



Port of Plymouth Canoeing Association Wet News 04 March 2016



Website:- <http://www.pcca-canoe-club.org.uk/>

Intro

Well we are nearly at the end of our Winter Season as at the end of the month the clocks change again... but time reflect upon what we have carried out...many river trips, still getting the Rec Paddles out around the sound even with the various storms that have hit us. Even if you did not want to get out in the cold there was still the opportunity for some indoor roll practice. Constantly Skills have been learnt and others have been pasted on, a great testament to our coaches and helpers to get people out on the water.

If there is something you want to write about or feel passionate about then please send me an email newsletter@pcca-canoe-club.org.uk and we can look at including it in future iterations.

Committee

Your Committee is :-

- Chair – Tracy Jones
- Vice Chair – Mike Scott
- Club Leader – Andy Nicholls
- Assistant Leader – Ben Mitchell
- Secretary – Bob Grose
- Welfare Officer – Sheona Grant
- Intro coordinator – Wendy James
- Membership Sec – Paul Hewson
- Treasurer – Jenny Nicholls
- Equipment – Pete Anderson
- Publicity Officer – Nick Campbell
- Youth Dev Officer – Damean Miller

Full contact details can be found on the club website under “Contact Us” tab.

Next Committee Meeting will be held:- **Tuesday 9th March 2016, any points you wish to raise contact Bob Grose secretary@pcca-canoe-club.org.uk

FINAL Pool Sessions – Nick Campbell

Just a reminder the last pool session for this winter is **Saturday 5th March**, it’s your last chance to learn those wet skills in a warmer environment. Still a few places left due to some people having to pull out due to illness.

To book please visit our website and either follow the link at the top of the homepage or see the Join Section.

ROCK 'N ROLL NIGHT 13th February ~ Merryl Docker

A huge wholehearted "THANK YOU" to everyone, PPCA members, family and friends who came along to support our fund raising "Rock 'N Roll" night on 13th February. It was a wonderful evening, A total of 55 came along to enjoy the music of our youth. Rick the Stick (aka my husband Paul) had a great time too! Mount Batten did us proud by offering the use of the Isobar at a much reduced fee in order to help with our fund raising. The bar staff couldn't have been more helpful and fun which helped the evening along also. As the PPCA cycle team are cake makers, it was entirely appropriate that there were tables groaning under the weight of delicious home made cakes thanks to Linda and Mary, the sale of which swelled the fund raising as well as the waistlines. A grand total of £411.00 profit was made on the night towards our 100 km sponsored "Ride the Night" through London on 28th May. Thanks to the support of you all, we are nearing our total of £2,000 between the 10 of us in the team. Money raised is for "Women vs Cancer" supporting the three charities for Breast, Cervical and Ovarian cancer. If you would like to contribute (and haven't done so already) you can visit our "Just Giving" pages:

<https://www.justgiving.com/J-ASHFORD/>
<https://www.justgiving.com/Jane-Hitchings/>
<https://www.justgiving.com/LINDA-BRADY1>

Training is going on in spite of the cold, wet and miserable winter weather, knowing we have your generous support is giving us much needed encouragement ~ much appreciated.

The team members are:- Helga Pinn; Joy Ashford; Mary McArdle; Rowena Cerrino ; Sharon Gardner; Jane Hitchings; Linda Brady; Jackie Walters; Valerie Jobling and Merryl Docker.

Do you shop online? – Andy Nicholls

Help Fund Our Club!



The Club has an Easy Fundraising account. Simply go to our website, you will see on almost every page, the above image. Simply click on it and it will take you to the sign up screen for our cause. You can download a reminder tool and then it will automatically pick up when you visit a website where we can collect donations. You do your shopping and Easy Fundraising will give us some money, it won't cost you a penny.

A weekend of paddling part 1. The salty bit. - Article by Clive Ashford, photos by Joy Ashford.

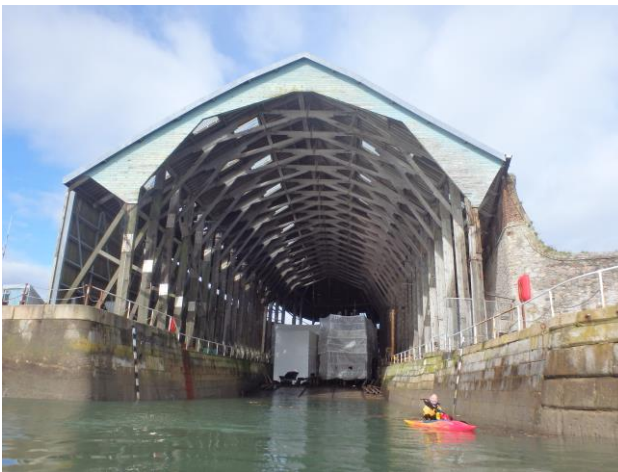
If you have access to Big Brother's CCTV footage for Sat 13 Feb you will be able to follow the progress of Joy's white van as we wended our less than merry way to Mount Batten. Joy was leading the Saturday paddle but with a cold wind blowing in the odd shower under a leaden sky she was not looking forward to the experience, in fact Joy would have been quite happy if no-one had turned up, but by 10:00 there were 7 other desperados, paddles in hand, eagerly hanging on Joy's every word.

The wind was force 3 – 4 NE and as we assembled around the green marker just off the western slipway at Mount Batten the air temperature was definitely not tropical. (I know that you have already been told this but some of you have a short attention span). Joy gave us some instructions but they were lost in the wind so we followed her like 7

ducklings behind a mother duck. We proceeded to the Hoe and by the time we had explored the cave by the Lion's Den the sky had lightened and the showers had died away. Out of the wind the day was turning positively pleasant, which in turn raised our spirits. We looked out to sea to observe surf crashing over the Breakwater and once again gratefully realised what a good job this structure does in protecting the Sound from adverse sea conditions.

There was very little in the way of swell along the Hoe so there was very little to do in the way of rock hopping. With no watery excitement we resorted to having pleasant conversations with our fellow paddlers, all of which kept us entertained until very shortly we had passed Firestone Bay, but not before we had observed 2 groups of swimmers. I sometimes wonder about our mental state but feel positively sane compared with these hardy souls.

* This is when the hours that Joy had spent planning this trip bore fruit. "I think we will go around to the Royal William Yard." She said, "The tide will be running around Devils Point, take care." She wasn't wrong, by now we were 2 hours after high tide and with the rivers swollen by a winter of nearly continuous rain there was a lot of water



The old dry dock at Devonport, pictured here with a miniature man-of-war making a hasty retreat.

trying to squeeze through the Narrows and out into the Sound. Some people found themselves going backwards for a while until they woke up realised that they needed to paddle a little harder in order to make progress. To add to the challenge it was as we rounded Devils Point that we realised how sheltered we had been from the wind. Brrr.

Joy then led us to the head of Stonehouse Creek where some of us attracted the attention of the Princess Yacht security guard by paddling between the stilts that support their buildings. The guard glared at us while we serenely smiled back, but to be fair he was probably feeling a bit cold. He did however manage a grunt in response to my cheery, "Good morning."

The next objective in Joy's intricate plan for the day* was to go and look at the King Billy statue which stands adjacent to the old dry dock within the Devonport Dockyard complex. This dock was designed to accommodate the exact measurements of a man-of-war of the late 17th century. More slow progress was made against the out-rushing tide but eventually we found ourselves gazing at the king himself. (He needs a lick of paint). With Derek Taits' permission the following passage has been blatantly copied from his Plymouth Local History website.

<http://plymouthlocalhistory.blogspot.co.uk/2010/10/king-billys-staue-at-mutton-cove.html>

The statue that stands beside the dockyard at Mutton Cove, known as King Billy, is of William IV who reigned between 1830 and 1837. The statue was originally a figurehead on the 120 gun warship, 'Royal William'. The ship was converted to steam in 1859 and the figurehead was replaced with a smaller one. The original figurehead was then placed at the southern end of the dockyard where it has remained a landmark for many years after. The replacement figurehead cost the Admiralty £35. It no longer exists because the ship it was on, later renamed Clarence, was destroyed by fire in 1899 while it was a training ship moored on the Mersey.

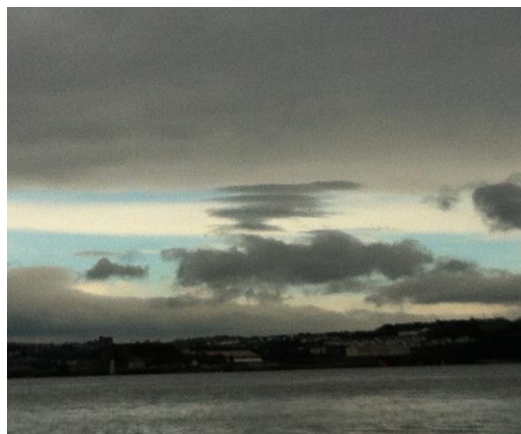
In the 1990s, the figurehead at Mutton Cove was deteriorating fast so it was decided to make a fibreglass copy which now stands in place of the original.

The original wooden figurehead has now been restored and stands along with other preserved figureheads at Black Yarn Stores at Devonport Dockyard.

We drifted with the tide back to the slipway at Richmond Walk where we had lunch, quite possibly the first time that a PPCA paddle has dined at this particular spot. The highlight of the paddle came during lunch when I produced a

cake to mark the occasion of both mine and Joy's birthdays. Whilst not a patch on a Mary cake my effort did at least receive good reviews.

The paddle back to Mount Batten was both gentle and tide assisted, which was probably just as well after a morning fighting strong currents. This relaxing paddle gave us the opportunity of looking around. There was surf pounding over the Bridges and huge columns of spray were exploding into the air just outside the Breakwater. Once again we were impressed by Joy's meticulous planning.*



But it wasn't all nature at its violent best. When we launched after lunch I saw a kingfisher fly by. I turned to point this out to my fellow paddlers but at that stage there was no-one within earshot so I was left sharing the moment with all my friends. Then later, whilst paddling across the Hoe, we were treated to the view of a cloud formation that looked like a stack of UFO's. Apparently these were Lenticular clouds, also known as altocumulus, which are formed when strong moist wind blows over rough terrain.

Some of our paddlers were looking a tad weary as we got off the water and put our gear away, but it's not for me to feel smug because I had left my towel at home. At this point I will make the observation that having a nice warm shower after paddling on a cold winter's day is an overrated activity. Yeah?

* She made it up as we went along.

Intermediate sea kayak trips – Clive Ashford

You will be aware that the PPCA runs a sea kayak trip on the first Saturday of every month. These trips are jolly good fun but sometimes I think that we need to stretch ourselves a little bit more, so with this in mind I intend running some intermediate sea kayak trips over the summer months, which I have optimistically decided will run from April to September. (Now that would be a summer to write home about)! The plan is be to paddle approx 15 miles and be away from Mount Batten, so longer paddles and longer days, bet you can't wait. If conditions are not conducive to proper sea kayaking we may play in the Sound honing our skills, 'cause if you are like me your skills will need honing!

The dates for these trips are:

16 April, 14 May, 13 August & 17 September 201

The club's annual Roseland weekend is to be held on 2 & 3 July and I also will be running longer trips over the course of this weekend. (There will no doubt be a separate article giving info about the Roseland weekend in due course).

Finally on the 25 – 26 June 2016 I hope to run our annual overnight midsummer(ish) camp.

Details of all these trips will appear in the club calendar with final arrangements being posted on the club forum closer to the date.

HOW VERY EXCITING

Just another “office” Wednesday

We’d hoped for an easy day, exploring and rock hopping the coast eastward along Yealm Head – but that’s not what we found. The wind had come nearer to East than North, so the anticipated shelter from the wind just wasn’t there. To make matters more interesting, the wind was stronger, and there was more of a swell from the South East than we had anticipated. In fact the whole of that stretch of coast had turned itself into a surf ridden lee shore.

Rounding Gara point against the full thrust of the Channel tide ebb gave us fair warning that any rock hopping was going to be of the dynamic kind; and Jane and I could only admire as Bob Gross gave us a lesson on how to do dynamic rock hopping in a composite Romany sea boat. We pressed on, finding some stuff that was fun to do, and some that was, frankly, extremely worrying, until we realised that all the places we had thought of as possible resting spots were anything but.

Faced with yet another impossible surf washed jumble of rocks of a “lunch beach”, we treated ourselves to mars bars and energy gels, and set a course for the Little Mewstone. In a moment what had been hard work and a somewhat forbidding paddle turned into a dream outing. With the wind and swell behind us, the tide running under us, and away from the near-shore clapotis, we enjoyed a paddle to die for. We even ran out of the cloud and Fort Picklecombe and the lighthouse on the end of the Breakwater gleamed in the sunshine – easily visible through the gap between the Mewstone and Wembury Point.

I was reminded of the reports of sailing masters, in the years following the construction of the Breakwater. Uncertain of their position on moonless nights, thinking they were further off shore than was the case, they glimpsed the Breakwater Light through this gap and set a course for it, only to come to grief on the Slimers and the reefs of Wembury Point.

And they almost weren’t the only ones to come to grief! Looking for the gap between Mewstone Ledge and the Little Mewstone, that wasn’t really there in those conditions, I found myself, thanks to a spirt of the tide, very much where I didn’t want to be, with rocks popping up out of the swell every which way. So glad I wasn’t in a sailing dinghy!

Having extricated myself, we ran down the side of the Mewstone, and then picked a route over the reef, to find, apparently against the odds, sheltered water and a safe landing just off the “fisherman’s cottage” and slip on the East side of Wembury Point, where we could bask in the sunshine.

After lunch we played in the rock channels, with the rising tide, and then headed home at the end of as varied a 10 mile paddle as one could hope for.

Worldwide Correspondent – Julie Elworthy

Blogg 1)

After paddling on a two week course in Slovenia with a reputable local provider I was put off totally with coach guide trips . I was on this particular trip for two weeks and out of the two weeks I had 2 days coaching and the rest I paddled with his intern who for the first 3 days got me eddy hopping on lots of running flat water for 3 hrs a day and if I looked like I was enjoying myself and whooping down a small rapid I was told its not about looking cool and had the zip the mouth signalto be quiet ? needless to say It put me off trips !!



I will say though Slovenia is a great paddling destination and I wish to return , but it would be with a different provider . The highlight of this holiday was when John and I paddled the Coritnica and teamed up with an Irish lady who told me to ditch the coach and come paddle with her group in hind sight that would have been the better option . I will say no more about the 2nd week other than on my return some previous clients had had similar experiences to me !! Be warned choose your guides/ coaches carefully !!

18mths later I read an interesting article written by Sam Waites who I paddle with and have worked for and I was intrigued by what he had paddled in Scotland with Ross Montadon New Wave Coaching. Ross is one of the youngest inspiration coaches who for this trip was based in Scotland .



The course itself was an intro to steep creeking "This is Scotland ". John and I decided to book it . John had already had some experience in Italy in May with steep creeking so he had the knowledge of what the course entailed , I was obviously very nervous about the whole thing .

October 2014 came and off we went.

We arrived at the house and immediately clicked with everyone who had booked , Ross referred to us all as noisy football spectators , I think we were all a bit nervous about the week ahead !

After our introduction we discussed individually our needs and aspirations for the week ahead

I wanted to have a go at boofing and generally up my paddling skills ..

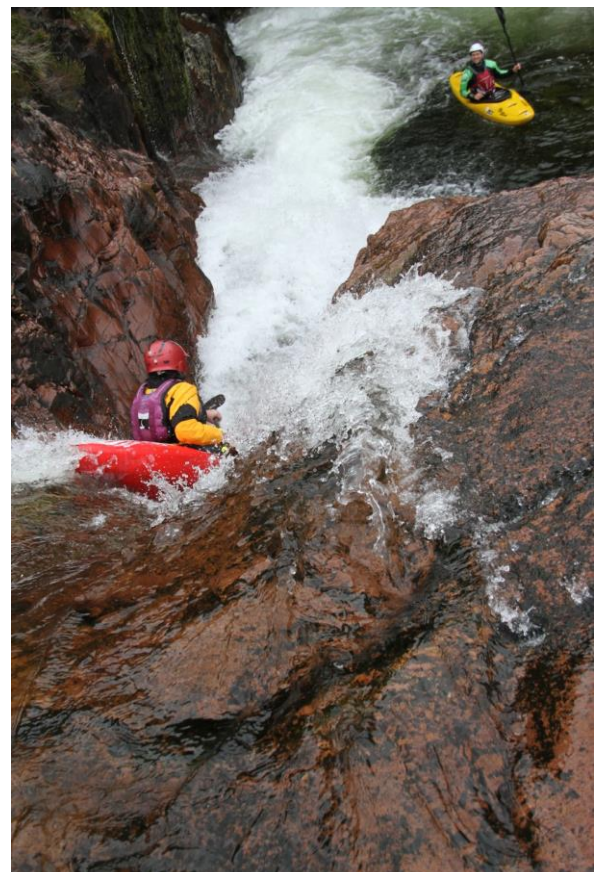
Day one

We paddled the ~Faerie Glen a pretty warm up section in the morning.

Then we paddled a section on the Etive learning some key strokes to aid the boofing sometimes the timing worked other times not so good !

After spending some time on this technique we went back to do a drop . A lot of novices have said to me do you ever get nervous and I have told them yes ..this was one of those moments where I start to hyperventilate and look like a chip monk under my helmet .

The drop on the Etive the last one on triple drop is about 8 foot it could just about have been 100 feet the feelings I had would have been just the same . For those that know me I have a fear of Heights and of water especially open water .



My paddle buddies were boofing over the edge in front of me some were good and others were cooling off in the water below ..my turn had come . Talking to myself as I approached the edge ride up on the right corner then do a left stroke and hold, this helps you stay forward but as I went over the edge I lean't backwards and closed my eyes this dosen't work I landed but over I went swept into the rock face below failed a roll and out of my boat . It took me 3 attempts but when I got it I was elated it was high fives all around .

The rest of the week was fantastic we paddled the Orchy . The Speen and the arkaig which they are now damming.We did the 25 foot slides "Speed" and ecstasy. We paddled the Etive down to the sheep trolley . It was an action packed week .

We laughed all week like a bunch of school children . All were active in group management and peer supporting.

The Orchy was a beautiful river a days paddle with lunch enroute . It was here I did my first cliff jump after many 1,2,3 jump I think it took about 10 minutes and logan was running out of battery life on his camera trying to capture this momentous occasion . When I did jump I was still holding onto Ross's arm and nearly took him with me ..I wouldn't want to do it again once was enough and beside which if I had done a second jump it would have been dark

...



I didnt get to do right angle falls which was a bit dissapointing but having gone down backwards over a rapid on the Orchy I had a bit of whiplash so I didn't do this drop on the last day . I had to suffer a hot chocolate with rum and lashings of whipped cream in the local pub which also stocks a copious amount of different branded whisky's .

Ross was an excellent host and Nathan his intern was amazing . The food they produced pulled pork lemon drizzle cake etc all home cooking catered for everyones diet , did I say diet ..I reckon we all put on a few pounds with the excellent cuisine .

John and I on our free day climbed Ben Nevis it was a perfect day visibility was superb with a 360 degree not a cloud in the sky cold there was still ice on the ground .

The week is full and if you want a break you can just stop take in the stunning scenery take pics , what ever you choose to do Ross is very accommodating.

Ross maybe one of the youngest coaches around but his technique in teaching you kayaking is second to none . Ross takes you back to basics and builds on your existing foundation. Some coaches I find feel the need to strip you of what you have learnt so that you can end your time with them going away learning one skill to make you feel better, this I find an awful approach and am glad that Ross has not adopted it.

There were times I felt totally out of my depth and the challenges were immense but I felt secure in the knowledge that I was safe at all times. This is something that scores highly on my kayaking agenda because sometimes things can very quickly go horribly wrong.

The trip far exceeded my expectations. I would highly recommend The "This Is Scotland Trip" to anyone who wants adventure with one of the safest friendliest coaches. I have since been back and I will tell you about that in one of my future blogs.

My confidence had been restored in coach guided trips don't ever be put off it's always worth shopping around and never forget you are the paying client don't be afraid to speak up if something is not right ...I never have.

HIGHLIGHTED POINTS

Tuesday Evenings – Tracey Jones (Chair)

With the new Tuesday evening season about to start I thought it might be a good idea to say what we have planned both as an introduction for new members and a refresher for those who have been before

This year, we are planning the following sessions

- ⑩ **Two Star** – Basic skills such as paddling in a straight line, forwards, backwards and sideways and rescues. A joint award in kayaks and open boats so you will need half a dozen or so sessions in open boats. Bear in mind that we only have a few open boats so, if everyone leaves it to the last minute, somebody will be disappointed. Involves getting wet
- ⑩ **Three Star** – Skills at a higher level. Recommended for those who want to do white water over the winter or those who simply want to paddle safely in all conditions. Involves getting wet.
- ⑩ **Open Boat** – A requirement for Two Star but also an overlooked pleasure for everyone else. A chance to master the J stroke, the power pry and manoeuvring a heavy object in winds. Beards optional. Involves getting wet.
- ⑩ **Recreational Paddle** – For those who just want to go for a sociable paddle. There are no formal requirements for this session but please bear in mind that it involves two hours or so of more or less continuous paddling so you will need to have developed some skills and stamina in order to get the best out of the session. Probably won't involve getting wet. Probably.
- ⑩ **Youth Session** - It would be great to run a separate two star session for youth members but this will depend on people volunteering to help. If you're on the club's helper list or if you'd like to help with these sessions please contact Andy Nicholls (Club Leader) or Sheona Grant (Welfare Officer). Also a good opportunity for youth members who already have their two star award to improve their CVs / Personal Statements by helping out. Will involve playing lots of games and getting extremely wet.

All sessions, unless otherwise advertised, will start at 18:00 ON THE WATER, so please allow plenty of time to get changed, get your boat out, stand around moaning about the weather, committee etc. If you arrive late it will be at the coach's discretion whether you are allowed to join the group. At the beginning and end of the season in particular, sunset is early and our time on the water is limited so we need a prompt start to get the most from the session.

The syllabuses for Two and Three Star are available on the website. It's a good idea to download the syllabus and tick off the bits you're happy with. The coaches will cover all aspects of the syllabus but it is down to each paddler to make sure they are competent in each area. If you're in any doubt, please ask a coach who will be delighted to tell you how competent you are. If you're doing Two Star, don't forget about the open boats. The sessions will run every week but it's up to you to make sure you do them.

Have fun paddling.

Diary Dates:- As @ 04 Mar 2016

NB. – Make sure you check online for the most up-to-date version of the calendar and for details within the forums of any trips being run.

| Day | Date | Type of Session | Location | Coach |
|------------------------|----------|--|---|-------------------------------------|
| March | | | | |
| Saturday 10:00 | 05-03-16 | Sea kayak trip - The club sea kayaks can be booked with the Club Equipment Officer, <u>???</u> | Mount Batten Final details to appear on the website forum. | Ian Brimacombe 07720 957304 |
| Saturday 16:00 - 17:00 | 05-03-16 | FINAL Swimming Pool Session | Plympton Swimming Pool | Lead Coach TBC |
| Sunday 9:00 | 06-03-16 | Intermediate River Trip Final details to appear on the website forum. (End of river dart WW season) | TBA | Ken Hamblin 01752 365404. |
| Saturday 10:00 | 12-03-16 | Recreational Paddle | Mount Batten Final details to appear on the website forum. | Terry Calcott 07828 652775 |
| Sunday 9:00 | 13-03-16 | Intermediate River Trip Final details to appear on the website forum. | TBA | John/Julie Elworthy 01752 823381 |
| Saturday <u>11:00</u> | 19-03-16 | Recreational Paddle, Please note 11:00 Start | Mount Batten Final details to appear on the website forum. | John Mitchell 01752 219246 |
| Saturday 10:00 | 26-03-16 | Easter Paddle- Fancy Dress | Mount Batten Final details to appear on the website forum. | Terry Calcott 07828 652775 |
| Sunday | 27-03-16 | Clocks Change Start of Summer Program | | |

| April | | | | | |
|----------|--------|--|---|---------------|--------------|
| Saturday | 02-Apr | sea kayak | Clive Ashford | | |
| Friday | 08-Apr | open family | Ian Ruse | | |
| Saturday | 09-Apr | rec paddle | Joy Ashford | | |
| Tuesday | 12-Apr | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 15-Apr | open family | Ian Ruse | | |
| Saturday | 16-Apr | rec paddle | Ian Brimacombe | | |
| Tuesday | 19-Apr | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 22-Apr | open family | Ian Ruse | | |
| Saturday | 23-Apr | rec paddle | Clive Ashford | | |
| | | T1 Starter Session | Andy Nicholls | | |
| | | SOT1 Safety Course | Andy Nicholls | | |
| Tuesday | 26-Apr | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 29-Apr | open family | Ian Ruse | | |
| Saturday | 30-Apr | rec paddle | Terry Calcott | | |
| May | | | | | |
| Tuesday | 03-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | Andy Kittle Ian Ruse Clive Ashford Terry Calcott | Damean Miller | Adam Mumford |
| Friday | 06-May | open family | Andy Nicholls | | |
| Saturday | 07-May | sea kayak | Joy Ashford | | |
| | | OSC 1 One Star | Brian Taylor | | |
| Monday | 09-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |
| Tuesday | 10-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Pete Anderson | Adam Mumford |
| Friday | 13-May | open family | Jenny Nicholls | | |
| Saturday | 14-May | rec paddle | Doug Sitch | | |
| Monday | 16-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |
| Tuesday | 17-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Alan Ede | Adam Mumford |
| Friday | 20-May | open family | Ian Ruse | | |
| Saturday | 21-May | rec paddle | Joy Ashford | | |
| Monday | 23-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |

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|----------|--------|--|---|---------------|--------------|
| Tuesday | 24-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Pete Anderson | Adam Mumford |
| Friday | 27-May | open family | Ian Ruse | | |
| Saturday | 28-May | rec paddle | Terry Calcott | | |
| | | T2 Starter Session | Andy Kittle | | |
| | | SOT2 Safety Course | Andy Kittle | | |
| Monday | 30-May | Paddle Power | Andy Nicholls | Adam Mumford | |
| | | Sportivate 1 | Sami Pluckrose | | |
| Tuesday | 31-May | 2 star kayak 2 Star Canoe 3 Star Kayak Rec Paddle | John Mitchell Andy Nicholls Jenny Nicholls Joy Ashford | Alan Ede | Adam Mumford |