



# CUCKMERE VALLEY CANOE CLUB

November 2017

The Club  
newsletter  
is back!

## Throwline

### News from the barn, and further afield...

#### Why bring Throwline back?

As a newbie to CVCC, I have seen an amazing summer packed full of inspiring people, new skills, beautiful scenery, enjoyable trips, fun games, and even international travel (well, Wales). So it seemed a shame not to recreate a way to share all that the Club does; not only to let other newbies know how much there is to do but to also remind those long-standing members what an exceptional club they are part of and how much they contribute to ensuring its ongoing success.

This first issue may be a bit slim on viewpoints, as it is mainly full of mine! However, my hope is that for future issues others will contribute things they have done with CVCC, or any kayaking adventures

had with others. So please send in any story or event you want to share or any suggestions for content you think Throwline should include. Just drop me an email:

[nicola@seventhcorner.co.uk](mailto:nicola@seventhcorner.co.uk)

The planned copy deadline dates are:

January issue - 12th January deadline

April issue - 13th April deadline

July issue - 13th July deadline

October issue - 12th October deadline

Although as all good deadlines should, these are likely to be rather flexible.

While kayaking may be a burning passion, it is rarely a source of income and time gets taken up with

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pesky things like work, so you don't need to submit long essays, just a paragraph, or a few notes.

CVCC has proved to be a friendly, welcoming and inclusive club so Throwline should be the same.

#### A stunning summer

Nothing struck me as particularly lucky about there being a kayaking club 10 minutes down the road when I moved to Eastbourne: it's the civilized South East (as oppose to the wilds of Cumbria) so of course there would be loads of clubs. It is only after being a member for the summer that I appreciate how lucky I am. Not only does CVCC have the unique geography of both river and sea to play on, but it is full of passionate coaches who work to make each Sunday interesting and create an impressive programme of trips and events. These trips usually happen each year and so this brief review will hopefully provide encouragement to other members of all skills to grab a paddle and plunge in.

#### April

A new season began as it continued, with blue skies, surf and capsizing. The refurbished barn impressed those returning to it. (I continued in my naive luck and assumed all clubs had smart changing rooms and well-planned boat storage.) The steps were similarly refurbished by a willing team of coaches - although the photo suggests more 'supervising' than working. Those taking on the 2\* began the first in a series of weekend training sessions to develop an impressive range of skills from mastering open canoes to self-rescue. I learnt how to make a kayak go, largely, in a straight line - with the use of a skeg. Impressive stuff. Plus there was a duck hunt!



**May**

**Women's Day...** A delightful day, open to all CVCC women and their female friends and relations, of all ages and abilities. Rosemary Holland led some of us off up the river for skills games while the younger paddlers got equally wet playing on a range of crafts in front of the barn. It would be foolish to attempt in a newsletter what eludes the greatest philosophers, but the man-free day definitely had a different feel. Club Sundays are always fun but this was different fun - and there was cake. It is certainly an excellent day I would recommend to everyone (who is a woman).

**June**

**Medway Trip...** I can't provide a personal account of this but by all accounts it was a beautiful meander with the added thrill of a canoe slide (top left photo). A perfect day trip for all levels that will be run again in 2018.

**July**

**Paddle Round the Pier...** Not an official Club event but having planned our 'paddle something unusual' craft as a Viking battle ship, we joined the hoards on Brighton beach proudly, and, I think, officially representing CVCC. This is an annual event of British madness as hundreds of people gather to watch about 20 creations, of various levels of sea-worthiness, take to the sea. It was a great day and we were almost too great... Despite very valid concerns that our craft would sink, our canoeing prowess meant we overtook everyone else and were first back on the beach. Sadly we did not win the trophy as drowning with style rather than paddling with speed was what the judges were looking for. We will return on 8 July 2018 and look forward to gathering more CVCC members onto the team.

**Norman's Bay Trip...** A big 'thank you' to Nick Clutton for organizing a fantastic paddle in open canoes along the beautiful Waller's Haven. We were blessed with beautiful weather and, after a shuffle with the cars to leave transport at the end



© Helen R



© Sue N



© Paula L



of our trip, we set off on our adventure. Waller's Haven is a wide river running through some beautiful countryside - clearly a popular spot with fishermen who we met all along our route, which tested our steering skills. We stopped for a picnic lunch on the way and Nick gave us a lesson in survival skills - making shelters and lighting a fire without matches to make a cuppa. We ended our journey at Boreham Hill - a full day's paddle which deserved a pint at the nearby Bulls Head pub. Nick has promised to organise this trip again next year - I would really recommend taking part, it is a fantastic opportunity to see unspoiled countryside and practice open canoe skills for those of us who never quite seem to improve! Keep an eye on the club's 2018 programme for this trip and get yourself booked in before all the spaces are taken. (Thank you to Paula Leighton for this review.)

**Juniors' Day...** Another Sunday when the Club opened its doors to the friends and family of members; this time the criteria was youth. We welcomed an inspiring number of young paddlers and the coaches led games on the water; hopefully planting the seed for a whole new generation of enthusiastic Club members.

**August**

**Wye Trip...** Canoeing and camping, what's there not to like? This was a wonderful weekend. CVCC took over one field in a civilized campsite near Monmouth. On a sunny Friday afternoon, a variety of tents were assembled, with a variety of expertise, food was thrown onto barbecues,

ukuleles were plucked, and chilled chat was enjoyed by all. The next morning it was raining. Thanks to a nifty app, Kevin stated with authority that the rain would stop at 9.25; departure time was 9.30. His mystic arts worked and we set off in sunshine. The Club had organized open canoes for us to 'take on' Symonds Yat (my first rapids) I will own up to nerves as we paddled along crystal, calm water but could see rocks and waves ahead. Luck was on my side as I was with a fully fledged 2\* canoeist so as we approached, my shout to Richard was that I was just going to paddle in the hope that his steering would see us through. It did. Those more confident paddlers didn't merely sit back and indulge in the relief that it wasn't the scare-ride that had been anticipated; they went back to play



© Steve D



© Helen R



in the rocks and rapids. Liz Beard was our lead for the day and she had planned an excellent paddle. However, a courting couple had the audacity to be sprawled on the bank chosen for our picnic. We did consider landing and with a very British 'Don't mind us', gather around them with our helmets and sandwiches but sense prevailed and we headed on down river to find our own spot. On returning to the campsite, everyone sought out different activities: some headed to the bar, some to the showers and some decided to throw themselves, and others, into the chilly river. The evening ended with barbecues, a sing-along and chat under the stars - until we were told to be quiet so the rest of the campsite could get some sleep. The next day many of the more experienced paddlers headed back to take on Symonds Yat again and add to it the rather treacherous looking seal dive. Those of a more lazy disposition found a pub for a Sunday roast. This, I hope, conveys what a fun, inclusive trip this is. Whether you are a long-standing Club member or a newbie, the Wye trip offers something for you to enjoy and without fail you will come away with enjoyable experiences, new skills and closer friends.

**Bewl Water...** At the risk of sounding rather repetitive, this was another wonderful day. The Bewl Water Canoe Club invited us to spend their beautiful reservoir. Those familiar with the water could see how low the levels were and it was indeed a blisteringly hot day, but there was still plenty of water to go round. Under the lead of Ian Powis, we paddled around the water having time

to watch the wildlife, chat, practise capsizing and rolling or, if your ambitions were more modest, learn to paddle in a straight line - with no skeg! It was really interesting to see a different Club's landscape and hopefully we all behaved well enough to be invited back next year.

**September**

**The Big Splash...** This annual fiesta involves lots of fun and games both on and off the water, and this year it included ukuleles and Hawaiian garlands. Open to all members plus any junior friends, The Big Splash celebrates the true nature of CVCC: it is a truly inclusive day, bringing together all ages and skill levels, that is made possible by the enthusiasm and energy of Coaches, Committee Members and everyone involved in the Club.

**Lee Valley...** If asked, I would say that for someone who began kayaking in April, heading up to the Olympic white water course in September was a little ambitious, but hey no-one said I couldn't go. On arrival at the impressive Lee Valley White Water Centre, Steve Douch walked us around the course and reassuringly pointed out that we would be using the non-Olympic course, and that one really didn't look too scary. (I decided to ignore Amy's comment of "It's much worse than it looks once you are in.") David Marchant very clearly explained and demonstrated, to those of us new to white water, how to be rescued: "Lie back with your feet out in front of you and raise your hands above your head ready to catch the throwline." The vital bit of information that was missing was: do all this while you are in a human-

sized washing machine in its final, kitchen-shaking spin cycle. A generous number of coaches gave up lots of their time on the water to line the course and be ready to rescue those in the water. And it was carnage but fun carnage. I successfully made it all the way down the course, once, but it would be fair to say that the only skill I exhibited was to grab a place in a canoe with expert paddlers at the front and the back, so all I did was scream a bit and pretend I was being an effective team member. The other times when I failed to get past the second step, I still learnt a valuable skill, that of being rescued, which is not as easy as it sounds - see the earlier washing machine reference. So even for a novice, this trip was excellent fun. It gave me a chance to experience white water with no rocks and lots of help, and to witness the skill of those mastering the rapids. Members from Bewl Water and Adur joined the trip, making it possible for us to have the course to ourselves for hours for only £15 per head. Definitely one for the 2018 calendar.

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There are many trips not described here: food and wine in France on the River Allier; Storm Brian battles at the Gower Peninsular; gentle views at Alfriston, and much more. Plus many Sundays on the river and surf at Cuckmere. So I am looking forward to 2018, especially now I have my 1\*...

Nicola Hern



## News & Events

### What would you like to see in this section in the future?

Used kit for sale/ wanted... Canoe news from across the UK...

Non-club events run by members... Send in any ideas or content to [nicola@seventhcorner.co.uk](mailto:nicola@seventhcorner.co.uk)

### Awards

Many congratulations to Beth Moreton, who is the 2017 Most Improved Junior Paddler Female and Ben Gipson, who is the 2017 Most Improved Junior Paddler Male. They were awarded with certificates and a voucher for Brighton Canoes on the official last day of the season at the Club. There will be more awards presented at the AGM on 17 November, including Most Improved Adult and the Tony Dray Award for Most Inspirational Coach.



© Steve D

### Ben Gipson shows the skill that won him Most Improved Junior Paddler Male 2017

### Committee

The nominations are in for 2017/18:

Stephen W	Chair
Steve D	Treasurer
Helen R	Secretary
Thomas J	Youth Officer
Luke T	Safety Officer
Paula L	Events Coordinator
Helen F	Welfare Officer
Alan F	Coaching Officer
Nicola H	Comms Officer
???	Equipment Officer

So we are missing a nomination for an Equipment Officer. Do you fancy taking on this role? You do not need experience, just a willingness to care about the kit the Club uses. As a Committee Member, you only need to attend a meeting once a month (and that is down the pub), and work with the other members to support the Club's excellent work. To put yourself, or another, forward, please email Clive: [chanty@cvcc.org.uk](mailto:chanty@cvcc.org.uk)

### Annual Social

If you haven't added 17 November to your calendar then do so now. Steve Douch has the quiz prepared, the buffet is ordered and the AGM agenda is short and to the point, leaving lots of time for drink and chat.

7.30pm on Friday 17 November at The Seven Sisters, Alfriston Road, Seaford, BN25 3PY  
Reserve tickets online at: [https://cvcc\\_social\\_2017.eventbrite.co.uk](https://cvcc_social_2017.eventbrite.co.uk)

### Christmas Meal

You may be reluctant to admit Christmas is nearly upon us, but what better way to start the festive season than with the CVCC Christmas Meal.

7pm on Saturday 2 December at John Harvey Tavern, Bear Yard, Cliffe High St, Lewes BN7 2AN

#### Book by 20 November online at:

[https://cvcc\\_christmas\\_2017.eventbrite.co.uk](https://cvcc_christmas_2017.eventbrite.co.uk)

You will need to pay a £5 deposit to CVCC and confirm your menu choices by email to Paula: [leighton.paula@gmail.com](mailto:leighton.paula@gmail.com). Apologies to anyone who has already tried to pay their deposit! The computer now says 'yes' and all payments will be gratefully accepted.



### CHRISTMAS PARTY MENU 2017

\*\* Two courses £25 \*\* Three courses £29 \*\*

#### STARTERS

- Butternut squash, sweet potato & sage soup, crusty roll
- Ham hock & pea terrine, piccalilli dressing, watercress, toast
- Smoked salmon & lemon fennel salad, crème fraîche dressing, brown bread
- Peppered goats cheese brulée, Sussex garden vegetables

#### MAINS

- Butter roasted Norfolk turkey, roast potatoes, sprouts, roasted root vegetables, pork & sage stuffing, pigs in blankets, roast gravy
- Roasted root vegetable & leek crumble, Hereford hops & braised red cabbage
- Pan seared fillet of sea bass, crayfish & pea risotto, dressed rocket
- Blade of Beef Bourguignon, new potatoes, tender stem broccoli

#### DESSERTS

- Harvey's Christmas pudding, rum sauce
- Dark chocolate mousse, orange shortbread, popping candy
- Bruléed rice pudding with berry compote
- Local cheeses, biscuits, celery, grapes, chutney & apple (£2.50 supplement)

Truffles & Coffee

*A discretionary 10% Service Charge will be added to your bill. All gratuities go to the staff. Thank you!*

### Keeping in touch with CVCC

A Club is only as good as its Members so do get involved and get in touch

**Facebook:** If you use Facebook (even if unwillingly) do join the CVCC group, just search 'Cuckmere Valley Canoe Club' and click 'Join Group'. You do not need to post anything but can read about what is happening on and off the water. It may seem like a closed group with familiar banter but it is open and friendly and there for all members to connect with the Club.

**Noticeboard:** Sign up sheets for trips do get stuck on the noticeboard at the Barn so have a look there.

**Email:** Future issues of Throwline and updates on news and events will be emailed out to all members.

**Website [www.cvcc.org.uk](http://www.cvcc.org.uk):** All events are posted on the website, just click 'Information' and select 'Programme' from the drop-down menu.

