on the right hand side and shot through the turbulence caused by the bridge supports.

We knew we were travelling quite fast, but not until we were channelled past a sandbank, did our true velocity become apparent we were really moving, it was brilliant and even better it required zero effort, isn't nature wonderful!

The tide kept us amused, pouring over sandbanks and coming at us from unexpected directions as it flooded the sandbanks.

Our two experienced leaders disagreed over the route between the sandbanks, Terry insisting that we should keep left, and Alan to the right. Alan had a map so he won and we lived to paddle another day.

As we carried on up the estuary the banks closed in and the water became brackish and less loaded with sand. The scenery changed from open estuary with wide vistas over the countryside, to a greener more enclosed environment.

I'm no bird expert, but we saw Grey Herons, Swans in flight, landing near by, Curlews and Terry and Alan saw a Kingfisher. I saw an Osprey, its distinctive black and white plumage flashing in the sunlight, but as the others missed it, I didn't mention it.

We dined in luxury at Leven's Hall, well under the road bridge next to Leven's Hall, as it was now pissing down.

The return trip on the ebb tide was slower but still not without interest, large standing waves formed quite suddenly over the shallow sandbanks, giving a sensation of speed as we were drawn through them.

We intended to return as we had come, through the wider arches on the Arnside end of the viaduct, but it soon became obvious that there was no way we were going to reach

them and we would have to paddle between the narrower arches in the centre. I have to say I found the experience a little unnerving, being drawn at high speed towards the viaduct, seeing the inevitable drop and maelstrom beyond, caused by the ebbing tide against the bridge supports.

The actual passage was fast but uneventful, the kayak was swirled about a bit by powerful eddies, but quickly shot through into calm water, bringing the trip to an end.

This is an interesting, varied trip with the tides allowing quite a distance to be covered with minimal effort, although I'd recommend going with an experienced leader.

Thanks to my fellow paddlers for a great day out, I'm looking forward to the next one.

Grahame Coles

Chairman's Chat

Gosh! I've just read the last Chairman's Chat and it seems so long ago. Have we really had Rhosneigr, Coniston (not), floods, Committee shenanigans, tractor reinstatement and so much else, all within the last two months. I'm tired just thinking about it.

Rhosneigr had some reasonable surf and about fifty four members on site. I gather that the tidal flows at the Stanley Embankment weren't at their best but we more or less filled Cable Bay on the Saturday. Many members surfed at Aberffraw on Sunday but I was paddling the Inland Sea with Alan Clowes, Martin Atherton and Stan, I think. Sorry if I've got your name wrong. Once you've been a member for about ten years I start to remember a name – and it's getting worse! I mustn't forget the centre piece of our camp, which was of course Bev's tepee – a new experience for us all. And Bev's face was a picture when she found out it was hers – Steve having bought it for her birthday and erected it on site for when she arrived. That evening was rounded off with a birthday cake with a tepee theme made by Pat. When all the other tents were flapping and cracking in the high wind, the tepee stood tall and proud with nary a shudder or shake. And it was snug and warm inside with the barbecue/fire in there.

Coniston was cancelled due mainly to excessive dampness on the site, including rather dicey access roads. I don't think that memories of last year's wetness there did much to help. Of course the other side of the

coin is that there has been much more moving water to play on.

The Committee shenanigans were all about the Club's attitude to swimming. However the Coaching Forum put together a policy, both on swimming and on Club Paddles. I like to think sanity and common sense prevailed but I haven't space here to detail those policies. If any member would like a copy of any Club Policy get in touch with me at the number or e-mail below. The Committee recently accepted those policies put forward by the Coaching Forum.

I finally got my tractor working again – I know most of you have been offering prayers and sacrifices to achieve this end so you can ease up to some extent. However the odd sacrifice would still be useful as I blew a hydraulic pipe yesterday – oil all over the place.

Thanks must go to Allan Hacking for his hard work all this summer organizing and running the Paddlepower Sessions. A tremendous amount of work has been involved and lessons have been learned regarding this new coaching format. The courses have been very successful, not just in coaching members to a given level, but in keeping those members interested in carrying on paddling with the club. It is hoped to run Paddlepower Courses again next year.

Congratulations to Rick Patterson for completing the 100 mile pedal from York to Lancaster (or was it the other way round – whichever, he assured me it was up hill all the way).

And finally congratulations to Iain (Rockrat) Robinson and his new fiancée Jemma (is she

a member by the way?) They're living in Carlisle so we hope to see them from time to time, especially in the north Lakes.

Terry Maddock
chairman@ribblecanoecub.co.uk

Easter Trip 2009

After an excellent Easter trip this year to Ardrhu Holiday Cottages near Fort William, Ribble Canoe Club is planning to return for a further week commencing 4 April 2009. The accommodation is in a mixture of four, five and six berth cottages. If you would like to know more about the accommodation the website is ardrhu.co.uk.

Although the cost has not been finalised it is expected to be no more than £95 per person.

The trip is very informal with everyone either doing their own thing or joining other members on sea/river kayaking trips, walking etc.

There are a couple of spaces available, if you are interested please give me a call.

I will need to know exact numbers by the end of September as a deposit of £25 per person is due to be paid the first week of October.

Pat Green

Skills Clinic

The Paddlepower sessions that run in the pool each month have been moved to the 2nd Friday in the month, check the pool calendar for specific dates.

These sessions are not just for Paddlepower students, during the winter months it is hoped to use the sessions as a skills clinic for any club member who wants a bit of extra coaching with any aspect of their paddling. The sessions will also be used to introduce any newcomers to the sport.

There will usually be 2 or 3 coaches present to assist members.

Booking for the sessions is essential, this is to prevent overcrowding and ensure that each person gets a full hour in the pool.

To book a place at a session please contact me, either by phone or at the Hand & Dagger most Tuesdays.

Normal pool session fees apply.

Allan Hacking

For Sale

Dagger G-Force 6.3

Urban camouflage colour with a ratchet backrest and Wavesport F-A-T hip pads

£350.00

Grant Dillon

**CHRISTMAS DINNER AND DISCO
ON
SATURDAY 13TH DECEMBER
AT
THE NEW DROP INN
(ON LONGRIDGE FELL)
COST £22.95**



Starters:-

*Deep fried garlic mushrooms with garlic mayonnaise
Tropical melon with seasonal fruits and raspberry coulis
Home made duck liver pate with a port wine sauce & toast.
Platter of prawns
Home made vegetable soup served with croutons.*

Main Courses:-

*Traditional roast turkey with all the trimmings
Poached salmon served with hollandaise sauce
Roast duckling with apple sauce and stuffing
Shoulder of minted lamb cushion served off the bone
Chicken breast with a mushroom and cream sauce
Pasta bake: pasta shells in a mushroom and stilton sauce.*

**PLEASE RETURN THE FORM BELOW, AS SOON AS POSSIBLE, BUT NO LATER
THAN FRIDAY OCTOBER 17. PLEASE SEND WITH CHEQUE FOR THE FULL
AMOUNT TO:
Debbie Dowe**



BOOKING FORM

Name/s _____

Phone No: _____

Starter/s _____

Main Course/s _____

I/We enclose a cheque for:- _____

Changes to the Washburn



As many of you will already know work started at the beginning of August to create eight new water features from the stepped weir downstream.

In the June edition of Canoe focus the article advising of the work on the river stated **“paddlers must acquaint themselves of these changes when first entering the site.”** A message that was reiterated to us by the organisers when we arrived on Sunday 24 August. We were told that the work was still ongoing; they suggested that we inspected the drop below the wooden bridge as it has been altered to make two smaller drops.

Norman and Mark paddled down below the wooden bridge and got out to inspect the fall. Thank goodness they did, as we approached we saw two boats approaching the second fall - one of them was upside down. The second paddler then capsized and swam over the fall.



As you will see from the photographs the paddler (not the one holding the boat) had escaped from the capsized boat before it got stuck. The paddlers were rescued some way down the river. The Washburn is renowned for not having many eddies for swimmers to get into.



Fortunately the group had plenty of throw lines and other equipment to execute the recovery of the boat. Even with three throw lines, slings, karabiners and lots of helpers the recovery took about 20 minutes.

Messages were sent upstream to stop paddlers coming down as they could get caught up on the lines across the river. Despite the warnings two paddlers came down in an inflatable double. It was a nerve racking few moments as it was touch and go as to whether they would get caught up in the lines.



There was also a scary moment when the trapped boat eventually came free. It did so, bringing with it one of the rocks and the two paddlers who had been standing on it. It was only by good fortune that the rock did not then pin one of the rescuers by the legs.



The problem with the new layout is that once you come over the first fall the water pushes you to the right hand bank. You need to make a conscious effort to keep to the left hand bank where it is anticipated paddlers will come down the fall safely.

The paddlers all seem to like the alterations to the river downstream of here. The consensus of opinion is that it is much more interesting but nothing too technical.

I was the only person taking photographs of the incident so have been asked for copies so that they can be reviewed by those involved in the design and have been told by Chris Hawksworth that they need to do more work and that he will talk with the engineers on how best to achieve this to avoid a repeat of the incident.

He said they have been testing the new features by turning the river on and off and checking whether any of the rocks move. They are also aware of the lack of break outs below this feature and are planning to see what can be done to remedy this.

By the time you read this article these issues may well have been resolved, however, if/when you next go to the Washburn I would strongly recommend that you inspect this section before shooting it.

Happy and safe paddling.

Pat Green

The Zen of Canoe (Or not)

Open Canoe, Open Mind

The Oxford English Dictionary defines Meditation as “a discourse expressing considered thoughts on a subject.” Meditation in Eastern philosophies however defines meditation as clearing the mind of everything, creating the Space in which “The Answer”, or possibly even the question, is meant to become clear.

Our modern lives are full and our minds are filled with living them; canoeing can help create the Space.

Take a trip to Peel Island on Coniston. Set off from Brown Howe (though paying the £6 to park seriously dents the karma) with the focus on getting to Peel Island. The destination achievable, clear and visible, unless it's lashing it down, what becomes important is the journey. At this early stage there is no physical challenge. Arriving on an island always seems like a release, it must be that sense of remoteness islands have. Try to avoid, or at least avoid noticing, the BBQing beer drinkers or the party of outward bound kids, and fully appreciate this tranquil spot. Sit on the cliff and look back on where you've come. The sun glinting of the water, a slight haze perhaps, or the inside of a cloud if it's lashing it down. You've already travelled and started to create the space. Hang around a while on the island, take in the flora (trees) and fauna (ducks), look at water, have a walk, but don't look at your watch or ring your mate/mum/partner (in order of importance) on your mobile. When the time's right for you, go a little further.

Already you've gone beyond the destination. The island experience hopefully starting to clear your mind, or having been annoyed intensely by the kids and BBQers, moving on seems like the release. The jetty is the next focus. Still not tired but with a slight head wind the focus shifts from the jetty, the destination, to the water, the boat, the paddle stroke, that fact your kids aren't pulling their

weight and you're doing all the work. The mental chatter of the modern life giving way and the focus on you in the here and now, on physical things, the mind starting to clear.

The jetty soon approaches; when in fact it's you that's approached the jetty – bit of relativity here for you to ponder. The shore offering you the opportunity to make a brew using the Kelly Kettle. The convenience of the thermos flask links you to where you were and should not be part of this journey. The Kelly Kettle, with the kindling wood you brought - the NT signs are very explicit about not picking up wood from the shore, the meths soaked rag, the metal sparky thing that doesn't work too well, or so well that you lose the hairs on your fingers. All this complicates the simple task of making a brew, unless you forgot to pack the coffee like I did last time which renders it futile. Making this almost a ritual, focusing you on the task, making you wait; removing you further, creating the space.

Time to go. Back to the car park? Or carrying on? Carrying on, you decide just to go a bit further. Time is no issue, after all you paid £6 for the car park, might as well make the most of it. Enjoy the paddling, the scenery, the physicality of just being there. At some point you decide to turn round and go back; when is up to you. As you turn back you see Peel Island, your original destination; but you've been there, no need to land, it's now about returning.

Arriving once more on the shore, the mind clear, the muscles nicely tired. What's in your mind now? Is the answer clear? Can you even remember the question? Relief that you had locked the car after all? A reminder from the kids that Eastenders is on at 7 and you'd better get a move on? It's been a day out and at least you went canoeing.

***Binky-(Boo) Buddha
(Paul Binks)***

Ribble CC Library

To borrow a book or video, contact Janet Robinson 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
Olli Gru
 The Art Of Freestyle

Guidebooks:

English White Water
 Scottish White Water
 White Water Lake District
 An Atlas of the English Lakes
 Canal Companion: Cheshire Ring
 Anglesey Sea Paddling
 Welsh Sea Kayaking

General:

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

Expeditions:

Travels with a Kayak
Whit Descher
 On Celtic Tides
Chris Duff
 Blazing Paddles
Brian Wilson
 Dancing with Waves
Brian Wilson
 Paddling to Jerusalem
David Aaronovitch
 The Last River
Todd Balf
 Paddle to the Arctic
Don Starkey
 Canoeing across Canada
Gary & Joanie McGuffin
 The Canoe Boys
Sir Alastair Dunnett
 Odyssey among the Inuit
Jonathan Waterman
 Barbed Wire & Babushkas
Paul Grogan
Videos:
 Liffey Descent
 Deliverance (18)
 Extreme Sports Canoeing
 A Taste of White Water

Wicked Water 2

Drill Time

Destination Nowhere

Path of the Paddle: Doubles Whitewater

DVDs:

Tony Morgan in the Grand Canyon
 LVM Lunch Video Magazine
 Ribble Newsletters (CD)
 Doublyouess
 Without a Paddle (13)
 Whitewater Kayaking
 The Cockleshell Heroes (U)
 Mags Brayfield in Nepal
 EJ's Advanced Playboating
 The Chaos Theory
 Jackson Kayak Promo
 It's Different Every Time
Norman Green
 EJ's Playboating Basics
Eric Jackson and Chris Emerick
 Wavesport: Sessions
 Fort William 2005/06 Trip
 My Tartan Adventure (VCD)
Ribble Canoe Club, Scotland 2007
 The 7 Rivers Expedition
 Locks and Quays
Featuring Ribble Canoe Club
 The Politics Show
Featuring Ribble Canoe Club
 Open Canoeing
Reg Blomfield
 EJ's Rolling and Bracing

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
19 th Sept	Rolling	Bob Smith	Dave Nelson	Terry Maddock
26 th Sept	Rolling	Bob Smith	Grahame Coles	Martin Stockdale
3 rd Oct	Rolling	Bob Smith	Albert Risely	Kath Risely
10 th Oct	Paddle Power	Tom Byrne	Grant Dillon	Peter Jones
17 th Oct	Open	N/A	Mark Bamber	Kath Risely
24 th Oct	Freestyle	Allan Hacking	Mark Dillon	Alison Nelson
31 st Oct	Safety		Mark Loftus	Allan Hacking
7 th Nov	Open	N/A	Grahame Coles	John Kington
14 th Nov	Paddle Power	Tom Byrne	Adam Fielder	Terry Maddock
21 st Nov	Polo		Mark Bamber	Martin Stockdale
28 th Nov	Open	N/A	Mark Dillon	Brian Woodhouse
5 th Dec	Dumbongo	Allan Hacking	Dave Nelson	Peter Jones
12 th Dec	Paddle Power	Tom Byrne	Grant Dillon	John Kington
19 th Dec	Open	N/A	Albert Risely	Alison Nelson

Please note new prices for pool sessions:

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

Please book in advance for the Paddlepower sessions and Rolling Course by phoning the named contact.

Editor's bit

And so, the end is near...

After 8 years in the job, the time has finally come for me to hang up my newsletter editor's hat and pass the job onto somebody new. I will be standing down from the committee and from the editor's job at the next AGM, so the January 2009 newsletter will be my last.

Pat and Norman Green have volunteered to take over the newsletter, and I hope that everybody will give them the support that you've given me over the years. Details on how to submit articles in future will be sorted out shortly – for now, just send them to me as usual!

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.

Dates and deadlines

The next committee meeting will be on November 12th at 7:00pm at the Hand & Dagger. The next newsletter will be published on November 26th. All submissions to me by Saturday November 13th at the latest please.

Martin Stockdale

CALENDAR

NOTE: Last minute trips are often arranged on the forum on the website (www.ribblecanoeclub.co.uk), at the Hand & Dagger on Wednesdays or at Fulwood on Fridays. 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.

River information:

Burrs 0161 764 9649

www.burrs.org.uk

Canolfan Tryweryn 01678 520826

www.welsh-canoeing.org.uk

Tees Barrage 01642 678000

www.4seasons.co.uk

Washburn/Wharfe 0845 833 8654

<http://www.yorcie.org.uk/>

Trips / Events

September

21 ***Estuary Trip***
R Wyre (HT 4.00pm)
Knott End-Skipool & Back
See Website Forum

21 Washburn
Sunday Cruise

20/21 Pyranha Fest
Tryweryn
<http://www.pyranha.com/newsSheet.php?boardID=1&id=41>

20/21 Slalom Div 3/4
Oughtibridge
<http://www.canoeslalom.co.uk/courses/oughtibridge.htm>

27/28 **Slalom Div 3/4**
West Tanfield
Sleningford Water Mill
Terry Maddock

October

4 **Intro to moving water - R. Irwell**
Burrs Country Park, Bury
Allan Hacking

5 ***Washburn***
Sunday Cruise
Allan Hacking

11 **Intro to moving water - R. Irwell**
Burrs Country Park, Bury
Allan Hacking

11/12 Slalom Div 3/4
Stone, Staffordshire
<http://www.canoeslalom.co.uk/courses/stone.htm>

17-19 NW BCU Paddlefest
Burrs Country Park, Bury

18-19 Slalom Div 2/3
Sowerby Bridge

25 **Intro to moving water - R. Irwell**
Burrs Country Park, Bury
Allan Hacking

November

2 **Moving water Session - R. Lune**
Halton, Lancaster
Terry Maddock

9 ***White Water***
R Greta (Keswick)
Threlkeld Bridge to Keswick
John Kington

15/16 Open Boat Symposium
Windermere, Cumbria.

23 **Moving water Session - R. Lune**
Halton, Lancaster
Terry Maddock

December

13 ***Christmas Party***
This is an "Assumed Risk"
Event!
Debbie Dowe