



Waveney Valley Canoe Club

The Friendly Family Club

WVCC MAY 2009 NEWSLETTER

This years courses have commenced in earnest, Tuesday 12 May the club was packed and a hive of activity. We had 14 youngsters from 8 years old on the water that evening! We are so lucky that we have more coaches this year than ever before. It's good to welcome Hannah, Graham, Bob, Andy and Gavin to the coaching year. Those of you embarking on a follow on course from last year will realise that there is nothing better than experience and the winter trips do really help. So when you feel competent with your particular craft try an open canoe or a racing K1 and learn another skill.

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

Events for your diary

Thursday Club Nights

Club nights have now started on a Thursday (6 for 6.30 on the water). These are open to Club Members who have gained a 1* or Paddlepower award. There will be a variety of activities, Games, short trips, polo or just the chance to practice the skills you have learnt. **Remember to bring your membership card so we can monitor where everyone is.**

Thursday 11 June - We will be hosting the visually impaired with a river experience in open canoes. They enjoyed it so much last year that they would like to come again.

Martham Ferry Trip

There was ice on the car on the morning of Sunday, February the 8th, as I put the kayak on the roof rack but it was sure to warm up later. The car thermometer read -2 degrees on leaving home but had leapt to zero degrees by the time I reached the boatyard at Martham Ferry. The forecast was for highs of +2 degrees. Five brave souls were already layering up before the off at 10.00 am. Paul had arranged the trip and Alan gave us all a quick plan for the morning. We set off up the River Thurne and soon did a right turn into Candle Dyke leading into Hickling Broad. There was a mix of boats from White Water to Sea Kayak but we made good speed and soon warmed up. The last time I did this trip was in the summer with plenty of

boats on the water including a regatta on the far side of Hickling but this time we had the Broads to ourselves.

We all made it safely to Hickling and pulled out by the Sailing Club for a well-earned hot drink and bite to eat.

The sun came out for a few minutes but we were glad to get back onto the water to warm up again. Another paddle back and brief stop. Paul suggested a detour on the way back up Meadow Dyke to Horsey Mere but on entering the Mere we were confronted by a fisherman who told us the Mere was a restricted area and referred us to the Notice Boards. We paddled back and re-read the Notice but it was not clear there was a restriction for paddlers. There have been various e-mails between interested parties but at present, it is unclear what the situation is. Paddlers are therefore advised to give Horsey Mere a miss for the time being.

We returned back to the boatyard after a very pleasant three and a half hour trip, though on the next trip, I will make sure I have a set of pogies.

Thanks for Paul and Alan for arranging the trip.

John Ricketts.

Dilham Canal – Which Way?

Sunday 22 February 09 One star paddle

If you take the lead it is always worth making sure you know which turn to take. It confuses me every time and we are only a few hundred metres from the start! Thanks Stuart for the directions.

Nine kayaks and one open paddled the trip, it was good to see Elaine, Stuart and Anna back on a trip. John Mc son also joined having driven from Chelmsford.

The forecast was for a dull day with NW winds of 4-5 with some stronger gusts and possible rain, as it turned out it was quite mild and it stayed dry. After about a mile Chris Scott spotted a Bittern in flight, it looks like smaller brown heron. We also saw a Barn Owl quartering a field

The further you go up the disused canal the more choked the waterway becomes in places it was necessary to go in single file and within 200 metres of the Honing Lock a tree blocked the way so it was necessary for most of the longer boats to exit onto the footpath. Although Stuart and Anna demonstrated how to get an open canoe over the obstruction by balancing on the tree and not getting wet!

We had a short walk up the Weavers Way to where they are restoring the old Staithe where the coal and wool wherrys use to stop, this is still badly silted up but an ideal early lunch spot.

On the journey back we decided to paddle up to Dilham village much to Lewis's consternation, he reckons his mum did not pack as much food and he was running on empty! The weather had an almost spring feeling to it and no rain. We returned to Wayford Bridge just after 2pm

Keith Poulson

Whitlingham Broad to New Mills Yard, Norwich

(River Wensum) 22 March 2009

What a brilliant idea to have a paddle on Mothering Sunday! Luckily Mother Nature agreed, bestowing beautiful sunny spring weather on us. It was a great way to celebrate the day, particularly for a couple of mothers – Sally Plail and myself - who had dusted off their kit and themselves after a too long break from paddling. I was

blessed in being accompanied by two of my offspring – my older son escaped what would have been to him this torturous event (he's all brain and no brawn) as he lives in Birmingham. My youngest, Matthew Pearce (all brawn and.....ouch!), is a 'lapsed' paddler too and it was good to see him back on the water. Over the past few years I have occasionally attempted to lure my oldest, Zoe Green (brain and brawn in equal measure, lots of, of course), to the club to give paddling a try but to no avail. So Mother's Day gave me the leverage I needed to get her into a boat at last! Unfortunately Sally's lovely sons weren't able to make the trip but her husband Chris nobly dusted off his kit too to accompany her – watching them raft up together during the paddle with the excuse of swapping paddles was so touching lol!

At 8am (and I was almost fully awake) Matthew and I left Lowestoft to meet Dave Cassell at the clubhouse to pick up the boats, and then I attempted to follow him to the furthest car park in the quite busy Whitlingham Country Park, where we were the first paddlers to arrive – and those that know me will realise what a novelty that was for me! We were gradually joined by another 10 paddlers, including Alan and Paul Jary, the trip leaders. My daughter was brought from Oulton Broad by Matthew's father, as he wanted to photograph her inaugural experience of paddling. He took several photos of the whole group as we gathered together at the water's edge and on the water before we set off at approx 10am.

I started the paddle in some discomfort as my little used semi-permeable dry suit, which was much much tighter than when I last wore it well over a year ago (it must have shrunk!) threatened to cut off my circulation, particularly at my neck (can I hear a few 'if only's?). Seems like I'm returning to paddling just in time! However I battled onwards and wholly enjoyed catching up on news with Sally, putting society to rights with Brother Alan, and taking in the less than usual paddling surroundings that this city trip allows, under the gaze of many more surprised onlookers than usual too. On reaching our destination – New Mills Yard – Annette clocked our journey with her GPS as 4.1 miles with an average pace that had started at 3mph and reduced to 2.7mph.

As we started back Zoe and Matthew paddled a little ahead. This proved to be rather fortuitous for a young 'lady' reveller who was relieving herself at the water's edge at the bottom of a flight of steps, as Zoe was able to warn her that a number of paddlers would be passing by shortly. This was an unexpected confirmation of what I had previously assured Zoe - that paddling enables you to see things that you wouldn't normally get to see!

We pulled in at Cow Tower – a 14th century military tower that formed part of the city's walls - for a lunch stop, helped by the ever gentlemanly John Rickett. Concomitantly (sorry but it's my favourite word) Dave gave us a brief local history talk on the area opposite. He told us it was the 'Lollards Pit' – a chalk pit where many innocent victims were stoned and burnt at the stake as religious heretics, or witches (where was Germaine Greer when they needed her? There is now a pub close by, so the practice of getting stoned continues still to this day). Dave informed us that the remains of manacles have been found there. It was at this point that someone totally lowered the tone by remarking that it had been converted since to a massage parlour (sorry – that was me, again...). Refreshed and a little less tormented by the beer 'n' roast beef odours we repeatedly encountered, we paddled back to Whitlingham, getting off the water at about 2pm with the sun still shining. Sincere thanks to Alan and Paul for organising and leading this delightful and serene trip (i.e. no books falling from the sky to dodge, no disorientated swimming dogs/cows to rescue, and no unintended capsizes!). A big personal THANK YOU to

Dave Cassell for transporting an open canoe for my 'kids', thereby making this Mother's Day yet another one to remember with affection. Thanks to my daughter for coping so admirably with the paddling and to Matthew for looking after her so well on the water – we're all now keen to do more paddling. Sally and I requested a repeat for next Mother's Day, and several members would like to do it again one balmy/barmy night this summer, when our usual display of twinkling light sticks may well get some Riverside revellers to question their sobriety!

NB The actual definition of brawn is 'physical strength in contrast to intelligence', not stupidity, and of course that's how I meant it.....ouch!

Roz Green

SEAL-ED WITH A KISS

Winterton on Sea To Great Yarmouth. Sunday 12 April 2009

Saturday was really warm and sunny so what should I pack for the trip the next day? Well, I packed just about everything. Wet suit, dry suit, thermals, shorts, you name it, and I packed it. Just as well really because Easter Sunday was cold, misty, damp, grey and reasonably windy.

We assembled in Asda's car park at the unearthly hour of 0815 then drove to Winterton for the put in. Trevor seemed to show a penchant for roundabouts even then! There were seven of us hardy souls, Alan, Paul, Rob, John, Keith, myself and Trevor from the Dereham club.

By the time everything was unloaded and the shuttle done and dusted it was nearly 10 o'clock before we got on the water. A nice chap who was a volunteer with the Winterton Coast watch took details of our trip to pass on to the Coastguard etc. Nice to know that someone was looking out for us even though we consider ourselves to be self-sufficient.

Once on the water we started to see the seals. Over the whole trip I lost count of how many but the highlight was the youngster who took a shine to Alan. It followed Alan for some distance and kept nudging or kissing his stern! At one point, I thought the seal was going to leap on to the back deck of Alan's kayak. The antics kept us amused for ages and after a while we just drifted with the tide whilst Paul took numerous photos. I assumed, for some reason, that the seal in question was female and that Alan was wearing his "herring" flavoured aftershave!

Eventually, she gave up her amorous advances and we continued to Yarmouth using the 2-knot tide, stopping briefly for a bite to eat and a coffee. Then onward to Britannia Pier where we drifted around for a while, seemingly encircled once again by seals although not quite as close this time after which we paddled back the way we had come for half a mile or so to our landing place. A long walk across the dunes carrying our kayaks and kit then the reverse shuttle, (with another roundabout moment), for those who had cars still at Winterton.

All in all, a most memorable day despite the miserable weather. It is one that will remain with me for a long time. Good company, a fair tide and that amazing young seal. It really made the day.

Bob Bertram

Essential on all trips or on the water

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

Warm hat-gloves and bring a spare set of clothes-towel-cagoule. For trips bring a packed lunch and hot drink are essential.

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