

Eagle Canoe Club Newsletter

Summer Winter 2016

Happy New Year, Happy new clubhouse, Happy new boats.
I hope you are all well and fully inspired by the new premises for a new year of paddling fun and adventures.

I think it has been said a few times already but a massive thank you has to go out to all of those involved with the Clubhouse Improvement Scheme™. Now we have a clubhouse that is the envy of the paddling community and the world is our oyster as to how we fully utilise the space and make it our own.

Anyway what are your plans for 2017? Have you got any new personal challenges ahead of you? Are you going to try that new boat, new trip or have a run at a few star awards. If you would like to document your adventures local or further afield then the newsletter would love to hear from you. Your article may just be inspiration for someone else to try something new (after seeing Mark and Anns sea kayaking articles and various stunning pictures I am going to give that a go this year).

Anyway on the newsletter, we have lots of foody articles (as we only go on trips for cake right?), a few more of Simons "Who are you Interviews" and some canoe bits and bobs. On with the show.

Pete S

EDITORIAL



WHAT ARE YOU GOING TO DO IN 2017/2018 ?

So what do you want to do next year? After a slightly chaotic year, Eagle Canoe Club is now in an excellent position for you to get involved in loads of things, you've just got to decide what "floats your boat"! (groan!!! – Pete)

We now have excellent facilities and have increased our range of boats to now include 10 touring boats.

There will be the usual Monday night star award short courses for those looking to complete their 2 star or 3 star (depending on numbers), there will be Tuesday night "This Girl Can" sessions and associated activities, Wednesday Club nights which will include 1, 2, 3 star kayak and canoe sessions, paddle power for the youth members as well as local trips.



For the more experienced paddlers, this year we will also be offering training towards 4 star awards (which are being replaced by the paddlesport leader award later this year). We are also going to try some slightly different sessions, for example, I am going to try and master the art of free style canoe. For those who knew Chris Wright, he made this look easy and graceful, and that is what I'm going to strive for, but I think there may be a fair bit of swimming first !

We will also be continuing with the Friday pool sessions and local day trips on the Broads and sea. In addition, there will be the week end trips which will include the progressive white water series, starting at Symonds Yat, a number of sea kayaking trips, touring trips including the Wye, Cambridge and several new trips which are being organised by members. We will also be running some youth specific trips and activities. In addition to all that personal paddling, there are a number of other opportunities where you can get involved in helping to run our club. We will need more volunteers next year to help keep the club looking presentable and to help look after all our equipment. We will organise a number of maintenance days and your help would be really appreciated.

For new members, we are going to properly implement our "Buddy" scheme. I would like a couple of existing members to attend each taster session and become "buddies" for those potential members. This will mean that these new members will have a point of reference and a friendly face when they come on enrolment night and subsequent nights. If you are interested in becoming a buddy please let me know and which taster session you'd like to attend. The taster sessions are the Monday before the first Wednesday of each month and are shown in the programme.

This year for our more experienced paddlers we will also be offering the opportunity for you to become "Club Activity Assistants". This is for members who would like to assist coaches on sessions but don't wish to become a coach. This is a great opportunity and will help us in delivering an even wider range of opportunities for members. For more details <https://www.britishcanoeing.org.uk/guidance-resources/clubs-centres-providers/clubs/club-activity-assistant/>

For the experienced youth paddlers we will be running the Cadet Leader scheme <https://www.britishcanoeing.org.uk/courses/cadet-leader/> which is an introduction to coaching and provides opportunities for these experienced youth members to help with coaching and provides accredited training if you move on to the Level 1 coaching award when you are 16.

Finally, now the building is complete, we have re-introduced sponsorship for coach development within the club. Adam is the Coach Development Officer and co-ordinates training and development opportunities for our coaching team. If you are interested in becoming a coach, or developing as an existing coach, please talk to Adam or myself and we will see how we can assist you.

So many opportunities, you've just got to decide what to do!

Stu P



LEADING THE CHARGE

They say the easiest way to conquer your fears is to face them. Well I think I plunged kayak first into this one. Being out in front, day 1, river 1, group 1, is a daunting prospect, but there I was in the Alps out in front on a river taking the first paddle strokes into the unknown. Leading is not something I have done before and you don't appreciate how much extra work it is until you have done it.

You are constantly checking your group is alright and upright, what on the river might trip you up, where the best line for the group is, what's around the corner, was that the get out? There are no road signs on a river telling you where to go, or a handy Sat nav telling you to keep left in a 100yards, you just have to read the river and follow your best judgement, which is what I did.

I was quite luckily that the group I had following me were competent paddles and anything I could get through they would follow (or pick a happier line) You become less aware of your own paddling or what is right in front on you, but constantly anticipating the next line, the next eddy, the next signal. The second river I led it was mentioned there might be some trees block in the way. Joy I though not only is the river trying to get me the trees are too. The nice scenery now all became possible nasty tree siphons, luckily most of this was in my head. But sure enough there were a few trees blocking the way, which we walked round and pointed out to the others on the river. Things started to get easier then as I got used to what to look for, how much notice I had to give other people, what to take photos a of!

Later in the week I then paddled down things as a member of a group or floating at the back,(my preferred style) but I remember observing the rest of the group totally differently. I was now watching what the leader was doing and where they were looking. I also noticed what the rest of the group was doing and appreciate how frustrating it is as a leader to turn round to give a signal or check the group and find half of them playing on a wave or bird spotting. I certainly became more aware of acknowledging when the leader has signalled something or just to give them a reassuring thumbs up.

All in all it was a very educational trip for me, and the next time you paddle white water and find it a bit too easy stick yourself up front for a section, it will open your eyes. **Mike R**



THE HEALTHY OPTION, POST PADDLING SNACK

200g / 7oz plain chocolate, 85g / 3oz unsalted butter, 400g / 14oz can condensed milk, 225g / 8oz digestive biscuits crushed
110g / 4oz dried apricots chopped, 55g / 2oz raisins, 85g / 3oz walnuts chopped.

Method

Brake the chocolate into pieces, put into bowl with the butter and microwave until melted. Stir the condensed milk into the mixture and mix in the biscuits, apricots, raisins and walnuts. Line a 7in by. 11in shallow tin. Pour the mixture into tin and press down until flat. Put into fridge over night. Chop into paddler size pieces. Enjoy. **Mike R**



HORSTEAD TO RIVER TEES IN 5 DAYS

If you don't know me I'm Lewis, as this is the first time I have contributed to the newsletter, I will bore you with my kayaking/canoe experience. As many of you know I am usually only found paddling a kayak as this is where it all began. My intentions 18 months ago was to get out on the Norfolk broads in a cheap second hand boat, but after paddling at Norfolks premier white-water centre that is Horstead Mill I was hooked and bitten by the bug. Coming from a competitive cycling background, I was always up for a challenge and the need to raise my game on certain occasions. With membership paid to Eagle canoe club the challenge was on. Not only a new hobby but a new sporting era had began.

After attending many club evenings getting to know the coaches and other members I soon found myself as one of the gang. I made progress and although not a trophy for the mantel piece I did earn myself a certificate for the wall my 1 start kayak certificate.

My first year with Eagle has been thoroughly enjoyable and I feel I must take a moment to thank all the coaches and other members for their help and continued support throughout the year. I have found the alternative activities good fun and have also been inspired to try something different.

So after 3 hours paddling our short fat family canoe around Horstead Mill I found myself committing to a white-water river trip that was 230 miles away from home.



Thanks Trevor for the ins and outs of prys, Crossdeck draws and general coaching. Roll on 5 days later and I'm helping to load up on what was the coldest weekend of the year with a white-water canoe weekend looming ahead of me. Learning curves can be steep but never close to vertical until now that is. All I was really sure of as many of you know my swimming has somewhat improved in these last 18 months. I knew I was going to get cold and soaking wet. Having done the Dee weekend I knew that if all else failed a laugh would be had by all. On arrival the accommodation was well equipped and very pleasant. Only a few hours later the first trip breakfast was upon us, once again a very good meal but I found myself struggling to enjoy this with fears and apprehensions of any difficulties I may face and my own lack of experience in a canoe. After the pre paddle discussion with Darren covering a few basic manoeuvres I felt at ease.

After launching we ferry glided across the river and split into 2 groups. We were given last minute instructions and where put into order. Due to the river water level being low I knew at this point rocks and scrapes were best avoided where possible. Concentrating on the line of the canoe ahead I soon found myself submerged within it all. After the first drop I was amazed to find myself still in one piece and still in the canoe. I must have done something right haha. As the day progressed I found myself relaxing a bit more although I still needed to be on top of my game. I found myself throughout the day learning both on and off the water. We had a great lunch stop with lots of laughs and conversation. The shelters were brilliant and I now know this is just one of the many important pieces of kit every kayaker/canoelist needs. After the refuel we were quickly back out on the water. By this time I found myself anticipating what stroke was needed before instructions were given. So I was obviously learning. Although we didn't know the exact get out point we knew the hours of decent light was not an issue. However this was about to change. We had encountered an unexpected strainer/fallen tree in the river. This shows the importance of scouting unknown features on rivers first, this is something I have come to trust in with all Eagles coaches. Safety is always the most important factor. Big egos have no place in dangerous water. Unfortunately not all canoes made it to the bottom. Despite everyone's best efforts. The pinned canoe did not escape unscathed and eventually scraped onto the bank with its gunwale broken. In engineering terms this could be classed as hydroforming lol. From my view upon it all looked rather daunting and although a canoe was lost it does push home the power of water. The coaches did an excellent job of the release whilst I was given the job of stopping any other uses proceeding along this stretch of river. On return to the bunkhouse we were treated to a lovely evening meal of spaghetti Bolognese along with all the eagles extras (Cheese and port.)

We had a great social evening and had the pleasure of celebrating Jas's birthday. After a few hours chatting about canoes and learning a few knots/safety tips. We all got our heads down for a good night's sleep.

After a night of rain we were still faced with lack of water levels. The plan was to start at Barnard castle to try and take on abbey rapids. However this was not possible. After the quick thinking of the coaches the weather wasn't to hold us back we set off to Newsham just outside of Darlington for a touring paddle instead. This did not make for any less of an enjoyable weekend. In fact the opposite as an introduction to canoeing it was great. With fast water speed we knew that we would make good progress. The headwind did play havoc with us and wind chill must have put the temperatures below 0. We even managed to spot some local wildlife, kingfishers and heron. Although shelters were not used at lunch we did have a short stop. So to recap, Did I enjoy myself? Yes. Highlights of the weekend were good tuition, evening meal and not to forget Johns jelly babies. They even came in what looked like a pin proof container. However I would add that not one jelly baby had a buoyancy aid on, Tut tut. Low points. unfortunately there was one no, two. Damaging a canoe and having to come home. Thank you to everybody for helping and being on this trip. Especially the brave coaches for having me. Hopefully some of my paddling input helped to keep us upright. For now I will let my canoeing learning curve go flat. But after the weekends experience I intend to focus on combining both kayak and canoe to get my 2 star award. Hope you enjoyed my story of my journey so far and how I got from Horstead to river tees in 5 days.

Lewis

AN IDIOT ON BOARD

Hi everyone, it's me again Stuart has asked me to do a small article in the magazine, So what I thought was I'd tell you how I got on the River Tees. Before the trip took place those of us that were not going to go solo had to have a partner to tandem with. Jo Segasby was lumbered with me, I say lumbered because Jo stands very tall a good six foot I'd say like a slender poplar tree where as I'm more of little tree stump.

Before we could do any white water canoeing we had to have a training session down at Horstead mill, it was a cold day and Jo kept saying with a smile on her face we're not going in are we, no I said we'll be just fine, and to be fair the session was good, We both got braver and braver until we had a communication breakdown and ended up in the drink but to this day I'll never know how Jo never even got her hair wet, I think she was standing on the bottom even though it was 14 foot deep whereas I was frantically doggy paddling to the bank like a puppy having its first swim.

I took my van up to Barnard Castle with everyone's kit and my co-pilot Lewis who was new to white-water canoeing like myself, we were staying in a bunkhouse, it had nice bedrooms but I had to share in a room of nine as did Jim and we both know that we snore quite loudly so we offered to sleep on the sofas in the lounge as they looked quite comfortable, big mistake, the sofas were fine but the emergency light in the room was really bright and on all night and I couldn't get to sleep, the only

consolation was that I could tell Jim in the Morning that he wasn't snoring at all at any time through the night.

All 17 of us had breakfast, eggs cooked by my fair hands, bacon by Trevor and nobody died! And then we headed down to the river did the shuttle and got paddling.

The river was low so it was very boney as they say, Jo and myself were allocated to Jazs group and the other half of the group went with Mark her husband, they set off before us and made good progress but we still had them in sight of us, right until it happened, yes you guessed it, we angled the boat slightly wrong, the gunwale grabbed at the white frothy stuff and we were propelled from the boat into the icy cold depths of the river Tees (well the first two or three foot) but with great enthusiasm and fear of cold we sprang into action like ninja warriors and as Lady Luck would happen were right next to the most perfectly flat slab of rock to effect a good self-rescue which we did and can you believe it, Jo didn't even get her hair wet amazing!

Crisis averted we carried on down the river, Jo was heavily scouting for rocks which in the boney state of the river was a tall order for someone who had done very little white water, as they lurked just below the surface, I on the other hand, the little fella sitting in the back was trying to read what was coming up by kneeling and making myself at least as high as Jo's armpit to no avail. We bounced and scraped our way down the river as did everyone until we came to a more technical piece of water and Jo had the option to walk around this which she did (I don't blame her, who wants to be steered down a fast stretch of moving water by a psychotic dwarf on an adrenaline buzz) so I agreed to go down solo.



We had to a little pep talk before descent and I had it straight in my mind what was going to happen but unfortunately my body wasn't listening at the time and I ended up pinning the boat, but do you know what, as Lady Luck would have it there was a lovely flat rock right next to me so I stepped out of the boat which stayed in its position until Stuart and Darren were able to help me free it, which took about five minutes so no harm done.

Jo got back in the boat with me and we carried on down the river until we stopped for lunch, the weather was appalling, that wet sleety snowy rain that penetrates the driest of dry suits and makes you cold, I forgot to mention that previous to this I'd forgotten my lunch, flask, little treats, first aid kit, and my 8-10 man group shelter that still had the labels on (gutted). Stuart and Jaz sorted out some shelters and everyone in the shelter I was in shared their food with me and I thank them all because their grub was far better than anything I'd knocked up.

We were refuelled, warm, and eager to press on and everything was going swimmingly, until we came to another nasty boney stretch of water which was decided that the boats would have to be lined down about half way, and then could be paddled to the next eddy. Jo and myself got out of the boat, and started the trek down the stretch of water Jaz, Stuart, Brian and Darren had got down along with Mark or so I thought but as we rounded the bend it was clear to see Marks boat was pinned, not a little pinning either from a scale of 1-10 this was 10 near enough fully submerged and not going anywhere soon. Brian and myself tried to get the front lifted with the bow of a tree while Stuart and Darren fitted the pin kit and started winching but that baby was going nowhere. We struggled on for about an hour to no avail and then decided we needed another winch line which was fitted. Darren held on to the first winch and Stuart started pulling on the second, Jazz and myself were holding the painter rope to keep control of the boat if it broke free, it was starting to get late so I think we all had the same thought, hope this works its going to be dark soon. As the ropes came under extreme pressure the boat slowly came up to the surface as if taking breath of air, then all of a sudden it broke free and as Lady Luck would have it Jaz shouted "quick grab me" which I did and I sat there clinging on to Jaz who sat there between my legs laughing saying well I'm not sure what Mark is gonna say about this.

We all made it back to the get out before it got dark, the pinned boat had sustained a bit of damage but at least no-one was hurt. We all loaded up the boats headed back to the sanctuary of the warm bunk house where Pia cooked us a lovely dinner followed by a stunning cheesecake made by my paddle buddy Jo a big thank you for both of you for that. What did I learn from this weekend, well if you end up facing the wrong way in a boat and your quick you can turn yourself around and carry on and maybe no-one will of noticed (thanks for that one Brian) and Mother Nature will always be there to give you a good spanking if you get it wrong. **John D**

CONFESSIONS OF A BOAT BREAKER

My name is Mark, & I broke a canoe... Not scratched it, not dented it, not bent it a little; more smashed it... I can assure you all it wasn't deliberate, I rather liked that boat. So confession out of the way, what happened, how did it feel, what have I learnt & what can we all learn? **What** - Great day paddling solo on rocky white-water. Happened about fifteen minutes from the end of the day's paddle. Taking a boat solo through a narrow gap / drop between two rocks, trying not to rush, lining up, felt the boat was well on its way through, brushed one of the rocks & that was it. Boat tipped, slow reflexes, leg under thwart stopped me 'hugging the rock', water pressure almost instantly pinned boat on rock & submerged it. Rest of group getting cold. We are blocking the river if anyone else comes down. It then took about an hour of teamwork, trying different methods to unpin it. Freed boat had a broken gunwale, knackered seat & the bottom looked like crumpled tinfoil that you've tried to flatten out. Final paddle to end, very subdued - hyper vigilant of rocks, noticeably tired. **How it felt** - Fast, powerful, scary, shocked disbelief, relief I was standing safely looking at it, guilt, why me?, Oh *%#+... **Learning** - Respect the water, believe what Stuart / Jas & co tell you about the power of it. Incident happened towards end of day, does tiredness affect decision making, skill performance?



Shorter trips for beginners? Was it an appropriate boat to use that day? Does a good trip raise your confidence in your abilities? **Experience essential** - leaders immediately sent someone upstream to warn anyone approaching, plans made for other group members to prevent them getting cold, people allocated roles, ropes attached to boat to try prevent things getting worse / not lose boat if it came free. Good job everything tied in, nothing was lost. A bit of trial & error led to figuring out how to get boat free, teamwork was essential. Communication across a relatively narrow noisy river is difficult, knowledge of procedures helps people understand what is needed. Giving people tasks keeps them involved, helps keep them warm, stops everyone tripping over each other. Practicing setting up pulleys has got to be beneficial. Understanding the forces involved & direction of pulling to unpin a boat essential. Having the right equipment, a Pin Kit, communication to rest of group, Group Shelter if cold, food & drink. A debrief at some point with the people involved, would help Eagle get a more complete picture of the incident, its handling & any learning. On that point I would encourage anyone else involved on the day to write an item for the newsletter about it from their point of view.

Finally, a big heartfelt apology for the damage & delay, plus a huge thank you to all involved for the practical help & the support I felt from you all... THANK YOU... **Mark Watlow**

STRAWBERRY JAMMY BLONDIES

I have the [CakeyBoi blog](#) to thank for this recipe. These blondies are incredibly simple to make and you need very little in terms of equipment. I reckon you could swap the strawberries for raspberries to make an even tastier treat... Makes 16

Ingredients:

- 200 grams fresh strawberries, hulled
- 100 grams unsalted butter, melted
- 220 grams granulated sugar
- 150 grams plain flour
- 1 teaspoon vanilla extract
- 1 medium egg
- 100 grams white chocolate chips
- 50 grams icing sugar
- 1-2 teaspoon water

Steps:

1. Preheat the oven to 180C.
2. Line a 9"x9" tin with greaseproof paper.
3. Mash the strawberries in a bowl until juices are released and there are no large parts left.
4. Melt the butter in a large jug in the microwave, for 30 seconds, or so. Pour into a bowl and add the granulated sugar.
5. Stir to combine then add the egg and vanilla.
6. Add the mashed strawberries and stir through.
7. Sift in the flour and fold in.
8. Fold in the white chocolate chips.
9. Pour into the prepared tin and bake for 18 minutes or until lightly golden on top.
10. Allow to cool in the tin.
11. Make the glaze by mixing the icing sugar and some water together until you get a thick-ish consistency.
12. Pour over the cooled blondies and allow to set.



CHOCOLATE CHIP COOKIES

And these are inspired by Lorraine Pascale. They only take about half an hour to make, and if you don't use a mixer, stirring the tough cookie mix serves as a good upper-body workout... Makes 9 massive cookies...

- 110g (4oz) butter, softened
- 200g (7oz) soft light brown sugar
- 1 egg
- Seeds of 1 vanilla pod or 2 drops of vanilla extract (I usually use vanilla extract)
- 165g (5 1/2 oz) plain flour
- Pinch of salt
- Half tsp baking powder
- Half tsp bicarbonate of soda
- 30g (1 1/4 oz) cocoa powder
- 100g (3 1/2 oz) milk chocolate drops
 - 100g (3 1/2 oz) dark chocolate chips (I actually use 100g milk, 50g dark and 50g white)

Preheat the oven to 190c (375f), Gas Mark 5. Line two large baking trays with baking paper.
 Put the butter and sugar in a large bowl and cream together until combined. It does not need to be light and fluffy
 Stir in the egg and vanilla and mix well. It may look like it has curdled at this stage but don't worry. Give it a good whisk and it will come good.
 Add the flour, salt, baking powder, bicarbonate of soda and cocoa powder and mix until the dough looks uniform. The dough will be very stiff.
 Add the chocolate chips and mash everything in with a wooden spoon.
 Divide the mixture into 9 balls and space about 10cm (4in) apart on the prepared baking tray. Bake in the oven for 10-12 minutes. The cookies will have a cracked top and will be very soft.
 Remove the cookies from the oven and leave to cool on the baking trays. They will quickly harden up as they cool.
 Serve with the obligatory glass of ice-cold milk (I've never served them to paddlers with milk...sorry). **Leanne**



9TH ANNUAL SEA KAYAKING CORNWALL SYMPOSIUM

Ann & I ventured south for a weekend of adventure... Falmouth - It's a fair way to go I'll admit. While we elected to break the trip up with an overnight at a Premier Inn at Reading for £50, I reckon you could do it in one hit, especially with sharing the driving. Having said that, there were people from Scotland, Holland, Germany, Greece & Canada too: we weren't the furthest travellers by a long shot. I'll try not to mention that the van broke a couple of kilometres short of arrival & we had to be towed there! The whole thing was based on a campsite at Tregedna Farm near Falmouth. So camping & self catering. Or eating out if you have transport... don't mention the van... The place was awash with friendly faces & it was good to catch up with people we had previously paddled with & make new acquaintances. The team have a fairly slick package put together that all seems to click. You elect what courses you want to do before arrival. On the Friday evening you book in. Saturday & Sunday mornings you rock up at the briefing, your guide/leader is identified, you gather in your groups & set off for the day's fun. The coaches have tons of local knowledge, & are armed with trailers so they can always find an appropriate venue, & transport is no issue. Which was good for us as the van had broken... Oh, wasn't going to mention that...

There is the facility to swap to another course if it turns out the one you are on is not quite what you expected. No boat? No issue... you can hire them for the weekend. All levels are catered for & the coaching is top notch. You may be doing a basic Introduction to Surf, yet still get one of the country's top paddlers to coach you. In the evening there are talks from top class presenters. This year we had a guy called Olly Hicks from Thorpeness in Suffolk who this year paddled Greenland to Scotland in a tandem kayak, a talk on paddling in Antarctica & a guy who has done a solo kayak circumnavigation of Iceland. Lots of local beers too. On Saturday, Ann & I managed a day of 'Intro to Surf' at Hayle on the North Cornwall coast- beautiful location, gorgeous manageable surf to play in. We could practice launching & landing in surf, as well as some surfing of the sea kayaks. No mean feat, cos once they get going they really take some handling! On Sunday Ann had a day of Rescues & Recoveries while I went off Rock-Hopping. For those who don't know, this is playing in the swell & surf among the rocks & caves along the coast... in a sea kayak... not the most manoeuvrable boat at the best of times. Knowing how much repairs would cost certainly made me make

more effort to keep clear of things! I almost wish I had hired a plastic boat so I could get stuck in a little more. Bad enough with a broken van, let alone breaking a boat too...

The weekend is only the start of things, & I reckon another year we would stay longer. Sea Kayak Cornwall run courses at discount prices for the following week & lots of people stay for them too. A lot of the coaches stay for a catch up with each other too, so the amount of skills & knowledge around is phenomenal. And so with sad hearts we set off for home; but how? you say, I thought the van had broken... Well, those lovely people at the RAC sorted us out a loaner to drive ourselves back while Mr Van stayed in motor hospital in Newquay for a week to be fixed & then delivered home, shiny & well. Roll on October 2017. **Mark W**



GINGER ROCKY ROAD RECIPE

To make enough for a club trip I multiply amounts by three or four...
350 g plain chocolate (chopped), 150 g butter, 75 g golden syrup, 300 g ginger nut biscuits (crushed into small pieces), 75 g flaked almonds
75 g dried cranberries, Zest of 1 lemon, 50 g white chocolate.
Line a 23 cm square tin with grease proof paper. Melt dark chocolate, butter and golden syrup over boiling water or in a microwave.
Mix gently to combine. Stir in crushed biscuits, almonds, cranberries and lemon zest. Spoon into tin and smooth down.
Melt white chocolate and drizzle on top. Chill for at least four hours. Apparently this keeps for up to three weeks in the fridge. Never had any left after three days myself!!! **Ann M**

JADE KIRKHAM

1. What do you do when you're not paddling?

I recently got back into mountain biking. Trying to do downhill biking and attempting the tiniest jumps possible with my sense of balance probably isn't the best of combinations- but it's good fun!! I also climb at highball every week which compliments paddling well.

2. How long have you been with Eagle?

I've been with Eagle since I was 10, so nearly 11 years! From coming to Eagle as a little girl with my Daddy, to becoming a coach but still little as some would say.

3. What's been your most entertaining event with the club so far?

I think the most recent trip to Symonds Yat has to be the most entertaining! The evening around the fire was the most I've laughed and defiantly made the trip very interesting.. (We're still sorry to people who were trying to sleep!!)
That or when Stuart was leaning against the bars at the edge of the river and they gave way. The reaction he had to try and grab his phone wallet and keys and chuck them on the bank as he was falling into the river was very amusing. I think everyone on the bank was laughing too much to try and help him out of the water!

4. And your favourite trip?

My favourite trip at Eagle would probably be my first trip to the Tryweryn. I remember really looking forward to it however being absolutely terrified when I got there. Other than feeling the great sense of achievement after the trip, the thing that stands out looking back, was the adventure it turned into for my first proper whitewater paddle. 3 of us got stuck on top of each other boats at a fallen tree. It was that bad that Simon had to rig up a pulley system to get us and the boats out of it! All good experience as they say..

5. What's the most useless bit of paddling kit you've bought? And the best?

The most useless bit of paddling kit I've bought is my dry suit. It's more a wet suit now- hence the name peaky leaky. As some of you may have witnessed me hand standing by the side of the river to try and drain the water out!
The best bit of kit would have to be either my Palm all in one thermal suit because it's the warmest thermals I've ever had and I feel the cold!- it even keeps me warm in a leaking dry suit!

6. This being a food-themed newsletter, what's your favourite paddling-related food or meal? Anything you eat before, during or after paddling to tell us about?

I always make sure I have a chocolate bar with me on a paddling trip. Doesn't matter if it gets squished or damp in your B/A it will still taste yummy, and you can't beat a bit of chocolate any time of the day.

7. Is there anything you've learnt about paddling - or the club - that you wish you knew much earlier?

I wish I'd learnt to have a bomb proof roll a lot younger age because I think it would of got rid of some of the fear factor that I have of being under water, therefore improving my paddling.

8. What do you hope to achieve this coming year? Any trips you want to do, places you want to paddle, skills you want to master?

As well as coaching this year, as I love the sense of achievement when coaching, I'd like to get my personal skills back up to date to get that bomb proof roll.
I would like to do the Medway trip and get some more white-water trips in than I did last year.





FLO HARRISON

1. What do you do when you're not paddling?

I'm a health geography researcher at UEA

2. How long have you been with Eagle?

1 year

3. What's been your most entertaining event with the club so far?

Ann's 'wet stuff' session, and a 'sunset paddle' in low cloud and pouring rain

4. And your favourite trip?

I've only been on two so far, so probably the one without the low cloud and pouring rain - a day trip from Eagle to Thorpe and back.

5. What's the most useless bit of paddling kit you've bought? And the best?

I didn't really think I was a gear person, but somehow managed to end up with two dry bags, wetsuit boots, waterproof socks and a new cag for Christmas this year... will have to wait and see how useful/useless that lot is.

6. This being a food-themed newsletter, what's your favourite paddling-related food or meal? Anything you eat before, during or after paddling to tell us about?

Cake

7. Is there anything you've learnt about paddling - or the club - that you wish you knew much earlier?

Try new things - I joined thinking I wanted to kayak, but found I loved canoeing.

8. What do you hope to achieve this coming year? Any trips you want to do, places you want to paddle, skills you want to master?

I'd really like to do the Scolt Head island circumnavigation in September, so I'm going to get in training for that



THAI STYLE CHICKEN AND/OR CHICK PEA STIR-FRY

This can be served with a green vegetable e.g. broccoli, lightly cooked so it still has some crunch, or perhaps asparagus when in season. Alternatively, this dish works with pork and/or cashew nuts as well. For a vegetarian version, add the chickpeas or cashew nuts towards the end so they heat through. The dish takes about 30-40 mins to cook altogether.

Serves two, generous portions:

Rice – whatever sort you like – I like a mix of brown rice and wild black rice, which adds flavour.

One large chicken fillet, cut into about 1.5cm x 5cm chunks, Half a can of chick peas (or whole can for veggie version), One large onion, chopped, One medium sweet potato, diced chunky, One medium carrot, diced, One red or yellow pepper sliced, 300ml of vegetable stock, One stalk of lemongrass, bashed and finely chopped, Spices: coriander, cumin, turmeric, paprika, 1 garlic clove, crushed & chopped (optional), 1 small lump of ginger chopped fine (optional), A large handful of noodles, fresh or dried & cooked, Soy sauce for seasoning, Fresh coriander or parsley, chopped for garnish, Sweet chilli sauce.

Gather together the ingredients and prepare the veg and chicken so they are ready for cooking.

1. Get the water on and start cooking the rice. If you use wild rice, it can take longer to cook than white rice, so add that a little later... or you can buy it ready mixed and follow the instructions. Wild rice and brown rice take about 20 mins.
2. Put a glug of oil and quarter teaspoon of each spice with the chopped lemongrass, garlic (and ginger) into a hot wok or frying pan. Stir fry for one minute until blended and a slightly darker colour. (If you burn the spices, start again!)
3. Turn down the heat, add the onions and stir fry for 2 mins.
4. Add the chicken and cook through - about 3 minutes.
5. Add the chopped vegetables, chick peas and stock. Simmer for about 3-5 minutes, stirring it a couple of times.
6. Remember to check when the rice is done!
7. When the mix is cooked, taste it and season with soy sauce if necessary, but don't drown out the other flavours. I only add a few drips.
8. Serve the stir-fry onto the rice and garnish with coriander or parsley.
9. Add sweet chilli sauce if you like it.

Tony C

SIMON ALLEN

1. What do you do when you're not paddling?

Work-wise, I'm an environmental scientist. Out of work I attempt to pass as a dad and husband.

2. How long have you been with Eagle?

Probably getting on for fifteen years now?

3. What's been your most entertaining event with the club so far?

One of the Slovenia trips for sheer entertainment value for me. Amazing location, beautiful river, fun whitewater with a bit of challenge inbuilt. Loved every minute.
Or seeing Stu fall in the river fully clothed whilst shmoozing the local councillors, that was pretty entertaining. But don't tell Stu

4. And your favourite trip?

Something that takes in salt marshes on the north Norfolk coast. Or, from just a couple of weeks ago, the Seiont, 13km of the most pant-wetingly amazing read-and-run whitewater in north Wales, finishing in the sea next to Caernarfon castle. Not since the Koritnica in Slovenia have I paddled a river so consistently fun.

5. What's the most useless bit of paddling kit you've bought? And the best?

My first boat. It was basically square, what was I thinking?!? Handled like a dog, leaked like a sieve. Shocking. Best bit of kit? Dry suit! Cos it's a suit that keeps you dry!

6. This being a food-themed newsletter, what's your favourite paddling-related food or meal? Anything you eat before, during or after paddling to tell us about?

I've recently taken a leaf out of Stu's book for whitewater days. Complicated picnics are out, a pasty and a snickers will do the job! That's having started the day with croissants, scrambled egg and smoked salmon. Stu's favourite.

7. Is there anything you've learnt about paddling - or the club - that you wish you knew much earlier?

I guess that club members are consistently the coolest, most friendly, inclusive, like-minded bunch of people ever. I had no idea fifteen years ago how I'd come to regard my Eagle friends as my second family.

8. What do you hope to achieve this coming year? Any trips you want to do, places you want to paddle, skills you want to master?

This year I'd like to coach a few more people through some awards, and get a few more people on their first trips. And second, and third.

Simon

