

**Port of Plymouth Canoeing Association** 

Newsletter 05 March 2015

#### Welcome

The days are starting to lengthen and the new club paddling programme for the season is now drawn up. Look in the diary section for details of what is going on next month and details of trips planned for later in the year. The club river season is drawing to a close for another year after another successful winters paddling. As usual this edition of the newsletter is full of photos and a lot of articles promoting club activities planned for this year. Thank you to everyone who has contributed. Alas I have retired the 'pen picture' section due to lack of interest, dentist and pulling teeth spring to mind! Today is the start of meteorological spring and it runs until 31 May 2015. Whereas the astronomical spring begins on 20 March 2015 and runs until 21 June 2015.

### Roseland Sea Kayaking Weekend - 10th Anniversary Trip (Mary McArdle)

Our 10th Anniversary trip to the beautiful Roseland Peninsula in Cornwall is now booked from Friday 3rd July to Sunday 5th July 2015. It would be great to have a fantastic turnout for what has become an annual trip to this stunning coastline right on our doorstep. Whatever the weather we have always enjoyed some wonderful sea paddling and excellent company at the Roseland Outdoor Education Centre in the picturesque village of St Just. Accommodation is in bunk beds in dormitories and the cost will be £38 per person plus catering costs.

This is a sea paddle trip for relatively experienced sea kayakers and always delivers excellent paddling and evening frivolities!

BOOK NOW £10 deposit secures a place. Please contact Mary McArdle on 881166/07533 825898 or email <a href="marymca@btinternet.com">marymca@btinternet.com</a>

Editor's note: I have been to all of the previous 9 Roseland weekends and they never fail to deliver, fabulous paddling and great company. If you are new to the club and wish to come along there is plenty of time to get some experience in sea kayaks. By sheer coincidence see my post on the next page.



#### PPCA Introduction to Sea Kayaking (Terry Calcott)

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. Dates to be decided once numbers are known.

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.

# 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 <a href="http://www.scoutactivitycentres.org.uk/locations/youlbury/accommodationandcamping/the-gulf/">http://www.scoutactivitycentres.org.uk/locations/youlbury/accommodationandcamping/the-gulf/</a> 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

# Easter Paddle Sat 4th April Wembury Beach

The Easter paddle will start & finish from Wembury beach. Meet at the beach car park (GR 518484), ready to paddle for 10:30, (0915 at Mount Batten for club equipment). It has become a PPCA tradition over the years that paddlers dress in some form of Easter theme. We also have a communal feast of Easter food to share with each other.

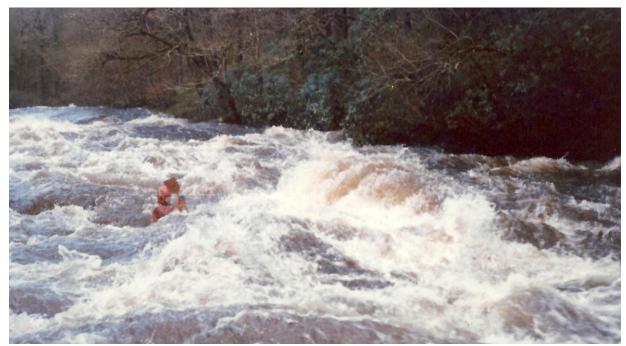
Details will be posted on the forum nearer the date. Where we paddle from will still be dependent on the weather/sea conditions on the day (if inclement it will be from MB).

07828 652775 or terryc1@blueyonder.co.uk

# Blast from the past



The Embankment 1953



Club member lan Shorey negotiating Triple 2 on a quite high day 1986 (photo from Nick Benney)

### Nature Watch - Jellyfish

Not everyone's favourite but in their natural habitat stunning creatures to watch as you paddle by. We are fortunate that from our base at Mount Batten you are likely to see all of the more common Jellyfish to be found in UK waters. A group of jellyfish is called a 'smack' although it is sometimes known as a 'bloom'.



Lions Mane (left) - Fairly common and large - often growing to 'dustbin lid' sized proportions and reaching up to 2m in diameter. They are umbrella shaped and reddish brown in colour with long thin tentacles which can reach up to 30ft in length and produce a sting if touched.

### Moon Jellyfish (right) -The main body is translucent in colour with four pinky/purple spots on the top. This species only has a mild sting. They swim by pulsing the bell which pushes them forward slowly in the water.

Impressive swarms can be

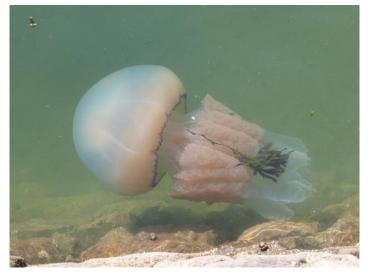
seen in late summer when they are at their largest.



Compass Jellyfish (left) - It is usually described as having a saucer shaped bell (body) which is usually pale yellow to light brown in colour with darker lines running from the centre point to the edges. These lines look like the markings on a compass which is how this species gets its name. (photo by Mary McArdle)

Blue Jellyfish (right) - These are similar in size to the compass jellyfish and also bell shaped but have a purplish/blue tinge to them. If you look closely, you'll be able to see through the body and notice darker radial lines inside. Like other jellyfish, they will sting but it is very mild. It has a thicker umbrella than the common jellyfish, and is often a dark blue in colour. It has a mass of tentacles trailing below it, many of which have stinging cells present.





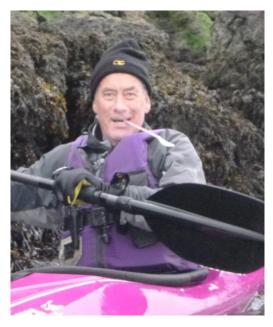
Barrel Jellyfish (left) - Also known as the dustbin-lid jellyfish this species is found mostly around the west and south coasts of the British Isles. They are a large jellyfish species, reaching up to a metre across in exceptional specimens, although they are usually half this size in British waters. The usual colour is white to pale yellow. This species of jellyfish is easily identified by its domed bell upper section and trailing tentacles, the upper portions of which are often referred to as resembling the appearance of cauliflower. (photo taken just off Mount Batten pontoon this year).





A double Banjo on the Upper Dart

### Old Nosey



For the nature lovers amongst you Spoonbills have been sighted recently at Drakes Island. During the Rec paddle yesterday I asked Brim if we could make a detour via Drakes to see if any were roosting. Alas we only came across a close cousin of the Spoonbill the Johnbill (see photo).

During a recent spell of bad weather and the Rec paddle cancelled Clive organized a leisurely walk around the local area. We wish Jane a speedy recovery from the broken wrist sustained when she slipped up during the walk.

Congratulations to Andy Nicholls on passing the 4 Star Leader award in Open boat.

The Yealm Harbour Authority has decided NOT to charge kayaks for launching from their slipways this year. Hip Hip Hooray I say.

## 3 star whitewater kayak assessment (Clive Ashford)

Clive Ashford and Julie Elworthy are running a 3 star whitewater kayak assessment on Sunday 8 March.

In order to prepare for this we do need to know who is being assessed in advance. If you want to be assessed please contact Clive on either 01752 344425 or <a href="mailto:cliveandjoy01@gmail.com">cliveandjoy01@gmail.com</a>

#### Better than the Loop (Clive Ashford)

During the winter months Ken will often be found on a Thursday morning with a bunch of rather suspicious looking characters paddling the Loop section of the river Dart, a bunch of people who have been referred to as "Ken's Thursday Club." Irish Bekky thought that she would like to join them this season so she arranged to have every Wednesday off work. (Yes, Wednesday. At this juncture I am probably not allowed to stress the term *Irish* Bekky, nor speculate that she may have dyed her hair and is actually a natural blonde, so I will let you make those rather naughty connections for yourselves). Being a wily creature Bekky persuaded Ken that Wednesday paddling was far superior to Thursday paddling and so it is that this season Ken's Thursday club now paddles on Wednesdays. I bet this has something to do with being pretty. (Bekky that is, not Ken).

I joined this illustrious(?) band of paddlers early in the season and on one such occasion I spent the time letting Bekky know what she was doing wrong and suggesting ways in which she could improve. I am under no illusions as to my coaching skills so I idly note that when Bekky's skills did improve it would have been in spite of, rather than because of, my intervention, but improve she did.

After a while the Loop becomes a bit dull and some people want to progress to more interesting waters, but that progression can be difficult. The obvious choice of river is the Middle Tavy but getting there when the river is at a sensible level for our progressive paddler can be tricky. The other choice is the Upper Dart, which is a whole grade harder than the Loop, has a lot more rapids and comes with horror stories. As if that wasn't bad enough they have even named one of the rapids Euthanasia Falls, which is hardly a confidence booster for those of a nervous disposition.

Judging whether someone is ready to move on from the Loop is difficult. After a while a club paddler will get to know every line and every rock on the Loop, thus they may look like a good paddler when in fact they simply have a good memory. Moving onto unfamiliar waters will very soon find out any weaknesses, unfortunately often putting huge dents into sometimes inflated but fragile egos. Because of this I have introduced a fair number of club paddlers to the joys of the Upper Dart but with varying degrees of success. The Mitchell brothers and Louis Ede for example have all thrived on the experience but for others a disappointing walk out was the order of the day. Then there were a few social media fans who had spent the previous evening looking at YouTube and subsequently turned up to the river petrified. They also had to walk out but quite possible in a far more relived state of mind.

Anyway, back to Bekky. Her paddling got so much better that on a cold February morning we had a discussion that went along the lines of:

Me. "When are you going to run the Upper Dart?"

Bekky, "When I'm ready."

Me. "I think your paddling is ready, you'll be ready as soon as your head says you are."

Bekky, "Even in this boat?" (Bekky has an ex club Acrobat 270).

Me, "No probs."

Bekky "I'm ready."

Me, "What are you doing on Monday?"

And so it was that Bekky, Tony Blackmore and I met at New Bridge car park on a cold Monday morning with a dusting of snow making for a very picturesque scene. The river level was definitely on the low side but we decided that wasn't a bad thing. We got changed, sorted out the shuttle and set off to Dartmeet.

The Upper Dart starts off as a simple grade 2, soon becomes grade 3 and then comes to a rapid that I call First Island. (I don't think anyone else has given that rapid a name). First Island is fairly long, demands manoeuvring of the boat on the rapid to get down narrow jets and will always put rocks in the way to trip up the unwary paddler. This rapid is harder than anything on the Loop and as I described it to Bekky I made the observation that if she wasn't still smiling at the bottom of this rapid, then we would need to have a discussion as to what we were going to do, or rather what she was going to do. I need not have worried; we pulled into an eddy after First Island with Bekky's face making like a Cheshire Cat.

We bobbed down the remainder of the grade 3 warm up section and then arrived at the top of the Mad Mile, the famous section of grade 4 paddling, which may or may not be a mile long. At the top of each rapid we talked about lines, sometimes got out and inspected and then ran the rapid. As the Cheshire Cat kept smiling I assumed that everything was going fine and carried on in similar vein.

We got to the last of the grade 4 rapids. Again I described the route to Bekky and as Tony led the way I asked if Bekky wanted to go second or third. Unusually Bekky said third but as it transpired that was a good call. I can report that Tony managed to get lost and that following him would have involved having eyes on stalks and a less than calm demeanour. Tony ran out of water and was seen desperately pushing with his hands and using his very expensive paddle as a pole vault. The desperation of a paddler wedged just above a gnarly rapid, scrabbling around trying to find some water on which to paddle was very evident. As an aside just 12 days later Tony and I were approaching the same rapid. "Are you going to get lost this time Tony?" I quipped, marvelling at my wit, and led off. Not 30 seconds later I was swimming around at the bottom of the rapid feeling somewhat foolish, all of which just goes to show that feeling smug is quite often only temporary.

We all got to the end of the trip very happy, carrying our boats back to the waiting cars with a spring in our step. Personally I am delighted that I had made a sound judgement as to Bekky's abilities, the next person I introduce to the Upper Dart may not have such a positive experience but today was a success story and for now I will bask in that glow.

I don't know how long it took Bekky to stop smiling but I do know that the Loop will never be the same for her again; such is the effect of paddling on waters better than the Loop.

I sent Bekky a draft version of this story to check she was OK with it going into print. She replied asking if I could add the following addendum. Addendum eh? How very educated.

#### Addendum. (Bekky).

Thank you for the very complimentary write up Clive. I personally would like to say thank you not only to Clive but also to Ken who patiently did the Loop week after week. I really enjoyed the sessions and the banter. I am also aware that there are lots of great whitewater paddlers in the club who have done similar sessions and who far surpass me. Steve H, for example, has also done the Upper this season and should definitely get credit for this. I am sure there are many others I haven't mentioned also. I'm just aware we're one big family of paddlers and I would like this year's PPCA whitewater team to be equally proud of their individual achievements. I certainly wouldn't be paddling as I am today if my fellow paddlers hadn't cheerfully fished me out of the Loop at regular intervals.

I am extremely happy that Clive (and Tony) offered me the opportunity to do the Upper but I've also had many fun days on the Loop...... even if I did spend a lot of time swimming!

#### First Aid Course (Joy Ashford)

The PPCA is running a one day and two day first Aid Course. The one day course is on Saturday 28<sup>th</sup> March. The two day course will be on Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> March.

The one day course cost £25. The two day course cost £50.

Venue; Wembury Scout hut. Barton Close. PL90EB (In the grounds of Wembury primary School).

This course is open to PPCA members, other canoe clubs, friends and family.

To book your place, please contact Joy Ashford at <a href="mailto:joyashford6@gmail.com">joyashford6@gmail.com</a>; tel 07891221781.

Cheques made payable to 'PPCA'.

Below is a list to show the required qualifications needed by coaches.

BCU (UKCC) Level 1 Coach;1 Day

Old BCU Level 1 Coach and 'Old' BCU Level 2 Coach;1 Day

BCU (UKCC) Level 2 Coach; 1 Day

BCU Moderate Water Endorsement; 2 Days

Old BCU Level 3 Coach; 2 Days
Old BCU Level 4 Coach; 2 Days

BCU 4 Star Leader; 2 Days

BCU (UKCC) Level 3 Coach; 2 Days

#### Curry Evenings at Mountbatten (Penny & 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 21<sup>st</sup> 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 5<sup>th</sup> 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 8<sup>th</sup> April for the curry on the 21<sup>st</sup> 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.

### 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. <a href="mailto:andy@ppca-canoe-club.org.uk">andy@ppca-canoe-club.org.uk</a>

#### 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 authors section

### Plymouth Sound View from a kayak'

At nearly 100 pages it is a mix of history, nature, geology, paddling and photos, with as the title suggests what you can see from a kayak within Plymouth Sound. £5 a copy to club members.

All of the profits split between the club and the RNLI. Contact terryc1@blueyonder.co.uk

#### 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 <a href="mailto:cliveandjoy01@gmail.com">cliveandjoy01@gmail.com</a>.

#### For Sale

Nordkapp (HM) sea kayak for sale. Old (Ocean cockpit ) but dry. Fibreglass. £250 or offers. Or exchange for a sea paddle. Please contact Paula Jones. Email: <a href="mailto:paula@beara.eclipse.co.uk">paula@beara.eclipse.co.uk</a> or text on 07790782869 ref kayak

### Club Officers

Terry Calcott	07828652775	
Mike Scott	01752 295478	
Jenny Nicholls	01752 952628	
Andy Nicholls	07801367363	
Jane Hitchings	01752 691274	
Martin Mills	07530004070	
Paul Hewson	07870276748	
John Elworthy	01752 823381	
Alan Ede	07799556876	
Pete Anderson	07958694434	
Joy Ashford	01752 344425	07891221781
Tracy Jones	01752 510653	
Damean Miller	01752 492761	07736033316
	Mike Scott Jenny Nicholls Andy Nicholls Jane Hitchings Martin Mills Paul Hewson John Elworthy Alan Ede Pete Anderson Joy Ashford Tracy Jones	Mike Scott       01752 295478         Jenny Nicholls       01752 952628         Andy Nicholls       07801367363         Jane Hitchings       01752 691274         Martin Mills       07530004070         Paul Hewson       07870276748         John Elworthy       01752 823381         Alan Ede       07799556876         Pete Anderson       07958694434         Joy Ashford       01752 344425         Tracy Jones       01752 510653

Club e-mail: <a href="mailto:PPCA@ppca-canoe-club.org.uk">PPCA@ppca-canoe-club.org.uk</a> (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		
<b>March</b> Sun 1, 09:00	Intermediate river trip	ТВА	Clive Ashford 01752 344425.		
Sat 7, 10:00 Sea kayak trip TBA Terry Calcott 07828652775.  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					
Sat 7, 1600	Pool session	Plympton pool	Damean Miller 07736033316.		
Sun 8, 09:00	Intermediate river trip	ТВА	Doug Sitch 07966740025.		
Sun 8, TBA	3 star assessment	ТВА	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	Terry Calcott 07828652775.		
<b>April</b> 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	lan Ruse 07980355019.		
Sat 11, 10:00 Sea kayak trip TBA Clive Ashford 01752 344425. 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					

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Date	Type of paddle	Location	Session leader
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	lan 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	lan Ruse 07980355019.
Sat 25, 10:00	Recreational paddle	Mount Batten	Neville Cannon 07773342787.
Sat 25, TBA	Starter session	Mount Batten	Andy Nicholls 07801367363.
Tue 28, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Andy Kittle/Damean Miller Ken Hamblin Ian Ruse Terry Calcott

#### Some dates for later in the year:

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

Midsummer(ish) camp 20<sup>th</sup> – 21<sup>st</sup> June (Clive Ashford).

River Thames weekend away, 18<sup>th</sup> – 20<sup>th</sup> September (Clive Ashford)

The 06 edition of Eddylines will be published on 05/04/15. Items for inclusion to be received by Friday 03/04/15. E-mail articles to <a href="mailto:newsletter@ppca-canoe-club.org.uk">newsletter@ppca-canoe-club.org.uk</a>

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



PPCA members 1999 (is that a young Clive 2<sup>nd</sup> from the left?)

Clive one of the club stalwarts had a milestone birthday party recently. The dictionary definition of a stalwart is a loyal, reliable, and hard-working supporter of or participant in an organization or team. I think that sums up Clive nicely.