

ROUND TABLE SUNK

The Round Table were looking for some entertainment on a fine summer's day and ended up at the Marine Lake in kayaks in the rain.

Yes, before they managed to get on the lake, fitting the boats was temporarily put on hold as one of the heaviest thunderstorms seen by man or beast lashed the ground with hail and forced the manly Round Table to retreat to the comfort of the new boat shed.

However, keeping dry was only temporary, as they eventually got on the lake and the fun and games commenced. A bit of a paddle around to warm up, with some instruction to a few.

NEW MEMBERS

I would like to welcome our new members the *Farnden* family, the *Owen* family and the *Freemantle /Mason* family.

Steve Holland

Membership
Secretary and Vice Chair.

INTERESTING WEBLINKS

The following interesting web link was kindly sent in by Julie Bugler www.youtube.com – search for “why all kayakers must learn to roll”

This was followed by a game of polo, which started at a gentlemanly pace but picked up as skills improved. Having gained in confidence, the final game was “bumper boats” or “last man standing”.

As the curtain fell on the evening's entertainment, there wasn't a dry eye in the house,or t-shirt, shorts, shoes, etc, etc.



ON THE FUNNY SIDE!

A kayaker has a nasty ride down a very difficult rapid (Symond's Yat). After bouncing off the last rock, he rolls up and starts checking out the damage. His mate comes over and asks if he's all right.

"No, it hurts everywhere!" he says! "Everywhere?" "Yeah, look. When I touch here (pointing to his nose) it hurts. When I touch here (pointing to his elbow) it hurts. When I touch here (pointing to his shoulder) it hurts. When I touch here..." "I know what the problem is ... your finger's broken!"

SMOKING BAN INTRODUCED

On 1st July the new smoking ban was introduced so Martin, our event organiser, issued the following reminder to all paddlers: “Please note that from 1st July you will only be able to smoke in your kayak if there is one of you. More than 1 person in a kayak will make it a public place, and probably a bit uncomfortable, frankly. So best not!” In accordance with this Neil exited his kayak and used the new outdoor smoking area.



View from the Bank

OK, so I had a pang of conscience.

I thought it was unreasonable to have two fantastic holidays on the Club in one year, so I settled for one. Thanks again for Barbados.

Instead, I spent literally some of my waking minutes trawling the interwebnet for facts and figures, talking to other Committee members and even to some people who knew what they were talking about. (sic)

The upshot is that the Club now has 2 Dagger Redline kayaks. These are the first brand new boats purchased by the Club, and hopefully won't be the last. We have had specified them with thigh braces and airbags. (Less water to empty out!)

We also have one second-hand purchase to announce. We now have a Coleman RAM-X 15 open canoe. We bought this from South Avon Canoe Club for a knock down price, although it did require some attention. Hopefully it will be making its Maiden voyage on the Marine Lake (round and round in circles if my experience is anything to go by) very soon, after I've finished rebuilding it.

You may have also noticed a handful of Red helmets. We now have 6, part funded by North Somerset Sports Council. They are one-size adjustable so should fit the smallest Bouvet to the largest MacDonald head! (Note: there are some others of the same type supplied by Marlens, as part of the Community fleet).

Finally, if you've ever chatted to someone at the Marine Lake who wanted to know more about us, but you didn't have a pen and paper to hand, we now have some small cards that can be handed out. At the moment five people have them; Steve Holland, Gavin Price, Nigel Barnes, Alistair MacDonald and myself. I've recently had a second batch done, because they are proving to be extremely useful. If you want some to hand out, just let me know!

Cheers

Martin Aspinall, Club Treasurer

CONGRESBURY LONG PADDLE (Sun 1st July)

Keen paddlers responded to Martin's late call for a trip along the River Yeo at Congresbury on Sunday 1st even though the skies above threatened.

A decision was made to do the "long trip" to the M5 rather than the "short trip" to the weir pool and all successfully seal launched off the banks into the water and set off.

A slow paddle speed was set to admire the local wild life. The way the cows and sheep clustered to watch the passing spectacle suggested this was mutual; especially by a large brown cow that winked at Alistair. A flight of swans were not so impressed and after a few ruffled feathers took off in a amazing display with all seven flapping and honking in unison.

The river twisted and turned with only the occasional "are we there yet" being heard before the M5 was reached and the return journey began. The trip took about 3 hours overall, which was pleasing for all. Conversation with a marathon paddler also practising on the same stretch who paddles the distance in 30 minutes put the time in context.

We plan to do the trip again when the weather is brighter and allows a picnic stop. Anyone interested in doing this trip next time please send your name to

events@clevedoncanoeclub.org.uk.

NEWS FROM THE CHAIR

The last month has been very busy despite the weather and the following is a summary of some of the activities going on within the club.

2nd July - Sea Front Users Group Meeting. This forum was set up to promote and coordinate activities on the Marine Lake and sea front up to the pier. Representatives include, Canoe Club, Sailing Club, Pier Fishing Club, Swimming Club, Coastguard, MARLENS, Marine Animal Rescue, Scouts to name some of the participants. To help coordination, a new website has been set up listing activities - www.clevedonseafont.org.uk

16th July The Round Table requested an evening of entertainment. With the help of Nigel Barnes, Alistair MacDonald and Bob Slee, who kindly lent some extra kayaks, they were happy to donate £10 per person to the club raising £100; see article in newsletter for more details. If anyone knows any other organisations that would like a similar evening of fun, then please put them in touch.

20th July Boat shed review: met with North Somerset Council representative Chris Webber, Arthur Knott & Joe Norman (MARLENS), and Mike Batchelor (Clevedon Sailing Club) to inspect the redeveloped boatshed and discuss how to rectify some flooding that has occurred. Also considered next stages of development, such as how the space should best be used and shared, access to brick building and whether we can change the layout.

Marine Lake Kayak Slide I recently sent out a request for help to build a slide in the marine lake from which we can seal launch kayaks. Thanks to those that sent comments and contacts, which I am following up. I took the opportunity to mention it to NSC Chris Webber and he thought it was a good idea, so the idea moves on and further help is still welcome.

Dragon Boat Race In the spirit of entente cordiale, I have been in discussion with the Sailing Club and Scouts to organise shared games evenings. One idea suggested by Stephen Lisney (Scouts) was a Dragon Boat race for the forthcoming MARLENS festival. A boat would be formed by lashing together two canoes, nose to tail, we build two Dragon Boats and have teams to race them. Anyone with a spare canoe or two, an idea how best to lash them together, or just want to help, please get in touch

Have-a-go sessions these were advertised around local schools that had participated in the schools kayak training programme provided by the Club last month. The objective was to provide an outlet for interest generated by the training, promote the club, and increase membership. These have been well attended each Saturday morning, new members have joined and friendships made.

BCU 3 Star course This has been running through the month each Wednesday evening. Despite the atrocious weather, club members have been working hard to attain the high level of skill demanded by this level of qualification.

Gavin (Chair)

CAPTION COMPETITION

Just send your entry to editor@clevedoncanoecub.org.uk



Last month's winning entry was: "After complaining about the lack of facilities on the seafront, Nick regretted passing his hat around."



PROBLEM PAGE

Dear Doctor Kayak

I recently won an eBay bid for a "state of the art water craft". I find it difficult to turn and I haven't found a spray-deck to fit it yet, so if I edge to help it turn, it fills with water and I capsize.

Yours truly,
Bob Up

Bob, I may be wrong but the outfittings marked hot and cold suggest you may have bought a bit of an old tub. On the plus side, Bristol Bathrooms may be able to fix your chipped enamel and Martin (our Treasurer) reckons it turns faster than his boat (see below).

If you have any paddling problems or you any need advice then email: training@clevedoncanoecub.org.uk



ON THE FUNNY SIDE!!

A Frenchman, an American and a Clevedon Canoe Club paddler were captured by a fierce tribe in the rain forests of Dean. Not long after their capture, the chief walks up to them and says, "The bad news is that now that we've caught you we're going to kill you and use your skins to build a canoe. The good news is that you get to choose how you die".

The Frenchman says, "I take ze poison". The chief gives him some poison. The Frenchman says "Vive la France!" and drinks the poison down and dies.

The American says, "A pistol for me, Bub." The chief gives him a pistol. The American points it at his head, says "God save the President!" and blows his brains out.

The Clevedon Canoe Club paddler says, "A fork, please". The chief is puzzled, but shrugs and gives him a fork. The paddler takes the fork and starts jabbing himself all over. There is blood gushing out all over and it is a horrible sight.

The chief is appalled, and screams, "What are you doing?"

The paddler looked at the chief and says, "So much for your canoe!"



EXERCISE 1: Blade awareness
(skill level: Beginner to Intermediate)

To be a good paddler, it is good practice to be aware of where your blade is when paddling and be able to move easily from one stroke to the next seamlessly. In some cases, particularly on moving water, linked combinations of strokes should be done without the blade leaving the water, which will require you to become accustomed to slicing the blade through the water between strokes. Try the following exercises:

- 1) Start with a forward power stroke then drift back to stern rudder position, with the blade never leaving the water and try to keep the boat in a straight line while paddling on one side
- 2) With a bit of speed, slice a stern rudder forward to become forward power stroke
- 3) Try to link 1 and 2 together while not allowing the blade to leave the water

EXERCISE 2: Separation
(skill level: Beginner to Intermediate)

Separation is about being able to move the top half of your body in different directions than your bottom half. Having this flexibility means during manoeuvres your body will ideally be one step ahead of your boat, allowing your body to lead your boat. Try the following exercises:

- 1) Try to maintain an edge (lean the boat to the side by lifting one knee but keeping your head centred above your boats centre of gravity) while paddling forward. Your boat will carve a turn on its edge.
- 2) Try an edge change (transition) (lift the other knee) see if you can carve the other way.

Try with varying degrees of edge starting shallow and getting steeper and see how far you can get. This will develop your muscles and co-ordination for good boat control.

CANUDOKU

Complete the grid so that every row, column and 3x3 box contains every word only once. Answer next newsletter

Paddle					Canoe			
		Spraydeck	Wetsuit	Helmet			Dagger	
	Kayak	Wetsuit	Dagger					Canoe
	Paddle			Kayak	Helmet	Wetsuit	Canoe	Dagger
	PFD			Dagger	Wetsuit	Paddle	Helmet	Cag
	Spraydeck	Paddle	Helmet					Kayak
		Dagger	Kayak	PFD			Paddle	
Kayak					Spraydeck			

Events and Trips

I'll be honest; this weather is beginning to dampen my spirit. I've spent all year looking forward to a decent summer so that I could get out there and shake my kayak around a bit.

Nevertheless, despite rain that would have made Noah think about getting his Woodworking Set out again, 16 of us did go out on Friday 13th (oh look, an omen..) to Congresbury for a delightful Summer's evening paddle. ish.

One of my favourite reasons for going to this location is the presence of a seal launching point on the river bank, and this was our starting point before paddling upstream to the weir. Here, Pawel demonstrated that he really is some kind of a nutcase, by paddling down the weir. Twice. Well it's something to aspire to, I suppose. We finished off by

paddling about a mile downstream and back to our launch point. Seal launching in is one thing, clambering back up the river bank while not losing your boat in the river really is quite another, but it's all part of the fun. No, really.

I'd like to thank those of you who came along to see if your frontal lobotomies had worked, and all the supporters who came to point and laugh, before retiring to the warmth of the pub.

Our next trip is scheduled for 29th July. It is currently listed on the calendar as another River paddle from Monmouth to Redbrook.

At this point in time, I am having difficulty organising the logistics, so it may end up having to take place somewhere nearer to home.

Keep an eye on the Events webpage for Developments.

For the future, there is a canoe camp organised for the August Bank Holiday weekend at Biblins on the Wye, and we are trying to set up a raft race on the Marine Lake against the Sailing Club and the Scouts.

Another date to note, though not one of ours, is a demo day being held by Performance Kayaks on the Harbour at Uphill on August 11th.

S u g g e s t i o n s , comments, more info, in fact anything to do with events and trips then look at the webpage or email events@clevedoncanoclub.org.uk. These emails go to the 4 E&T group members; it just saves each one of us forwarding them right, left and centre. If you would like to join us, and join in the bawdy drinking games and rude joke telling, then again send us an email, and we'll tell you where our hideout is.

Martin

THAT SINKING FEELING

Hi Folks.

Another month has past and we are now closer to this Christmas than the last one and I have not had nearly enough paddling this year by far, let me try to explain.

So far this year my family has moved house from Worle to Clevedon and then had to nearly completely redecorate the new house, which has taken up much of my time.

Secondly my wife's new job has longer hours and they do inconveniently seem to clash with every paddling event I want to be involved in.

Don't get me wrong I am not complaining about my wife working I am just complaining in general and I promised myself I would make this months chat more uplifting so enough of my whining.

As many of you know I am in the privileged position of working for Daggereurope and when you are a keen paddler like myself this is a enviable position to be in as I can demo all and any Dagger kayak available at almost anytime. The point I am working to, in a round about way, is I had another one of my brainstorms the other day after being at the lake a handful of us had a very relaxed knock around of canoe polo of sorts. This was the most exhilarating thing I have done for a long time; the thrashing of paddles, the clashing of boats, the fear of being tipped over at anytime.

For an experienced polo player this is not such a problem but for many of us in CCC it holds more risk as rolling is yet to be mastered by many members so going under has more of a consequence.

There I go again waffling. Well back to the point of working for Dagger. I purchased myself an Aquabat. Most of you will know what one is as the community fleet currently has two of them and you usually find they are the ones most people avoid. Well this boat is in fact a purpose built polo boat. Admittedly its not the best one on the market as the design is over 20 years old but I do know it is ideal for entry level players to try the sport and I am chomping at the bit to get in mine and get some of my frustrations out as polo is a contact sport and at times very aggressive and at the same time very tactical.

It is my hope in the future CCC will have its own Polo team and I would like to be involved in some way. So this is in fact a recruitment drive and I am calling anyone who thinks they have the right stuff to make yourself known and at this years Lake festival we may be able to put on a much better demonstration of canoe polo. I am currently watching a polo bat on ebay in the hope of buying it for the club and by the time you read this I will or won't have won the thing.

Update on my shoulder.....I had several X Rays other day and it turns out my right shoulder is indeed shot.....wear and tear leading to the clavical joint to collapse and in turn cause the tendons to get crushed and become inflamed so two more steroid injections later the pain is the same so its looking like surgery is becoming the only option. Bummer!

Another update.

I took it upon myself to name the soon to be Polo section of CCC the CCC Cobras, I have a complete copy of the BCU rulebook and am reading feverishly. I don't claim to be a expert on the game but I do understand sport and tactics so show me some trust and I will do everything I can to make this a success.

Oh and I now have two complete sets of Bibs and some training buoys.

So I have started.....Even if it will be from the sideline for the foreseeable future!!!!!!!!!!

'Til next time folks.

Neil

