



Introduction from the chairman



Do you recognize this man?

Welcome to the newly revived newsletter, and my thanks to Chris for pulling it together. I do hope everybody is enthusiastic about the proposed paddling plans for the next few months and that we will see plenty of you at some of our events.

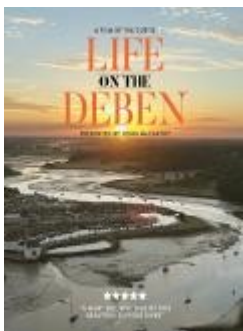
I have had my arm twisted to write a few words about

how I became involved with the club. I first paddled a kayak on a school camping trip at the Biblins centre on the river Wye. I was probably about 12 at the time! Fast forward 20 years or so and I found myself in charge of a Scout Troop who happened to have a few boats. Each year we would go out for a couple of trips and I would make the best of a bad job, not really knowing what I was doing. Many years later in 2009 I was arranging a training session for Explorer Scouts with the club when I decided that I too would sign-up for the 6 week course. After that you couldn't get rid of me, I

joined the club and learnt a little bit more each week until I had enough confidence to fall in all by myself. 1 star, 2 star, and eventually 3 star certificates followed, I was persuaded to undertake coach training and so that's why you have to put up with me now! I've tried white water only to realise that its quite difficult to stay upright, but my preference is for touring up and down the rivers and enjoying life at the speed of a kayak.

Malcolm Bell -
DCC Chairman

The Life of the Deben—review



It was a cold evening in January, when a group assembled at the Riverside cinema in

Woodbridge. The film - 'The Life of the Deben' had sold out and we had done well to get tickets.

The film follows the river from source or sources, as there is some dispute, wending though the Suffolk country side on its way to Woodbridge, where fresh water gives way to salt.

Throughout the 90 minutes, we get to talk to Mill owners, boat builders, river historians and archaeologists. Each has a story to tell, and much will be new to even the those who have lived near the Deben for many years.

Who is aware of ancient smugglers' tunnels under local churches for example, or that the river has been involved in modern day people smuggling?

You could be forgiven for thinking that this would be quite a dry film. After all there are no car chases or shoot outs between the good and bad guys, but it moves along steadily, much like the

river, and takes the audience with it. There are plenty of twists and turns and you are left wanting to explore the myriad of places visited, and talk to many of the characters that share their experiences of their lives on the river.

Several people bought a copy of the DVD, which I understand are now getting hard to find, so if you would like to learn more about the river that many of us spend our leisure time paddling up and down, then you would do well to borrow a copy. All in all a very worthwhile watch, with even a cameo entry by club members towards the end.

Dates for your diary

- First Sunday each month - 2:00pm Paddle
- Tues eves - 7:30pm Ergos
- Thurs eves - 6:45pm Paddle
- Every other Mon morning - Paddle

If you haven't already, be sure to check out

www.debencanoecub.org.uk

<https://www.facebook.com/groups/DebenCanoeClub/>

info@debencanoecub.org.uk

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Deben Canoe Club - Newsletter

New member - why DCC



In October last year I was in the process of buying a house in Woodbridge, so thought I'd check out what activities were going on in the area. I have always enjoyed kayaking, so was thrilled when I found there was a canoe/kayaking club within walking distance of the town centre. I joined up that evening and the next Thursday I drove out to Woodbridge to say hello and introduce myself. I made the mistake of taking my not-so-well socialised puppy, but luckily everyone was very friendly and didn't mind too much being barked at!

I wasn't too keen taking my 1st paddle for years in the freezing cold and dark on a Thursday night, so I waited until the 1st Sunday in November to go out in the light for the Sunday paddle. Other than a hired sit-on-top the previous summer, I'd not kayaked for quite some years and the selection of boats was mind boggling! I pointed out one similar to what I'd used all those years ago, and kitted out in my thermals, I paid my £5 to borrow a boat, spray deck, cag and paddle; money well spent!

So off we went to the slipway into the River Deben, amazing views of the Tide Mill and river to the left, grey water going out to the mouth of the estuary to our right. Because the tide was going out, we headed left, and as we got into the channel I quickly realised I was struggling to keep my boat straight. I persisted and one of the coaches stayed back to make sure I was OK. It wasn't long after she'd

reassured me I was doing fine that I was swept towards a moored boat by the wind, panicked, did everything I shouldn't have done and ended up the wrong way round in the river! OMG it was COLD!! I came to the surface struggling to breathe due to the shock, but I was calmly told to take hold of my boat and try to calm my breathing. It didn't take long, and as I was dressed appropriately I quickly got used to the drop in temperature and didn't feel too uncomfortable bobbing up and down in the Deben. Trying to get back into the boat was a little challenging but with reassurance and clear direction I managed it, and was keen to continue paddling with everyone else. Unfortunately, we'd not managed to get all the water out of the boat which didn't help with my stability issues, and I soon realised I was going to have to give up and go back to shore. I was gutted.

Tim, one of the coaches, called me the following day to let me know what had probably contributed to me capsizing, and to organise another paddle the following Sunday for me and some of the other relative "newbies". The boat I'd picked had no skeg, something I'd never heard of before, basically a little fin that drops into the water at the rear of the boat and helps keep you going in a straight line, doh! In addition to that, I was probably a little heavy for that type of boat... Well, like I said, it had been a few years since I'd been out... and a few stone ago too! It was good to know it wasn't just me! Sundays paddle went much more smoothly and I really enjoyed it, so much so that I braved the elements the following Thursday night and went out in the wind and snow. Most people would think this a crazy idea, but what a buzz, and sense of achievement when you get back to the warm! Plus it's a great thing to use to show off to your mates ;) Since then, I had the opportunity to go to a pool session which was great

fun messing around in WARM water, with no fear of going over. I took my other half, and together we learnt the Eskimo rescue as well as a few other useful things like paddling sideways.

Due to getting the dreaded lurgy, plus a few injuries doing other daft things, I've not been able to get out on a Thursday night recently but I can't wait to do it again soon and I can't recommend it enough - be brave, live for the moment, you'll have a great excuse to reward yourself with a hot bath or even a beer (I prefer both) when you're done.

Naomi

Key Contacts

- Tuesdays - Contact Tim
- Thursdays - Contact Tim
- Mondays - Contact Malcolm
- Sunday 25th Feb - Contact Mike or Tim
- First Aid Course - Contact Adrian
- Pool Sessions - Contact Ben or Tim
- Sunday 18th March - Contact

Puzzle Corner



Spot the difference—how many can you find



New Year Trip on the Ouse



Whoosh! I hit the water with just a little fear and trepidation. This was my first 'away' trip with the canoeing club and I was on unfamiliar territory, kayaking between Thetford and Santon Downham on

New Years Eve 2017 (how quick it has vanished into history already). We arranged to paddle with the Sudbury Canoe Club so when I first pulled up in the car park, I knew not a soul and nearly chickened out but after having a quiet word with myself, I girded my loins (if indeed women have them, I rather think not!), I braced the appalling weather and met with my companions who had just turned up from Deben Canoe Club - phew!



It is funny how as soon as I hit the water I felt at one with it. I have always been a water baby, I have loved swimming and watery type adventures my entire life and often feel more comfortable on water than on dry land. I had thought many times previously about joining a yachting/rowing/windsurfing/canoeing club. I had many times taken down contact details, only to find reasons why not to join when I lacked confidence in earlier years, but when my lovely friend Laura wanted a companion to join up, I was only too happy to come along in 2016. It has been one of the best things I have ever done. I love this group.

Despite the weather, the paddle was great fun. Tim Midwinter (El Jefe), had said it would be a gentle paddle, but with recent rainfall and downed tree's, it proved 'interesting' and challenging. With a little help from the more experienced paddlers, we made it with only a few capsizes and minor problems. Thank goodness kayaks



have such shallow hulls as we had to push ourselves over a few branches that any bigger boats would have been stopped by. We stopped for a very chilly, quick lunch at a local mooring spot before we headed off to Santon Downham, which is beautiful and well worth a visit without a kayak. The kayaks eye view though is a privileged one. Not all get to witness this unique view as the path veers frequently away from the river. We searched for otters, reportedly in the area according to local spotters with binoculars on the riverbanks but perhaps unsurprisingly with all our kerfuffle, they were nowhere to be seen. When we finally arrived at the finishing line, changed hurriedly in the car park (as we had been warned, the changing facilities were non-existent) into warm, snugly fleecy clothes, the sense of accomplishment & achievement was immense. What an amazing start to the year!

Thank you so much Tim and all the coaches for keeping this club so vibrant, kind and caring. I am so glad I joined you all and so grateful for all you guys do!
Claire

Future editions, ideas

A newsletter can only survive if members contribute articles. It's your club, so please get involved.

Would be good to hear from folk about what you like and don't like about the club. What you want more and less of. What doesn't happen that you want to try.

There are a couple of articles held over to next time, thanks to those you took the time to pen them. They will be used in due course.

Would also be good if people could contribute reviews of gear and services, good and bad. It all helps to help others when they want to buy a new cag, paddle, boat etc.

Deadline for next edition - articles etc to Tim or Chris by 13th May please

Stop Press:

Sun 25th Feb—Bungay Loop
Sun 18th Mar—Oulton Broad

See back page for more



Easter on the Wye



Following a committee meeting at the end of last year, Tim confirmed details for our club Easter trip.

“We will again be visiting the River Wye, but this year it will be staying at Whitney on Wye (Toll Bridge) rather than at Symmonds Yat. The plan is to paddle a number of new stretches of

the river, from Glasbury to Hereford.

This year we will be staying at "The Pound" (<http://www.poundandb.co.uk/>) which I believe is better suited to the club as it provides camping (£7.00/person/night), services for caravans with EHU (£3.00 additional/night), Bed and Breakfast at £80.00/room B&B and a bunk house for 9 at £30/person B&B - one room for 4 and one for 5. Hopefully this will make it easy for all those who would like to join us to come along. There is also a pub next door, and for those who are camping, the B&B is happy to provide a cooked breakfast as well.

The Paddling is touring rather than white-water. We typically paddle 7-10 miles/day along a

river with a bit of flow and which has a few little rapids, but nothing serious. 7-10 miles is a nice distance for a day, taking 3-4 hours and then there will be the car shuttle at the start/end as well. Equipment can be borrowed from the centre for the usual rates (£5/day). The plan would be to travel down on Thursday 29th March PM, paddle Friday, Saturday and Sunday and then travel home again on the Monday 2nd April. We will arrange to share transport for those who wish, or you can make your own way there.

This is at a level where most members of the club could come along and take part, so if you are interested drop me a line and we can discuss further.” - Tim

If you wish to attend, and haven't already let Tim know, then please do

Forth Coming Events:

- Tuesday Evenings at 7:30pm - Use of the Kayak Paddle Machines at the Water sports Centre - Open to all members and a good way to keep fit during the winter and improve your paddling technique.
- Thursday Evenings at 6:45pm - The regular Thursday Evening paddle. Can be a bit bracing at this time of year!
- Every other Monday during the morning - Malcolm is running a session for those who are available during the day. Please contact us if you are interested, as numbers are limited so we are having to split the group.
- Sunday 25th Feb - Away trip to Paddle the Waveney at Bungay. This is a lovely paddle around the Bungay loop. All club members welcome, but please contact Tim or Mike well in advance as we will need to sort out transport and boat transport.
- Sunday 4th March - Another paddle from the Water sports Centre at 14:00.
- Fridays 9th, 16th, 23rd March and 6th April - An 8/16 hour First Aid course. Coaches need to keep their First Aid current. If you have not attended a FA course before, it is recommended for all - you never know when the skills might be useful.
- Saturday 10th March - Next pool session at Hadleigh swimming pool. If you are interested please contact Tim or Ben so we can arrange transport and boats. Cost: £10 for the 2 hour session
- Sunday 18th March – Paddle at Oulton Broad. Contact Stephen

Have you recently joined the club?

- On Thursday 12th April we have a course for Club members who have done a bit of paddling before, but have not completed a Beginners course. This course is designed to quickly cover the basics, filling in any gaps leading to a 1* Certificate. It will then progress to cover more advanced aspects of paddling, going as far as the group want to go over a 6 week period.
- On Thursday 19th April we have a Beginners course starting. This is for those with no experience of paddling, and will progress at a slower pace, leading to a 1* Certificate after 6 weeks.



For contact about an event, send an email to info@debencanoecub.org.uk. Start the email “For the Attention Of: Tim/Mike/Ben/Malcolm” as required. If you are not sure who to ask for, just send an email and we will sort.