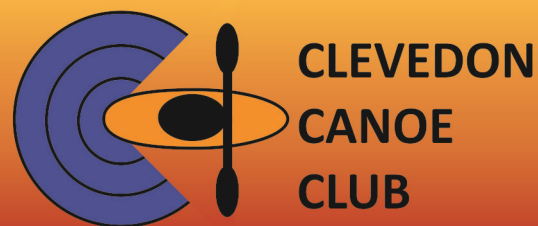


P CLEVEDON PADDLER



"This looks like the Autumn edition—time to dig out the drysuit..." (little bit late, I know)

Christmas Chocolate Bingo—19th of November

Bingo is always fun; chocolate is also fun. So is Christmas. Therefore, a Christmas-themed bingo night with sugary delights as prizes at the Walton park hotel was very popular. We played eight games in total with a break in the middle to rearm, and to break the pattern we had "guest" bingomasters, myself being one (afterwards I decided that perhaps my career lay in showbiz rather than celebrity bingo hosting). After some oddly consistent results, the final Cadbury's selection was won. Winners as follows:

Corey Williams
Hayden Louis
Stuart Williams (x3!)
Rachael Williams
Evie Williams
Sophie Antleny
Paige Moore
Chris Colbourn (Thanks for the chocs, much appreciated)
June Seville
James Scarbro
Gina Scarbro
Simon Scarbro
Connor Bishop

(If you think there are quite a lot of winners it's because prizes were given out first for one line filled, followed by a Full house.)

Thanks go to Alison for organizing it, the Walton park for letting themselves in for it, and to the members for turning up. Odd, then, how there never seems to be as many members on the lake during our winter sessions...

Alex Aspinall

Pembrokeshire camp—24th to 26th of September

Not too much to write here. On the first day we arrived in the dark and commenced battle with our tents. I did anyway. The others had already arrived and were waiting, so I (read we) quickly (read lethargically) put up my tent in ridiculous wind before retreating to the pub. On the Second day we were all up early-ish at Whitesands bay, just a few hundred metres up the road for some terrific surf. 'Can't you just push off the bottom?' enquired Paul P. Oh how we laughed. Most took quickly to the fun, swims-a-plenty, obviously, including me—at least, until my constant capsizes left me with a twisted knee. Paul and Andy stayed for longer while the rest of us retired to the campsite.



Campsite at night

Later that evening, we took a stroll down to where we could see The Bitches tidal race when it built up to full flow. We then retreated to the pub.

Pembrokeshire camp cont.

The next day we decided to visit The Bitches at a much lower level. We set out paddling (we had to walk back in) from a bay which I do not remember the name of, paddling around the coast looking for places to 'rockhop', and, after a wardrobe alteration on my part (it turned out to be a much nicer day than I had anticipated) we arrived at the Sound. There followed the longest ferry glide most of us will ever do, and after about twenty minutes of solid paddling we got behind the shelter of The Bitches.



After a little bit of exploring and terrifying (and being terrified by) Seals we started to head back across. For some reason the tide seemed to be stronger, or maybe we were tired, but the crossing back was a real slog, with some of us dropping past the mainland all together. Our rabble regrouped shaken, and we paddled back to the bay, got out and walked back to the cars, and drove back to Clevedon.

Alex Aspinall

Coaching—The very basics

On Sunday mornings, when most sensible people were still in their nice warm beds, Lindsey Bishop and I were out on the lake coaching.

Through a friend, we had been introduced to a very nice lady called Di, who classed herself as 'an absolute beginner in need of help'.



Di had entered a Lloyds Bank UK Team challenge event, and had been told that part of it would be kayaking. Having no idea how to paddle or even what a kayak was Lindsey and I agreed to meet with Di to help her prepare for the selection weekend.

On our first meeting Di spent most of the time going round in circles and was very frustrated. But over the weeks, with technical guidance, lots of positive reassurance, calming words and lots of laughs, Di became a confident paddler who was not only able to paddle in a straight line, but had also mastered paddling backwards and emergency stops. Di has since become a keen paddler and a very firm friend.

Photo courtesy of Di's husband, Michael. Unfortunately Lindsey was not present on the day.

Alison Holland

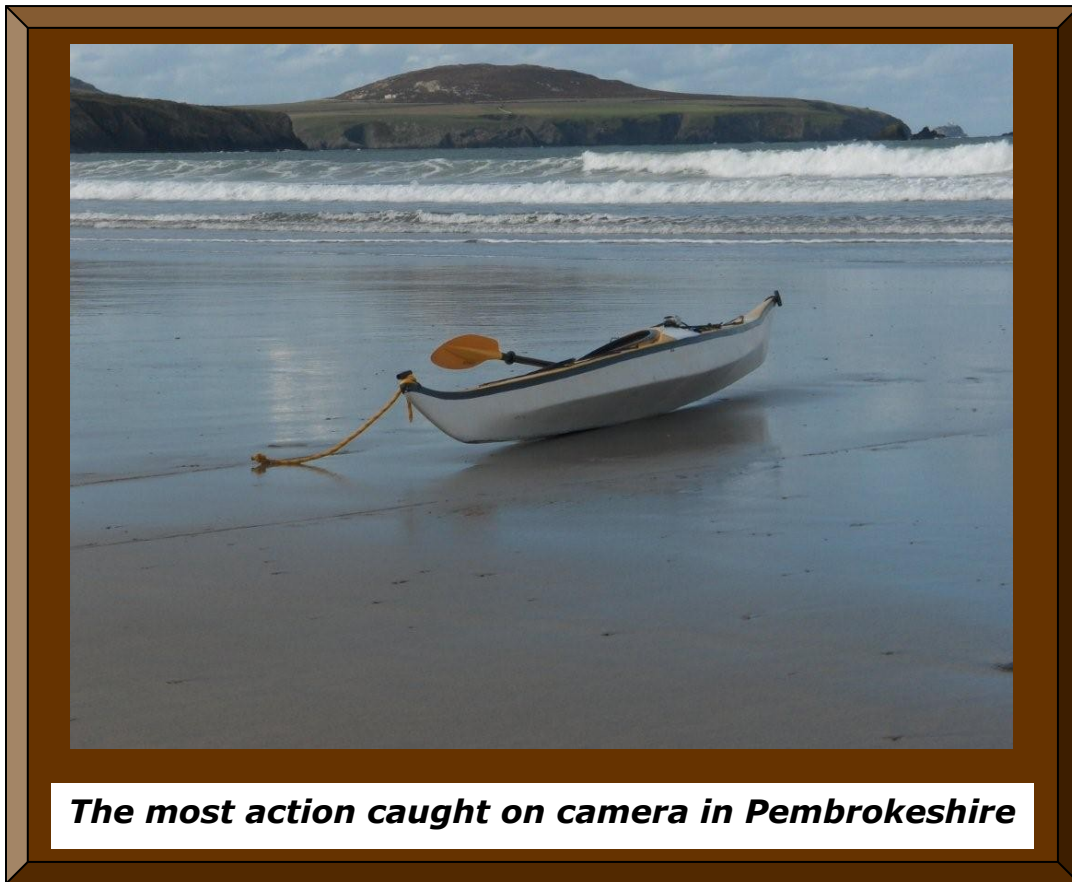
****Pool Session Dates****

These are the dates for the Pools sessions remaining this season:

22 January
12 February
19 February
5 March
19 March
2 April
16 April

To book, send an email to poolsessions@clevedoncanoecub.org.uk. Sessions are 45-minutes long, from 16:30 to 17:15, and then 17:15 to 18:00. Costs are £5 for the first 3/4 of an hour, and £8 for both sessions.

For more information see: <http://www.clevedoncanoecub.org.uk/poolsessions.php>



Don't forget, anyone can contribute to this newsletter.

People—go on trips, send me pictures and reports (and tell me about videos).
Please.

Also, what do you think about competitions: Caption competitions? Picture competitions?

If you would like an article published, or even a regular Column (yes!), or have any ideas for improvement just give me a shout at editor@clevedoncanoecub.org.uk

DEADLINE FOR WINTER ISSUE: 30th FEBRUARY

DONATE NOW. PLEASE.