



Eddylines



Port of Plymouth Canoeing Association

Newsletter 06 April 2015

Welcome

Happy Easter to all readers. For those club members who have not paddled this year it is time to start brushing off the cobwebs from your kit. The 2015 club training season starts on Tuesday 7th April. Please see the diary section for details of what sessions are available. There is something for everyone. The Tuesday Rec paddle will be continuing for those club members who do not wish to do training in 2 and 3 star. Following on very soon will be Paddlepower sessions on a Monday eve and then the 1 star courses and Taster sessions. Friday evenings see the return of the ever popular open boat family paddles. You may notice a couple of new sections in the newsletter entitled 'Meet the Committee member' and 'Spot the difference'.



Book now for our 10th Anniversary
Roseland Sea Kayaking Weekend

Friday 3rd July - Sunday 5th July, 2015
£10 deposit secures a place

Contact: Mary McArdle
07533 825898 marymca@btinternet.com

Midsummer(ish) camp, 20 - 21 June (Clive Ashford)

This year's midsummer(ish) camp will take place on 20 - 21 June. (I did consider calling it the "getting on for autumn camp"). I have permission from the National Trust to camp at Ayrmer Cove, which is at grid ref SX 640455. The plan is to paddle from Mount Batten and back, some 15 miles each way, but this is weather dependant. There are no facilities at Ayrmer Cove. Just to be clear that means no tap, no loo, no showers and very definitely no shop. There is a pub half a mile away. Whilst we are not being charged to camp I think a donation of £3 each to the National Trust would be a nice gesture.

This trip is only suitable for sea kayaks. Club boats are available, if you want to book a club boat for this trip please do so via me (Clive Ashford) 01752 344425 or cliveandjoy01@gmail.com

Old Father Thames Weekend, 18 - 21 September (Clive Ashford)

I am running a weekend paddling on the River Thames, 18 – 21 September. I have booked bunkhouse accommodation at the Youlebury Scout centre. The bunkhouse I have booked is called the Gulf, if you look at <http://www.scoutactivitycentres.org.uk/locations/youlebury/accommodationandcamping/the-gulf/> you will see that this is very posh. For those that worry about such things there are 2 shower blocks within a 30 second walk of this accommodation, so we won't all be queuing for the 1 loo! You will notice that there are various sized rooms. Youlebury is situated close to Oxford and would make a good centre for a family weekend. If the non paddling members of your family wanted to stay that would be fine, or if you simply wanted a non paddling family weekend away that would be fine as well.

There is no white water on the Thames, instead this is a weekend of gentle paddling through what I am told is a beautiful part of our green and pleasant land. I don't know exactly where we will paddle yet but aim to be somewhere between Cricklade and Oxford. I will organise catering on the basis of 2 x breakfasts and an evening meal on the Saturday, coupled with unlimited tea & coffee all weekend. You will need to make your own arrangements for the Friday evening meal and packed lunches.

The cost of the weekend will be:

Accommodation £30 per head.

River Thames licence £8.50 per boat. (You will already have this if you are a BCU member).

Catering. TBA.

A non returnable deposit of £5 per person will secure your place. Please send cheque payable to Port of Plymouth Canoeing Association to Clive Ashford, 45 Lucas Lane, Plympton, Plymouth PL7 4EU.

Any queries please call 01752 344425 or e-mail cliveandjoy01@gmail.com

Meet the Committee member (Pete Anderson - Publicity Officer)



My involvement in paddling started many a moon ago courtesy of my father's participation in the sport way back in the era of flares and 8 tracks. Early memories include playing in Ian Ruse's front room whilst he and my dad participated in pool sessions at HMS Drake. Also many a weekend was spent exploring the riverbank and play park of the River Dart with my brother. When the bigger boys where on the water testing the limitations of glassfibre against rocks. Eventually in my early teens and with my father enjoying more shore drafts. We started to enter slalom competitions. John or Ande Anderson as my dad was known, took on the role of Slalom Secretary of the Royal Navy Kayak Association. Through the summer the family including the dog, would load up the car with tents and canoes then travel up to the competitions. One such event held by Frome Canoe Club was memorable for the soundtrack of Live Aid on the radio.

By the time I started to shave I had just sneaked into Division 2 of K1 Men which at the time was about 500th out of 2000 ranked paddlers. During that time we had made friends with various club members and I joined the club in the late 80 s and turned towards another form of competition. Canoe polo was the game. Managed by Nick Benny and Roger Farrell. The youth team I was in even picked up a league win. Despite the odd sending off .Eventually I settled into the 1st team and played several seasons in the SW league against friends from Bristol, Taunton and Wellington etc. Alongside all this I still enjoyed club river trips and surf camps in Cornwall and as the canoe polo tailed off and I started a family.

I scaled back towards river running with the intrepid Doug Sitch. Armed with the mighty Prijon Spud we started to explore the other rivers of Dartmoor. One memorable (or should that be EPIC!) trip with Doug and a young man called Andy Round. Was a walk in to the Tavy Cleave in the middle of a storm to catch the river in full flood. Now into the years of Grunge music. We started to get our kicks from trips in the French Alps. The classic location for many a British paddler's first foreign foray. If it not the rivers, the wine, pate, pain au chocolat, fresh croissants and cheese will draw you back !! As family life took over , my involvement with the club faded and I kept my hand in with club members through the rivers. Over recent years and with more time to myself and new associations made through Facebook with the regular Dartmoor paddlers. My river paddling has reached new heights with trips abroad to Italy, Portugal, Spain, Norway and India. This has brought a new lease of life to me and joy is a blast down the Erme or Upper Dart when opportunity allows.

Now you may be wondering why I am back in the club ??? The reason is as The Lion King said Is the circle of life !. But in this case, it's a daughter's ear that is being bent. Now it is my turn to pass on the fun of are sport to Sophie and Hannah. After they showed an interest in joining in with me. It was obvious choice to re-join and share the skills I have gained over the years with the next generation in the club. Also I have gained some new skills and a committee position in this latest chapter and soon be embarking on my Level 1 coach training. So look out for me over this summer down at Mountbatten. Until then Take care and above all, Have Fun !! Pete Anderson.

Note from the Editor Thanks Pete an interesting insight into your own Kayaking journey and a glimpse of club life from the earlier years. Have a look at the blast from the past section, by sheer coincidence a newspaper article about canoe polo.

Blast from the past


Port of Plymouth Canoeing Association


1997 Silver Jubilee Year

25 years serving Plymouth's Spirit of Adventure

Beginners courses Kayak & Canoe

**Experienced
BCU qualified
Senior Instructors**





Kayak / canoe, paddles, buoyancy aid supplied & spraydeck if appropriate - just wear suitable clothing.
 Kayak course are five Thursday evenings 6 - 8.30pm.
 Changing from 5.30pm (space in Club).
 On the water by 6pm.

1997 Courses beginning

3 April	8 May	12 June
17 July	21 August	25 September

Twelve and a half hours expert instruction with equipment for the nominal cost of just **£30 per person.**

Book your place from **Bob Dyer**
 c/o Kayaks & Paddles
 Unit 52
 Valley Road
 Plympton PL7 1RF
 01752 335176

Cheques / Postal Orders payable to
Port of Plymouth Canoeing Association
 Please enclose a stamped addressed envelope
 Please use Block Capitals

PPCA Application form from 1997

Canoe polo spotlight; soccer; roller hockey



● Port of Plymouth Pilgrims' winning line-up (left to right): Paul Saunders, Roger Farrall, Peter Anderson, Andy Williams and Nick Benny. Not pictured: Chris Walker.



● On the offensive: Peter Anderson in action for the Pilgrims at the Ballard Centre. Pictures by RICHARD TAYLOR.

Newspaper cutting from 1991

Yealm Sandbar 2015 (Terry Calcott)

I always try and visit the Yealm sandbar a couple of times each year, usually coinciding with a low spring tide. So I was rather excited to see in my little yellow tide book that a tide of -0.1m (below chart datum) was forecast for Saturday 21st March. Please see note after this article for an explanation of chart datum.

After checking the club diary I noticed I was down to lead the club recreational paddle for that weekend, so a hasty away trip was planned. We met at the Wembury beach car park a relatively easy spot to access the Yealm. Except building work was taking place on the steps down to the beach and an assault course diversion had been set up which proved interesting for the longer sea kayaks. Sixteen club paddlers turned up to paddle. On a sunny day with a bit of a NE breeze blowing we launched and paddled past the Blackstone Rocks heading for Gara Point in the distance. The plan was to follow the coast along past the Warren and do some rock hopping then return and have lunch on the sandbar. On we paddled with what seemed like a flat calm sea but with a slight swell rolling in breaking on the rocks. The group bobbed in and out of the rocks riding the small waves. We paddled through a small gully stopping at the end to watch for the breaking waves before carrying on. At that time one of the stragglers in the group decided to paddle past on an incoming wave and have a go at landing their boat higher up on the rocks. Those watching thought that looks interesting as the paddler successfully landed, perfect parking. It takes a lot of skill and timing to achieve such a feat! Once the paddler was back on the water we turned and headed back to Gara Point.

Heading North to Mouthstone Point and the Yealm mouth comes into view. It was just past midday and the group landed on the sandbar. Already a vast expanse of sand was showing with quite a few people walking about. We perched on some rocks to eat and survey the scene. It has been a custom to have a short game of cricket but this year the pitch was far too rutted and uneven to attempt this. So we just sat and munched our way through 3 lovely cakes.



Once low tide had passed we launched and rounded Season Point and hugged the coast back to the Blackstone Rocks and Wembury beach. This is one of my favourite places for rock hopping and it never fails to deliver on interesting rock formations, nature and scenery. Although not many anemones were noticed some interesting red sponges covered a number of the shaded rocky overhangs. Once back at the beach we had a long walk back up the beach over the assault course to the cars. Not a particular long paddle but full of interest along the way.

I have visited the Yealm sandbar on numerous occasions over the years and never fails to impress.

Editor's Note

Chart Datum – Is the plane below which all depths are published on navigation charts. It is also the plane to which all tidal heights are referred, so by adding the tidal height to the charted depth, the true depth of water is determined. By international agreement chart datum is defined as a level so low that the tide will not frequently fall below it. In the UK, this level is normally approximately the level of the lowest astronomical tide

Hope that clears things up!

Paddle-Ability Continued (Andy Nicholls)

Further to my brief introduction to us becoming a Paddle Ability Club. I now have some dates fixed for the training needed for any helpers who wish to volunteer. There is 2 parts for the training, foundation course is to be held Saturday 16th May 2pm – 5pm at Mount Batten. This is open to all club members who would be interested in assisting a disabled paddler in some way. This three hour course is a classroom based introduction to disability awareness in a Paddlesport setting. It is aimed at Coaches and Volunteers who are new to working with disabled paddlers. This module will educate attendees on a range of subjects and offer an opportunity for discussion on the thoughts and experiences with other delegates.

The Intermediate training is an extra 8 hours further training to be held Sunday 17th May at Mount Batten. This is a full day classroom and practical course that develops the ideas from the Foundation Module. It is aimed at coaches wishing to develop their knowledge of adaptive equipment and coaching principles. This Module will include opportunities for delegates to consider and discuss different communication and coaching techniques that can be used when working with people with a range of disabilities, an opportunity to try out some of the adaptive equipment available and learn about the considerations that may need to be applied when planning a programme of activity for disabled paddlers. **(This complete course counts as a coach update for those who need it)**

As this training will directly benefit the club, we are paying for the training course but there is a certification fee of £5 for BCU members or £10 for non for each course. Non club members may be offered the chance to make up numbers for a small fee towards the costs.

To book your place please contact me on andynicholls78@hotmail.com or 07801 367363

Photo Corner



Easter Paddle 2015

Nature Watch - Starfish

Starfish are fascinating animals which are part of a larger group called 'echinoderms', meaning 'spiny-skinned'. The group includes sea urchins, sea cucumbers and brittle stars. There are around 1,500 different species of starfish in the world and around 32 species in British waters. If a starfish loses an arm, it can grow another.



Common Starfish - feeds on mussels and other similar animals by prizing open their shell with their strong arms. Once the mussel becomes weak and opens its shell very slightly, the starfish's stomach is inserted into the mussel's shell where it digests the soft flesh inside. Usually orange but can range from pale brown to delicate violet. It has five arms that are often slightly turned up at the tip when active. Large populations often invade rocky shores consuming all mussels and barnacles in their path. Fishermen used to cut starfish in half to kill them but were in fact increasing the population.



Cushion Starfish - Small, plump, cushion-like starfish with 5 short arms, up to 5 cm across. Can be olive green, brown or orange. Specimens found lower on the shore tend to be paler than those found higher on the shore. Found under boulders and stones on the lower shore and in rockpools. Eats microorganisms, decaying seaweeds and dead invertebrates. Newly hatched and young individuals are males and become female at about four years of age. Females lay up to 1000 orange coloured eggs on the underside of stones which take up to three weeks to hatch into tiny starfish.



Spiny Starfish - A large starfish which sometimes eats other starfish. Five narrow tapering arms with three rows of white spines with purple tips along each arm. Pale grey to green tinged with purple, yellow or reddish in colour. When disturbed, this species will often shed one or more of its legs but these will grow back.

Discounts

The following traders have been known to give PPCA members discount. If you know of any more, or find any of this information to be incorrect, please let your editor know.

AS watersports, Exeter 5% or 10% on production of your PPCA membership card.

Camel Canoe & Kayaks, Wadebridge. 10% on production of PPCA card.

Cotswold Outdoor. (Plymouth branch only, 15% on production of your PPCA membership card.

Kayaks & Paddles, Plymouth, 15% on production of PPCA membership card.

Mount Batten Bar, 5% on production of current Mount Batten membership card.

Wild Things, Redruth, 10% to club members.

Old Nosey

Watch out for flying kayaks in the Wembury area. For details ask Dave Pedlow, Emu or Frosty.



Have I got my cag on back to front? No Bob the cag is fine, it's your body that's the wrong way round!



September 2014



April 2015

Old Nosey says not much has changed to the club shed door since last year? Our landlords at Mount Batten had a new door delivered last week but unfortunately it didn't quite fit. The replacement should be in place shortly.

Paddlepower

The club Paddlepower sessions for the younger paddler start in May. These sessions aimed at the younger age group have been running in the club for a number of years now. Originally known as Rainbows which were first started in 1996 by Nick Benny, based on the BCU Rainbow paddling scheme, it ran on Tuesday evenings, free of charge to children of members so that their parents could get out for a paddle. Over the years the name changed to Paddlepower to follow the BCU scheme. A number of club coaches have taken the lead in running these sessions over the years, most recently Ian Brim.

If you want to help out on these sessions then have a word with Ian Brim or the Club Leader.



Rainbows 1996



A recent Paddlepower session

Curry Evenings at Mountbatten (Paula & Joy)

We plan to run some curry evenings at Mountbatten. The first will be just after the beginning of the canoeing season on Tuesday the 21st April at 8 pm then one at the end of the canoeing season on a Tuesday in September (watch this space) and finally at Christmas booked for Saturday 5th December 2015.

Mountbatten needs numbers and needs to know if you require a vegetarian curry so you will need to book by giving £5 per person to me or Joy Ashford by **Wednesday 8th April for the curry on the 21st April**. All welcome so bring your friends and relatives. Don't forget to book.

Paula Jones contact paula@beara.eclipse.co.uk or 01364 72548 or Joy Ashford contact 07891221781.

Ugborough History Group (Merryl Docker)

Plymouth Sound ~ View from a Kayak by Terry Calcott.

You have read the book now hear the talk.
Weds April 29th 8.00pm in Ugborough Village Hall.

Based on fact - Paddling stories from Clive Ashford

A compilation of stories that have appeared in various places over the years but have now been re-edited and housed in one handy little volume. There are 22 finely crafted articles to read and there are also some lovely photos to look at. PPCA members for £5. Any profit will go to club funds. Please contact Clive, e-mail cliveandjoy01@gmail.com.

Spot the difference



Photo from Mark Curtis (cropped by the editor)

Club Officers

President	Terry Calcott	07828652775	
Chair	Mike Scott	01752 295478	
Vice Chair	Jenny Nicholls	01752 952628	
Club Leader	Andy Nicholls	07801367363	
Asst Club Leader	Jane Hitchings	01752 691274	
Secretary			
Membership Sec	Paul Hewson	07870276748	
Treasurer	John Elworthy	01752 823381	
Equipment Officer	Alan Ede	07799556876	
Publicity Officer	Pete Anderson	07958694434	
Welfare Officer	Joy Ashford	01752 344425	07891221781
Introductory co-ordinator	Tracy Jones	01752 510653	
Youth Development	Damean Miller	01752 492761	07736033316

Club e-mail: PPCA@ppca-canoe-club.org.uk (e-mails to this address goes to the club secretary).

Diary dates

These diary dates are correct at time of going to print, please check the website forum or speak to the session leader for any changes nearer to the event.

Please Note: River trips, final details will appear on the website forum. Meet at Plympton B&Q ready to leave at 09:00.

Date	Type of paddle	Location	Session leader
April			
Sat 4, 10:30	EASTER Paddle	See article for details	Terry Calcott 07828652775.
Tue 7, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Andy Kittle/Damean Miller Ken Hamblin Ian Ruse Terry Calcott
Fri 10, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.
Sat 11, 10:00	Sea kayak trip	TBA	Clive Ashford 01752 344425. <i>The club sea kayaks can be booked with the Club Equipment Officer, Alan Ede, by a text to 07799 556876 or an e-mail to alancede@hotmail.co.uk</i>
Tue 14, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Andy Kittle/Damean Miller Ken Hamblin Ian Ruse Terry Calcott
Fri 17, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.
Sat 18, 10:00	Recreational paddle	Mount Batten	Doug Sitch 07966740025.
Tue 21, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Andy Kittle/Damean Miller Ken Hamblin Ian Ruse Terry Calcott
Fri 24, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.
Sat 25, 09:30	Starter session	Mount Batten	Andy Nicholls 07801367363.
Sat 25, 10:00	Recreational paddle	Mount Batten	Neville Cannon 07773342787.

Date	Type of paddle	Location	Session leader
Tue 28, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Andy Kittle/Damean Miller Ken Hamblin Ian Ruse Terry Calcott
May			
Fri 1, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.
Sat 2, 10:00	Sea kayak trip	TBA	Neville Cannon 07773342787. <i>The club sea kayaks can be booked with the Club Equipment Officer, Alan Ede, by a text to 07799 556876 or an e-mail to alancede@hotmail.co.uk</i>
Tue 5, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Brian Taylor/Justin Frost Doug Sitch Martin Mills Joy Ashford
Fri 8, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.
Sat 9, 10:00	Recreational paddle 1 Star Course	Mount Batten Mount Batten	Joy Ashford Damean Miller
Mon 11, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 12, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Brian Taylor/Justin Frost Doug Sitch Martin Mills Joy Ashford
Fri 15, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.
Sat 16, 10:00 TBA 13:00	Recreational paddle Peer Sea kayak paddle Paddle ability foundation course	Mount Batten MB	Terry Calcott Anthony Graves
Sun 17, 10:00	Paddle ability intermediate course	MB	
Mon 18, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 19, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Brian Taylor/Justin frost Doug Sitch Martin Mills Joy Ashford
Thur 21, 18:00	1 Star course	Mount Batten	Brian Taylor
Fri 22, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.

Some dates for later in the year:

Roseland this year is booked for Friday 3rd July - Sunday 5th July. This will be our 10th anniversary of visiting this wonderful part of the country (Mary McArdle).

Midsummer(ish) camp 20th – 21st June (Clive Ashford).

River Thames weekend away, 18th – 20th September (Clive Ashford)

The 07 edition of Eddylines will be published on 07/06/15. Items for inclusion to be received by Friday 05/06/15. E-mail articles to newsletter@ppca-canoe-club.org.uk

Disclaimer: Opinions expressed in this newsletter do not necessarily reflect those of the PPCA.