*SATURDAY12th January 2019*

*Blackwater Sailing Club, Basin Road, Heybridge Basin, Maldon,**CM94SD, 51°44'03"N 0°42'51"E*

*Directions: Exit the A12 at the Hatfield Peverel junction. Take B1019 to Heybridge (approx. 6 miles). Turn left at first roundabout on to B1026; turn right at second roundabout, staying on B1026 towards Goldhanger; after 1 mile turn right for Heybridge Basin (it is easy to drive past this turning); the Club entrance is 200 yards on the left.*

*When:* 19:00 (supper), talk begins 20:30, you can expect to get away by 22:00

##### *Talk:* **Carry on cruising**

In May 2012 Sam suffered a massive stroke, affecting both his mobility and his language very badly. There are laughs and lessons for us all in what happened next.

Camilla describes how she and Sam took the decision to carry on sailing with the help of family, friends, and the CA Crewing Service. They have sailed very gently in the Baltic, England’s east coast, and the Netherlands, and have recently returned from two seasons in southern Brittany. There are many physical and emotional challenges, but on balance both Sam and Camilla feel they’d rather be arguing on board their own boat than sitting at home and wishing they still owned her..

##### *Menu:*

Chicken with fennel, lemon, shallots, garlic and mustard mayo

Cottage Pie

Oven baked asparagus and Parmesan tortilla

-------------------------

Millionaires chocolate tart

Roasted apricots with rosewater creme fraiche

Cheese & Biscuits

CA & BSC members: talk and meal £15, talk only £3 non-members:  talk and meal £17, talk only £5

*Book online at https://www.theca.org.uk/events/all*

|  |  |  |  |
| --- | --- | --- | --- |
| Email: | essex@theca.org.uk | Facebook: | @cruisingassociation |
| Tel: | 01279 831366 | Twitter: | @Cruising\_Assoc |