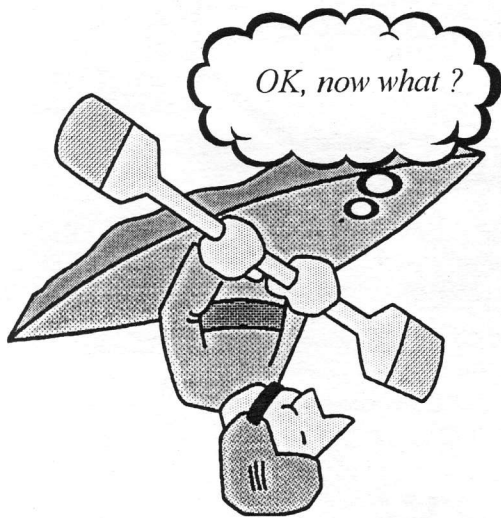




CANEWS

SPRING 1995



On behalf of the other students on the Spring '95 rolling course, I would like to thank all of the instructors and helpers who persevered with us - and so patiently!

I, personally, was very touched by how many people were interested enough to turn out late on a cold Tuesday evening, to help us.

By the end of the first session I don't think I was alone in thinking that this was something I would never be able to do - I just couldn't work out what to do upside down, under water.

Over the weeks however, I did do it; and so did everyone else, including Jacqui (who now owes several people bottles of champagne!)

We really enjoyed the course and gained a lot from it. Hopefully our tutors did not get too frustrated or too cold!

Mandy

Club Pool Sessions: Winter 94/5

There were seven club pool sessions held through the winter (October to February) - all were well attended (and, in some cases, packed), everyone appreciating the opportunity to sharpen skills in user-friendly water.

Barry had provided some helpful tips, in the last *Canews* on how best to use these sessions, and it certainly seemed that everyone had taken his advice - almost every conceivable (and some inconceivable) technique, stroke, roll and rescue was performed (or attempted) by someone at some time during these sessions. To an uninitiated bystander, however (of which there were always a few supping in the Bar) it must have appeared a mix of lunacy and chaos. In some cases there were around 20 boats in the pool - and, at any one time, half would be upside down!

The sessions also provided a good opportunity for some paddlers offspring to practice the basic skills, or attempt to tip their parents out of the canoes

These pool sessions were 'won' as the result of the good attendance of the 3 courses (beginners and rollers) - thanks are over to all those that promoted, helped at or subscribed to these courses

A Frolic On The Frome: 5 March '95

A day's river paddling that was only attended by a few. There were seven of us - and Steve pointed out the likely confusion with 2 Karl's, 2 Grahams and 2 Stevens on the water!

An early meet at Beckington Bridge on the A36 saw us on the water before 10.30am. Peter paddling his C1. The first half mile or so was spent dodging the lines running from the early season anglers

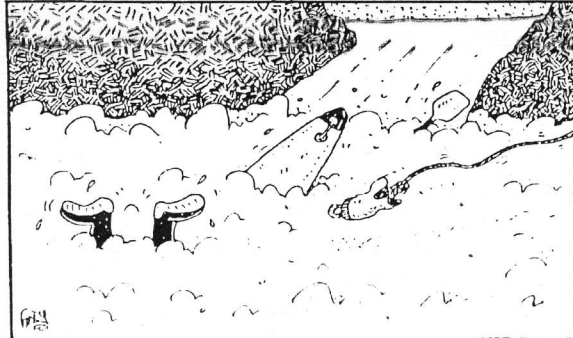
The river level was high and perfect. While the Frome is generally placid (grade 1) paddling, broken up by half a dozen or so simple weirs, the days run was made by 3 excellent play areas

The first weir boasted a reasonable 'holding stopper', for warming up, together with a small shoot that allowed us to try some 'pop-outs' (forgive the lack of technical jargon)

The second play area is affectionately known as the 'hole-in-the-wall' by those who have paddled the Frome before. The river appears to disappear through the left bank - with a strong shoot under a small bridge. This proved excellent ground for rolling practice! with strong eddy lines and unpredictable boils. As I recall only Steve avoided the necessity to roll, with Peter holding the record (admittedly in his C1) with 6 'head wets'. We must have played for almost an hour at this one site

The 'Piece-de-resistance', however, was the shoot & haystack. Here the river flows through a concrete gully for approximately 100yds, dropping into a formidable haystack - daunting when there was no escape, but exhilarating when through. Young

'Kamikaze' Karl was the only one of us reckless enough to try some rodeo in the hole: he had to paddle hard to get in, and once there all we could see was his helmet occasionally peeking over the top of the wave - at peculiar angles - until he was spat out the wrong way up (twice) - and grinning!



The only other 'river feature' of note (and not one that appears in any canoeing guides I have read) was a set of three diving boards situated on the bank, in a field. This provided some amusement for the three of the party that were still warm enough to contemplate clambering out of their boats and up the bank, to perform some, not so graceful seal launches (or belly flops). It also gave Karl the opportunity to further practice his rolling

Our 'egress' (is that the right term?) point (i.e. where we got out!) was Ifod - at around 3pm.

It proved an excellent day trip - but b----- cold. It's too bad that the fisherman are now taking over the rivers for the summer

Thanks to Peter for the organisation and Karl for the entertainment



River Avon: 23 April 1995

On Sunday the 23rd April Ringwood Canoe Club met in Downton at 9.30am. We were on the water an hour and a half later. It was a bright sunny day but as we were getting on the water it looked as though it was about to rain.

The first stretch of river was quite calm, although a few found the swift current a problem at first. When we got to the first weir we gathered on the left side of the river, and then went over one at a time. Mary Toynton (her first river trip I think) rafted with others to get over safely.

When we had all got over the weir, Paul & Jill Toynton, who were in one of the Canadians, capsized whilst trying to *break-in*. Jill seemed to laugh all through!. We spent about ten minutes playing at the weir.

The rest of the first stretch was peaceful and uneventful. We stopped for lunch in a little turn-off from the main river - but there was only one eddy!. There was a field next to the river, in which we had our picnic lunch. About 3/4 of an hour later we were back on the river.

The second stretch of the river was long, calm and peaceful. We drifted down past reeds and bullrushes, which were growing on the side of the Avon.

The silence of the countryside was suddenly broken by the thundering noise of a weir. After we had portaged this weir we went round the corner to play on the white-water of a smaller weir. The white churning water was scary, but some adventurous canoeists went to play in it - getting thrown about all over the place. After this we slowly went down the noiseless river, under two low bridges, to the end, where the cars were parked.

Well done, Mary, you were well in control at the end.

Thanks to Barry for organising the trip and Paul for looking after us on the day. We missed Barry and Bev, hope the baby comes soon.

It was a fantastic day

Ben Gibbins

New Members

The following few pages deal with Kit : and should be of interest, specifically, for the clubs new members : i.e.

- what equipment is available through the club ?
- what else do I need ?,
- where do I get it ?

RCC : Inventory of Equipment : 1995

Kayaks	Europa	Plastic	1
	Falchion	Plastic	1
	Reflex	GRP	4
	Trisanna	GRP	1
	Snipe	GRP	1
	Unknown : White	GRP	1
	Unknown: Red & Blue	GRP	1
	Pirouette	Plastic	1
	Cyphur	Plastic	1
Paddles	Various Makes		12
	Split		2
Spray Decks	more than 1 per kayak		>12
Buoyancy aids	Lifeguard (medium)		1
	Crewsaver (medium)		1
	Yak (medium)		2
Helmets	AP2000 (fully adjustable)		2
Throwlines	Green Slime 22 metre	With Karabiner	2
Light	Emergency Strobe Light		1
Distress Flares	red parachute	all above in individual watertight containers	2
	red handheld		2
	orange smoke		2
	Pocket mini-flares		
Books	BCU Handbook	(comprehensive text book)	1
	BCU Yearbook	(BCU contacts, courses, etc.)	1
	BCU magazine	Canoe Focus (monthly)	
	Canoeists Guide to the River Wye	BCU	1
	Three Regions River Guide	(Southern, South West, London & South East)	1
Video	Basic Rolling Techniques		1
Permits	Canoeing permits	to paddle canals & rivers with navigation rights	1

Equipment Checklist

At the committee meeting held on 28th January 1995, there was some discussion concerning the equipment that should be available on trips : with questions raised over who should be responsible for taking what.

In the past, and owing largely to the organisational skills of the individual trip leaders concerned, the right equipment has been available, at the right time, in the right place. But, with a growing membership and an increasing inventory of club equipment, compounded by the ad-hoc and scattered storage arrangements, it is, perhaps, only a question of time before someone ends up without a helmet or, even, a kayak.

There has been a general consensus that the appointment of an '*Equipment Officer*' and some formalisation for the use of club equipment is impracticable (and goes against the spirit of the club). But it has been suggested that a few notes and checklist should be included within this *CaNews*.

While responsibility for ensuring that adequate safety equipment is carried should rest with the trip organiser, all of us should ensure that other items of personal or safety equipment (club or individual) are 'in the bag'

The inventory of equipment required will, obviously, vary, depending on the nature of the trip and the weather conditions. However, the check-list, over, (which is not exhaustive), hopefully, may prove useful to those who are new to club trips

First Aid Kit

The content of the first aid kit will depend on the time of year and the nature & length of the trip involved. The most common

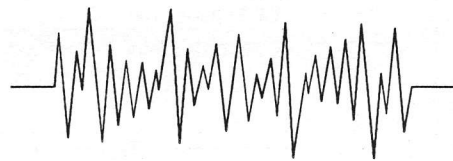
complaints are: Blisters, splinters, cuts, headaches, insect bites and (fat chance) sunburn - although there is always a chance of a dislocation or fracture.

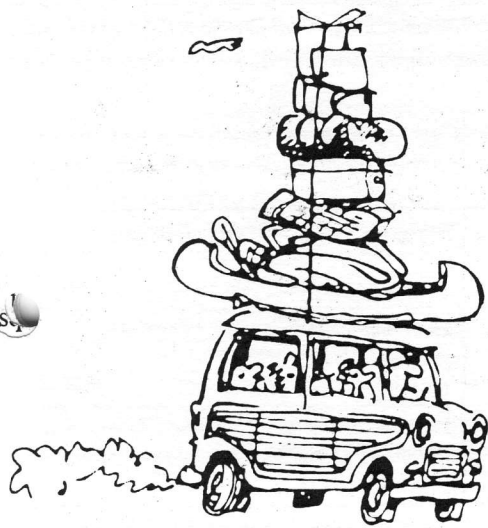
BCU lists the following items that should be available in a basic first aid kit:-

- 1 triangular bandage
- 2 medium wound dressings
- 1 crepe bandage
- 1 strip of plaster
- box of matches
- fine tweezers
- pencil and paper
- small pair of pliers
- scissors
- headache tablets (e.g. paracetamol)

The club is fortunate in having a number of members from the medical profession, but I don't believe that we have ever had to use there skills, to date - although their company has been very reassuring during Bev's pregnancy!

If any member has specific medical requirements or conditions, these should be made known to the trip organiser






Equipment CheckList	River	Sea
Safety Equipment: <i>Trip Leader : is responsible for ensuring that all safety equipment is available</i>		
Survival Bag	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
First Aid Kit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Repair Kit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Throw Line	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tow Line	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Whistle	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spare Paddle	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Knife (Serrated)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Map (1:50,000) or Chart	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Flares		<input checked="" type="checkbox"/>
Torch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Compass		<input checked="" type="checkbox"/>

Personal Equipment: *This may belong to the club, but individuals should be responsible for ensuring that all equipment is available for their own use)*

Boat!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Helmet	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Paddle	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spray-Deck	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Buoyancy Aid	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Packed lunch/flask (Mike!) - in a container that will fit in the kayak!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Dry Clothes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Water Clothing (Cags/Wet-suits/Salopets/ etc.)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Weekend Trips : *Additional Equipment*

	Camp	Other
Bedding : Sleeping bags:	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tent etc. , Air beds/ mats,	<input checked="" type="checkbox"/>	
Cutlery, plates, mugs, etc.	<input checked="" type="checkbox"/>	
Cooking utensils and equipment (including cork screws, bottle & can openers)	<input checked="" type="checkbox"/>	
Torch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wash-kits, toilet rolls, towels, toothbrush!!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cuddly toy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<i>Bev (Supplement): Pampers, Wet-ones, Nappy sacks, Baby-grows, breast-pump, travel cot, push-chair, papoose, etc., etc.</i>		

CANOE EQUIPMENT : List of Suppliers

There are no good specialist canoe shops within about 100 miles of Ringwood, but the following list shows suppliers who carry limited stocks of equipment. If you know what you want, mail order from one of these or direct from the manufacturer is always an option.

<u>Alpine Wave</u>	62 Lagland Street, Poole, Tel: 01202-677523	<i>Carries a limited range of canoeing gear, including some plastic boats. Discount to club members.</i>
<u>Andark Diving & Watersports Ltd</u>	256 Bridge Road, Lower Swanwick, Southampton Tel: 01489-581755	<i>Very good for wetsuits and clothing.</i>
<u>Bobs Boatshop</u>	428 Bournemouth Road, Parkstone, Poole Tel: 01202-736704	<i>Small boat chandlery with some canoes and basic gear, such as helmets.</i>
<u>Camping & Outdoor Centre</u>	7 Gervis Place, Bournemouth, Dorset BH1 2AL, Tel: 01202-558797	<i>A reasonable range of outdoor clothing and equipment, including a few items of canoeing kit (such as dry bags)</i>
<u>Cotswold</u>	13 Lower Northam Road, Hedge End, Southampton SO3 4FN, Tel: 01489-799555	<i>They stock a wide range of outdoor activities clothing and equipment, including some canoeing kit. They will also order boats from Dagger, Prijon, Perception, Pyranha, etc (don't forget to ask for discounts on boats!).</i>
<u>D&S Marine</u>	10 Seddul Bahr, Allington Lane, West End, Southampton Tel: 01703-473379	<i>Probably the cheapest glass reinforced plastic kayaks in the country. Very cheap kayak repairs. Supplied the club's four Reflex kayaks. No equipment except paddles and spraydecks. Discount to club members.</i>
<u>Scott Bader Centre</u>	Unit 12, Fitzherbert Spur, Farlington Industrial Estate, Portsmouth Tel: 01705-210093	<i>Strand glassfibre regional distributor. Canoes and equipment mainly to order, little held in stock. Supplied club's Europa and Falchion. Discount to members.</i>
<u>The Boat Shop</u>	9 The Colonnade, Woolston, Southampton. Tel: 01703-449338	<i>Mainly sailing dinghy equipment, but also some canoeing gear.</i>
<u>The Canoestore</u>	Queen Street, Emsworth. Tel: 01243-372234	<i>Specialises in Canadian canoes, but also carries a good selection of kayak equipment. Reliable advice.</i>
<u>Woodmill Canoeing & Activities Centre</u>	Woodmill Lane, Swaythling, Southampton. Tel: 01703-555993	<i>A very wide range of boats, which you can try out on-site; they will then order for you. There is a 10% discount to club members. Woodmill also has a limited range of other canoeing gear in stock, and give reliable advice. If you are making a special trip there, it is best to phone first because they don't keep normal shop hours.</i>

If you know of any other local suppliers, please pass the details on to Graham so that we can maintain an up-to-date list.

Under The Avon : 19 March '95

Sunday March 19th saw a large contingent of the club descend on an unsuspecting Limpley Stoke.

Quite a few of us were green novices. Myself probably top of the list - having been used to the fast currents of the Ringwood swimming pool, it promised to be a good day.

Once the lunch time supplies had been squeezed beneath the buoyancy bags it was time to set off towards Bradford-on-Avon on the Kennet & Avon Canal. As pleasantries were exchanged with tow path strollers this made a nice gentle start to the day and by the time we had reached the outskirts of the town I could almost paddle in a straight line (well sometimes!)

Lunch was a most civilised affair, with picnic table supplied - and, even, toilets a short walk away. Refreshed, we then launched on to the river. Firstly we headed upstream, under several bridges and through the town. As we paddled against the current I decided to check the water quality and promptly capsized. Forgetting to bang the bottom of the boat, I waved my arms and hoped I was soon rescued by a friendly bow.

Definitely shaken, if not a little stirred. I followed the rest of the group on up the river - where we watched a Canadian shoot the weir.

The first part of the journey down stream was less eventful, practising 'breaking out' by the bridges as we progressed. After a cold water rolling session instigated by Karl, we continued on below the town. This is where the river broadens out slightly into open country as it meanders gently down the valley - that is, of course, until we reached "The Weir". Much had been made by the

assembled company about the height of this weir - estimates ranged from "a couple of feet" upwards. As I left the top I was sure it was more metres than feet. Perhaps I had this in mind as I rolled in as I hit the bottom (to check the foundations, of course!)

I was quickly rescued, with only my ego dented, as the rest of the party descended without problem - apart from the two GRP boats which were holed at the stern slightly.

We continued down stream, retrieving a lost paddle from a railway bridge support, leaving me to wonder the fate of the paddler and his boat!

The final obstacle was another weir, half the height of the first, which should have been no problem, but I was, by now, quite acquainted with the submarine life of the Avon and so I capsized perfectly as I went over. This was now anticipated by my companions and I was rescued in seconds.

All the others shot the weir without any problem, leaving me to ponder on how I could get it so wrong.

One hundred yards further on we were back at Limpley Stoke and it was time to pack up and head for home, tired but somewhat wiser.

On reflection, I now understand how canoeing can be addictive and, also, why my skin is waterproof!

Graham Deacon

The Wet Weekend: 20- 22 Jan.'95

This was a 'make-the-best-of-it' trip, and we did!. Despite the atrocious weather - and, consequently, the change of paddling venue, everyone had a good time - and there wasn't a 'dry paddler in the house'

On the Friday night we all rolled up (or the more energetic hiked down to) the local hostelry to partake of the pre-paddle ale - and to discuss the weather!. All agreed that there should be plenty of water. We retired to the spacious (if not airy) accommodation of the Delaware Outdoor Education Centre - which, as always, was under refurbishment

Day 1: Tamar?

Saturday's intention was to paddle Canadian canoes on the Tamar, under the expert tuition of Andrew Bartley. After a hearty cooked breakfast, courtesy of hard-pressed Kevin, (who coped admirably with the limited facilities - 1/2 a toaster!), wet suits, caps and the gear were donned - ready for a speedy start. This apparel was needed, simply to open the front door of the centre - with rain and winds gusting to 70 MPH, few of us were entirely confident with our ability to tackle the conditions in 16' 'tubs' with half a paddle. You could hear the sigh of relief (or was it disappointment) when the experts ruled the adventure out.

After a lengthy debate, over hot mugs, we spent the day enjoyably walking down to the (big!) sea at Tregantle and then strolling along the banks of the Lynher at Bicton Wood (Courtesy of the Duchy of Cornwall!). This gave us the opportunity to gauge the feasibility of a Sunday paddle on this river.

The evening saw: splendid fair (courtesy of Paul, Liz and Steve, thanks); Mandy and

Paul providing entertainment via submarines and aeroplanes; more ale and more weather!

Day 2: Buckfastleigh > Staverton

The Lynher was ruled out - so, off to the Dart. A drive across the misty moors to Buckfastleigh and on (or, in a few cases, in!) the water by 11am.

The Dart was very different from the river that we paddled in October '94 (a hazy memory of sunshine and rock gardens!). The flow was rapid and consequently, there were a number of minor mishaps (canoeists parting company with boats, hanging around in over-hanging branches, etc.).

The Sambell's wasted no time - leaping into the spirit of the occasion, within minutes! Liz decided to swim down the access creek and through the first stopper, and Steve threw caution to the (considerable) wind in a vain attempt to rescue her kayak before it was damaged (not too severe)

The flow offered a few play sites (although most were 'washed out' and the Weir at Buckfastleigh had to be portaged)

It was remarkable that a number of paddlers who had no experience of white water negotiated some tricky stretches with w appeared practised ease (well done) Maximum points, however, have to go to Larry and Jaqui for manoeuvring their '16' tub' with such poise (if not purpose)

It was a good day, and no one missed the Lynher!

Thanks for the organisation, Barry (I can't blame you for the weather). I, for one, am looking forward to a re-scheduled Canadian Canoeing Course in the Autumn

AGM: 25 March 1995

The clubs 7th AGM, held at the Crown Hotel, after one of the Pool Sessions, passed without major incident - and was the first club function that Graham Deacon had attended without the necessity for a roll or rescue!

While 'apologies for absence' almost outnumbered those attending, the ten of us that were there managed to get through the night's business before closing time. This was despite the best efforts of some to instigate a delay to proceedings with the help of the gas fire. The important items of business were:-

- *RCC beats inflation - subscription to remain the same for 1995/6*
 - *RCC boasts sufficient funds for replacement of 'life expired' equipment and possible purchase of more kit and boats*
 - *RCC Membership is up - to around 42*
 - *RCC thanks everyone for everything that had made 94/5 such a success*
-

POP PRESS

Jake Breaks Out !

After being held in a stopper for 33 hours, Jake (the clubs youngest member) finally manages the perfect *pop out*

Congratulations to Bev and Barry

Try Mudeford



Mandy's Pancake Bash: 17 March 1995



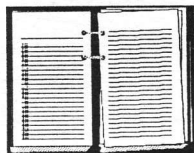
The Pancake Party on St. Patrick's Day (or Red Nose Day!) was well supported and great fun.

After making abundant amounts of batter during the afternoon, I gladly handed over to Barry and Paul to do the frying, helped by the younger members of the Ratford family.

I think everyone had enough to eat. Some obviously had, as they couldn't even manage to eat two cream crackers after their pancakes!

Thanks again to the fryers

Mandy



DATES FOR YOUR DIARY

- Sunday's **10.00am every Sunday: The Haven, Mudeford.** Regular sunday mornings unless a specific even has been organised somewhere else
- Tuesday's **18.30pm every Tuesday evening: The Haven, Mudeford.** Regular Tuesday evenings, throughout the summer (until the clocks go back) unless a specific event has been organised somewhere else
- Sunday, 21st May **Isle of White:** A trip to the Needles, subject to conditions. Meet 08.30 at Keyhaven, at the landward end of Hurst Spit (SZ 300908): 15 mile paddle with the possibility of overfalls. Bring a packed lunch
- Tuesday, 23rd May **Poole Harbour BBQ:** meet at the rock gardens car park, Sandbanks, at 19.30. Bring something to barbecue and a torch
- Tuesday, 6th June **Hengistbury Head Race:** Our annual race around Hengistbury Head, competing for the coveted (by Peter!) Julian Butler Memorial Cup. Meet at Mudeford, 18.30
- Committee Meeting:** in The Haven, Mudeford, immediately after the Hengistbury Head Race - everyone welcome
- Sunday, 18th June **Lulworth Cove trip:** A paddle from Lulworth Cove to Durdle Door and back. A day for the family (non-paddlers can meet for a picnic at Durdle Door) Meet at Lulworth Cove Car Park at 09.30
- Saturday/Sunday 17th & 18th June **Stonehenge '95:** Southern Region Canoe Exhibition: held at Pewsey Sports Centre, Pewsey. While not on the scale of the Crystal Palace exhibition, a fair number of traders are represented. For those members who are considering the purchase of boat &/or kit this year, this does provide a local venue for a good overview of what's on offer.
- Saturday, 24th June **Club BBQ:** The annual descent on Colin and Karens abode (7 to 7.30pm, Frog Cottage, 39 Bowerwood Road, Fordingbridge). A social event for all the family - no canoeing experience necessary! Bring your own grog & something to BBQ.
- Tuesday, 11th July **River Hamble:** An evening paddle with a pint at the *pub up the creek*. Meet at the slipway behind Moody's Boatyard, Bursledon at 19.00.
- Sunday 16th July **Durleston Head:** a one day paddle from Swanage, around Durlston Head to Dancing Ledge and back. Meet at the life-boat station on Peveril Point at 10.00 and bring a packed lunch. Paul for details
- 29th Aug- 3rd Sept **Slalom : World Championships 1995:** Holme Pierrepont, Nottingham : Someone in the club is bound to be going (to watch!!)