



Waveney Valley Canoe Club

The Friendly Family Club

WVCC JANUARY 2009 NEWSLETTER

Happy New Year

Like one or two other members I have braved the challenging weather and already had a paddle this year! Like me I hope that you have aspirations and challenges that you have set yourself for 2009.

A year ago there were some concerns that the Club might slip back a little due to a lack of Coaches. In fact we ended up having an amazingly successful year. This year we are all looking forward to a really fantastic year. We have two new Coaches and a couple more in the pipeline and we are planning to offer a broader range of courses than ever before.

If you are looking to progress this year, **don't forget how important it is that you keep up the winter paddling.** This newsletter gives details of a range of paddles over the coming months. There is also a list of Pool sessions on Sundays. If you want to learn some more advanced skills, what better way than in the warm clean environment of a swimming pool.

We are looking to have an enrolment evening around about Easter time so that you can sign up for new courses so get thinking about what you want to do this year and starting brushing off the cobwebs on your paddles.

Dave Cassell (Chairman)

For further information and view photographs of any trip click on the WVCC web site.

www.waveneyvalleycanoeclub.co.uk

CANOE ALGONQUIN

If you like paddling a canoe then you will probably want to paddle in the wilderness of Canada – the true home of Canoeing. So in September my wife and I boarded a plane bound for Toronto and a week's paddling in the Algonquin National Park.

We arrived Saturday afternoon and 6.30 am Sunday we were standing in a parking lot outside the Silver City Cinema on the outskirts of Toronto waiting to be picked up by our guide for the week.

Although it would be quite possible, and indeed easy, to “go it alone” for several reasons we preferred to use a guide. Firstly there is no need to hire a car, which would stand idle for the week, all camp gear and food is supplied, not to mention the canoe. Therefore, all the logistics are much easier and when all factors are taken into consideration the costs are going to be very similar. Back to the parking lot and another couple arrive. They are also from England, a couple of years younger than us and as we found out would, like us, also celebrate their Wedding Anniversary during the trip!

Soon our guide arrived with the others on the trip – a couple from the Midlands and a father and son from South Wales who would keep us in laughter for the rest of the week. (One of the other attractions of going on a guided trip – the people you meet!) All loaded, Just! And we were off on the three-hour drive to the Algonquin Park. We could not help notice all the cars with canoes on the roof – the park only being three hours from Toronto makes it very accessible to Canadians. It is a true wilderness, however, something the size of Wales, home to black bears, wolves, moose, beaver, deer and so on. The park is right on the edge of the Canadian Shield and contains maple, beech, birch and in the northern forest coniferous forest. There are more than 2,500 lakes and over 1,000 miles of canoe routes.

Midday on Sunday finds us sorting gear and loading the canoes ready to go. The scene was organised chaos! We snacked and then put in on the aptly named Rainy Lake. It continued raining all afternoon, luckily it let up as we reached our campsite for the night so we could get set up in merely damp conditions before it started to pour again lasting all night. By morning we truly were a sodden bunch. Apparently we had caught the tail end of Hurricane Ike. It was certainly a day and night to remember.

Breakfast of hot “Cowboy Coffee”, dried fruit, cereal and pancakes with maple syrup over and we loaded our canoes to continue our journey. Generally each day would follow the same pattern after breakfast we would break camp. This was always a meticulous affair to leave no trace whatsoever of our having been there. Then we would paddle to the end of the lake to unload the canoes for the next portage. This would mean two trips per person ferrying gear and canoes to the next lake; the canoes carried Canadian style (one person, one canoe carried on the shoulders). The portage over and we would load up and paddle again to the end of the next lake. Most days we had three portages, the lengths varied from 120m to 1,400m (almost a mile). Lunch would be taken after one of the portages during the day and was usually cold meats, cheese, fruit, snack bars etc. All our drinking water was filtered from the lakes and we only had hot drinks morning and evening. On arrival at our campsite we divided into teams. Food preparation and kitchen, wood collection and fire starting and a rigging crew for the food barrels. Once all those jobs had been taken care of it was time to put up our own tents and sort out our personal gear, changing into dry clothes and shoes for the evening. The evening meal was usually pasta/meat/vegetables followed by a brownie/cake and hot drinks. Afterwards we would sit round the fire and talk until time to retire. Before going to our sleeping bags all food, cosmetics, toothpaste etc had to be put into barrels and then suspended between the trees some little way from camp. This was the last job of the day.

And so each day went following much the same routine with the scenery changing all the time. Luckily some of the trees had turned a vivid red colour and looked superb against the deep green backcloth, which covered the undulating terrain. We saw several beavers, a moose and the highlight for me was on one of the portages where we noticed some wolf tracks!!

Well, all too soon it was the last lake to paddle, gear to sort and back to Toronto. Apart from the first day and night our weather had been superb, good food, excellent company and just really great memories.

Richard Narey
November 2008

Beccles to Geldeston

Sunday the 19th October was typical British weather, fairly windy and also a bit chilly. Even though the weather was not the best it could have been we proceeded on with our 1* trip from Beccles to Geldeston and back. The plan was going to be changed because of the weather but luckily conditions were bearable when the group had all arrived.

When we arrived at Geldeston we stopped for about half an hour or so to have a bite to eat and have a rest because we had the wind against us, which made it quite tiring. It was a great trip because that part of the river took us through parts of a wood and through some marshes.

I would like to thank the instructors for organizing a great day out in the country air.

Lewis Beddows

Our Orford to Snape Estuary Paddle 16th November

As this was my first 2 Star paddle and it appeared that I would complete the run, I was given the lovely task to write up the trip.

We met in good time at 9.30 at Orford Quay, a seasoned group of paddlers, (see photo), Dave Cassell, Paul, Lewis, Keith, Alan, Pete, John, Bob, all with their sleek sea kayaks plus me, the only woman, the first timer with her comfortable but short and plump Dagger Blackwater. Talk about boat and woman being the odd one out!!

It was a greyish morning, not too cold, with 18mph north-westerly winds forecast for the second leg of the trip, but Dave had organised ideal tidal conditions pushing us all the way there to make up for the wind.

By the time we got on the water after the usual car shuttle process it was just after 10.00 and we started with an easy glide along calm flat waters protected by the sand dunes of Orford Ness. We made good progress to our half way stop on the river Alde bank just before the Aldeburgh Sailing club. Having brought along my GPS I could confirm that the distance we had covered was 4.5 miles and it had taken us exactly one hour.

Sandwiches, crisps, healthy options and drinks were consumed just sitting in the dunes with the Martello Tower behind us. Soon we were off again, this time to face an increasing wind blowing up against the tide just as we were approaching open waters.

I encountered my first real wave, all of a foot high, and checked with Paul if this could be called "choppy". It certainly felt that way to me and I had to paddle as hard as I could to stick close to Dave. Any reports about interesting wildlife, famous landmarks or historical information were unfortunately wasted on me because I had to concentrate too hard on keeping some sort of rhythm as my little Dagger kept hitting waves. Having thought once or

twice, "are we there yet?" the sight of the Snape Barns with it's calmer waters was quite a relief.

We exited near the end car park having made the 10.9 mile trip in 2 hours 40 mins at an average speed of 4.1mph. Not bad for these conditions, I was told.

Then back to the shuttle process again to fetch our cars, which we had to leave at Orford due the lack of space in the car park at Snape for non-shoppers.

We were all loaded up, warm again and grinning with satisfaction soon after 2.00.

Well, thanks guys for all being so supportive and thanks to Dave for organising it.

I had a lovely time and nothing hurt the next day!!

Annette

One Star Paddle from Ranworth to Thurne and return 30 November

Ten hardy paddlers assembled at Ranworth Staithe in rather chilly conditions to brave the 8-mile trip! The forecast was giving North Easterly winds of Force 4-5 and the possibility of showers. We set off for Thurne at a leisurely pace, stopping near the ruins of Saint Benets Abbey at Cow Holm for a quick coffee break to warm up. The Abbey was an Anglo Saxon monastery and Paul Jary, who organised the trip, gave us all some information sheets on its history that he had found on the internet. A nice touch I thought. Back on the water, the wind had picked up slightly making it more difficult to paddle a straight course, especially in the more exposed stretches. With quite a few pleasure boats on the water, a good lookout had to be kept. I was quite surprised to see so many at this time of the year but I suppose that they have all mod cons including a decent heating system.

After lunching ashore at Thurne where even the toilets were closed, we set off back to Ranworth. Dave and Sarah, who were in their open, hoisted sail and at times managed to go faster than the kayaks. Food for thought!! On the return trip we spotted two marsh harriers hunting over the marshes on the south side of the river. A beautiful sight. We managed to get back to Ranworth without suffering the forecast rain and even Lewis was dry, (Dave was heard to say "despite our efforts"!!)

Thanks go to Paul for organising the trip and the Abbey info and well done to all for braving the cold.

Bob Bertram

Forthcoming Events – Trips

Trip type	Date	Location	Organiser	Telephone
1*	25 January	Thetford	Dave Cassell	01508 498433
2*	8 February	Broads trip	Paul Jary	01493 854340
1*	22 February	Dilham Canal Stalham	Keith Poulson	01502 678202
2*	8 March	Estuary trip	Dave Cassell	01508 498433
2*	22 March	Whitlingham to Norwich	Alan Jary	01493 854340
Hassler Race	10 May	Waveney River Centre	Norwich	Robin Sawyer assisting Norwich
Open Canoe Fun Fest	11/12 July Camping	River Stour (see below)	Enquiries	01787 375377

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 are essential. **ALWAYS CHECK that you have all of your kit before setting off.**

Open Canoe Fun Fest

Canadian canoe fest weekend organised by River Stour Boating. Booking is essential. Total cost per adult £25 includes camping fees, £12.50 per child under 14 years. Various activities are planned, if interested contact 01787 375377 or e-mail riverstourboating@yahoo.co.uk for a booking form.

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

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.

18 January	5.30 to 6.30	DC
1 February	5.30 to 6.30	PJ
1 March	5.30 to 6.30	AI
15 March	5.30 to 6.30	DC / AI
29 March	5.30 to 6.30	PJ

HELP REQUIRED

Saturday morning 7 February Gavin Plant is leading a working party from 10am to clean up the club house / change doors around. Contact **Gavin 01502 713683**

Ergo Machine misplaced? Can anyone shed any light on the where the second machine is? Contact Gavin 01502 713683

Chairman	Dave Cassell	01508 498433	mailto:Dave.cassell@btinternet.com
Vice Chairman	Rob Fisher	01508520025	mailto:fisherfamily@waitrose.com
Secretary	Andy Church		mailto:andrew.church2@btopenworld.com
Treasure	Julie Ing	01986 788465	mailto:Julieing@btconnect.com
Child Protection	Caroline Doyle	01986 896183	

Check our web for changes – ‘What’s On’ www.waveneyvalleycanoecub.co.uk
Newsletter contributions to <http://www.k.poulson@btconnect.com/>

