



Drumchapel & Clydebank Kayak Club

www.dckc.co.uk



Diary

Tuesday 05.08.14
Club Night Loch Lomond

Tuesday 05.08.14
Gorge Walk

Tuesday 12.08.14
Club Night Loch Lomond

Wednesday 13.08.14
Club Night Pinkston

Sat 16 - Sun 17.08.14
Club Surf Weekend
01877 382141
(rabburns63@
gmail.com)

Tuesday 19.08.14
Club Night Loch Ard

Wednesday 20.08.14
Club Night Pinkston

Sat 23 - Sun 24.08.14
Gigha Weekend
See website for
organiser

Monday 25.08.14
Tidal Planning workshop

Tuesday 26.08.14
Club Night Loch Lomond

Wednesday 27.08.14
Club Night Pinkston

Sunday 31.08.14
River Awe Dam release
Sandy 07962226280.

Monday 01.09.14
Tidal Planning workshop

What's going on?

August 2014



There were two things in July which really stood out as the club raised its profile, both in the local area and nationally in the paddling community.

In the local area one of our most senior members Gerry Gallagher carried the baton as part of the Queen's Baton Relay and was paddled into Three Queen's Square, Clydebank by three of our junior members and escorted by a supporting cast of club paddlers. Well done to all who took part and thanks to Andrew Minshall for organising this event.

Nationally, the July 2014 edition of *Scottish Paddler* magazine (free with Scottish Canoe Association membership) featured an article and pictures about our club with a write-up put together by Graham and Sandy.

Both of these events displayed the wide range of boats and paddling that our club has to offer. Long may it continue!



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Shetland Sea Kayak Symposium and trip report.....by Tony

Myself with Ron and Barry boarded the Shetland ferry with sleeping bags and big grins after 14 and a half hours and sleeping between seats (which was more comfortable than the “sleeper seats”) we had still not lost our grins. 😊 Having collected our flares we were soon headed to Bridge End Outdoor Centre, where we pitched our tents and met with the other eager kayaker’s and soon settled into the Symposium where we had out two days mapped out with what we wanted to do.

A pre -symposium paddle to Westerwick took place on the Friday. Rock hopping is kind of new to me so I nearly drowned when I got caught out in a washing machine in a narrow gap, losing my Go-pro and denting my pride. 😞 However the deep caves and Barry’s humour soon cheered me up !

Back at our tents we realized that camping under the biggest wind turbine might not have been the brightest idea!! (nightmare)

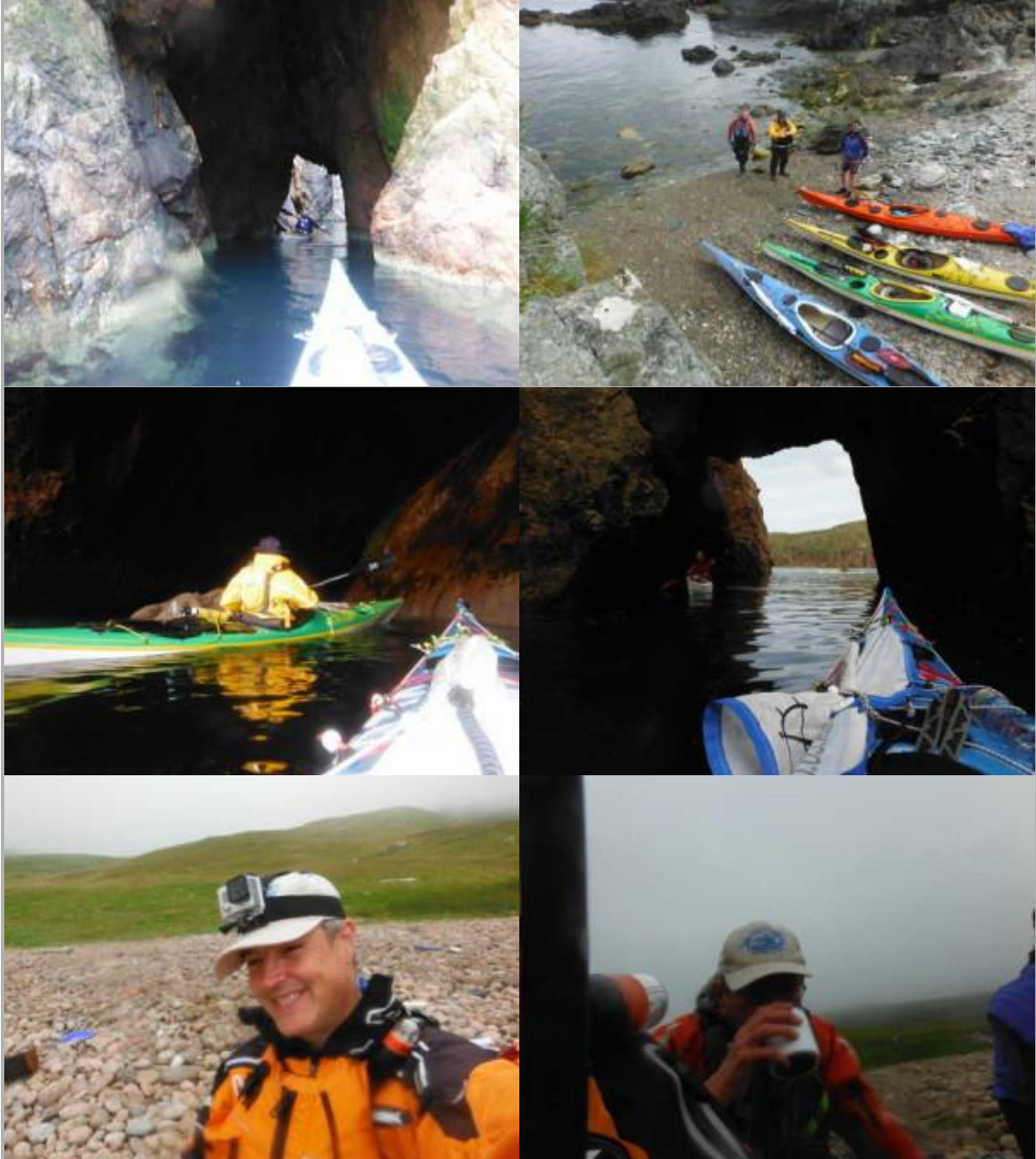
Saturday was spent rolling and rescues. I went with Kim Bull whilst Barry and Ron enjoyed sessions with other coaches. I have to say Kim Bull was really professional and knew his stuff.

The Symposium was a great experience and was soon over leaving us to gladly switch campsites.

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Waking up to a quiet peaceful sound the Braewick Cafe and campsite proved to be a great move masterminded by Ron and Barry. Muckle Roe, Eshaness, Rona's Voe and Skelberry took up our next four days popping in and out of the most spectacular caves, arches, stacks that I have ever seen. Gullimots, puffins, seals, blue jelly fish and loads more wildlife kept us grinning like Tony Clarke finding his Go-Pro on a beach ! (I never did! I need to get over the Go-pro loss! I am still grieving) Moving swiftly onHave a look at the photos below.....



The fact that we are [already planning our next trip to Shetland is testament as to how good it was. Heading back on the ferry it all seemed way too soon to be over](#) , all the great picture's/video's and memories will keep us smiling till next time. Great time had by all.

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Sea Kayak Festival – Places Still Available

The third Women's Scottish Sea Kayak Festival will take place on the island of Bute on 23-25 August 2014, with the option of staying on afterwards for a guided trip with well-known sea paddler Kate Duffus. There are still spaces left, and the weekend will provide excellent company, great food and the opportunity to learn from some of the UK's top female coaches. For more information visit

<http://womensseakayakfestival.co.uk/>

Congratulations

To our senior Coach Graham Swanson who obtained his UKCC level 3 Coaching Certificate in Open Boat. Congratulations also go to Rosie Fitzgerald who recently obtained her 2 Star certificate, and last, but not least, congratulations also go to Gemma Kerr and Kristofer McNeil who recently got engaged!

River Kayakers wanted

Sandy is planning to re-sit his UKCC level 3 Certificate in White Water Kayak in November 2014. As part of the process he has to submit further portfolio evidence of working with and coaching a group of paddlers over six sessions. Sandy hopes to do this over September and October and is looking for a group of volunteers who would be willing to take part in these sessions.

He is planning to organise these sessions so that the participants have the opportunity to train for and obtain the 3 star certificate in White Water Kayak and start working towards the 4 star certificate.

If you are interested, please contact Sandy at sandy.johnston@sky.com

Advanced Notice – Ceilidh Night

Keep **Friday 12 September** free. We are going to have our inaugural Club Ceilidh which will be a bring your own bottle event between 7.30 pm and midnight, venue and ticket prices to be confirmed, however it looks like it will be a good night with monies raised going towards club funds. A social evening for all, with music being provided by the [Cask Strength Ceilidh Band](#).

Tay Descent – Sat 24.10.14

This has been running for several years now without any real club entry. Sandy is willing to take a team to this event. If anyone is interested please contact Sandy so we can sort out an entry. There are classes for open boats and also for kayakers, both sea and river.



Tidal Planning Workshop

We still have a few spaces for the tidal planning workshop which is being held over 3 Monday evenings starting 25th August. Mark describes the one we held in May:

"The workshop was very informative and covered a huge variety of topics including navigation, weather, tide time resources etc. We were shown the theory behind the tide times as well as how to predict them and take them into account when planning trips. I found the explanations of weather and tides very helpful. The group was able to compare several different resources for planning and choose their preferred one. We were also able to practice hands on planning of a couple of trips. The best venue to hold this is obviously Janice's house because the tea and biscuits are great.

Cheers

Mark"

It is a Rose Williams house this time so another great venue! Price is £10 and contact graham (grahamswanson@gmail.com) to book

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What Coaches Do or Don't tell You.

You may sometimes wonder why a coach in the club doesn't simply answer the question, or asks you to try 3 different options and work out the answer. You may suspect it is because the coach doesn't know, but quite often it is about making sure the student has the best chance to learn, understand and even more important to remember the answer. By having to think about what you are doing, concentrating on the task and also having to recall what you did there is a theory that says your brain is forced to make new connections and memories - which will be there in the future when you need them on the sea, loch or river. (Although sometimes it is because the coach doesn't know the answer, or maybe even because there isn't a single answer).



More Words and their Meanings

Painter - a shortish length of rope at the end of a canoe which can come in handy when you are at the bank, need a swimmer to hold onto your canoe or maybe need to make a raft. Quite often made of brightly coloured floating rope. Also what Ron does for a living.

Footrest - A very important part of kayaking and canoeing. In a kayak it is the thing you push against to transfer power from the blade to the kayak to make it go forward efficiently. Without it you need to use your knees and bum cheeks to push the kayak forwards. In canoeing the "footrest" is a short break when you can move from a kneeling position to let your ankles and feet recover.

Some More Course Opportunities

The SCA has a number of subsidised courses for paddlers who are at the level of being able to run trips or help at their club (e.g. 3 star, 4star or rescue training). These are available to club members although you may need to join the SCA but the reduced cost of the course should make this very worthwhile. <http://canoescotland.org/courses-training/funding-support> has more info.



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Sea Paddle and Hillwalk Weekend

This took place over 12 - 13 July when Graham, Jo, Rowan, Duncan and Sandy paddled up Loch Etive, climbed a mountain and then paddled back out.

Saturday morning saw us drive to the Taynuilt pier where we packed our boats and headed north

into Loch Etive. It was a fairly wet day so our initial plan of paddling up the loch, landing and then going straight onto the hill was cancelled in favour of setting up camp and having a leisurely evening. We cooked and ate in our tarp shelter and watched the rising tide get closer and closer, until it was right up to the shelter! It then started to retreat before we had to move the shelter and the tents, but the boats had to be moved several times.

The next day saw us take to the hill climbing Stob an Duine Ruaidh, one of Ben Starav's outlying tops, before returning to the boats and paddling south on Loch Etive in fairly

breezy conditions. Three hours paddling took us back to the Taynuilt pier and brought the end of an enjoyable but tiring weekend.



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