



Waveney Valley Canoe Club

The Friendly Family Club

WVCC JANUARY 2008 Newsletter

A new exciting year has started and it will not be long before WVCC start the new BCU Paddlepower syllabus at the Riverside. They say "change" is the only consistent thing in life and that is what the instructors are busy getting their heads around how to deliver the new courses. From 1st September 2007 the old BCU awards have changed to the following.

Paddlepower Start award level 1 – an introduction to encourage the new paddler

Paddlepower Passport award level 2-5 is similar to the old 1 Star

Paddlepower Discover award level 6-9 is similar to the old 2 Star

Paddlepower Explore award which will be more comprehensive than 3 Star

Paddlepower Excel Bronze to Gold award that will recognise skill and leadership.

All the above may seem confusing but all should be clear by the time we start!

The other exciting news is that Anthony Ing prepared a Youth Grant proposal on behalf of the club and was successful in obtaining circa £3000, which we can invest in more equipment and canoes for the season.

You will also see another attachment with this Newsletter of a Trip Log book that Rob Fisher has designed. This can be used as proof of trips undertaken by individuals when gaining the higher awards.

www.waveneyvalleycanoeclub.co.uk

Forthcoming Events - Trips

Trip type	Date	Location	Organiser	Telephone
2*	27 January	Broads trip	Paul Jary	01493 854340
1*	4 February	River trip	Dave Lines	01508 518539
2*	2 March	Estuary trip	Dave Cassell	01508 498433
1*	16 March	River trip	Rob Fisher	01508 520025

Trips

If you plan to go on any of the above trips you will need to telephone the trip organiser at least 2 days before the trip to book your place. The organiser will then make final arrangements how contact needs to be made to confirm the trip in case of bad weather.

Essential on all trips

Buoyancy Aid, Warm Clothing (several thin layers) **DO NOT WEAR DENIM**

Warm hat-gloves and bring a spare set of clothes-towel-cagoule

Packed lunch and hot drink

SUNDAY POOL PRACTICE SESSIONS on alternate Sundays at Archbishop Sandcroft School in Harleston from 5.30pm – 6.30 pm on:

You can practise all your skills in the safety of a warm pool and perhaps learn how to roll. You can bring your own paddle but canoes are provided. Wear a swimsuit and tee shirt.

Sunday 3 February	
Sunday 24 February	
Sunday 9 March	

POLO SESSIONS on Mondays at Archbishop Sandcroft School in Harleston from 7.00pm – 8.00pm on:

You do not need to have had any experience of playing polo it is suitable for all abilities.

Monday 28 January	Monday 3 March
Monday 4 February	Monday 10 March
Monday 11 February	Monday 17 March
Monday 18 February ??	
Monday 25 February	

You can bring your own paddle but canoes and helmets are provided. Wear a swimsuit and tee shirt.

Situation Vacant

The club is looking to fill the following posts.

Club Secretary – to take minutes and carry out secretarial tasks such as e-mailing members with updates as well as keeping the committee in order!

Male and Female Child Protection officers, these do not need to be instructors or paddlers but they will need to regularly attend club nights. Full training and support and a huge amount of encouragement will be given.

Oh no, I've fallen in the water!

A bright, cold and breezy morning awaited us on the Waveney on November 25th. A morning of relaxation, a much needed break from the working week, time to appreciate nature and a chance to chat with friends in a leisurely paddle was what awaited us.

From Shotford Bridge to Homersfield we paddled, thirteen of us in a wide range of canoes from Canadians, kayaks to a rubber duck! Manned by Dave

Hansen the canoe being so light proved a little tricky at times against the wind, but Dave made it down the river with the rest of us. Alan on the other hand was lucky too, as he looked as if he should have stayed in bed especially after not getting in till the early hours.

With Dave Cassell leading the group I followed and both of us were fortunate to see a kingfisher in flight, it's brilliant blue plumage caught by the brilliant morning sun. There was evidence of the recent flooding along the way, with some severe erosion of the banks.

Well there's always one I was told, that gets wet (just glad it wasn't me) and this morning was no exception. I was told I perhaps shouldn't say anything about it, as his wife would not be too happy, but I think it was said tongue in cheek. Sorry Kath but he fell in! John Ricketts obliged us by capsizing at the fast running mill pool whilst we were taking a short cut, by managing to find the only high point on the bed and need I say more. He did not let himself down though as he waited for a rescue but alas the current was a little fast and Rob could not get to him before John had to release himself. Luckily he actually stayed pretty dry. (Whilst most missed this performance, we heard the slapping on the hull. Well-done JR – Ed)

My first river trip with the club after joining in August and a good gentle paddle for a beginner like myself. I was glad I'd been attending the pool practice sessions as it had helped keep my body strength up and I completed the trip easily and was not too tired. However, for about four days afterwards I was absolutely knac.....(worn out)!

Caroline Doyle

New Years' Eve Paddle 2007

This is something of a club tradition, that on New Years Eve the club has a nice gentle paddle down a river and finish with a meal and a pint at a local public house. This year Andy Ing ran the trip and we paddled from Shotford Bridge to Homersfield on the Waveney. We got on the water about 1030hrs at Shotford Bridge near Harleston, after the car shuttle to Homersfield, with a good flow on the water and an overhanging tree obstacle to take into account, we got into eddies at the bottom of the flow where we waited for each other to get on the water. We paddled off. It was a very fresh morning.

There were sixteen of us in all, including three Canadians. This part of the Waveney is a very winding stretch of water with overhanging obstacles and trees and places where the flow on the water, although it looks quite tranquil, can be quite deceiving. We had been told that on the evening previous that the flow was much greater than it was on the day and that according to Andy who had been and checked the river the evening previous, the water level had dropped. It was quite evident that the banks had been quite dramatically eroded on the bends due to recent high waters and that the water had been whipping through quite strongly. As a group we were making quite good

progress, when one young lad, Luke took a swim, he was promptly dealt with and was encouraged to paddle on to keep warm.

We stopped at Mendham weir for a cup of coffee and to stretch our legs. This was roughly half way. The more adventurous amongst the group shot the weir before getting out and had a play. It also gave us a chance to get Luke warmed up. We pressed on towards Homersfield negotiating another two weirs en-route at Wortwell Mill, and the last one, upstream towards Homersfield is like a mud bath at the best of times on the riverbank. It is worth noting that there has been a lot done in terms of access agreements and portages installed around these weirs at Mendham, Wortwell and Homersfield, over the past few years to allow paddlers to get off the water, take boats and kit around the weir and get back on the water with ease.

We negotiated Homersfield Weir, and we were on the homeward stretch, the pint by the fire was getting closer by the second. The river still had a flow on it, and one of the Canadians was about to fall victim to this around a bend where the flow increased slightly and the river narrowed. Stuart and Anna got forced into a tree and as Stuart grabbed onto a branch to try and put them back on course, the flow was too much and it overcame them and they both ended up taking a swim. They very quickly and commendably got themselves sorted out and we pushed on to Homersfield Bridge where we used the access platforms to get off the water both sides.

Most of us stayed on and had a pint, meal, and banter in the warmth of the Black Swan Public House. Most of us opted for the legendary Mucky Duck Special (this consisted of a two half pound beef burgers with cheese, bacon and salad all in a sesame bun plus loads of chips highly recommended, naughty but nice.) this warmed us up a bit after a chilly but enjoyable morning. After toasting in the New Year it was also time to say goodbye to our Club Secretary, fellow paddler, and friend, Elaine Sherriffs who is going out to New Zealand for a few months with the possibility of starting a new life down under in early February. All the best Elaine!!

On a final note special thanks must go to Andy for organising an enjoyable day and most importantly the Pub for us all.

Happy Paddling for 2008.

Alan Jary.

A Coaches Dilemma

With the met office forecasting a South Westerly wind Force 6 to 7 decreasing to Force 3 to 4 I considered calling off the planned Sunday 2* broads trip from Martham Ferry to Hickling Broad, if any inexperienced 2 stars were planning to paddle.

Only Alan, Keith, Gavin and Karl phoned so we decided to meet at Great Yarmouth Asda car park at 1000hrs Sunday 27 January 08 then depending

on the conditions we could go for an estuary paddle on Breydon Water or an inland Broads/River trip or cancel altogether.

A weather check early Sunday gave decreasing winds later to Force 5 Westerly decreasing to Force 3 to 4 somewhat less than the conditions predicted the night before.

We met and discussed the options. "Well we'll give Breydon water a go" was the favoured opinion despite Karl having to paddle a shorter pirouette general purpose kayak.

We paddled through waves with a South Westerly 4-5 wind, and we hugged the South Bank and calmer water encouraging Karl all the way with the line "it'll be easier on the way back with the wind behind you".

We made Burgh Castle after about 1 hour and half's paddling.

Gavin, Alan and Karl decided the group would go to the Fisherman's Bar public house for lunch and a beer. After alighting and getting the boats onto the pub beer garden, all the paddlers had conveniently forgotten their wallets! So guess who stumped up for four pints of beer?

Refreshed and with the wind behind us we left and we re-crossed Breydon Water surfing with the waves. Karl was working to control the pirouette well, muttering at times, a nice and easy two star paddle!

The wind as forecast did decrease and with sunshine, blue skies, and 11 degrees C temperature it made for a very enjoyable paddle.

It would have been easy to cancel but we would have missed a beautiful winter's day paddle, the only consolation would have been I'd be at least £10 in pocket!

Paul Jary

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Vice Chair	Robin Sawyer		
Secretary			
Treasure	Julie Ing	01986 788465	mailto:Julieing@btconnect.com
Check our web for changes – 'What's On' www.waveneyvalleycanooclub.co.uk			