



Castle Canoe Club

AUGUST 2012

www.castlecanoeclub.co.uk

Upcoming Events

CASTLE CLUB DUTY ROTA: August – 2012

TUE 7TH AUGUST – Maurice Heneghan

SUN 12TH AUGUST – Claire Houvet

SUN 12TH AUGUST – Neil Hoxby

TUE 14TH AUGUST – George Gladstone

SUN 19TH AUGUST – Heather Lambie

SUN 19TH AUGUST – Jamil Bashir

TUE 21TH AUGUST – Danielle Leach

TUE 21TH AUGUST – Vacancy

SUN 26TH AUGUST – Katie Low

TUE 28TH AUGUST – Malika Malkiel

SUN 2ND SEPT – Pete Emery

SUN 2ND SEPT – VACANCY

What duty involves:

Simple really. Pick up the keys at the front desk, open up our cupboard and get out the signing-in sheets. Please be on time for club opening at 10.00am. Be ready for any new people wanting to join (front desk will send them along) and get them to fill out the first-timers' form and try a free paddle. Take in any new membership forms. You can go and have a paddle yourself from 11.45am onwards. Finally, put the books away and lock up the cupboard.

Thanks a lot. Any questions, just ask Philip Seely
Castle Canoe Club, Duty and Safety Officer

Sat 11 August Medway trip open to all – contact Nina

5/6/7/8 October Level 1 Coaching course – contact Barbara

12/13/14 October trip to Wye – below Built Wells section – contact Darren

For all events contact relevant person on castlecanoeclub@gmail.com

FUNDAY FUN FOR ALL

Can we go again next week? Was the question I found myself being asked, by my two children, as we left the reservoir. The youngest, at 4 years old. After spending the last 45 minutes on a bouncy castle, was looking more like coco the clown, now that his spiderman face painting was wearing off. And my 9 year old, Ismail was seriously upbeat about his day on the water in a kayak that was the perfect size for him, telling me what a great day he's had on the water playing games and especially his time on the polo pitch and raving on about how nice Katie was to him. So I said you will have to wait until next year!

With over 220 signed in for the open day it turned out to be a fantastic day, sunny, a jazz band playing in the background, a smoky barbeque, people trying a bit of sailing and kayaking, not forgetting the bouncy castle and face painting. A fun day had by all.



THE "HI VIZ"

The reservoir is an escape, hidden well away from the hustle and bustle of the city only minutes away, providing a fantastic place for a bit of peace and quiet, perhaps this is exactly what your looking for , but sometimes it can be a lonely place and you may not be sure about approaching other paddlers, Firstly you shouldn't be. and secondly were introducing the "HI VIZ" At the last committe meeting we decided this would be someone with a little experience on the water willing to share a little of their knowledge , so paddle over and have a chat, ask any questions you have and if they don't have the answer, I'm sure they'll find someone who does.

PADDLERS WITH A LITTLE EXPERIENCE

When you sign on at the desk the duty officer will have the "HI VIZ" Hopefully It will become a must wear item and you'll all be scrambling for it. Lets all make an effort in welcoming people onto the reservoir whether its their first time trial, new members or those who usually shy away but really want to get involved.

THE VIRTUAL TROPHY For July 2012 AND THE VIRTUAL TROPHY IS AWARDED TO ;

This months Virtual Trophy really looked like it was a done deal , after the trip to Stockholm, and the amazing time had by all who went It, appeared as though Pete Emery, was in the clear lead, with his name even down on the draft copy of the newsletter. For his organisation of the Sweden Trip, But no, sorry Pete, With the final nomination coming from Jamlet. Although the funday was the work of many people who helped out on the organisation and on the day (Claire, Barbara, Jasna, Sophie, Katie and everyone else, so many people to thank)

AND FINALLY THIS MONTHS WINNER IS;

CHARLIE DUNNILL

For his work on the funday. For taking beginners out onto the water and playing kayak games and them taking even more, onto the polo pitch, and also to add; actively welcoming and introducing new members to the club.

Don't forget to nominate the person, you feel deserves next months trophy. Send us their name and the reason why.

To jamil.bashir@yahoo.co.uk



GOT SOMETHING
TO SELL

ASK TO
ADVERTISE
FREE IN THE
NEWSLETTER



Sorry Pete it's not as fancy and shiny as the other trophies but due to financial constraints and the clubs tight budget, and the fact that I am plain mean to you, this little trophy is all we can afford.

But wait; what happened to the June/July edition of the Newsletter? Or even more importantly the winner of the trophy for June/July? Could Pete Emery have another crack at the whip, just wait while I check for any other nominations..... No there doesn't appear to be any..... So the June/July award goes to hmmmcould I? I wonder? No, if I won, there would be cries of "FIX!! " so the winner of June/July trophy goes to ; Pete Emery



Prize for spotting the intrepid Pete ... in the River Pageant along with one other well know person from The West Reservoir...all answers on a post card to the Editor!

WYE TRIP 22/23/24 JUNE by Barbara

If you were looking for brown, fast flowing water this was the trip for you!

I have never seen the Wye so high in summer after the deluge of rain in June.

We launched at Lower Lydbrook, the rain had stopped, but the swollen river was still rising.

We took our time to paddle down and used the conditions of the fast flowing water as training for ferry gliding and practicing break ins and break outs.

Ellen's initial nerves were calmed by John Freed's gentle instruction, she went on to invent the EB stroke, (Ellen-Barbara) paddle stroke which was a combination of a stern rudder stroke and rear sweeping support stroke, which was a good way of steering the boat away from any obstacles such as trees at the water edge and floating islands of debris which were the main hazards. We managed to use the slide at the end of the day, before the members of Leaside Canoe Club tried to shoot Symond's Yat rapid. They were summoned to get off the river by police searching for 15 missing men and boys who had capsized in canadian canoes up stream.

With the water levels still rising on Sunday we decided to take the safest option and go walking, we saw fallow deer in the forest then made a trip to the Peregrine Falcon's nesting on Yat Rock .



Circumnavigation of Great Britain

Jean -Pierre Touchard a regular sea kayaker here at Castle has asked me to mention a couple of his friends Natalie & Michal a couple from Tower Hamlets that are attempting to circumnavigate mainland Britain by Kayak. They left London on 1st April , 3 months later they were in Thurso (Scotland) their aims are to raise money for two charities, see their Blog for more details homeseahome.com follow their progress with spot tracker on the blog and send them a donation if you can.

Stockholms Archipelago

By Sophie Robins

On a sunny Swedish afternoon, 6 soon to be paddlers arrived at the kanot centre where Jam had already been making himself at home, exploring the surroundings (the shops were 10 miles away I tell you!) and stealing pens from Ronnie our friendly Kanot centre host. After a quick test run in one of the boats (which had the worlds largest turning circle & foot peddles) we set off for our last 'real' meal at the culinary confused thai sushi wok.

Next day's beginnings set the tone for the holiday with Nina's tortillas being eaten by a crow who'd skilfully managed to extract them from her bag and it taking about 4 hours to get ourselves into the boats and away. Once underway we covered a decent distance on a nerve wracking (for me!) stretch of water across ferry lines and what seemed to be the main speedboat highway. Pretty soon though we were all enjoy the (mini) waves, brilliant views and just being outdoors on the water

First night's camp on Grinda set a high standard - great big fire courtesy of the Sam Jam fire team (soon to be in their element sawing down anything that looked remotely dead) and gorgeous views of our first Swedish sunset from a deserted campsite. Lisa fed us up a scrummy curry and we drank lots and lots of tea, whisky and sloe gin whilst Pete taught us how to tie up a reindeer (should we ever need to keep one at bay)

On Day 2 after a leisurely breakfast we set off for the real wilderness, with Sam navigating us on a nice meandering route through the islands to fagaro (Tic Island). We camped in the forest near the waters edge dotted around between the trees and Pete fed us colourful cous cous (not one of Jam's favourites). Another night of big fires (lot of wood to hand here....) entertained by Sam reciting the gruffolo, munching baked bananas with chocolate followed up with massages from Nina for the lucky ones (me). Only downer was the next morning when we discovered that nearly everyone had picked up ticks, but after a comedy morning of inspecting each other to cries of "I need a girl" from Lisa we set off for Day 3's paddle which would take us to the furthest part of our journey and a view of the open sea.

After a day of chatting, going through a cool little reed way (and a few dead ends) we rounded a bend to face the open sea - with big waves and big views, the paddling was great fun, feeling the boats on proper water. Very handily we rounded an outcrop to find a perfect sheltered harbour - our rocky home for the night -



Castle Canoe Club

The West Reservoir Centre

Green Lanes London

N4 2HA

Askaret (Snake Island) We quickly set to work finding a place to camp, during which we discovered we shared snake island with a lot of red ants (thanks for taking all the bites Sam), a snake, a nesting bird and lots of warm rocks and as usual a lot of dead, soon to be timber trees. As Jam and then Katie settled into sawing up the massive pile of wood, Pete and Sam made fire, constructing our most elaborate fireplace yet - only downside was that it channelled smoked directly into where we were sitting - a Smokey night followed. We all put our new (or improved) rope skills to the test tying down our tents to anything we could find - boulders, trees, random rocks.....

Nina cooked us up a delicious pile of bean feast tortillas (from what was left after the tortilla eating crow had its way with them) which we scoffed down with lettuce (no idea who'd stashed that away!) cheese and various other bits and bobs. Dessert was Peat Monster with brownies and whiskey flavoured custard (pure genius) We passed our warmest night yet on the rocks then Nina and I headed off for a morning dip to tackle our unruly hair - pretty damn freezing so not much time spent actually dipping! Bit of time to check out the stunning views from whichever big rock we favoured followed by some delish porridge full of seeds, honey and of course cinnamon.

Day 4 began the return route which would take us near to the outwards path but veering slightly the other side of one of the sets of islands (I think). By the end of the day we'd done a couple of larger crossings as well as some calm waters when Sam spotted a nice chunk of perfectly manicured lawn on an island half way across the crossing we'd been making as our target for the night. It proved too hard to resist, so we pitched up on our own private island (well someone's private island) complete with boat house and swing dancing / sunset deck. Nina's boat finally had too much water in it to ignore so Sam made some impressive repairs while everyone else set up camp (well; played around in Pete's hammock). Sam cooked us up a mix of rice dishes with broccoli (somehow survived being wrapped in cling film for 4 days) while the rest of us had a quick (cold) wash and practiced our stretching. After dinner we took some precarious photos, watched a very strange duck and then retired to our swing deck for the nights entertainment / skills session. Lisa and I taught the gang the shim sham and 6 beat triple steps. Everyone did much better than we'd expected and had a great time (Despite me and Lisa forgetting major parts of the Shim Sham). Lovely experience dancing as the sun went down on us.

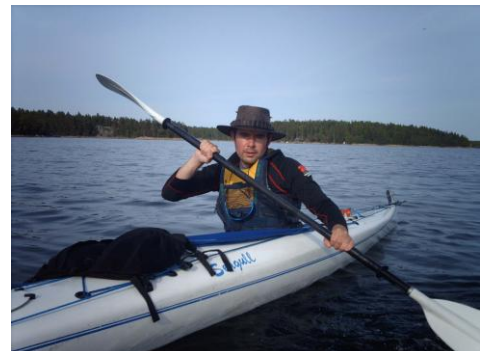
Day 5 we paddled to Moya for more water and made ourselves at home on a jetty, cooking Tai potato cakes and eating ice creams from the shop. Lovely lady let us fill all our water bottles (all 40L of them!) prompting us to think we might be famous amongst the archipelago people? We found a small collection of islands all very similar - mix of wood and rock and made ourselves at home amongst the trees quite high up - with a stunning view of the surrounding islands which would prove to be better than we could have imagined. Sam introduced us to the addiction that is devil sticks while Katie cooked various types of pasta for dinner. as the night fell so did the mosquitoes (this is called Mosquito island after all) - which called for Jam to hide in his tent, the guys to don



mosquito nets and make a huge Smokey fire - it didn't work- we all got eaten alive (except for Jam). Not long into our stay an impressive speed boat rocked up and a girl in full bright red dry suit jumped out and ran towards us - first thought was, oh dear we're in trouble - or s**t the islands infected with something and they're coming to rescue us! Turns out it was just a sort of scavenger hunt where they collected posters from different islands - all very random! As night fell, Jam attempted a spot of fishing - then Sam got bored of waiting for the fish to find him so he paddled out to join them - creating some truly memorable images of Jam and Sam highlighted against the sunset / night sky. Before long the rest of us couldn't resist any longer and paddled out to join the fishes which were jumping out of the water around us. Really special.



Day 5 - started with us watching a deer swim from one island to the other - pretty damn cool. We decided to head back to Grinda which was close and spend the day relaxing a bit on the island - so a leisurely paddle to Grinda followed, with lots of playing at surfing the waves from passing speed boats. Once we reached Grinda we made ourselves at home and headed off to the beach for a swim and game of sea volley ball - after the initial shock of cold it was great, with everyone testing out Sam's glittery pink "fairy dust" shampoo and getting generally soaked in the Baltic sea. Jam, Lisa, Nina and me got down to some serious volleyball (pretty sure we made it to 30 complete passes) then we all dried off on the rocks for a while. After my dinner (bit weird tasting...if you don't like cinnamon.) the boys headed up to the rocks to create the scene for our evenings entertainment. The production team "PeteSam productions" did us proud with a working stage curtain, up lighters and even musical intros. Jam's show was brilliant, a really funny hour, with jam wowing us with his comedy skills and terrifying us with his wolf mask (complete with wind affects from the real wind which tried to steal our curtains!)



Headed back down to camp a happy bunch of kayakers for our last custard fix of the week - smashed up ginger and syrup cake swimming in custard with tea (obviously).

Morning brought a musical awakening by Pete bright and early for our longest journey of the holiday back to Kannott centre after our speediest up and go yet - 2 hours. By Sophie Robins



That's right, every month we will put one link to something interesting connected with kayaking on the internet , again, you may well have already seen this before, kayak skydiving !!!!

<http://www.youtube.com/watch?v=R2XbT2VK-nc>

KAYAKING AND KIT CARE TIPS

We need your help with this item because it needs to be filled in by you! so send us all your tips for kayaking and tips on taking care of your kit It can be anything you can think of so send them in to jamil.bashir@yahoo.co.uk and help make every paddlers life a little easier.

- 1, Wear only what you need on the reservoir, appropriate to the weather e.g. a T shirt
Is fine on a hot summer day. (You don't need a dry suit or even a cag.)

THE TRUMP CARD

Have you tried all the boats in the boats shed? Most people have only tried 3 boats, and have then stuck to the one boat, Every time you visit the reservoir you should try a new boat, even if it's for just 5 minutes before you revert back to what you're used to. Check it for size and comfort. All the boats behave slightly differently on the water and you may find that when you're out there you preference changes to another boat which is more responsive to you.

So we're listing all the boats, try them out and send me your review's of your favourite or least favourite boats.

THE KIWI

Stability	9
Manoeuvrability	5
Length	2
Storage	4
Weight	2
Boats	30
Speed	4
Weapons	0



THE KIWI 2

Stability	8
Manoeuvrability	4
Length	1
Storage	5
Weight	1
Boats	2
Speed	3
Weapons	0



Loads of these available, in the shed. They are very stable on the water, easy to paddle and keep in a straight line with great handling with a very comfortable and roomy cockpit, the Perception Kiwi 1 for one paddler and equipment, and also essentially the same boat, but longer, The Perception Kiwi 2 which is for 2 adults and equipment.

These kayaks are, as user friendly as you can get, solo and in a tandem boat. The Kiwi 2 has a large open cockpit that suits the flat water on the reservoir (as compared to white water paddling). The front seat can slide back to a solo paddling position. These kiwi's are ideal for your introductory first time free session on the reservoir. No spray deck is necessary and these are the boats you will be taking out, until you have done your capsize drill (see duty officer).

Committee Members



Nina Bury, Chair

I started kayaking very casually on the West Reservoir a few years ago. Then I discovered canoe polo at Castle - a chance to get some skills while conveniently being distracted from the fear of falling in by throwing a ball around. It got even better when I started going on trips with the club and somehow I got involved enough to be voted onto the Committee... I'm excited that we're running more trips and courses like the Introduction To White-water, and that polo is really taking off – and as chair I'll do my best to help the club keep developing and getting better. Let me know your ideas...



Shane Cashin, Treasurer

I took paddling up at uni in Ireland and did quite a lot of canoe polo and a few trips. I found castle by accident last year and re-started. While messing around with some canoe polo again at castle, new people started to get involved and we had some great games which has really encouraged me to start paddling again. I went to Scotland and the Wye trips and had a great time. Looking for to doing more this year.



Barbara Mcfarlane, Membership Secretary

I have paddled for 23 years, I enjoy white water and open-boat and have co-ordinated various White Water trips before joining Castle. After having children, I found that surf kayaking and sea kayaking combines well with family holidays in Pembrokeshire! You will often see me in a sailing boat on the West Reservoir, I took up sailing in 2004. I am keen to see Castle Canoe Club organise a range of trips which will be good social events as well as good paddling.



Jamil Bashir, Newsletter Editor

Hi, I'm JAM . I started kayaking 21 months ago, and have never looked back, every day is better than the last, and I just love paddling and being on the water. I have always been jealous of Kayakers driving up the motorway off on an adventure somewhere remote, boats and friends on tow, well this is it. The club gives me an array of boats, adventure by the bucket load and great friends to experience it with.

!



Committee Members continued...



Philip Seely, Duty & Safety Officer

Hi! I'm Philip. I took up kayaking and canoeing about five years ago just because I thought it might help with a chronic back problem. Seemed to help, and I found all sorts of other great reasons to get out paddling. Not least the great friends you can make and the adventures you can have. Sure beats working in the office (my usual activity).

Claire Houvet, Joint Social Secretary

Hi, I'm Claire, I started kayaking in the reservoir in summer 2008. Not only do I enjoy paddling but also love interacting with people. I am joint Social Secretary for the second time, this year together with Jasna. Last year, I organized 5 events which had a fantastic turnout and were really enjoyed by many club members. My Asian roots partly explain my enthusiasm in organizing social events and gatherings. I was born and spent my childhood in the Philippines. I love travelling and kayaking gives an exciting opportunity to explore sites from a different perspective. I look forward to seeing you at the Club either during paddling or for a chat in the reservoir café.

Peter Emery, Secretary

I went on a sea kayaking holiday a couple of years ago and was hooked. The only way forward was to join a local club to meet people, get wet and improve my skills. I live right next to the reservoir and so I realised I had no excuses. CCC is a friendly and inclusive bunch. I've been on several club trips and my ability has moved up a notch. I've dabbled in white water, water polo and lots of other funny shaped boats available as well as sea. Jack of all trades and master of none. But no going back.

Jasna, Joint Social Secretary

Hello, I'm Jasna. I started paddling in winter 2008. I am joint Social Secretary this year together with Claire. I came from former Yugoslavia. I grew up by the sea and love the water. I live near the Club and the reservoir is a jewel in this area. I am now taking part in an introduction to White Water paddling and I am very excited about it.

