



## Newsletter Summer 2010 Editorial

I don't know about you but it seems that this summer has flown by and the evenings are rapidly pulling in once more. This summer has been one of the most successful ones ever at Eagle with a huge range of events taking place with something to suit everyone. Who can forget the sight of cardboard canoe racing and we had a fab day at Pennys Posh Picnic – both of which were new events for 2010.

Its also good to see a two page article in Canoe Focus (our sports governing bodies monthly magazine) written by Spencer Smith talking about the adventures that 3 Eagle members had on a trip they planned in Scotland. We also had the cross channel paddle attempt, raising money for the RNLI. It wasn't many years ago when some of these paddlers were beginners at Eagle and they are now planning their own major adventures...

This month's star contributor is Chris Wright who has submitted several articles. It's also good to see some new contributors this time round so a big thank you to Alex, Tessa, Chris and Tiffany.

That's enough of my rambles, so enjoy reading about some of what's been going on this summer and I hope to see you all on the water soon.

Mark Quadling

## Cambridge Trip 2010

On Friday night (a day before the trip starts) me and Callum Emmerson travelled down to Cambridge so that we could arrive at the trip start point on time. We did this because my parents were camping in a caravan (that's not real camping) and they wanted a chance to set up the caravan as they weren't allowed on the scout site that us kayakers and canoeists were on. Anyway on with the trip. We arrived at the start point and once everyone had launched we began a trip.

The river was very slow moving so it was hard to tell we were going downstream. Cambridge and the surrounding area was beautiful to paddle through.

It was nearly lunch time when we reached the punt rollers in the centre of Cambridge. For those of you who don't know what punt rollers are they are specially designed rollers for a punt to go down because a punt can't go down a weir. These were great fun for the canoes because they went straight

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down the rollers but not quite so fun for the shorter kayakers because it was a bumpy ride. Luckily I own a large kayak so I didn't ground unlike Georgia who got stuck at the bottom. This was great fun and a must do again.

We then had lunch where Colin invaded a few hen parties which he seemed to enjoy. He and a few others



slouched off to the pub for a quick pint. After this we then continued through the most beautiful part of Cambridge which we kayakers may have slightly raced through. Whoops.



We then got out onto a wider part of the river, which was quite windy so it required more effort to pass. When we reached the end we were greeted by my parents and my dog.

We then made our way to the campsite where me and Callum pitched our tent. I am quite good at pitching my tent so we were done quickly and began to watch the others attempt to put their tents up. This was good until we were roped into helping others. Later after everyone had had their barbecue we sat down at the fire where we all made small chat. At about 11 o'clock I like most of the others went to bed.



When we reached the river the next day and started paddling I remembered the 9 miles I had done the previous day. So my arms were aching but as I paddled my arms felt better although we did encounter some weeds which did slow down our progress



but everyone took their turn as the weed clearer. It was then about a mile on a wide open section of river to our lunch stop. This section went quite quickly. We then reached a mill which mention a small amount of White water. This made a lot of us very happy because we had lots of fun. We then got out and had lunch when Stuart

treated us to an ice cream. We then continued down stream and met some pirates. ARAWH. They were very nice because they didn't attack us because their was too many of us.

I would like to thank everyone for making this such a good weekend. I would love to do another trip like this again.

Alex Maine

## Thoughts on Immersion.

It's the time when you know the next thing you're going to do is get wet!! When you know you're going in and there's nothing you can do about it!!

When all you're practising at Recovery Strokes doesn't pay off because your paddle blade is deep in the water and there's no way you're going to get it out onto the surface for support.

But isn't that the way it always happens? When we look at 'Supporting' we always know what we're going to do. However much we cleverly edge the gunnels to the water we always have our paddle blade ready to provide support, so we can use that satisfying 'slap' on the surface to get upright again. Maybe we should practice supporting with the blade deep under the boat in a 'J' or stern pry, then touch the gunnels to the water and see if we can stay dry!

But there was really no-one to blame - certainly if we'd edged the boat downriver more it might not have happened. If we'd taken more time in the eddy to set the angle for a ferry it might not have happened. But we went into the current broadside and Hey, ho, here we go!

My cool canoeing hat came down over my face so I couldn't see a thing, and I felt my paddle miraculously fall into my hand under the boat, or had I been holding it all the time? It all seemed to happen so quickly it's difficult to remember how things were, although one onlooker said how gracefully we went over! But I do remember thinking that the water wasn't that cold, indeed it was almost pleasant, certainly not enough to take one's breath away!

So with hat pushed back, I could see Ed seems to be bobbing on the surface ok, and we both have hold of the boat. I could just touch the stony river bed with my feet and thinking that I would rather stay here, where I know there are shallows the other side of the current, than be swept into deeper water we tried turning the boat, which is now upside down, to give it an angle to ferry across into more shallow water. Once the angle was set we just had to hold it in the current, my feet still slipping on the loose stones, and it gradually moved across.

The others were all around checking we were ok, someone had grabbed my sponge, which was the only thing not tied in, and once we got to the shallows we were able to empty out, climb back in again and be on our way.

I also found out that day that a polyester base layer top does not dry out that quickly, and not bothering to put on anything dry I quickly cooled down. I had plenty of spares in my dry-bag but kept hoping the sun would dry me off - it didn't. By the time someone kindly loaned me a cag (mine was wet inside and out from the immersion) it was too late and standing in the wind on Whitney Toll Bridge with the ice-cream (a tradition on this paddle) didn't help. The hot power-showers at the camp-site did though

and with a nice hot cuppa tea afterwards we were soon back to normal again.

Chris Wright (incident during the Wye Weekend 25 Apr 2010)

## AGM

The clubs Annual General Meeting is taking place on 20<sup>TH</sup> October 2010.

All members are invited and I would encourage you to attend to hear about the events of the last year at the club and perhaps more importantly plans for the future.

We always have some interesting discussions and as always the more ideas we can get the better the following season will be.

We will also be looking to elect a committee so this is your chance to really get involved and take up a role within the club.

Mark Quadling

## Feedback Questionnaire

Each year we undertake a questionnaire to seek the views of our members to review what we do and how we do it. In the past this has been in the autumn when it's getting colder and darker (and attendance number have dropped). This year to try and engage with more members we have undertaken it a bit earlier, however out of our 150ish members I have had comments from only 13 members !

Notwithstanding this, there have been some helpful comments made which are summarised as follows:

Most members find out about the club through the web site, but also get

referred to us from Sue's Canoes, Whitlingham, and by friends

The majority of people join to gain skills and meet people. A quarter join to take awards. 70% would have liked to attend a taster session before joining and 53% would have been happy to pay for it. 70% think the membership fee is right (30% think it's cheap).

Everybody thought the equipment, premises, organisation and coaching are good or very good – although the changing rooms do feature regularly as poor.

Most people who responded had used a variety of boats and had attended the Friday night sessions and pool sessions. 2 people would prefer the Friday sessions to be on a different night and 3 people had suggested the pool sessions should be on a week night or a Saturday. Trips away from the club were considered by all to be well organised.

Suggestions for trips / activities were:

- Norfolk creaks – Stiffkey, Brancaster, Scott Head, Morston
- River Waveney, Bungay, Diss
- Joint activities with local groups (scouts) and clubs, eg on Fun nights
- White water canoe trips
- Demonstration videos of strokes or You Tube links on web site
- Trip along the Caledonian Canal
- More activities for experienced paddlers
- A non paddling social event each month
- Polo Team (Trevor is now looking into which other clubs have teams and we will hopefully start a team in the near future)
- Set up an Eagle Canoe Club Facebook page (There is a

Facebook group for Eagle Canoe Club)

What worked well?

- Wednesday nights are well planned and good information given at briefing
- Quality and variety of coaches
- Fun nights and BBQ
- Friendly for new members

What doesn't?

- Not enough boats / buoyancy aids
- Not enough guidance for beginners to choose an appropriate boat (especially when there's not many left)
- More guidance on enrolment night – maybe a hand out to take away
- Not enough trips up / down stream
- Mouldy changing rooms
- Provision of lockers in changing rooms
- Not sure of what is happening on each night, when assessments are etc (these are set out in the programme which is e mailed to all members and displayed in the classroom)
- Coaching for specific awards with varying attendance
- Participation in games nights

Suggestions for the winter programme

- Quiz night
- Classroom based teaching
- Paddle fitness night
- Use an alternative boat
- Winter kit to wear for beginners (how to stay warm)

While we do undertake the questionnaire, we also welcome feedback from members at any time. The Coaches will be meeting on 16 September to review the summer activities and plan the winter programme, so if there are any

activities you want to see happen, let us know.

Stuart

## Cardboard Canoe Racing

When the idea of having a cardboard canoe race appeared on the calendar we decided that this was one competition we just had to enter. The rules were simple, just cardboard and gaffa tape with tape only on the joins.



With great ideas of creating a masterpiece we set about building up a large stash of cardboard. A few evenings before the race we started construction. Two quick lessons were learnt. Cardboard is not easy to bend and for some reason gaffa tape doesn't really stick to it!



We quickly (several hours passed) made our basic canoe which really looked more like a bath tub. Several layers of cardboard was meant to give some strength to our vessel with 1 inch strips taped together to make a platform to support my weight.. Each morning we woke up to find that half of our boat had become unstuck – this was not looking so good!!



On arrival at the club we proudly unloaded our new piece of paddling kit and started to watch the opposition arrive. Each boat was assessed to see what sort of threat it would be. We were really impressed at the effort that people had gone to.

A few people also made boats on the night and by the time of the race we had 12 cardboard canoes lined up. A Le Mans style start saw us all rushing to the water and I quickly got afloat and ahead of the pack..

I was very surprised that no water had come in and I was afloat. The handling and stability was good and I quickly got round the course. To finish you had to lift your boat from the water. This was the first major failing of a cardboard canoe – it weighed a ton and was very soggy!! Amazingly I had won the race and then watched the others still getting round the course with varying degrees of success.



A very different event and a big thank you to all those that made boats which made the event such a success

Mark Quadling

## Thanks for the Beach

11<sup>th</sup> July 2010 turned out to be fine and sunny for our bi-annual Beach Day at Sea Palling, and the wind, although slightly offshore, was not something we Eagle paddlers couldn't cope with if we didn't stray outside the rocks.

As we didn't ask members and families to 'sign in' when they arrived at the beach it's hard to tell how many came to join in the fun, but I'm sure it was more than last time two years ago when we actually counted around 35! So I think we can say it was quite a successful day, in spite of the thought of that dreadful portage over the dunes with all the boats and gear!

It wouldn't have been quite so good had we not had all the boats we did, which enabled members and their guests to get into something they may not normally paddle. So a big thanks to those who did bring extra boats and gear; I know Tom, Steve and Glen brought boats in their vans, and I'm sure there were others who brought extra gear, just for anyone to use on the beach, so cheers to all of you for helping to make it a big day. We will definitely do it again!

Chris Wright

## Winter Paddling

It will soon be that time of year again when it is dark when we start our sessions at Eagle and the air and water temperature will start to drop.

In these conditions it is essential for your own safety and that of the group that you have adequate clothing.

A woolly hat helps to stop a lot of heat loss through your head and consider buying some waterproof gloves or

pogies. I would also suggest that you wear several thin thermal layers rather than one thick layer. Feet are always a problem and tend to get cold. Shoes two sizes too big and several pairs of socks is one recent suggestion I have heard but if anyone finds a method that works please let me know so I can publish it in the next edition

Mark Quadling

## Hickling Broad Weekend

Sandy picked me up just before nine. The sun was up and bright. We met Stuart and chose our kayaks and secured three bananas to Sandy's roof rack; a skill I hadn't acquired till now (although I think I must introduce a stronger knot to the proceeding, roman blind stringing over the years).

Penny and I eventually made it to the start and the cars were ferried to Willow Croft campsite.

Launching off and I found myself on the biggest expanse of in-land water that I've kayaked on in Britain so far. I don't know if it was the fact that it was because Hickling Broad has so many different modes of craft on it that the water is mostly murky and opaquely churned up. This was disconcerting, as I had no idea of its depth. (ed note – a lot of the colour is due to wind action)



Eagles although near Norwich recycling centre, still has that glassiness about it on a Wednesday evening. So not knowing its depth we grouped, then began to venture across;

finding our pace. We spied a grass snake; well snaking it's way across the broad. I've always found Wednesday evenings friendly and supportive and this weekend was a continuation of this trend. Stuart seeing Sandy struggling a little attached a mermaid's tail (long piece of rope) to stabilize and help keep her straight.

The sky turned a little overcast but perfect for canoes & kayaks alike the waters felt warm and we trusted that summer really had reached our island, in its own hap hazards way.

Jarvis, Dom and Helena's brown spaniel was today's arrr factor; Puppy leaning over the side of their Canadian for a few sips of water every now and then. I later learnt their perfect sized tent: brown with a paw print, was purchased before Jarvis joined their pack!



Travelling out of this main body of water and on to the river I learned to keep to the right side of the red and white poles, and on coming traffic and to stay a safe distance from the bank; but enjoyed the waves caused by the yachts and motorboats.

Stopping for lunch and ice creams (+ my G&T, a bag I had forgotten). The sun shinning out again, we launched and carried on to our destination, and with wheels under Canadians and kayaks on top, trundled the short path to our beautiful, nice sized private campsite.

Cars ferried, tents up. The BBQ was delicious, salad and dressings, in the end I was stuffed but ate my lamb just because. Well it keeps my middle shelf stocked!



Cooling down adding evening layers on we sat around the camp fire, Jade Katie and I trying to remember the rules of Cludo and make a few up of our own. Conversation and new friends made it felt a day to count blessings. Then thanks to Penny mentioning my Egyptian dance skills earlier (she then went off to her friends wedding), On Chris's suggestion I got everyone up just before the sun went down for a wiggle and a jump/skip and stretching out of bodies. I look forward to the pictures as I've never taught so many men in a group before; can't imagine why not! Then after a cup of hot water 'thanks', and teeth (the showers were good too) it was time for me to snuggle down. I listened to the breeze in the trees, and thinking if only I could invent the stealth zip I'd be made. I slept soundly all the way through till morning.

Sun up, sun cream on, bacon and egg rolls (thank you chefs). Back on the Broad. The wind was strong and although I found it exhilarating with the extra effort, a whole day battling was not necessary; especially with a mixed group, and plans were changed for a shorter paddle and more ice cream. Jen and I attempted to paddle in unison. Being a dancer I have this element of myself to make things flow in a pattern, and want to synchronise

physical activities' anyone interested in the Eagle Formation Arrows?

Jane and Kate put up a sail and sailed all the way back with hardly a paddle stroke needed, only super seeded by Daniel in kayak and Tom, Rachel and sweetie Elizabeth paddling hard.

What a tonic this weekend has been, with a mixed group of all ages all looking out for one another. I personally loved every minute of it and can't wait for the next trip and something inside me says 'I wonder what a little bit of white water feels like in a kayak' exciting; this is all to come.

Thank you Stuart and Eagles.

Tessa x

## Water Safety

Olly recently put a link (<http://mariovittone.com/2010/05/154/>) on Facebook to an article entitled 'Drowning Doesn't Look Like Drowning'. It explains that in reality drowning often doesn't look like it does on Baywatch!

Canoeists should always wear a Buoyancy Aid (BA), which will greatly reduce the chances of this happening, but nevertheless this a worthwhile read for anybody that spends a lot of time in or around water. This article reminded me of the near drownings I have been involved in. All of these were quite, swift and could easily have gone unnoticed, just like described in this article. Here are the ones that stick in my mind.

I was in a K2 (two person racing kayaking) returning to Norwich. For some reason sprint and marathon paddlers don't wear buoyancy aids and



I was wearing a light weight rain jacket with elastic cuffs. A large ocean going cruiser came past with his throttle down. You don't stand much chance in a K2 in such large waves! My partner swam to the side, but I struggled to do the same with water logged arms. I managed to get close to the bank, but I had gone under several times. I wasn't particularly worried, but my colleague on the bank was and he is convinced to this day that it was a near drowning.

Many years ago a paddler got into difficulty just behind my boat and I didn't even notice. Several years ago I pulled a lad out of the UEA pool – once again no panic or noise.

The most recent incident was at Horstead Mill. It was a hot sunny day and the local youths were enjoying a swim. I noticed one lad 'trying' to threading water. He had gone under a few times and I moved in closer. Eventually he caught eye contact and quietly said 'help'. I gave him my bow and I took him to the side. All of the paddlers there and all his friends didn't even notice what had gone on. It was a total non event, but it nearly wasn't!

People do sometimes panic, but in my experience this will not necessarily be the case. What would I have done at Horstead Mill if the young lad had started to panic? I would not make contact with a panicking swimmer. I would have jump out of my boat, pushed my boat to him and swam to the side.

Canoeing is a very safe sport. Always wear a buoyancy aid on or near the water, look out for each other and most importantly have fun. It's those fools without BAs that we need to watch out for!

Spencer Smith

## Painters

We have had many debates at club nights working out why we call the ropes on the canoes – Painters. A bit of investigation on the internet uncovered the following:-

One possibility was that they were used to hang up the boat so it could be painted, but this seems a little unlikely.

There are actually three separate kinds of "painter" in English, three words that share a common spelling and pronunciation, but entirely unrelated meanings and origins. The first sort of "painter" is, obviously, someone who paints, whether it be a fine art painter or the guy who paints your bathroom.

Another sort of "painter" is the North American cougar, in which case "painter" is simply a regional pronunciation of the word "panther"

The third kind of "painter" is the line attached to the bow of a boat, used to moor or tow the vessel, although when the word first appeared in the 15th century it meant the anchor chain or line of a boat or ship. There seems to be several theories about exactly how English acquired "painter," but fortunately all roads seem to lead back to Rome, in this case to the Latin verb "pendere," meaning "to hang." One of the descendants of that verb was the Old French "pentoir," meaning "strong rope" or "clothesline," which certainly brings us into the "line for tying up a boat" ballpark.

Mystery Solved – or is it???

Chris Marshall

## Just Ask

I needed some new canoeing boots for the coming winter as my not especially old ones were not as waterproof as they had been, and those who have portaged with me know I like to keep my feet dry! Sues had a problem getting me the size 12's I needed (for 2 or more pairs of socks in the winter) and I wasn't too sure about the knee-length gaiter look that they had. So I tried Boats and Bits as I had been there before for rope and other odds and ends (other canoe suppliers are available!). I was eventually shown a pair of boots my size and specifications (100% waterproof to the ankle) by a very helpful young lady, who even climbed a ladder to the top shelf to get them.

As canoeing boots are never cheap I asked for discount at the till and she spent some time looking on her list for either Eagle Canoe Club or British Canoe Union, but couldn't find either. But she still gave me 10% without any question of membership cards or I.D., so I came away with my new pair of boots feeling fairly chuffed.

A similar thing happened at Blacks in their new shop in Norwich when I needed more insect repellent for the warm summer evenings at the Club. I asked for discount and again the assistant looked on his list but couldn't find anything, but he still gave me 10%. (Why don't they have the Canoeing Governing Body on their list?)

I'm sure neither of these shops would have offered me any discount if I hadn't asked. I'm also sure that I would have got more than 10% from Sues if they'd had what I wanted, and I know that Norfolk Canoes on the

Longwater Industrial Estate are offering 15% to Eagle members, but I would probably have spent the difference in fuel getting there!

So the moral is: Ask! If you don't you won't get any!

Although neither of these shops asked to see a membership card, I know that while Cotswold Outdoor offer discount to BCU members, they will ask to see your card!

Chris Wright.

## Dry Bags

With many new members joining the club this year I thought it might be useful to write about a relatively cheap but very useful bit of canoeing or kayaking kit.

A dry bag is fairly self explanatory but still not widely known about. Basically it is a bag made of a waterproof material with a top that folds over and fastens making it water tight. This is great for keeping your food dry, maybe some spare clothing and things like a first aid kit. If you want to keep a mobile phone or car keys with you I would recommend buying a waterproof container to put these items in – before you put them in your dry bag.



Dry bags come in a variety of sizes, for those of you kayaking you are looking for a small bag (it fits in the kayak behind your seat) where as canoeists can have a much larger bag.

These can be purchased from any good canoe shop or outdoors store. One useful bit of advice – learnt from experience is do not put your drink in your dry bag. I did, but hadn't put the lid on it properly so my phone spent all day inside a wet bag that was supposed to be keeping it dry!!!

Mark Quadling

## Sudbury Paddle

Saturday the 15<sup>th</sup> of May – okay look, I know it's a little dated and we actually went on this trip quite a while ago (About three months to be exact) but it's better to hear about it through this article later, rather than never, right? Anyway, the sky was painted permanently blue, with a dashing of clouds, you know the sort, white and candy-floss fluffy, the sun's shining and it's pleasantly warm. The idyllic picture I am trying to paint in your mind is made even more faultless by the lack of wind present and the constant typically un-British temperature of around 22°. All in all, it's just about a perfect day to go paddling.

We all arrived down at Sudbury from Eagles and it was then, before even making it down to the water, when the first (of many) eventful incident unfolded and reared its ugly head...

We were 'outraged' on having to share the car park, yes you've guessed, with another canoe club, (the Other Club) who had taken all the best parking spots and unloaded their canoes and

kayaks leaving them strewn across pavements, in fear of them being run over if left next to their cars, and in doing so blocked all public walks ways. Keen to not be identified by any onlooker that we belonged to the same club as those who had no respect for public pathways, we shifted all our kit nearer to the water, safely out of the way and minimising the risk of kayaks getting crushed under cars as well as respecting that people had a right to walk on pavements without finding their path obscured with boats and paddles.



Whilst in midst of the kit move, we waited for the car shuttle group to return from Bures, the village we were paddling to, a 7 mile trip by river. After receiving a phone call from Wayne, it turned out that the shuttle convoy had lost Andy along the way and were having to launch a rescue group to locate him. They wondered if he had driven back to the car park where we were – nope. We hadn't seen him.

The group turned up a little while later having determined the whereabouts of the lost member and we launched onto the water. There were 5 weirs throughout the journey, naturally with some being more impressive than others. The first earned the title of Strangest Weir Ever, and was more like a funnel shaped slide than any weir I had ever come across. After

shuffling your boat over the lip, you were channelled down the sloping concrete before gently entering the water at the bottom.

It was between the next two weirs when Wayne developed a new friend – or stalker would be a better description. A particularly aggressive swan followed him for what seemed like miles downriver and even tried to attack him. In return for his offerings of friendship got a clout with a paddle. It seemed as if rejection further focused him, making him more intent on catching Wayne's boat, he chased after him relentlessly until the next weir – entitled The Smasher.

The Smasher was appropriately named: three chutes, three different flows and a boil of aerated water patiently waiting for you at the bottom. Half the group portaged. It was on this weir where we had our first – pretty



spectacular – capsize of the day. But we had been prepared for every eventuality and with throw line ready,



both paddler and boat were safely towed from the water and reunited



with dry land. We paddled further upstream and stopped in a grassy meadow just before the third weir, where we ate a well deserved lunch.

The next weir was a sweeping, v-shaped flow, that we found out was very shallow and littered with submerged rocks, as Colin found out. On his run down, the bow of his canoe smashed into a rock and Colin was sent swimming, well paddling as it was so shallow. He was fine, although his canoe wasn't in such good shape; its encounter with the rock had gained it a battle scar and split the front open. The canoe repair kit – never used in what, 15 years? - was hastily whipped out to bandage the deep gash on Colin's too new canoe, receiving its first real injury. Also on this run, Chris developed a new support stroke, like a low brace, but instead of using your paddle, you just use your hands to push off the rocks and prevent the canoe from going over – simple!

The paddle to the next weir was very peaceful, the sun bringing the landscape to life. The tranquillity was ruined when the packet of Wine Gums (thrown by Colin) failed to reach the outstretched arms of Wayne and disappeared beneath the surface. Note to paddlers who enjoy Wine Gums – they don't float.

The fourth weir, if you could call it a weir, was a downright insult to the name of weirs! Standing at a truly grand high of less than 5cm tall, it was merely a slight gradual decline in the river level. Despite its unimpressive stature and measly appearance, Jill and Andy still managed to get their canoe stuck on it – achieving what seemed an impossible feat. (They blame it on the guy canoeing in front of them.)

The last and final weir that neared the end of our journey was The Chute. A weir was stretched across the whole river, but only had one passable place to shoot – which was the chute. Only



when you approached the weir and became close enough were you able to see the slight dip in the water which hints at the channel leading to the easy descent. If you missed it, then you had the harder option of going over the vertical edge with a shallow water depth below you. None of us missed it; the closest we had was one of the canoes lightly scraping its edge on one of the chutes' concrete sides.

We arrived at Bures Green in the afternoon with everyone safe and in one piece, thoroughly satisfied with the day's paddle - one which I, along with many of the others who paddled this trip, would personally recommend to anyone at the club for a truly great day paddling. We went, via car shuttle, back home having learned a few very important lessons crucial to recreational paddling trips: swans can be impatient, obsessive and frankly quite frightening friends, so only engage in friendship if you are absolutely sure you are emotionally

(and physically) able to cope with a swan that may try to attack you in a 'heat of the moment' domestic; never take on or even challenge submerged rocks in a canoe, because the rocks will win and there's a possibility, that like Colin, you will be left in the water with a giant gaping hole in the bow of your boat, and lastly, but most importantly never absentmindedly throw Wine Gums overboard – they DO NOT float!

Tiffany Haggith

## Recycling

Just a reminder that we have a Recycling Box in the Clubroom for all members to use at any time, whether inside or out. Please put the following items in the cardboard box on the bench opposite the sink, and not in the waste bins:

Paper, including newspapers, magazines, outdated trip notes and other stuff off the table, etc. but not envelopes (too much glue!). Please remove plastic wrappings from junk mail and put in waste bin.

Plastic Bottles only. No other plastic can be recycled at this time. Please remove bottle tops and put in waste bin.

Aluminium or steel drinks cans (coke, etc.)

Card and Cardboard of all types including corrugated boxes.

Empty Aerosol cans. Please remove lids and put in waste bin.

This is all we can take for recycling at this time. Please especially do not put any Glass Bottles or Tetrapak Drinks Cartons, which are lined inside with

plastic, in the recycling box. These will need to go in the waste bin.

If you're not sure whether something can be recycled please ask me if I'm about or leave it by the box and I'll look at it when I take everything else.

Chris Wright

## Penny's Posh Picnic

Like all good ideas, this started off as a half hearted comment about we only ever stop for a quick bite on canoe trips and ought to do better.. The Penny's posh picnic was born!

The rules were set – you had to dress smartly and bring posh food with china and picnic mats! About 15 people rose to the challenge and we met down at Eagle ready to load up and head to Wroxham, our chosen venue for this event. The Ladies made a fantastic effort with everyone turning up in dresses and fancy hats. The guys... well we sort of tried!!!

Upon arrival at the broad it started to rain – the only thing we hadn't planned for. Quickly setting up under a big tree on picnic rugs all the posh food and cakes came out. We had a right feast apart from poor Penny whose family had got lost and she had to go and try and find them.



We got some strange looks as we carefully launched out canoes and kayaks. A nice paddle to Salhouse broad where we would be having our picnic and meeting Penny's family who were going to join us..

After a game of boules we started to make our way back and quickly got stopped by the Broads authority who wanted to check our licenses. He didn't seem to notice our posh dress and quickly went on his way as licences were produced. A quick reminder but you need a

licence to paddle on any navigatable river. The club has some group ones for our trips. We soon arrived at Wroxham and another great Eagle day drawn to a close. This is one event to expect to see on the calendar for 2011.

Mark Quadling

## Pitfalls of Trip Planning

As part of the planning for the Cambridge paddle we drove to Huntington a few weeks before the trip was due to take place to check the get in and get out places as well as working out what would be the easiest way of running shuttles and parking.

As part of this we also paddled the planned route. Off the main channel the river was a bit weedy but quite interesting – similar in style to the Waveney.

Just a few weeks later on the trip we discovered this part of the river was now solid for hundreds of meters at a time with duckweed!!! This made paddling very difficult and we nearly had to turn back.

The key message from this article is that even carefully planned trips sometime turn up the unexpected – so be prepared!!!

Mark Quadling

## The Archives

On a recent club night I noticed a pile of old newsletters – and was amazed to see one that was 20 years old. So what was Eagle up to 20 years ago!!!

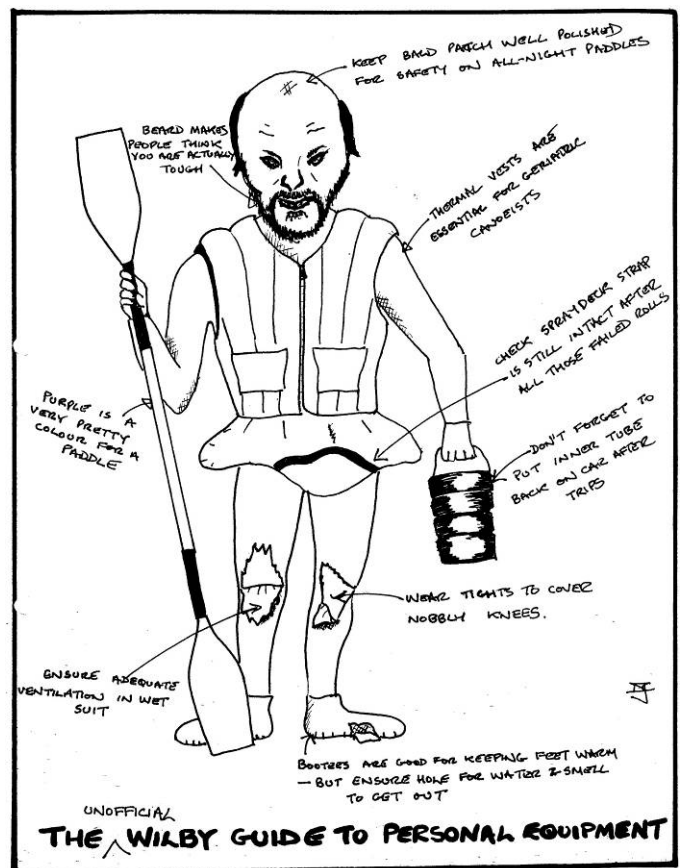
The first thing to catch my eye was that an artist had taken to drawing pictures of members. Sorry Tim but in this edition it was you so I have reproduced it for you. We are all glad to see that your kit is wearing well still!!

The club was running pool sessions including playing some polo. On the river it was running star awards and running rescue sessions.

The newsletter also had a cartoon – do

we have any budding artists for the next edition? One notable trip mentioned in the newsletter was a trip to the Wye and even in those days before global warming etc they had problems with Symonds Yat being washed out.

The club also took part in a torch procession (1990 was going to be year of Sport). Will be interesting to see if we can get involved in something similar when the Olympics comes to town. .



## Local Residents

We had one report during the summer of club members leaving litter on Helford Street. We have no reason to believe it was one of our members but please do take extra care to avoid upsetting the local residents.

thanks  
Mark Quadling