



Eddylines

Port of Plymouth Canoeing Association

Newsletter 04 February 2015

Welcome

It is that time of year when healthy eating and New Year resolutions are either being stuck to or broken. My resolution was to eat better and get fitter. I work in the dockyard where the canteens best seller is a bacon or sausage bap and a pink iced doughnut! The Winter programme of club river and recreational paddling continues with some excellent paddles on both the river and sea. Club members have opened their 2015 diaries and are starting to plan and fill in those paddling dates for the year. The club organises many different paddles and some of these are away. Look out in the diary section for details of these. Or if you have any ideas or thoughts of trips you would like to organise or go on then let the committee know. This month's newsletter is a bit thin on editorial content, a few stories, articles or photos from you the members would help fill out future editions. I have bulked out this one with numerous photos.

Members shed boat storage

If you store a boat in the Members shed you should have had a reminder and form by email from the Membership Sec. If you have not please contact Paul Hewson (Membership Sec).

PPCA Introduction to Sea Kayaking (Terry Calcott)

Late last year I organised a couple of Introduction to Sea Kayaking sessions for the club. I am looking at organising another session to run sometime in February / March / April. It will probably be on a Saturday, date to be decided once I know numbers. If you have wanted to try sea kayaks out but never had the opportunity now is your chance. The session is aimed at those who are paddling around 2/3 star standard and are novice sea kayakers. It will cover some theory and a lot of practical aspects of sea paddling, culminating with a sea paddle somewhere in the sound.

Club sea kayaks are available for use or bring along your own if you have one, if you would like to book a place and a boat or have any questions please let me know by email terryc1@blueyonder.co.uk or telephone 07828652775.

Pen picture

It looks like the pen pictures have dried up after only 3 months. Sorry to those members who wanted to know a little more about some of the key members of the club. I will keep the pen picture section open for a few more months just in case some of our shy retiring coaches and committee members come forward.

The year that was 1972

For those that did not know it the PPCA was formed in 1972. Just a few other things that were happening that year. Some of you will remember them well!

A state of emergency was declared as a result of the miners' strike.

Leeds United won the FA Cup. Derby County won the Football League First Division title.

Bloody Sunday. Munich Olympics terror. Staines air disaster. Watergate affair in the USA.

Edward Heath Prime Minister. UK unemployment rises to one million for the first time since the depression years of the 1930s.

Ford launch its Granada range of cars. Average House Price £7,374. Gallon of Petrol 35p. Pint of Beer is 13p.

The New Seekers I'd Like to Teach the World to Sing. T. Rex Telegram Sam. Chicory Tip Son of My Father. Nilsson Without You. Royal Scots Dragoon Guards Amazing Grace. Chuck Berry My Ding-a-Ling. Lieutenant Pigeon Mouldy Old Dough.

Blasts from the past

One of my ongoing projects is bringing together the club history into a format that the membership can share. It will probably be a presentation of sorts, hopefully this year. I still require snippets, articles, photos absolutely anything to do with the PPCA. Nick Benny has been a great help and has supplied me with many older photos and newspaper articles from his own collection. I will be using some of his photos over the coming months to give you an idea of what was going on in your club all those years ago. Plus using many other photos supplied by various other club members.



1985 Dave Hunter surfing a wave off the Hoe – (Photo from Nick Benny)



Unknown photo from the old clubhouse at Commercial Wharf (Andy Stamp's legs?)

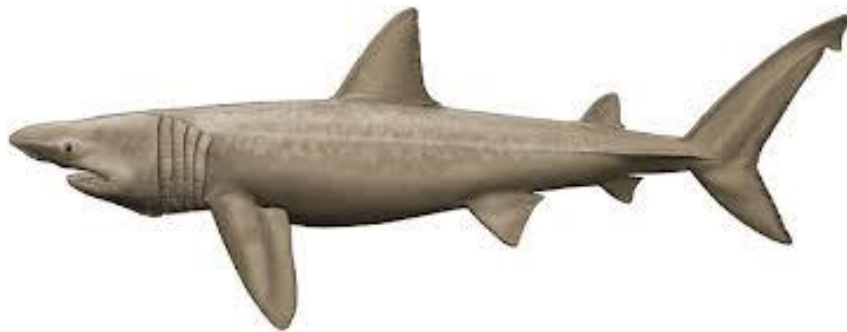
Nature Watch - The Basking Shark (Cetorhinus maximus)

Another of my favourites. We are fortunate that the South West is a hot spot for Basking Shark sightings. I have seen a few locally, one off the Mewstone a number of years ago. It is a wonderful experience to sit in your kayak and have these giants of the sea gracefully swim around and under you.



The Basking shark is the second-largest living fish, after the whale shark. It is a cosmopolitan migratory species, found in all the world's temperate oceans. It is a slow-moving filter feeder and has anatomical adaptations for filter feeding, such as a greatly enlarged mouth and highly developed gill rakers. Its snout is conical and the gill slits extend around the top and bottom of its head. The gill rakers, dark and bristle-like, are used to catch plankton as water filters through the mouth and over the gills. The basking shark is usually greyish-brown, with mottled skin. The caudal (tail) fin has a strong lateral keel and a crescent shape. The teeth of the basking shark are very small and numerous, and often number one hundred per row. The teeth have a single conical cusp, are curved backwards, and are the same on both the upper and lower jaws. Adults typically reach 6-8 m (20-26 ft.) in length.

Basking sharks are believed to overwinter in deep waters. They may be found in either small schools or alone. Small schools in the Bay of Fundy and the Hebrides have been seen swimming nose to tail in circles in what may be a form of mating behaviour. Despite their large size and threatening appearance, basking sharks are not aggressive and are harmless to humans. It has long been a commercially important fish, as a source of food, shark fin, animal feed, and shark liver oil. Overexploitation has reduced its populations to the point where some have disappeared and others need protection.



This photo I took off the Scillies a couple of years ago, the Dorsal fin and smaller Dorsal are showing

Based on fact - Paddling stories from Clive Ashford

Not wishing to be outdone by Terry I too have been busy producing a literary masterpiece. Based on fact is 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. I should take delivery of these books early in February at which time I will be selling them to PPCA members for £5. (Normal selling price will be £6, so you can hardly afford not to but one). Any profit will go to club funds.

To reserve your copy please e-mail cliveandjoy01@gmail.com.

Club Meal (Joy Ashford)

After last year's very successful meal at the Moguls Palace, some of us thought it would be nice to organise another. So I have booked The Moguls Palace, Buckfastleigh (TQ11 0JR).

Wednesday 4th March Time 7.30pm.

For our river kayakers that's where we get off the river when we run the Lower Dart. Why a Wednesday? I hear you shout! On Wednesdays its Buffet night and you can eat as much as you like for £10.95. To book your place I would appreciate a £5 deposit per person by Sunday 22nd February (partners and family welcome).

Contact Joy on 01752 344425 or 07891221781 or joyashford6@gmail.com

Please pass your £5's to either Clive or Joy to book your place. (Please could I have the balance in CASH on the day and do not expect to just turn up on the night and find there is room!).


Website Calendar (Andy Nicholls)




As part of ongoing improvements with the club website I have introduced the use of Google calendar. This is a simple layout and by clicking on the subject it will expand to give you more details. It also has an added bonus that the PPCA Google Calendar is public and it's possible for those with smart phones, ipads and general modern technology to follow and link this with your personal calendar. Any alterations such as change of coach etc I can do and all followers will get the update automatically meaning you will always have the most recent information available.

All you have to do is follow the little link at the bottom of the calendar on the website as shown in the picture and sign in to your google account. Where you can then choose to sync it with yours and hey presto the club calendar is always with you. If you have any problems drop me an email and I can send you a direct link to follow it. andy@ppca-canoe-club.org.uk

Port of Plymouth Canoeing Association

HOMEABOUTACTIVITIESTRAININGCONTACT USJOINCALENDARWET NEWSFORUMLINKS





Calendar - Club diary dates

To see more details about an event or session just click to expand.

TodayThursday, 29 JanuaryPrintWeekMonthAgenda

Saturday, 31 January	
10:00	Recreational Paddle - Terry Calcott 07828 652775
Sunday, 1 February	
09:00	Beginners River Trip - Chris Doidge 07973 285969
Saturday, 7 February	
10:00	Sea Kayak Paddle - Terry Calcott 07828 652775
16:00	Swimming Pool Session - Damean Miller
Sunday, 8 February	
09:00	3 Star White Water Assesment - Clive Ashford 01752 344425
09:00	Intermediate River Trip - John Elworthy 01752 823381
Saturday, 14 February	
09:00	Open Boat River Trip - TBC
10:00	Recreational Paddle - Neville Cannon 07773 342787
Sunday, 15 February	
09:00	Intermediate River Trip - Ken Hamblin 01752 365404
09:00	Open Boat River Trip - TBC
Saturday, 21 February	
10:00	Recreational Paddle - Terry Calcott 07828 652775
Sunday, 22 February	
09:00	Intermediate River Trip - Chris Doidge 07973 285969
Saturday, 28 February	
10:00	Recreational Paddle - Ian Brimacombe 07720 957304
16:00	Swimming Pool Session - Alan Ede
Sunday 1 March	

Paddle-Ability (Andy Nicholls)

The committee is proud to announce the club is becoming a Paddle-ability Top Club. What does this mean I hear you ask? What will change? Well in the first instance not much. The club has been including disabled paddlers for many years and now with this recognition and a few trained people we will be in a better place to provide paddle sport for all for years to come. **Different disabilities have different needs. Consider what activities make up our club programme and how we can make and already do make sessions more accessible: (Here are some examples taken from Canoe England website as guidance)**

1) Joe has a learning disability and sometimes found it hard to understand what the coach is explaining. The coaching team have worked with Joe and his parents to make sure they are using a vocabulary that Joe finds easier to understand.

2) Alice is a wheelchair user once she is in her boat on the water she is completely independent however she needs assistance to get into her boat. The club have ensured that one of the coaches is always on hand to hold her boat when she gets onto the water.

3) Mike has partial sight loss that restricts his range of vision. Club coaches always make sure that they think about where they are positioned in relation to Mike when giving directions.

We are looking for volunteers to go on a short course to help provide us with cover for sessions. Tracy Jones has kindly stepped up as our club point of contact (Tracy is also Intro course coordinator this year so is the main point of contact for many new people to the club). She will be attending this course as will I, a couple other committee members too. Are you interested in attending a 3 hour Foundation Module, to help your club help others enter this world of paddlesport? **You do not need to be a coach. (But we require you to join our DBS registered helpers list)**

Foundation Paddle-Ability Module 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. There is also a further course for those interested.

Intermediate Paddle-Ability Module 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.

Please can you let me know if you are interested in taking part in the first or both modules as we need to book this course? Thanks Andy, leader@ppca-canoe-club.org.uk or 07801 367363.

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.

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	Martin Mills	07530004070	
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
February			
Sun 1, 09:00	Beginners river trip	TBA	Clive Ashford 01752 344425.
Sat 7, 10:00	Sea kayak trip	TBA	Terry Calcott 07828652775. <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>
Sat 7, 1600	Pool session	Plympton pool	Damean Miller 07736033316.
Sun 8, 09:00	Intermediate river trip	TBA	John Elworthy 01752 823381.
Sun 8, TBA	3 star assessment	TBA	Clive Ashford 01752 344425.
Sat 14, 10:00	Recreational paddle	Mount Batten	Neville Cannon 07773342787.
Sat 14, TBA	Open boat river trip	TBA	TBA.
Sun 15, 09:00	Intermediate river trip	TBA	Ken Hamblin 01752 365404.
Sat 21, 10:00	Recreational paddle	Mount Batten	Terry Calcott 07828652775.
Sun 22, 09:00	Intermediate river trip	TBA	Ken Hamblin 01752 365404.
Sat 28, 10:00	Recreational paddle	Mount Batten	Ian Brimacombe 07720957304.
Sat 28, 16:00	Pool session	Plympton pool	Alan Ede 07799556876.
March			
Sun 1, 09:00	Intermediate river trip	TBA	Clive Ashford 01752 344425.
Sat 7, 10:00	Sea kayak trip	TBA	Joy 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>
Sat 7, 1600	Pool session	Plympton pool	Damean Miller 07736033316.
Sun 8, 09:00	Intermediate river trip	TBA	Doug Sitch 07966740025.

Sun 8, TBA	3 star assessment	TBA	Clive Ashford 01752 344425.
Sat 14, 10:00	Recreational paddle	Mount Batten	Neville Cannon 07773342787.
Sat 21, 10:00	Recreational paddle	Mount Batten	Terry Calcott 07828652775.
Sat 21, 16:00	Pool session	Plympton pool	John Mitchell.
Sat 28, 10:00	Recreational paddle	Mount Batten	Ian Brimacombe 07720957304.

Some dates for later in the year, more details will follow once known:

Club Easter paddle Saturday 4th April (fancy dress).



Easter 2009

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).



The first Roseland weekend 2006

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



Midsummer camp River Dart (Ashsprington) 2007

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



The River Thames at Lechlade

The 05 edition of Eddylines will be published on 01/03/15. Items for inclusion to be received by Friday 27/02/15. E-mail articles to newsletter@ppca-canoe-club.org.uk

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



Unknown photo - an early technique for teaching rolling maybe