



Eddylines

Port of Plymouth Canoeing Association

Newsletter 07 May 2015

Welcome

Welcome to the May edition of Eddylines. The various club training sessions are up and running now with the first block of Tuesday training already complete. The 2 star group is popular with both kayak and open boat training taking place. 3 star has a dedicated core of paddlers and the numbers will swell as paddlers move up from the 2 star group later in the season. The Tuesday Rec paddle continues to be well attended and fills that niche for the paddlers who do not wish to undertake formal training but still want to get out on the water during the week and socialise with their friends and have a paddle. Taster sessions and 1 star courses have got underway and hopefully we will get some new club members joining after the kayak bug gets into their blood. Paddlepower is about to start and the younger paddlers will be getting out on the water. Open boat Fridays are in full swing with forays up the Plym and out into the Sound taking place. I recently ran an intro to sea kayaking course which hopefully has given those paddlers attending the inspiration to continue and try more sea kayaking out.

This edition is a bit slimmed down due to a very limited supply of new material coming in. Although I could fill it with all of my favourite topics, it is a club newsletter and as such should reflect the club as a whole. So please if you have any articles, trip reports, kit reviews, photos, etc please send them in. I will attach and send out the club committee minutes whenever I receive them in the future. The members are always keen to hear about their club, I know over the years the newsletter has been used by the various club officers to inform the membership how the club is doing generally with a few short articles to update us.



Tuesday evening Recreational paddle (photo Terry Calcott)

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



Last year's midsummer camp (photo Terry Calcott)

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 <http://www.scoutactivitycentres.org.uk/locations/youlebury/accommodationandcamping/the-gulf/> 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

Your Club Needs You (Joy Ashford)

You may not be aware that your club only stays financially in the black by running one star courses, taster sessions, paddlepower, etc. Your membership money alone does not cover the clubs running costs.

I am sure we are all very grateful to our coaches for running these extra sessions! But we couldn't do it without your help. It takes a lot of work to run these sessions and we appreciate help from competent club members. Just by having a couple of extra helpers on a session to give confidence to the new paddlers; assist on the water with rescues, games etc, or on land with fitting out boats and kit for people can be a great help.

We have a list of club helps that coaches can contact for assistance, but the more people on the list the better. If you are a club member of 2 star level or above and would like to help, please contact Andy Nicholls (Club leader) or Joy Ashford (Welfare officer). As a club, we like all our coaches and helpers to be DBS (CRB) checked. This doesn't cost us a penny and is doesn't take too long to do.

So with our new training season upon us, please consider becoming a club helper. Joy Ashford tel 07891 221781; email joyashford6@gmail.com

River Yealm Lifeboat

If you have paddled the Yealm estuary recently you may have noticed a lifeboat tied up to a mooring. Adam Coulson sent in a website link to the Association of Dunkirk little ships which explains the history of this remarkable vessel.

Please have a look at the link for further details <http://www.adls.org.uk/t1/node/571>

In summary the lifeboat is called the Michael Stephens, built in 1939 and initially based at Lowestoft. In 1940 the lifeboat was involved in the Dunkirk operation rescuing many soldiers and transferring them to the bigger ships before sailing across the channel to Dover with 52 soldiers onboard. In her time in lifeboat service she was launched 182 times and saved 92 lives. Sold in the 1970s and converted for cruising below decks but keeping the original above deck.



Paddle-Ability (Andy Nicholls)

Further to my brief introduction to us becoming a Paddle Ability Club. I now have some dates fixed for the training needed for any helpers who wish to volunteer. There is 2 parts for the training, foundation course is to be held Saturday 16th May 2pm – 5pm at Mount Batten. This is open to all club members who would be interested in assisting a disabled paddler in some way. 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.

The Intermediate training is an extra 8 hours further training to be held Sunday 17th May at Mount Batten. 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. **(This complete course counts as a coach update for those who need it)**

As this training will directly benefit the club, we are paying for the training course but there is a certification fee of £5 for BCU members or £10 for non for each course. Non club members may be offered the chance to make up numbers for a small fee towards the costs.

To book your place please contact me on andynicholls78@hotmail.com or 07801 367363

Plymouth Sound Cable Beach - 2015 (Terry Calcott)

Where does the name Cable beach come from? The beach is a favourite lunch stop for kayakers when paddling the stretch of coast between Bovisand and Ramscliff Point. Located in an area known as Leekbed Bay, shown on early OS maps and charts. For many years kayakers have used the name Cable beach, for good reason. After the storms early last year I wrote an article for the newsletter when some cables were uncovered at the head of the beach. Since then I have been doing some more research about the area and have an update of what I think the cables were used for.



Cable beach (photo from Terry Calcott)

It has always been thought that the cables were connected in some way to the Breakwater Fort. I have another theory based on Ordnance Survey maps of the area from the late 1800s. Plymouth was under threat of attack not just from surface ships but a new weapon known as the submarine. To counter this threat a minefield was laid between the Breakwater and the shore. At the top of the cliff from Cable Beach a Submarine Mine Observation Station and lower down an Observation Post were built, also near sea level just south of Cable Beach some searchlight stations (Defence Electric Light emplacements) were built. The searchlights were used to spot and track approaching enemy vessels. Back to the cables. Although this early minefield was decommissioned in the 1900s another was laid during WW2 to protect the Eastern and Western entrances into the Sound. Associated with minefields is a detection system known as the submarine indicator loop. Indicator Loops are long lengths of cable laid on the seafloor of harbours to detect enemy submarines. They were developed by the Royal Navy in the early 1900s and first trialled at the end of WW1. They were then successfully deployed in WW2 in ports both at home and abroad. Details of submarine indicator loops can be found at <http://indicatorloops.com/>



Cables uncovered by landslide

It is possible that the cables now exposed at the beach are associated with this later minefield and an indicator loop at the Eastern entrance to the Sound.

Blast from the past (the year 2006)



St Anthony's Head PPCA Roseland trip 2006 (photo Terry Calcott)



Where has the water gone! Noss Mayo Sea kayak paddle 2006 (photo Terry Calcott)

Old Nosey

Hooray, the Club shed door has finally been renewed and replaced. Just the electrics to get connected now and normal business will be resumed. It is a good work out pulling the new door up and down by hand!

Nature Watch - Rock Samphire

A change from the normal and not a living creature this month but one of my favourite plants the Rock Samphire. Not to be confused with Marsh Samphire (see photo bottom of page) which is no relation. You will see Rock Samphire growing around the coast of Plymouth, normally high up on the cliffs but also down near the shore line but clear of the water.

It is an edible plant and has a very distinctive smell and taste. I have often subjected paddlers to a tasting if we land where it is growing. Rock samphire has fleshy, divided aromatic leaves. When the leaves are crushed it has a smell of furniture polish or shoe polish sometimes with a citrus scent. It has even found favour with some chefs and appears on restaurant menus as an accompaniment to fish dishes. The stems, leaves and seed pods may be pickled in hot, salted, spiced vinegar, or the leaves used fresh in salads.

In the 17th century, Shakespeare referred to the dangerous practice of collecting rock samphire from cliffs. '*Half-way down, hangs one that gathers samphire; dreadful trade!*' In the 19th century, samphire was being shipped in casks of seawater from the Isle of Wight to market in London at the end of May each year. Rock samphire used to be cried in London streets as 'Crest Marine'.



Rock Samphire (photo Terry Calcott)



Marsh Samphire (photo Terry Calcott)

Photo Corner



PPCA semaphore display team (photo Terry Calcott)

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		
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.

Date	Type of paddle	Location	Session leader
May			
Fri 8, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019
Sat 9, 10:00	Recreational paddle 1 Star Course	Mount Batten Mount Batten	Clive Ashford 01752 344425 Damean Miller 01752 492761
Mon 11, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 12, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Brian Taylor/Justin Frost Doug Sitch Martin Mills Joy Ashford
Fri 15, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019.
Sat 16, 10:00 TBA 13:00	Recreational paddle Peer Sea kayak paddle Paddle ability foundation course	Mount Batten MB	Terry Calcott 07828652775 Anthony Graves
Sun 17, 10:00	Paddle ability intermediate course	MB	
Mon 18, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 19, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Brian Taylor/Justin frost Doug Sitch Martin Mills Joy Ashford
Thur 21, 18:00	1 Star course	Mount Batten	Brian Taylor
Fri 22, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019
Sat 23, 09:30 10:00	Go Canoeing Starter session Recreational paddle	Mount Batten	Ian Brimacombe 07720957304
Mon 25, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 26, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Brian Taylor/Justin frost Doug Sitch Martin Mills Ken Hamblin
Thur 28, 18:00	1 Star course	Mount Batten	Brian Taylor
Fri 29, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019
Sat 30, 10:00	Recreational paddle	Mount Batten	Doug Sitch 07966740025
June			
Mon 1, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 2, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Julie Elworthy/Brian Taylor Andy Nicholls Ian Ruse John Elworthy

Thur 4, 18:00	1 Star course	Mount Batten	Brian Taylor
Fri 5, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019
Sat 6, 09:30	1 Star course	Mount Batten	Andy Kittle
10:00	Sea kayak trip	TBA	Anthony Graves
<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>			
10:30	Intro Rec paddle	Mount Batten	John Mitchell
Mon 8, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 9, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Julie Elworthy/Brian Taylor Andy Nicholls Ian Ruse John Elworthy
Thur 11, 18:00	1 Star course	Mount Batten	Brian Taylor
Fri 12, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019
Sat 13, 10:00	Recreational paddle	Mount Batten	Terry Calcott 07828652775
TBA	Peer Sea kayak paddle		Anthony Graves
Mon 15, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 16, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Julie Elworthy/John Elworthy Andy Nicholls Ian Ruse Clive Ashford
Fri 19, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019
Sat 20, 09:30	Go Canoeing taster session		
10:00	Recreational paddle	Mount Batten	Doug Sitch 07966740025
	Mid summerish camp		Clive Ashford 01752 344425
Mon 21, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 22, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Julie Elworthy/John Elworthy Andy Nicholls Ian Ruse Clive Ashford
Thur 25, 18:00	1 Star course	Mount Batten	Clive Ashford 01752 344425
Fri 26, 18:00	Open boats	Mount Batten	Ian Ruse 07980355019
Sat 27, 10:00	Recreational paddle	Mount Batten	Ian Brimacombe 07720957304
Mon 28, 17:30	Paddlepower	Mount Batten	Ian Brim/Linda Brady
Tue 29, 18:00	2 Star 3 Star Open Rec paddle	Mount Batten	Jenny Nicholls/Brian Taylor Ken Hamblin Martin Mills Terry Calcott

The 08 edition of Eddylines will be published on 07/06/15. Items for inclusion to be received by Friday 05/06/15. E-mail articles to newsletter@ppca-canoe-club.org.uk

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