



PPCA Newsletter

December 2016



Introduction

Welcome to December's Newsletter. Hopefully it will provide you with a few moments of respite from wrapping presents (purchased through Easy Fund Raising obviously) and decorating the house. Alternatively, print multiple copies of this and previous editions and use them as wrapping paper for the paddler in your life. Take care, however, whose picture is on the outside of the present. Some of our members radiate good cheer more than others.

Please read on for details of an Extraordinary General Meeting which we will be holding in January to make some advantageous changes to the club constitution.

Editorial

As it is the season of good will, I'd better show some.

I'd like to take this opportunity to say a huge thank you to all the Newsletter contributors, regular and occasional, for their articles and pictures that make the Newsletter what it is. When I was "invited" to take on the editorship, I wasn't sure the Newsletter could survive in the age of social media. All your contributions and kind words have shown me that I was completely wrong and the Newsletter is as important as ever.

On another matter, please don't forget that the Saturday paddles continue throughout the white water season. These paddles have remained popular for many years but don't seem to have attracted many new paddlers over the last couple of years. The reason why is a bit of a mystery. I haven't done that many myself but the ones I've done have always been really good trips – an excellent chance to explore new territory and to practice and develop your skills. Is there something that is putting new members off doing these paddles? If so, please drop a line to any of the committee members and they will take your comments on board.

Ivor Jones

Newsletter Editor

Dear Members

Your committee is calling an Extraordinary General Meeting on 9 January 2017. Here's why.

You may remember the committee applied to HMRC (Her Majesty's Revenue and Customs) to register PPCA as a Community Amateur Sports Club. We thought it was all done and dusted – but it's not, yet. HMRC has written to say they need our constitution to be adjusted before they can register us. They have stringent standards about how we say things in the constitution, and at the moment we don't meet those standards.

A quick reminder about why being a CASC would be a good thing for the club: it's mostly about money.

- CASC registration means we don't have to pay rates to Plymouth Council. At the moment the council waives our rates – we haven't had to pay them for some years. But they could reverse that waiver at any time. Being a CASC would guarantee us that saving.
- We would be able to claim Gift Aid whenever anyone gives us money. That's 25p for every £1 we were given. We may not receive cash gifts very often – more's the pity – but let's say some kind benefactor were to give us a couple of hundred pounds. We could increase that by £50 through Gift Aid.
- We're also looking into other possible benefits, such as whether membership subscriptions can be counted for Gift Aid.
- There's a non-financial benefit: being a CASC shows the world our club meets stringent standards for governance, non-discrimination, looking after club assets and more.

Is HMRC asking for big changes? Not really. They want us to adjust the way we word parts of the constitution rather than change its substance. The main areas are around non-discrimination in membership, excluding someone from the club, non-profit making, and dissolving the club. The changes are shown in full in the annotated version of our constitution sent alongside this newsletter.

The committee were a bit concerned that some of the HMRC language was less precise than what we have at present. For example, our clause about excluding someone from membership is more detailed than HMRC's model clause, especially when it comes to an appeal. So we phoned them. They explained that we need to keep options open about who the person appeals to, and we must avoid the appeal being to the same people (e.g. committee members) who made the exclusion on the first place. Our present wording could lead to that happening, which is pretty unethical. Similarly, HMRC's more open-ended wording on dissolving the club allows us to make decisions based on the situation at the time, rather than being tied into something unrealistic.

The committee agrees with the changes requested by HMRC, so we're now bringing them to you, the members.

The committee has also agreed that it would be useful to add "young person" as a membership category, so we'll be bringing that to the EGM for you to consider, too. See the separate newsletter item on that.

Only an AGM, or an EGM if the AGM is too far ahead, can agree changes to the constitution. So we're calling an EGM in accordance with rules 6 and 13 of the present constitution: we must give at least three weeks' notice, and attendance at the meeting must be a minimum of six ordinary members plus a quorum of the committee. This newsletter item is the notice to members. The EGM will be at the Mount Batten Watersports Centre.

Getting six ordinary members plus a committee quorum together on 9 January shouldn't be too much of a challenge. But please don't assume that someone else will turn up so you don't need to. If we don't have the numbers, our

CASC application gets cancelled and we have to start again from the beginning. We don't want to do that – it's time-consuming and complicated. So, please see this as a way to support your club, and turn up to discuss the changes and make your vote.

See you on 9 January at Mount Batten!

Proposed New Young Person Membership Category by Tracy Jones

Next time you are out paddling with the club, have a look around you at all the happy, smiley faces, a great sight.

Now estimate the average age.

In an attempt to lower this average, the committee would like to encourage more young people to join the club by introducing a Young Person Category.

The hope is to encourage our current youth paddlers to stay with the club when they reach the dizzy age of 18 and to encourage young adults into the club, whether they be students, apprentices or just starting out on their chosen career path.

Membership categories are defined in the club constitution and can only be altered with permission of club members at either an AGM or EGM. Very conveniently, we have an EGM called for the purposes of CASC application (see above), so we would like to vote on this issue too.

Any questions / thoughts about this proposal please either come to the EGM or feel free to contact me directly.

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 | 01548 821018 |
| Club Leader | Andy Nicholls | leader@ppca-canoe-club.org.uk | 07801 367363 |
| Welfare Officer | Sheona Grant | welfare@ppca-canoe-club.org.uk | 07933 780511 |
| Intro Course Coordinator | Jon Seddon | intro@ppca-canoe-club.org.uk | 07981 560879 |
| Chair | Tracy Jones | chair@ppca-canoe-club.org.uk | 01752 510653 |
| Vice Chair | Ben Mitchell | vchair@ppca-canoe-club.org.uk | 07909 807000 |
| Assistant Club Leader | Ian Brimacombe | acleader@ppca-canoe-club.org.uk | 07720 957304 |
| Membership Secretary | Adam Coulson | membership@ppca-canoe-club.org.uk | 07834 286461 |
| Treasurer | Jenny Nicholls | treasurer@ppca-canoe-club.org.uk | 01752 952628 |
| Equipment Officer | Pete Anderson | equipment@ppca-canoe-club.org.uk | 07958 694434 |
| Publicity Officer | George Hamblin | publicity@ppca-canoe-club.org.uk | 07805 085499 |
| Youth Development Officer | John Mitchell | youth@ppca-canoe-club.org.uk | 07791 090956 |
| Club President | Joy Ashford | | |

Next Committee Meeting

The next committee meeting will be on after the EGM on Monday 9th January 2017. If you have any points you wish to raise, please contact Bob Grose secretary@ppca-canoe-club.org.uk

Club Xmas Paddle Sat 17th December by Terry Calcott

Yes folks it's that time of year again, brush off those hats and Santa costumes, and come join your fellow club members for a paddle feast and make merry. The paddle will start and finish from Mount Batten this year. On the water ready to paddle at 10:30.

The minimum dress requirement for this paddle (in addition to your normal paddling and safety gear) is a festive hat. The preferred costume is fancy dress above the spraydeck. We always have a communal picnic of festive fayre. I will be compiling a list of sweet or savoury, so please let me know what you are bringing along.



Please let me know if you are intending coming along by email terryc1@blueyonder.co.uk or phone [07981489857](tel:07981489857) or a post on the forum (I will start a post nearer the date).

Emergency First Aid and Outdoor First Aid Courses by Andy Nicholls

The Course organised for December was filled with both PPCA members and The University Club members. All who took part said they had fun and learnt lots. Wish you had chance to take part too? Well the good news is I have organised a second weekend course so now you might be able to! January 21st and 22nd Location Newnham Park Shooting Ground, Plympton. The Options are :-

- 8 hour (1 day, Saturday only) Emergency First Aid covering the basics meaning you could save a life and enough to cover you should you choose to look at going down the level 1 coaching route.
- Or doing the full 16 hour Outdoor First Aid (2 days Saturday and Sunday) which meets the needs of Level 2 coach and 4 star leader awards.

The first day is basically classroom based and covers bandages CPR etc. The second day covered the above but in an Outdoor environment putting your newly learnt skills to the test in a more realistic setting which helps make it more memorable.

To keep things fair we are dividing the course costs between the candidates so a full course makes it cheaper. I'm expecting the 1 day course to cost £35-£50 per person and the 2 day course £50 - £65 Plus £15 for certification and awarding body fees.

Spaces are limited to 12 in total so if you want a place please contact me ASAP I have 4 or 5 people already. Contact me via Email, phone or Facebook. andynicholls78@hotmail.com or 07801367363

Here are some Pics from the last course.



River Dart Access at Buckfastleigh by Pete Thorn (Local British Canoeing Rep)

Regarding the take out in Buckfastleigh....

I spoke to the café people today to see how the new arrangement is going. They are generally happy with it and are getting good custom. But, there are a few paddlers who seem to think they can

- walk in dripping wet
- use the loos without buying anything
- sit at their outside tables and eat their own sandwiches
- get fast service when the café is already busy and you are part of a large group

Please stop doing these things if you want the arrangement to last!

If you aren't aware, we can park there for free, launch and take out, provided we don't do these things listed above and do buy stuff in the café. It will only work if there is something in it for the café as well as for us.

Mountbatten Centre Christmas Opening

The Centre will be closing from Friday 23rd December at 4pm through until 3rd January at 8am. Access by prior arrangement only.

Membership Subscriptions by Adam Coulson, Membership Secretary

“Adam would you write something on the 2017 membership subscriptions for the Newsletter” they asked.

“OK” I replied. So:

| | PPCA | Mountbatten |
|------------------------|------|-------------|
| Full | £57 | £67 |
| Youth | £29 | £41 |
| Family | £114 | £178 |
| Senior | £57 | £41 |
| Active Coach | £12 | As above |
| Mountbatten Apprentice | POA | ---- |

So what else can you get for 57 quid? A half case of wine? Two pairs of wetsuit boots? Five trips to the cinema (for one)? 12 McDonald’s meals? An off peak return train ticket to Bristol tomorrow? Three trips to Argyle? A pint of beer every three weeks? Choose just one.

By contrast you can get out on the water two to three times a week all year around with great coaching and good company. No competition!

An individual Mountbatten membership will be £122

Queue here





It's that time of year again for the Winter Club Challenge and the club is signed up for it again. With the amount of paddling we as a club do we stand a good chance. Information from British Canoeing:-

This year we have even more opportunities to win a prize from £50 up to £250 for your Club/Group. Choose to enter just one or both of the Challenges to be in with a chance of winning one of the great prizes.

The main two differences this year are:

- 1) The Challenge is going to be running for a slightly shorter time period: 1st Dec – 28th February.
- 2) For the mileage category we will have two separate club classes: One for Flat water racing clubs and another for those clubs not focused on racing. Making it fairer and allowing more clubs that are not racing ones to have a chance of getting their hands on some prizes.

Prizes

- £250 to the Flat water racing* club or group - most Miles Paddled.
- £250 to the Recreational/Touring club or group - most Miles
- £250 to the club or group who has submitted the most Places Paddled.
- £100 to the Club/Group with the most improved Miles Paddled from their best previous results.
- £100 to the Club/Group with the most improved Places Paddled from their best previous results.

AND... An additional £50 can be won at the end of Dec & Jan in a festive Winter Club Challenge Prize Draw, just for submitting interim results!

***Flat water Racing Clubs - These are those clubs who have entered and are listed on either the Inter club sprint champs and /or the National Marathon Champs results.**

As with last year I am collating the miles and uploading for the club. Please can all coaches who run trips let me have their session sheets with all the names on it and details of where and how far you paddled approximately? If you go on a peer paddle please let me know about this too as it all counts. So be it a river trip or a rec paddle we can all work together to build up miles and places. There will be a link send me details via the website and also our current miles and places.

Features

River Levels

The obvious way of deciding if there is enough water in a river to paddle is to go and look at it (after due consideration of the recent rainfall, obviously). Webcams have taken some of the effort out of this – assuming they're working and you want to view them during the hours of daylight. There is, however, a third way. The Environment Agency have a [web site](#) with real time monitoring of the levels of rivers liable to flood (i.e. pretty well all of them). The graph below shows what happened to the Dart during Storm Angus – enough to put off even the most suicidal paddler.

Latest river level information for: the River Dart at Austins Bridge

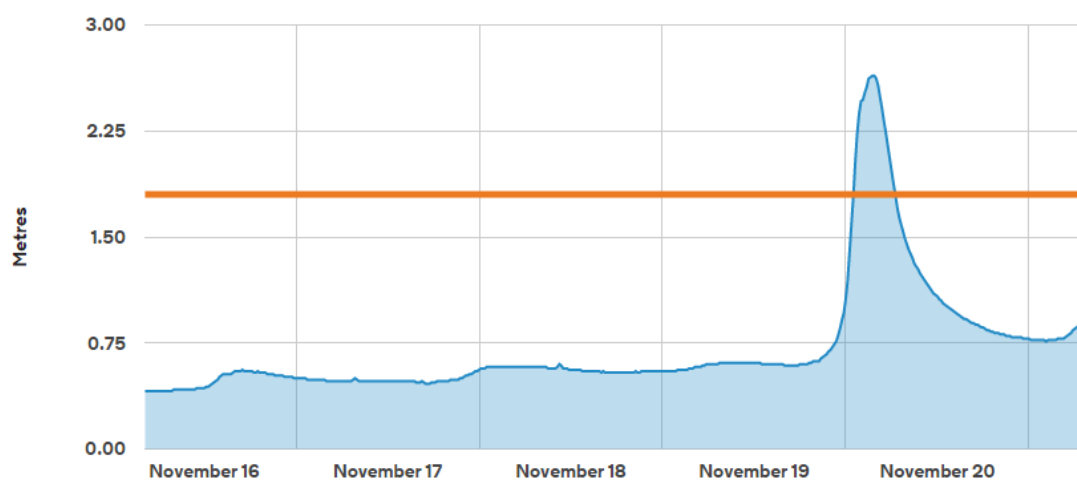
9:02am Monday 21 November 2016

Latest level 0.9m

Normal range is 0.29 m to 1.80 m

Recorded at 7:45am Monday 21 November 2016

River levels at this location in the last 5 days



— Flooding is possible over 1.80m

More paddling in San Francisco Bay by Susann and Bruce:

Once more we have spent several weeks in California. Unfortunately there wasn't a lot of opportunity to kayak. Initially Susann was very keen that we should do a century ride on our bicycles. This involved some training as we had to work up fitness and also get our rear ends hardened up for several hours in the saddle. However, we achieved that and several family events and finally were clear for a bit of paddling. Our friend Danny very kindly lent us his Eddylines Whisper tandem kayak and we were able to join him and some other members of BASK (Bay Area Sea Kayakers) on two Thursday paddles.

The first started from Emeryville Marina which is over in the East Bay (near Berkeley). We headed off in a more or westerly direction, directly out into the Bay. It was a beautiful day, with very light winds, almost flat calm and little



tide running. We paddled about 3 miles in open water to Treasure Island. This is an entirely artificial island constructed by the US government on what was previously a dangerous shoal in the middle of the Bay. We then paddled south, passing under the recently constructed section of the Bay Bridge (this is not the famous Golden Gate Bridge, but a much longer construction linking San Francisco with the cities on the East Bay). This Eastern section of the Bay Bridge was only opened in 2013 after 11 years of construction at a cost of more than \$6.5 billion. It carries two multilane carriageways side by side and is said to be the widest bridge in the world. It was interesting to see it close up from the water. Normally, when you are driving over it, you are too focused on avoiding traffic to be able to

spend time admiring its construction. The old bridge is gradually being demolished, which may be a bit premature as signs of corrosion have been detected in the new construction.

After that we continued round the south of Yerba Buena Island, a natural island linked to Treasure Island which acts as a sort of mid way anchoring point between the older Western and new Eastern sections of the Bay Bridge. We passed a large colony of harbour seals that we unintentionally disturbed and who followed us until we pulled up on a small beach for lunch. We were rewarded with a wonderful view of the Western section of the Bay Bridge and a great view of downtown San Francisco. Our return was more or less the way that we had come out, making a total paddle of a little more than 9 miles in very easy conditions.



Our second paddle, a week later, started from a place called Fort Mason. This used to be owned by the US Army and was the main port from which the army set off during the war in the Pacific in the Second World War. Now it is the home for some restaurants and a theatre and other similar stuff. We put in on a private jetty after having negotiated our kayaks down some steps and warding off a rather grumpy woman who wasn't very pleased to see us on her property. We paddled out along the San Francisco waterfront, dodging the many ferries that head out to places like Alcatraz and Sausalito. After a while we headed straight across the shipping

lanes towards Yerba Buena Island. This was a bit interesting as, at one point, we had a large cargo ship heading towards us from one direction and a high speed ferry from the other. We managed to avoid both. One of our fellow paddlers came forward with a theory that a big cargo boat would not actually hit you as you would be pushed aside by the bow wave; not a theory that I would like to test. We landed on a small beach – a different one from the week earlier but also with a splendid view of downtown San Francisco. After lunch we headed back, this time going straight across to the San Francisco Ferry Building. On land this building, which is rather fine architecturally, seems to stand out on its own, but from the sea it is completely dwarfed by the wall of skyscrapers behind it. One of these, called the Millennium Tower, which has only just been constructed, apparently is sinking slowly and is leaning slightly, a sort of San Francisco version of the Leaning Tower of Pisa. The Millennium Tower includes some extremely expensive apartments owned by very rich people. This being America, legal suits are flying in all directions. We lesser mortals find it faintly amusing.



that have made their home there and enjoyed comments from sightseers that had probably over-imbibed a liquid lunch. Then back to our starting point after a bit more than 8 miles.

Two really enjoyable, if easy, paddles in ideal conditions.

From the Ferry Building we headed south west along the famous San Francisco waterfront. There are massive piers poking out into the Bay. Some of these are quite derelict and others have new life as, for example, the new Exploratorium, a place well worth a visit. We pulled into Fisherman's Warf and had a look at the large colony of sea lions



Situations Vacant

Welfare Officer by Sheona Grant

I've been lucky enough to land my dream job managing logistics for the disaster relief charity Shelter Box. Unfortunately this means I'll be moving to Truro in early 2017 so will be resigning as Welfare Officer on the PPCA committee. The Welfare Officer's job is really simple. All new and existing coaches and helpers must have valid DBS certificates. (They used to be called CRB or police checks). This is done using a very simple online system and, with the DBS update service, most of them take only a few minutes. Averaged over the year, you'll have to do a maximum of one a month. You also work with the Club Leader to monitor expiry dates of coaches qualifications (e.g. first aid certificates etc.). You have the joy of having your photo in the club shed on the safeguarding poster. British Canoeing has safeguarding training for Welfare Officers so don't worry if you have no experience in this area. You would need to do a safeguarding course and a Time to Listen course. Both are half day attended courses. More information and the location of courses can be found [here](#). It's a great way to give back to the club with very little time commitment required. PPCA needs to have a Welfare Officer so if you're interested please contact me for more information.

Photo of the Month

With thanks to Gavin Bennett



Somewhere at the back of my mind, there's a painting that this reminds me of but I can't think what it is.

Non-Club Events

These are events that members feel may be of interest to other members. The club is not involved and does not endorse them in any way.

Kayak Cornwall Challenge 2017 (Marine Conservation Society) by Morag Thomson Findlay



Stunning scenery, fascinating wildlife, highly experienced guides and all in aid of the UK's leading marine conservation charity

Date: Saturday 6th May - Wednesday 10th May 2017

Location: Based from Port Mylor, Nr Falmouth

Group size: 6 - 18 people plus guides

Accommodation: Camping

Full details are on their [website](#)

Next Edition

The deadline for submission of articles will usually be the first Wednesday of the month to tie in with the Committee meeting so that the Newsletter can be sent out with the minutes. This month, the meeting is a week later than usual. That makes the deadline 11th January

Contributions

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

Back Issues

Back Issues are available on the club [website](#)

And Finally....

Stuck for that last minute Christmas present? Don't forget that club gift vouchers are available from the [website](#) in multiples of £5



Club Calendar

Saturday, 3 December

10:00 Sea Kayak Paddle - Terry Calcott 07828 652775

Sunday, 4 December

09:00 Beginners River Trip - John and Julie Elworthy 01752 823381

Tuesday, 6 December

09:00 Beginners River Trip - Clive Ashford 01752 344425

Saturday, 10 December

09:00 Canoe White Water - Beginners Trip - Andy Nicholls 07801367363

10:00 Recreational Paddle - Joy Ashford 01752 344425

16:00 Swimming Pool Session - Brian Taylor

Sunday, 11 December

09:00 Intermediate River Trip - Doug Sitch 07966 740025

Thursday, 15 December

09:00 Beginners River Trip - Clive Ashford 01752 344425

Saturday, 17 December

10:00 Christmas Paddle - Terry Callcott 07828 652775

Sunday, 18 December

09:00 Beginners River Trip - Clive Ashford 01752 344425

Wednesday, 21 December

09:00 Beginners River Trip - Clive Ashford 01752 344425

Saturday, 7 January 2017

10:00 Sea Kayak Paddle - Joy Ashford 01752 344425

Sunday, 8 January 2017

09:00 Intermediate River Trip - Ken Hamblin 01752 365404

Saturday, 14 January 2017

10:00 Rec Paddle - John Mitchell 01752 219246

16:00 Swimming Pool Session - Alan Ede

Sunday, 15 January 2017

09:00 Beginners River Trip - Clive Ashford 01752 344425