



PPCA Newsletter

September 2018



Introduction

Welcome to September's Newsletter. Many readers will be familiar with the movie Groundhog Day where Bill Murray relives the same day over and over again with hilarious effect. In America, Groundhog Day revolves around the antics of a groundhog known as Punxsutawney Phil. Here our own PPCA groundhog, Crackington Clive, gives us all a chance to relive a paddle on the north Cornish coast that follows the route Dave described last month. If anyone else has paddled this route and would care to submit a piece, we could keep this joke running until Christmas.

Elsewhere we have news of the AGM, a Quiz and Curry Night and a second Coastal Clean Up. There's also important news about the important news about the club awards.

Editorial

It seems to be an unwritten rule of paddling that whenever two or more coaches are gathered together, they will moan about the current state of British Canoeing (or whatever name they're trading under this week). I had always put this down to the "it was so much better in my day" syndrome but now I'm not so sure.

Looking at the BC website there are a bewildering variety of options available for someone wanting to get involved in coaching and leadership. You can be a coach, an instructor, a leader or an activity assistant. You have to know if you're on sheltered water, very sheltered water, moderate water or advanced water. You may need no first aid course, a one day course or a 2 day course. And, of course, it all changes in January.

Having spent a considerable time going through the BC website, I think I want to be a Paddlesport Leader but it's not easy to be sure. As a test, I tried asking the question on the Open Canoe Association website and got as many opinions as I got replies so I'm clearly not the only one who is confused. I can't help thinking they could make these things a bit easier.

Ivor Jones

Newsletter Editor

The Committee

Committee Post	Name	Club Email	Phone Number
Club Secretary	Bob Grose	ppca@ppca-canoe-club.org.uk secretary@ppca-canoe-club.org.uk	01803 849163
Club Leader	Ian Brimacombe	leader@ppca-canoe-club.org.uk	07720 957304
Welfare Officer			
Intro Course Coordinator	Jane Hitchings Rebekka Stiasny	intro@ppca-canoe-club.org.uk	07837 796192 07939 328981 Both evenings only
Chair	Ken Hamblin	chair@ppca-canoe-club.org.uk	07828 652775
Vice Chair	Mark Perry	vchair@ppca-canoe-club.org.uk	07801 310993
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Membership Secretary	Adam Coulson	membership@ppca-canoe-club.org.uk	07834 286461
Treasurer	Tony Sicklemore	treasurer@ppca-canoe-club.org.uk	01752 268295 / 07779 497577
Equipment Officer	Pete Anderson	equipment@ppca-canoe-club.org.uk	07958 694434
Publicity Officer	Jacqueline Perry	publicity@ppca-canoe-club.org.uk	07523 965748
Youth Development Officer	Vacant	youth@ppca-canoe-club.org.uk	
Club President	Joy Ashford		01752 344425

Next Committee Meeting

Please forward any items you would like considered at the next committee meeting to secretary@ppca-canoe-club.org.uk. They will go to the secretary.

Club AGM by Bob Grose, Secretary

The club's Annual General Meeting will take place on **Friday 26 October at Mount Batten, starting at 7pm**. Why a Friday, you may ask. Because Mount Batten will give us a free room on that day, AND because the bar will be open. With MB entering its winter opening times, neither of those things can be taken for granted.

The agenda will be issued shortly. It has no surprises -- it contains the same items that it's had for many years. However, if you wish any items to be added to the agenda, please let Ken Hamblin (our chairperson) and me know as soon as possible, so the item can be circulated to members well before the meeting. If you wish to propose changes to the club's constitution, see the excerpt from the constitution at the end of this post.

Please turn up to show your support for the club by taking part in this important democratic process.

What the constitution says about changing the constitution: "Constitutional rules shall not be generally added to or altered except upon a motion for amendment signed by not less than ten members and delivered to the chairman one month prior to the AGM. The Chairman will ensure that such proposed revised versions of the constitution will be supplied to the members no later than one week before the appropriate AGM. A motion for change will be put to the vote at the AGM, and shall be carried only on the basis of a majority in favour of change".

The PPCA Club Awards for 2018 by Tony Sicklemore, an updated version

The PPCA Club Awards for 2018

For 2018 your Committee would like to try something new for the Club awards which are presented at the Annual General Meeting (AGM), this year the date is 26th October. Whilst the name of the award will remain the same the reason for an individual being presented the award is being changed.

This is an amended version to the version which appeared in the last newsletter.

A major change this year is that for five of the six awards any member of the Club can nominate a fellow member for an award.

The process of nomination is to simply send an email (or a written letter) to the Club Secretary at secretary@ppca-canoe-Club.org.uk stating:

- Your name
- The award in question
- The name of who you are nominating
- A statement as to why you believe the person you are nominating should receive the award in question

Members can nominate up to three people per award and can nominate people for all awards except The Coaches Award.

The final decision of who will ultimately receive an award will be made by a sub-committee made up of members from the present Club Committee. A U-turn on policy, members can now nominate committee members for an award (who say's people power is dead!!)

The details below explain what the awards are currently presented and explain the criteria for 2018.

So, let the nominations begin!

Send your nominations to secretary@ppca-canoe-Club.org.uk

Leadership Award (glass tablet, awarded to the PPCA Coach of the Year) The Leadership Award is presented to a coach who has been deemed to have given the most time, dedication, or who has progressed their coaching career, or any other reason why you think this coach should be awarded the Leadership Award 2018.

Paul Soanes Award (glass trophy, The White Water Paddling Award) Paul sadly passed away in 2011. He was very much an active member of the Club. A senior coach, regularly seen passing on his knowledge on Tuesday evening Club training. His biggest passion was for paddling the rivers and he planned and led many Club white-water trips over the years. He was an inspirational person and a very skilled paddler. Therefore the White Water Paddling Award is presented to a member who has been outstanding in the field of White Water paddling. This can be the best newcomer to the sport, a paddler who is out there paddling at every opportunity, a paddler who has developed their technical skills over the year, or any other reason why you think this member should be presented the White Water Award 2018.

Bob Dyer Trophy (silver trophy, The Open Boat Paddler Award) Bob was a Club member from the early days and has been a great supporter of the Club over the years. He went into business and set up the successful Kayaks & Paddles

business, which in the early days was based close to Mountbatten. The Open Boat Paddler Award is presented to a member(s) who have been outstanding in the field of Open Boating. This can be the best newcomer to the sport, a paddler who is out there paddling at every opportunity, a paddler who has developed their technical skills over the year, or any other reason why you think this member should be presented the Open Boat Paddler Award 2018. Note: Open boats are often paddled by a crew of two, therefore you can nominate two people to jointly receive this award.

Ian Goddard Trophy (silver trophy, The Sea Kayaker Paddler Award) Ian sadly passed away in 2008. He joined the Club after returning to the sport after a long break. You would always see Ian smiling and chatting away on the Club recreational paddle. He achieved much in the short time he was with us. Ian was a regular friendly guy who just wanted to paddle and have fun. The Sea Kayak Paddler Award is presented to a member who has been outstanding in the field of Sea Kayaking. This can be the best newcomer to the sport, a paddler who has worked tirelessly promoting the sport, a paddler who has developed their technical skills over the year, or any other reason why you think this member should be presented the Sea Kayak Paddler Award 2018.

Endeavour (large silver trophy) This award was gifted to the Club by the City of Plymouth Amateur Swimming Association. The Coaches Award, a joint decision from only the coaches for the Club member who has shown great achievement/most progress/skills/development or any other reason, why they believe this member should be presented The Coaches Award 2018.

PPCA Outstanding Contribution (glass trophy, The PPCA Oscar Award) A relatively new award. The PPCA Oscar Award presented to the Club member who has shown exemplary dedication in working for the Club, in promoting the Club's name, enhancing the reputation of the PPCA, or any other reason you believe this member should be presented The PPCA Oscar Award.

So you, as a member, can nominate your fellow paddling friends/coaches/leaders for basically any reason you wish, be it for their paddling skills or that they look good on the water! It's up to you! But of course there is a sanity check and the sub-committee will ultimately decide. But if you don't use your vote don't start complaining!

Please start forwarding your nominations to Bob at secretary@ppca-canoe-Club.org.uk, you can nominate 3 people per award except for the 'Endeavour' award, that one is for coaches only.

Nominations close 30 Sep 2018.

PPCA

**QUIZ
& CURRY
NIGHT**

**MOUNTBATTEN
WATERSPORTS CENTRE**

7th December 2018 7pm

To book your place and
make payment, contact
Mountbatten Centre
Reception

☎ **01752 404567**

BOOKING DEADLINE – 30th NOVEMBER 2018

**CHOICE OF CURRY
WITH NAAN,
POPADOMS, MANGO
CHUTNEY & MINT &
CUCUMBER RAITA**

£9.95 PER PERSON

**QUIZ MASTER
PAUL HEWSON**

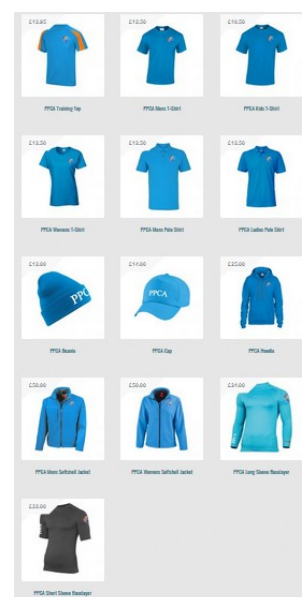
**FAMILY & FRIENDS
ALL WELCOME**



PPCA Club Clothing by Jackie Perry, Publicity Officer

A full range of customised kit in either blue or black is available to order direct from Tailored Branding via the link below

<https://hsclothing.co.uk/ppca-3/>





Port Of Plymouth Canoeing Association
70 Lawrence Road
Plymouth
PL9 9SJ
www.pcca-canoe-club.org.uk



DIARY DATE

The Port of Plymouth Canoeing Association presents:

COASTAL CLEAN UP PADDLE 15th SEP 2018 – THE SEQUEL!

A recreation paddle with a difference, a paddle to make a difference

Remember Sat 21st Jul? The PPCA Rec paddle conducted a 'Coastal Clean Up Paddle' from Cable Beach back to Mountbatten Beach. So two months later let's go back and see what difference we made, let's go and do it again, to see what's been washed up on the beaches! **Let's do another Coastal Clean Up!**

So please highlight a date in your diary, **Sat 15 Sep 2018**, The Sequel! Come along on the rec paddle, and re-visit the remote & inaccessible beaches and continue to remove as much pollution as possible.

Further instructions will be promulgated prior to the paddle.

When: Sat 15th Sep 2018 on the water 10.00am at Mount Batten.



Just some of the pollution collected on the Coastal Clean Up in Jul 2018!

PPCA Coastal Clean Up supported by:



For more information contact: E:Treasurer@pcca-canoe-club.org.uk

We Cracked Crackington Haven. (Nearly). By Clive Ashford

I was first introduced to Crackington Haven on 3 July 2010. The plan for that day had been to paddle from Crackington Haven to Boscastle and back, but the trip didn't quite go according to plan. David Pedlow published a most excellent write up that not only mentioned a sea sprite but also tells of clapotis waves, deteriorating sea conditions, sea sickness and a taxi ride from Tintagel to Crackington Haven. David's write up notably failed to mention either stopping at Boscastle or the return paddle to Crackington Haven, events that were omitted for the very simple reason that they didn't occur. I can inform you that my first trip to Crackington Haven turned out to be a very memorable day for many reasons, most of which were wrong.

Photo by Bruce Burton



On the way to Boscastle.

My second visit to Crackington Haven was on 21 April 2018. As I took my kayak off the car I noticed that the seat was broken and that the boat was un-usable. With a heavy heart I set off for home leaving four intrepid paddlers to have, well, a paddle. Unfortunately another epic ensued involving big surf, getting off the water late and boat damage. I confess that in the end I wasn't disappointed that I had missed this trip.

I now had a score to settle with Crackington Haven and I was leading an intermediate sea kayak trip on 19 May 2018. The forecast was for very light winds, low surf and clear blue skies.

After a bit of indecision and a gentle prod from Bob Grose I decided that another assault on Crackington Haven was a good idea, and so it was that myself, Bob, Bruce & Mike decided to forego watching the royal wedding and make the trek to north Cornwall. (It wasn't a hard decision).

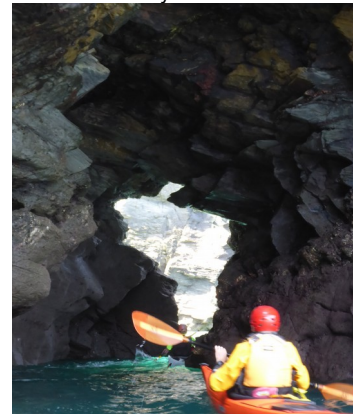
Having arrived at Crackington Haven we were delighted to discover that the forecast was accurate. We quickly changed and launched into a calm sea with the sun shining down. Cornwall in sunshine, who'd have thought it? It was a tee shirt and shorts sort of a day as proved by the fact that I was wearing tee shirt and shorts. Our plan was to paddle to Boscastle and back, (sounds familiar?) a total of 13 miles, so once we were afloat we turned left.

Photo by Bruce Burton.



Entering Bob's natural habitat.

Photo by Bob Grose



Bruce enters an arch.

Despite the calm sea there was a gentle swell running that would keep us amused and just off the first headland (Cambeak) we were treated to a small tidal race, oh the joys of sea kayaking. Very soon Bob spotted our first seal of the day. The first seal of the day is always very exciting, as are the second and third, but by the time seal number 20 gets chalked up the excitement somewhat dims. During the day we saw either many seals or the same seal many times, either way the novelty of seeing seals had well and truly worn off by the end of the trip to be replaced with an attitude that could be termed as somewhat blasé. Actually that's not quite true; there was a large colony of seals occupying one of the beaches that even late in the day proved to be quite an impressive sight.

In the gentle conditions we were able to paddle quite close to the shore, each paddler going as close to the shore as their definition of quite close allowed. The thing about paddling close to the shore is that the closer you get then the more raggedy the shoreline becomes.

Photo by Bruce Burton.

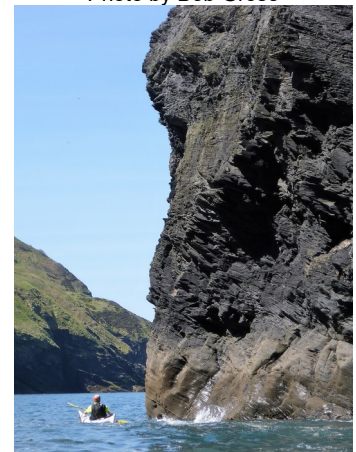


Mike enters Pentargon with its waterfall.

was a particular highlight but other people were excited by different features. Bob for instance is never happier than when he is poking around deep inside a dark, damp cave, so much so that I am left to ponder Bob's family history. Bob is Cornish so perhaps there is a bit of miner (or knocker) in him, or perhaps he has simply evolved from a bat. (Personally I lean towards bat).

Unlike in 2010 we actually arrived at Boscastle. This time we knew exactly where we were and had all stomachs firmly under control. After a relaxed lunch we got back on the water to explore a cove that Bob said was highly recommended. As it happens the tide was too low for us to get the full benefit of the cove but there was an interesting cave under the cliff that turned into a low passageway with an exit at the end of the tunnel. Gentle reader, sometimes the term interesting should come with a health warning and anyone who says, "That looks interesting," needs to be invited to go first. "That looks interesting" Bob went first. He entered the cave and lined up to traverse the passage which he did with great aplomb. I tried to follow. I was in the cave and nicely lined up to enter the passage when I was aware that it had got dark. If you are in a sea cave and it gets dark that's either because the sun has gone down or a wave is stopping the light from entering the cave. It was just after 13:00. The sun had not gone down. Frantic back paddling got me out of the passage just as the wave completely filled the available space. Even in the relatively large space of the cave I was shot upwards, receiving a very practical reminder as to the value of wearing a helmet in a cave. (My helmet has just repaid its price.) It got light then quickly dark again as another wave entered the cave. More frantic back paddling and I was very relieved to find myself once more outside the cave and in the sunshine. Phew is probably the most printable word that crossed my mind.

Photo by Bob Grose



Leaving Boscastle.

We regrouped, rounded the small island of Meachard and then made a fairly direct line back to Crackington Haven. It would be good to report that the day ended with a nice gentle beach landing followed by a well earned ice cream, but that wasn't what happened. Turning into Crackington Haven it became apparent that there was a bit of surf running. Out of four paddlers Bob made it to shore without incident, I capsized and rolled and the other two were seen out of their boats and having (separate) conversations of a somewhat piscine nature. Once dried and changed we still treated ourselves to a well earned ice cream, reflecting on a most entertaining day of sea kayaking and congratulating ourselves on having cracked Crackington Haven. Nearly.

There were several firsts for me on this trip. This was my first visit to Crackington Haven not to end in an epic, this was the first time that I have capsized in a sea kayak in error, meaning that this was also the first time that I have rolled a sea kayak in anger, and it was the first time that my shiny new sea kayak had got wet. A most memorable day out, but unlike in 2010 this time it was memorable for all the right reasons.

Those who have been on a PPCA Isles of Scilly (IOS) trip in the past will know that it is a wonderful opportunity to visit these interesting islands in the height of summer and make the most of the outdoors and the companionship of fellow paddlers. Our trip this year was no exception and I'm writing this piece to hopefully encourage members old and new to organise and support this club event in the future (and because Tony asked me!). A huge thanks to Joy, our Club President, for previous years and to Tony, our Treasurer, who carried the mantle so wonderfully this time.



On the beach ready to go, and almost on time!

On Friday 10th August the paddlers and boats mostly all had an early start as we headed to Penzance to catch the 09.15h ferry. The gear goes in a container and the boats on a trailer before both are loaded on to the Scillonian. The trip out was fair but still a few suffered (Clive☹). The luxury on arrival is that the container and boats are delivered straight to the campsite so we could get pasties and provisions in Hugh Town and enjoy a leisurely stroll to Pelistry. (too leisurely and you end up with the tent next to the toilets!) Supper on the first night was prepared for all of us by Joy, Row and Linda, and we were treated to a delicious vegan pie (potatoes peeled by Paul) and a fab crumble & custard.



The IOS are like a theme park for paddlers; a good distance between some islands and some just a short hop apart, rough stuff at the Atlantic coast and tranquil bays with clear waters and white sandy beaches nearby, the pleasure of landing on uninhabited islands with burial chambers, caves and stunning rock formations, a plethora of seals at one end and puffins at the other (before they leave for the winter). On the inhabited islands there are quality cafés and shops and hedgerow stalls selling local fresh produce and often a second-hand book. My boat was a bit lower in the water after those trips. With vineyards, flower farms, decent pubs and restaurants it's a place to stay for longer. We did our best to sample it all in our short time.



On the first Saturday Bob and I watched a gannet dive on a sunfish not far from where we were practising deep sea rescue (thank you Bob for getting wet and Tony for counting fast seconds). On this trip I was privileged to be able to take the new club low volume sea kayak, being able to comfortably reach the foot rests was a treat. We were expecting a storm so the group didn't paddle till the Sunday when we went to St Martins Fete for ginger beer Pimms and a browse round the stalls. The open air Shakespeare by a professional travelling company on the previous night (appropriately 'A Winter's Tale') was very good but had to relocate to the church hall due to the rain.

An exceptional springtide on the Monday revealed sunshine and a sand bar between Tresco & Bryher. The locals celebrated with a pop up food festival, with lobster, paella, mackerel baps and giant couscous salads being enjoyed by crowds at lunchtime. The bar and fire pits were then quickly cleared away before the boats returned to St Mary's, sailing over where the passengers had just enjoyed lunch. We had stopped on Samson on our way there and paddled around the south of St Mary's on our return. The film 'When the Whales Came' by Michael Morpurgo, filmed on Samson, was showing in Old town at the end of the week. On clear evenings we would walk to Old Town and marvel at the night sky so vivid without light pollution. One evening a crowd of paddlers lay on their backs in the sand around a beach bonfire, gasping in delight at the stars shooting across the sky, or was that just for the mountain of toasted marsh mallows that we dipped in a vat of hot chocolate!

For subsequent days we split into two groups (weak bladder, strong bladder as I distinguished them!) with Terry's team happy to land frequently on uninhabited islands/unexpected sandbars and explore ashore, while Clive/Bob's group went looking for more adventure on the water, paddling faster and further. With Terry's group I enjoyed a chilly swim through Piper's Cave (Meryl and I swam, the rest waded) A highlight with Bobs group was a big rolling sea around the back of St Agnes that lifted the boat as if it were a magic carpet, and a mesmerising paddle back where Karen and I were seduced by the rhythm of the waves and a quietness that was only broken by the eerie tolling from the bell of a distant cardinal buoy.



Mary, after surviving an attack by a sea-weed monster!

Many thanks to the coaches and to everyone who came for making it a very happy, friendly and safe club outing. A special mention from me for the very excellent Milk Monitor, and a special thanks to Brim for the loan of a super paddle, Pete for his calm and organised response to me losing a hatch cover, and to Bob for our jolly trip home and for bringing the boat back to the club sheds.

Thank you PPCA, the Isles of Scilly are magical, a unique environment, best viewed from the water!

Hope to see you all there, next time. Morag.

Exchange & Mart

Discount Available at Millets, 38/[40 New George St, Plymouth PL1 1RW](#)

One of our new members of the PPCA works in the Millets store (Big 'Thank you' to Lee McKenzie!) on New George Street, Plymouth and has negotiated with his Manager a great discount of 15% on production of your PPCA club membership card. Usual T's & C's apply, e.g. goods already discounted/sales items might be excluded.

Discount Available at Kayaks and Paddles

Kayaks and paddles offer discount to local kayak and canoe clubs. The PPCA and Tamar Canoe club can get a discount up to 15%. This is an offer not a right for the person that is making a purchase, so please do not go upsetting Kayaks and Paddles employees as this discount might be taken away.

Next Edition

There is no specific deadline as such for contributions but please bear in mind my general sloth and indolence and let me have anything time-sensitive well in advance.

Contributions

Please send any contributions to newsletter@ppca-canoe-club.org.uk

Club Calendar

As ever, please remember that the definitive calendar is on the [website](#) and what's printed below, while correct at the time of going to press is subject to change at a moment's notice. Syncing your Google calendar with the club calendar via the website is a good way of ensuring you stay up to date.

Saturday, 1 September

10:00 Sea Paddle Terry Calcott

Tuesday, 4 September

1 x Rec Ian Brim

Friday, 7 September

Open Canoe Jen

Saturday, 8 September

Rec Andy Kittle

Tuesday, 11 September

1 X Rec Ian Brim

2 x

3 x Clive Asford

Friday, 14 September

Open Canoe Pete Anderson

Saturday, 15 September

1* Course Andy Kittle

3* sea kayak Assessment Clive Ashford

Rec Paddle Joy Ashford "Beach Clean"

Tuesday, 18 September

1 X Rec

2 x

3 x Ian Brim

Friday, 21 September

Open Canoe Ian Brim

Saturday, 22 September

10:00 Intermediate Sea Kayak Trip Clive Ashford

Saturday, 29 September

10:00 Rec Terry Calcott

Saturday, 6 October

10:00 Sea paddle Joy Ashford

Sunday, 7 October

White Water, Ken Hamblin

Saturday, 13 October

10:00 Rec Ian Brim

Sunday, 14 October

White Water Doug Sitch

Saturday, 20 October

10:00 Rec Alan Ede

Sunday, 21 October

Open Canoe River Trip Ian Brim

White Water Clive Ashford

Saturday, 27 October

10:00 Rec Andy Kittle

Sunday, 28 October

British Summer Time Ends Back 1 HR

White Water Chris Doidge