



CLITHEROE CANOE CLUB NEWSLETTER

<http://www.clitheroecanooclub.org.uk>



Welcome - to our first newsletter of 2005. As you can see we have another bumper issue, a lot has been happening in all aspects of the club activities. Thanks to all those that contributed to this edition. If you have anything that you would like to contribute to the next edition send them to info@clitheroecanooclub.org.uk.

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Club Membership Fees

The club's management committee trusts that members will agree that the annual subscriptions and session charges continue to represent excellent value for money, with particular regard to the length of the sessions, the quality of the coaching service, and the improvements to the facilities and equipment during the course of the past year.

A total of 39 new kayaks and various items of paddling equipment including buoyancy aids, helmets, spray decks and cagoules were acquired by the club during the last year, funded through the normal activities of the club, membership fees, and grants. During the winter break both the male and female changing room floors have been resealed, and new drains fitted, to allow water to drain away from the floor, rather than having to be mopped up!

Plans for the forthcoming year include the purchase of new open canoes, further paddling equipment to replace much of the old stock, 10 new "infant" kayaks for some of our very younger and smaller members, installation of new canoe polo pitch(es) and flat water slalom courses, and lastly we hope to be able to extend the building by erecting an extension to the current boat store.

The management committee considers these plans to be ambitious, but achievable. Clearly the finance for these projects needs to be found, and several funding bodies have been canvassed, but a large part of the funding needs to come from the normal operations of the club. To that end costs will be managed effectively, and members are asked to please renew their membership promptly, and without the club having to incur the costs of sending reminders and chasing fees.

Annual membership subscriptions - Will become due in April, and you should have received a notification with this newsletter. Once again membership fees have been held at the same level as last year.	Family Membership - £55
	Adult Membership - £20
	Junior Membership - £15

Session fees - Similarly session fees for general, coaching, and fun sessions at Chatburn Water will be held at the same level as last year. Also as last year the Junior Family Ticket , will be capped for a member family with more than 2 juniors. So for a family with more than 2 children the cost for the children will not exceed £10 , regardless of the number of children.	Members - £4
	Non-members - £10
	Junior Family Ticket - £10

The committee are dedicated to working on behalf of members to improve facilities, and the canoeing experience at Clitheroe Canoe Club. If all the plans for the year come to fruition The Committee fully expect this year to set the club in a very strong position for its future development on behalf of its members.

The committee will positively encourage membership and welcome new members, and will continue to encourage all members (and families) to be involved in all club activities.





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Clubhouse and facilities 2005/6

Those of you who have been coming to the club for the last few years will have noticed the improvements we have made to the facilities. The hot showers, heaters and generator were all installed over the last few years.

One area we have been trying to improve without too much success is the boat storage. A risk assessment done last year highlighted this area as one that needed improving. After many discussions, trials and further discussions we decided the only way to overcome the difficulties was to build a second store. The main reasons for this were :

- Height of existing store
- Number of boats owned by club
- Boats being stored outside
- Boats being stored under building
- Storage of clothing
- Re-siting generator

Plans have been drawn up and planning permission gained for the new store which will be built on the side of the existing store. Architects drawings can be viewed by clicking on the image on the right.

The new store will have a floor area of 32 square meters and will be 2.5 to 3 meters high allowing boats to be stored on end. This type of storage will make it easier to handle the boats and take up less room. The existing store will be used for the open boats and

longer craft we have currently stored outside.

We believe these improvements will make our facilities safer and easier to use, which has got to be good news. It is hoped to commence building work in April, and if all goes well, the build will take no longer than 2 weeks. The estimated cost is about £6000 which we think is good value for money and hope you will agree represents a real improvement to our facilities.

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Canal Trips—A couple of canal trips have been organised for [Sunday 3rd April](#), and [Sunday 1st May](#).

For both trips we will be meeting at the clubhouse at 9:30am, the cost will be **£3.00** per paddler, to be paid on arrival at the clubhouse. It is not possible to accurately estimate a finish time as this would very much depend on the capabilities of the paddlers in the party (and how slowly they eat!).

Parents and partners are particularly welcome, not only to help with transport of people and boats, but also perhaps try a paddle for themselves.

Canal trips are an excellent opportunity for paddlers to enjoy a journey through the countryside, and extend their experience on flat water beyond the distances allowed for by Chatburn water. Trips are suitable for paddlers of all ages and all are welcome. Parents of children who wish to come can download a consent form from the website in advance if they wish to.

Please be mindful of the weather conditions on the day, and wear appropriate clothing. Canal trips are a full day out, so remember to bring a picnic, a warm drink, and a bottle of water or squash.

If you would like to go on either of these trips, need more detail For details or wish to book your place, please contact either:

- **Jim Nolan (01200) 426816** or
- **Marie Heyworth (01254) 822440.**



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WEB SITE

The web site has been up and running for over a year now. We hope you find it a useful resource. We can all help keep the site up to date and continue expanding. So if you have any ideas for articles or are prepared to contribute by write an article or report, have photos of club outings or other relevant paddlesport activity, then contact any committee member know or email:

info@clitheroecanoeclub.org.uk

Mag's Flapjacks - On a recent freezing trip down the Calder as one of a number of guinea pigs for a Level Three Coach assessment, I was introduced to Margaret Brayfield's home-made flapjacks. I and indeed all the group thought they were both delicious and provided the necessary energy to endure the inevitable rock smashing required to navigate the Calder!

The ingredients can be found in the right-hand panel, the method is as follows:

- 1 - Preheat oven to 190 degrees Celsius, Gas Mark 5.
- 2 - Grease baking tray [13" x 9"].
- 3 - Melt the margarine, sugar and syrup together in a LARGE saucepan.
- 4 - If making fruit flapjack, add the fruit etc. Stir the mixture well.
- 5 - Add the jumbo Oats and stir until the mixture is really mixed up [about 5 mins].
- 6 - Tip into the greased baking tray, place on shelf in the middle of the oven and bake for 10 mins for the plain or 20 mins for the fruit. It should be a dark golden brown colour.
- 7 - Remove from the oven, score into pieces after 5 mins.
- 8 - I make 12 pieces per tray. When cool re-cut and remove from the tray.

Ingredients

2oz butter or margarine,
8 oz demerara sugar,
2 heaped tablespoons golden syrup, and
1 lb jumbo oats.

A handful of each of:
seedless raisins,
dried apricots [chopped]
dried dates [chopped],
dried cranberries,
banana chips [crunched up],
[quinoa](#),
pumpkin seeds, and
sunflower seeds.

New Coaches—Congratulations to club members the Brayfields, Margaret and Glyn, who both qualified as Level 3 coaches in March. Also, Jim Nolan has complete his Level 3 training and Christopher & Neville Wilkinson qualified as Level 1 coaches.

Paddle party - A date for your diaries even if it is a way off yet!

On Sunday 3rd July there is going to be a paddle party at Chatburn Water.

Brookbank Canoes will be there with lots of fancy boats to try and there's going to be a barbecue too.



The day will cost £5 per person, and for that you will get a drink and a burger / hotdog / whatever else might have found its way onto the barbecue.

So if you fancy a fun day in the (hopefully) glorious July sun then make a note of the 3rd of July.

BROOKBANK
CANOES & KAYAKS



Calder Canoe Centre Courses 2005

For those interested in pursuing coaching qualifications or simply improving skill Calder Canoe Centre are offering a range of courses throughout 2005. Other dates / courses by arrangement - please call to discuss your requirements.

All Course Fees include BCU Certification and will be based in the Clitheroe area, unless otherwise stated.

Funding assistance for Voluntary Youth Leaders / Coaches may be available through Lancashire Council for Voluntary Youth Services - see www.lcvys.org.uk for eligibility and booking form.

To book contact :

- Andy Noblett 01254 248457 andyn@bluecarrots.com or
- Martyn Hartley 01282 771011 (Office hours) or mhartley@mhartley.fsbusiness.co.uk

Calder Canoe Centre is the joint Training Unit of the East Lancashire Canoe Clubs. BCU Affiliated - Reg No 86117

Course	Date	Cost
Playboat Workshop (North Wales)	Sat 19 th Mar	£65
BCU White Water Safety and Rescue (North Wales)	2 nd & 3 rd Jul	£110
BCU Aquatic First Aid	Sat 23 rd Apr	£45
	Sat 18 th Jun	£45
	Sat 17 th Sep	£45
Canoe Safety Test (Training & Assessment)	Sun 10 th Apr	£45
	Sun 19 th Jun	£45
	Sun 4 th Sep	£45
Level 1 Kayak Coach Train/Assess	Sun 13 th Mar	£45
	Sun 29 th May	£45
	Sun 18 th Sep	£45
Level 2 Kayak Coach Training	9 th & 10 th Apr	£90
	2 nd & 3 rd Jul	£90
	29 th & 30 th Oct	£90
Level 3 Kayak Coach Training	26 th & 27 th Nov	£110
Level 2 Kayak Coach Assessment	Sun 8 th May	£65
	Sun 16 th Oct	£65
Level 3 Kayak Coach Assessment	11 th 12 th 13 th November	£130