



Eddylines

Port of Plymouth Canoeing Association

Newsletter 03 January 2015

Welcome

A happy New Year to all club members, families and friends. I hope everyone enjoyed the festive break and managed to get out paddling some time either on the salt or the fresh water. The club activities continue over the winter with the white water season in full flow and the regular rec paddles on a Saturday. If you are new to the club the diary page shows details of club activities but also the website forum has a club paddles and friend's paddles section. This is a great resource for advertising and arranging peer paddles. Thank you to all the contributors in this edition. It makes the editors job so much easier not having to scratch about trying to find stuff to fill the pages. Saying that I have put quite a few photographs in this month. If you would like to send in an article or photo please do, email details at the end of the newsletter. It would be nice to have something from the white water paddlers. There must be lots of tales to tell and share with the rest of the members.

PPCA Xmas paddle

I have been running the club Xmas paddle for a number of years now and the reason I continue to do so is because they are such a fun social time together with great company. A number of club paddlers turned up laden with festive fayre suitably dressed to mark the occasion. There was a bit of a fresh NW blowing so we paddled over to the Hoe and hugged the coast into Firestone Bay and landed at the beach. Commandeering the swimming pool wall the food was laid out and presented ready to consume. The variety and quality of the food is always of the highest standard and a massive thank you to everyone who contributed and to those club members who made the effort to come out and join in the fun. Just a few photos to show what a fun time was had by all.



Photos supplied by Terry Calcott

Pen picture Andy Nicholls - Club Leader

2005 when walking through Plymbridge Woods with my girlfriend at the time we saw a poster advertising a one star course with the PPCA. We thought as our older brothers seemed to be able to take on the expensive winter sports of skiing etc we would try this adrenaline sport as a cheaper alternative! Did our one star and we joined the club. Within a year I had got well onto getting 2 star and started helping out on the Rainbows (now paddlepower) sessions which were great fun and meant more time out on the water.

After achieving 2 star I decided it was time to look at putting back so trained and became a level 1 coach. a year of helping I went back to personal practice and in one summer season managed to pass 3 Star Sea and then in the same winter passed 3 Star White water. Level 2 coach training followed and last year set the personal goal of passing 3 star Canoe so I could go for Level 2 coach assessment. Both succeeded by end of July and found a new love for Open Canoeing.

This Year I have worked mainly on Canoeing with the aim for 4 star by the end of winter season 2014/15. During the summer you will find me out on the water most nights in either Kayak or Canoe. Winter I'm out every weekend when there is water in the rivers in either Canoe or Kayak. I am love passing on my knowledge and skills and get a great sense of achievement when someone manages a new stroke or skill for the first time.

This is my third year on the committee (Publicity officer and Website Admin for the last 2 years) now just taking on the role of leader. If you have any questions about paddling, coaching or helping out in any way feel free to ask me.



Photo supplied by Andy Nicholls

Pool Sessions -Help required

The club has booked a series of pool sessions at Plympton pool over the coming months. Help is always needed by club members to support the coach running the session. If you wish to assist please contact the coach nominated. The sessions are on the following Saturdays; 17th January, 7th February, 28th February, 21st March. Time: 4 – 5pm.

Or if you are interested in taking part in the pool sessions and want to learn to roll or improve your support strokes then have a look at the forum post or contact Joy Ashford for further details.

3 Star White water Assessment (Clive Ashford)

The club are running 2 x 3 star white water assessments, one each on 8 February and 8 March. Booking is essential for these assessments, if you are interested please contact Clive Ashford

cliveandjoy01@gmail.com or 01752 344425. The syllabus can be viewed at <http://www.canoe-england.org.uk/media/pdf/BCU%203%20Star%20White%20Water%20Kayak%20Syllabi%20V3-0%20Oct13.pdf>

Blasts from the past



Club member Paul Brady in the 1970's (Photo supplied by Paul Brady)



*Club trip to Roseland 2007 – Reed clothing was very popular that year
(Photo supplied by Terry Calcott)*

North Coast Episode (article from Dave Pedlow)

It was not the most auspicious of beginnings. Chris Pease, paddle & boat maker and paddler extraordinaire, Emu and I, launched at Carbis Bay into short, powerful, dumping surf, and headed round Carrack Gladden to find longer rides onto Porth Kidney Sands. As we cleared the headland there was a noise from behind us that was a cross between a ripping sheet and an express train, caused by a set of three large swells powering in and breaking outward from the headland. I rode two of them sideways before the break reached me, and then turned out to sea to be buried by the breaking crest of the third. Emu and I regrouped, a little shaken, and saw that Chris, paddling 10 metres or so inshore of us, had been picked up by one of them and bongoed the 100 metres or so into the beach, and was now working his way out through lines of very determined surf. There was no doubt in my mind that if I'd been riding sideways on that wave, it would have been a disaster. Given that my last couple of surf trips to Bigbury (in much smaller stuff than this) had been notable only for the fact that they included as many swims as decent rides, I found that I was remarkably unenthusiastic about dipping my toes in this particular patch of water. Instead I puttered about outside, rather miserably watching Chris pick up ride after ride along the tops of the big sets, sliding over to the backs of the waves, just as the breaks reached him. For his part, Mark was riding his way in on the breakers, and then punching his way back out again.

In the end I managed to screw up enough bottle to start working my way in; and after a few unenthusiastic false starts, managed to pick up a wave, ride along it, get caught by the break and bongo in, capsizing as I did so. One roll later (that session in Jennycliff had been worthwhile!) I was feeling a lot better, and began to work my way out through the powerful surf. That had me well exhausted by the time I got there; so after recovering my breath (and gulping down a mars bar) I concentrated on trying to pick up waves early, ride them between cresting and breaking, sliding off the back as the break reached me. A couple of times I fouled up, bongoed in, capsized, rolled, and had to work out again; but I felt I was making progress.

The surf had been dropping while we were there (from 4 feet to 3 feet Chris reckoned), and finally I managed to catch a wave just right, swing along it, carve a track just by edging the kayak, and finally make a good escape over the back. Then I started breathing again! It was my last run of the day – I wasn't going to spoil that sense of sheer exhilaration - and I reckon I'll probably spend the next five years trying to recapture it.



Chris Pease at Godrevy

Where are they now?

Congratulations to former club member Sam Lyons who has been selected for next year's British Universities Kayaking Expedition to Madagascar. Follow the link to find out how Sam got selected <http://www.teampyranha.com/?p=17172>

Nature Watch - Red Dulce (Article from Mary McArdle)

One for the foragers out there!

Red Dulce grows attached to rocks by a “holdfast” and can be found growing mid-tide of the intertidal zone (the area between the high tide and low tide). Due to its reddish colour it thrives in low light and hence deeper water. From June through to September, it may be picked by hand at low water.

Not just a pretty colour, red dulce (*Palmaria palmata*) is a red alga that has nutritional qualities of quite staggering proportions. Harvested for thousands of years, it is packed with valuable minerals and contains all trace elements needed by humans. This beautiful seaweed is rich in iron, potassium, magnesium calcium, iodine, omega 3, omega 6 fatty acids, protein, fibre and vitamins A, C, E, B-6 and B-12 - an excellent way for vegans to get B-12 which is normally found in animal foods.

With a pronounced salty flavour, you can eat dulce sun-dried or toasted as a healthy snack, or added fresh to soups and stews and fish dishes. Extracts from this seaweed are also used in dietary supplements, herbal medicines, in brewing, bio-plastics and in treatments for ulcers and cold sores.



Photo and photogram supplied by Mary McArdle

Roll on June and the Red Dulce picking season.

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.



PPCA Taxidermists convention (Photo supplied by Terry Calcott)



(Photo supplied by Tony Sicklemore)



Pyranha synchronised display team (Photo supplied by Terry Calcott)

New Year's Day swim

A post appeared on the club forum along the lines of anyone fancy a swim on 1st Jan 2015, posted by Bekky. Now I always thought Bekky to be of sound mind but I was now having my doubts. Just to be curious and to record the event for future generations to marvel at, myself and Frosty Bob went along as non-swimming shore support.

The weather was overcast, the sea rough but a surprisingly muggy 10 degrees air temp. Bekky arrived, Bob G arrived with his wife and a couple of willing family members in tow, Mike S arrived with his wife. The sea beckoned Bekky and her band of merry men and ladies. A run then a sprint and they launched themselves into the surf. They surfaced and smiled and had fun. I take my hat off to all of them for marking the start of 2015 in such a wonderful way. A couple of photos to show you the water babes enjoying themselves.



*Bob (L), Mike (M), Bekky (R)
(Photos supplied by Terry Calcott)*

Note: Just reminiscing about the Scillies a few years ago and the mooring buoy (photo below)!



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
January 2015			
Sat 3, 10:00	Sea kayak trip	TBA	Ian Brimacombe 07720957304. <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>
Sun 4, 09:00	Beginners river trip	TBA	John Elworthy 01752 823381.
Sat 10, 10:00	Recreational paddle	Mount Batten	Joy Ashford 01752 344425.
Sun 11, 09:00	Intermediate river trip	TBA	Ken Hamblin 01752 365404.
Sat 17, 10:00	Recreational paddle	Mount Batten	Neville Cannon 07773342787.
Sat 17, 1600	Pool session	Plympton pool	Andy Kittle.
Sun 18, TBA	Open boat river trip	TBA	Martin Mills 07530004070.
Sun 18, 09:00	Beginners river trip	TBA	Clive Ashford 01752 344425.
Sat 24, 10:00	Recreational paddle	Mount Batten	Clive Ashford 01752 344425.
Sun 25, 09:00	Intermediate river trip	TBA	Doug Sitch 07966740025.
Sat 31, 10:00	Recreational paddle	Mount Batten	Terry Calcott 07828652775.
February			
Sun 1, 09:00	Beginners river trip	TBA	Chris Doidge 07973285969.
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	TBA.
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	Chris Doidge 07973285969.
Sat 28, 10:00	Recreational paddle	Mount Batten	Ian Brimacombe 07720957304.
Sat 28, 16:00	Pool session	Plympton pool	TBA.

Some dates for later in the year:

Roseland this year is looking like being Friday 3rd July - Sunday 5th July. This will be our 10th anniversary.



The 04 edition of Eddylines will be published on 01/02/15. Items for inclusion to be received by Friday 30/01/15. E-mail articles to newsletter@ppca-canoe-club.org.uk

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