



PPCA Newsletter

November 2016



Introduction

Welcome to November's newsletter. The run up to Christmas has clearly started with talk of Christmas and Santa paddles. We also look back to sunnier times with Julie's piece from Italy and have some photos of geology from Dave.

Editorial

It was an interesting AGM. Not that they aren't always, obviously, but this year's had the added spice of the Project Neptune vote with the possibility of the club moving to a new home.

Jeff Hammond and Mark Crumplin of the Mayflower Offshore Rowing Club described their plans for the project. They had clearly put a lot of work into them but they would be the first to admit that it is a work in progress. When it came to the vote, however, the members voted unanimously to remain at Mountbatten.

A few years ago, I think the vote might have been a lot closer. I can remember AGMs, not long ago, when there was a strong anti-Mountbatten feeling and a lot of talk of the club moving away and building our own club house. Things have clearly changed a lot in the interim. Separating the club membership fee from the Mountbatten affiliation has clearly played a part but, I think, when you look at it in the cold light of day, Mountbatten is hard to beat.

That said, the rowing club have to find a new home in the next couple of years and we wish them every success with their project.

Ivor Jones

Newsletter Editor

The Committee

Committee Post	Name	Club Email	Phone Number
Club Secretary	Bob Grose	ppca@ppca-canoe-club.org.uk secretary@ppca-canoe-club.org.uk	01548 821018
Club Leader	Andy Nicholls	leader@ppca-canoe-club.org.uk	07801 367363
Welfare Officer	Sheona Grant	welfare@ppca-canoe-club.org.uk	07933 780511
Intro Course Coordinator	Jon Seddon	intro@ppca-canoe-club.org.uk	07981 560879
Chair	Tracy Jones	chair@ppca-canoe-club.org.uk	01752 510653
Vice Chair	Ben Mitchell	vchair@ppca-canoe-club.org.uk	07909 807000
Assistant Club Leader	Ian Brimacombe	acleader@ppca-canoe-club.org.uk	07720 957304
Membership Secretary	Adam Coulson	membership@ppca-canoe-club.org.uk	07834 286461
Treasurer	Jenny Nicholls	treasurer@ppca-canoe-club.org.uk	01752 952628
Equipment Officer	Pete Anderson	equipment@ppca-canoe-club.org.uk	07958 694434
Publicity Officer	George Hamblin	publicity@ppca-canoe-club.org.uk	07805 085499
Youth Development Officer	John Mitchell	youth@ppca-canoe-club.org.uk	07791 090956
Club President			

Next Committee Meeting

The next committee meeting will be on 7th December 2016. If you have any points you wish to raise, please contact Bob Grose secretary@ppca-canoe-club.org.uk

New President

In stark contrast to the shenanigans elsewhere, we have had a smooth, painless and polite transition of power in the role of Club President.

After serving two terms as President following his time as Club Leader, Terry Calcott will be leaving the role to spend more time with his publishing empire. The committee and, I'm sure, the rest of the club would like to thank Terry for the work he's put into the role over the years and are extremely grateful for the advice and guidance he has given.

The Committee have asked Joy Ashford to be the new President. Joy has served the club in many roles over the years and will be familiar to all. As can be seen below, she has always embraced the broad diversity of the paddling fraternity. Unfortunately, I was unable to come up with a caption for this picture. I wonder if any of our readers can help...



Pool Sessions by Andy Nicholls



The swimming pool sessions are happening again over this winter. You can use these to learn and practice any of those wet skills you have been struggling with in the comfort of clear water with someone stood beside you to assist and advise. Club boats are available but you need to organise transport of the boats (which also need a thorough rinse) to and from the pool. They can be collected by arrangement with the equipment officer at Saturday paddles and other times. Some coaches might be able to bring boats but don't just expect it.

The pool sessions are available to book now. £11 for a GP kayak up to 3m long; over that length it's £22 due to space limitations.

See the club [website](#) to book.

Club Xmas paddle Sat 17th December by Terry Calcott

Yes folks it's that time of year again, brush off those hats and Santa costumes, and come join your fellow club members for a paddle feast and make merry. The paddle will start and finish from Mount Batten this year. On the water ready to paddle at 10:30.

The minimum dress requirement for this paddle (in addition to your normal paddling and safety gear) is a festive hat. The preferred costume is fancy dress above the spraydeck. We always have a communal picnic of festive fayre. I will be compiling a list of sweet or savoury, so please let me know what you are bringing along.



Please let me know if you are intending coming along by email terryc1@blueyonder.co.uk or phone [07981489857](tel:07981489857) or a post on the forum (I will start a post nearer the date).

Easy Fund Raising by Andy Nicholls

According to their website "easyfundraising is the UK's number one charity cashback platform, working with over 3,100 shops and sites to give everyone a free way to support you and grow your revenues".

What this means is that if you shop with Amazon, John Lewis or any of the other retailers who are signed up to their scheme, the PPCA receives a percentage of what you spend as a donation. To make this happen, you

simply have to register with them once and then go to the shop's website via their website so that the transaction qualifies for the donation. It doesn't cost you anything and doesn't appear to result in torrents of spam emails or selling your details to the highest bidder. So far the club has raised over £200 by this method so, if you haven't registered with them yet, please consider registering before you do your Christmas shopping. You can do this [here](#).



The banner features the Easyfundraising logo with the tagline "feel good shopping". It includes icons for "Join", "Shop", and "Raise". The main text reads "Give more than a gift" and "Shop online this Christmas and raise donations for free!". Below this is the hashtag "#MoreThanAGift" and an illustration of wrapped gifts. At the bottom, logos for partner retailers are displayed: amazon.co.uk, John Lewis, ebay, Expedia.co.uk, Sainsbury's, M&S, and Argos.

The Great Santa Kayak event – Extra Recreational Paddle Sunday 20th.

We have been asked by the Mount Batten Centre to be involved with this event, and as usual some of our great coaches have volunteered their time again to help with this event.

Some of you might have seen or heard about this event on Facebook or Radio Plymouth. The idea is that members of the public can get involved for £30, they will get a bit of coaching and then paddle over to mayflower steps for a photo and back. We have been asked to make the picture extra impressive by getting as many of our members involved and get in on the picture too. Clive Ashford will head up our paddle as a separate but close to the public paddlers across should we be needed. There will be a support rib with a photographer on so make sure to smile!!

So if you would like an extra recreational paddle on a Sunday morning, please get involved. If possible please bring and wear your own Santa hat or even full costume! There will be some donation tins around so feel free to donate too.

A bit more information about why and the event.

On Sunday 11th September Jason Kiely suffered a stroke. After surgery he spent a number of weeks in intensive care



The poster features a dark background with a silhouette of a person kayaking on water. It includes a Santa hat icon and holly leaves. The text reads "THE GREAT SANTA KAYAK" and "NOVEMBER 20, 2016". It specifies the location as "MOUNTBATTEN WATER SPORTS CENTRE, PLYMOUTH" and lists the schedule: "8.30 BREAKFAST | 9.30 KAYAK TUTORIAL | 10AM GREAT SANTA KAYAK PADDLE BEGINS". A red banner at the bottom says "BOOK NOW > <https://greatsantakayak.eventbrite.co.uk>".



and is now currently in Mount Gould Hospital receiving fantastic care from the nurses there. Jason is recovering well and improving day by day, but there is still a long road ahead.

Jason at the age of 45 is in need of our help and support. He's a great guy who is always thinking of others and we are helping to support a range of fund raising activities to support him and his family. Also so fund support items for other people who might find themselves in this situation in the future.

Outdoor First Aid Course by Andy Nicholls

We are going to be running an Outdoor First Course. I'm hoping to be able to offer places for both 8 hour and 16 hour slots (8 hour / one day = emergency first aid and is suitable for some British Canoeing Awards, 16 hour / two day course suits the needs for level 2 coaches and 4 / 5 star leader awards).

The provisional date for our first course is 26/27th November. If there is lots of interest I will organise a second course probably for January, but maybe December.

The exact price is still to be confirmed but please watch the Facebook group and forum posts for final details. Any questions please contact me and ask.

Features

Julie's Blog by Julie Elworthy

Whilst everyone differs in their interpretation of a coach kayak paddling holiday we all go on these trips to perhaps paddle a new venue, up our paddling skills and paddle with like minded paddlers. It's also not just about the paddling its a holiday too.

Having paddled with Gene17 kayaking last year in Italy on the 1st year they had programmed in an introduction to steep creeking aimed at paddlers like me, a grade 3ish paddler! I enjoyed it so much it was an amazing adventure I wanted to revisit and up my paddling skills.

Day 1 ...Saturday afternoon we were met at the airport and taken to the campsite. Colin and Brian from Canada were to be paddling with John and I for the week. They were not only our paddling buddies but our drinking buddies too :-)

The reception we received from Alberto and his staff at the campsite was like we had arrived back home, such a friendly bunch. Accommodation is in a superb chalet room, they are en-suite and there is a fab restaurant on site for when Gene17 are not cooking for us. They do however pay for all meals except the last night when we all chip in and pay for them as a thank you. We had culinary delights all week regardless of who cooked.

We had a brief on what we could be doing during the week which of course was reviewed on a day to day basis dependent on how much liquid sunshine fell out of the sky and what our skills were like, and mostly how our bodies were coping after several days paddling.

Without boring the readers of this blog too much we paddled the lower Sesia, and Semenza Sun -Fri The first part of the day was roll practice half an hour, I do so struggle with this! I have always hated going upside down deliberately, its seems illogical to my brain to be anything but upright in my trusty kayak.



I have been practising on our return in fact all summer, it's got better but there is still room for improvement...I remain optimistic.

I am not the most confident paddler when I get on what I regard as "The Big Boys Rivers", I feel very lucky to have the opportunity to be paddling these amazing rivers particularly at my age..to the youngsters it must be like paddling with a saga paddler (yes the over 50s).... I have never had high expectations and at no time have I thought I look cool, in fact I sometimes compare myself on features as Bambi on ice with a lot of hip flicking, the paddle in the air with my eyes closed not a good look at all :-), but at the

end of the day I just want to paddle as safely as possible



Throughout the week I had my fair share of swims, I did a couple of rolls in anger, I don't pretend I had an easy paddle. When any kayaker of any ability swims it shouldn't be sneered at, It happens to us all!! After lots of new skills and revamping old skills we were ready for Friday's trip.

Friday we headed out to the Egua the rain Gods had been good to us all week with only one thunderstorm to keep the rivers topped up to a perfect level.

The first drop I didn't do last year, it makes me nervous just thinking about it. It's a 6m ish drop and you need to follow advice carefully. Simon and Jakob always gave good instructions on every rapid, drop etc. throughout the whole week.



I was quite happy watching everyone paddling this drop and Simon said he would drop my boat down to the auto boof section if I didn't want to run it.

With the boys in the pool below and with some gentle persuasion Simon lowered me in my boat just above the drop..he did this to everyone in the group because the lead into it is messy and full of boulders. Simon's last word before releasing me was "Ready" now let me tell you how can anyone ever be ready to launch over a 6 metre drop, it's over so quickly. The only way to describe your feelings are your heart feels as though its going to jump out of your chest, you can almost hear it beating away. On the descent going through your mind is was that a left or right paddle stroke as you go over the lip? Its a mixture of exhilaration and relief when it pans out OK The descent is over in seconds, a bit like being flushed down a toiletI knew it wasn't terribly elegant, I started out with good intentions then went over the edge, didn't boo, pencilled it totally ,submerged popped my spraydeck, emerging upright and only taking on about a pint of water ...Phew I did it and no UKIs (Unexplained kayak injuries). It probably took the next ten minutes for my heart beat to get back to normal. The next few meters we portaged Then we got back in the kayaks and paddled through some harder boulder garden sections, I know on this section which was quite daunting for me I was talking all the way through it to myself telling myself... Julie you can do this just concentrate! Which is actually the norm when I am paddling a new harder section. The last harder boulder garden above the auto boof we scouted. John was the only one in the group to do it Simon and Jakob set up safety everywhere they thought was needed, but he paddled it well.



Then it was down to the auto boof section a drop of about 3m ish. I very much enjoyed this section last year and was more than happy to do it again except for the fact that on approach there were two adders struggling in the swirl of the left hand side eddy. That was one place I did not want to end up in and I wasn't alone in my thoughts here. Even Jakob kept his distance, me thinks he doesn't like poisonous snakes either?

Lucky for us we had a Steve Irwin type alias Simon Westgarth hooking them out with a branch, hmmm where did they go then?

Still we did this drop a couple of times then had lunch and did it again. Guess what happened after lunch? More adders in the same eddy, so Simon got them out again with a flick of his paddle.

Saturday Sorba Slides day, it was our last boating day, I did this once last year, it's a very intimidating drop of about 20 metres, broken down into three sections. It's not easy but it is easier than it looks if that makes sense, those that have paddled this drop will know exactly what I mean!

Simon and Jakub positioned themselves in just the right spots here.

The first attempt was OK, but I was shaking. I was happy to do it the once. Everyone else in the group were happy to rerun this section, but not me! I remember saying to Simon, "Do you mind if I don't paddle it again", his reply was "I prefer it if you did do it again". When the big boss asks how can one refuse, I thought well, best do it again.

The first two sections I was really pleased with but I was all alone in the cave above the last section for what seemed an eternity (about a minute) and with no one to point to the exact spot to go over the edge I found talking and singing to myself really helped. I also at this point of the trip felt tremendous pressure to get this right as everyone was waiting in the pool at the bottom. I guess it's the fear of messing up in front of everyone, that combined with what paddle stroke do I need and can I get the timing right to get that paddle stroke in!! I did the last section, stayed upright for the second day of the week. That for me was my light bulb moment.

I learnt so much in the week, I was challenged but coped and at no time did I feel like I was at boot camp like I have experienced with other providers. In this environment and with what I regard as Top Notch providers it is well worth the money. I was suitably tired at the end of the week but felt I had put some demons to bed.

With Simon and Jakub's coaching techniques I felt safe at all times and it's comforting to know they are with you every paddling stroke on the river, and boy we were lucky to have both Simon (MD) and his right hand man for the week. They got me to try different ways of paddling to adapt and enhance my existing skills. I am under no illusions, I am never going to reach their standard of paddling, being in the saga stage of paddling. I have only been paddling for eight years, I have however achieved much more than I ever thought would be possible. I still feel that I haven't yet reached the peak in my paddling, there is still so much to learn and whilst my body can cope I am willing to try. Having said that this intro to steep creeking course is probably at the top of my game.



I have 110% confidence in Gene17 kayaking, their safety and coaching. I know they would not encourage me to paddle something which I am not capable of doing. I was extremely impressed with Simon and Jakub, as I was last year with Jake Holland, Chris Eastabrook, Debs Pinniger and Liam Kirkham who was the Gene17 intern at the time.

Thank you all for the fabulous adventures so far

It was a “drag your anchor” (Wind E 30 knots, gusting 35) sort of day.

EMU, Gavin and I had coasted down the inside of the Mountbatten Breakwater, sweated up the outside, and put in some time on serious rescue practice in Jennycliff Bay.

But we weren't there just to work, so we headed further South, rock hopping as we went, to Cable Bay. Here we ran ashore in close proximity to two old men of the sea, who somewhat resembled Bob Grose as to hats, fuzzy beards and general summer paddling sartorial splendour, though sadly without his open, welcoming, smile.



They barely spared a moment for any sort of weather-based bonding time with fellow kayakers come ashore on their lonesome beach. As we wandered to our lunch-time rocks, I swear I lip-read one of them say “and tenthly” as they turned back to their discussion. Certainly I couldn't detect a microgram of inner child in either of them.

They must have reached “and forty-fifthly” by the time we finished lunch and went to play on the pour-over at the mouth of the bay. Needless to say I managed to pick

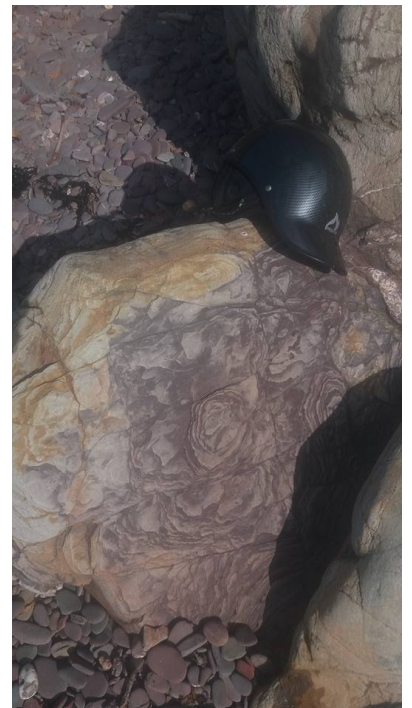
up too large a swell, and finished up perched on the rock where the channel dog-legged slightly – Gavin in his long boat swooping past and bunting off me at a measured 10kph on the following swell. An impressive move, except that he left his paddle behind.

The directional microphone paranoids interrupted their homeward paddle to watch my dismount and subsequent seal launch from the lee side of the rock. I wondered briefly how many ordinals it would take them to expound on barbarian cowboy paddlers on their way home.

Happily, the large Bovi Fort rockpool was not the absolute whirlpool maelstrom that it sometimes can be, and the buffered three foot swells running through it gave us equal measures of fun and delight. Gavin tumbling sideways off a precarious pinnacle was a delightful bonus, as we eagerly put our recently refreshed rescue techniques into action for real!

We rock hopped back just past the marker, Gavin pausing to take these super pictures of the Ramscliff formations, and then I had a senior moment; proposing that we head directly for the end of the Mountbatten Breakwater.

As soon as we were outside the wind-burst zone below the cliffs, we discovered what a poor choice this had been. Just to encourage us the Longroom announced 30 knots gusting to 40. I reckon it was non-stop gusting, as we clawed our way through a fascinating sea state, with the wind taking off the tops of the waves, and hurling the resultant spray into our faces.



Mark's boat was weather-cocking so badly that he had to give up the direct line, and instead head more into wind towards the base of the breakwater. That was beyond me, I simply couldn't have kept up with him as he determinedly ploughed his lonely furrow. Gavin, secretly pleased I suspect that his skag had jammed half down instead of full up, stayed with me; and it was a battered, weary, and chastened group of paddlers that huddled into

the tiny area of shelter off the point of the breakwater, to gather our breaths before the last testing leg up the Cattewater.

I swear there was at least another 5 knots in the wind as we fought foot by foot to reach the slipway. Once safely ashore, we gathered in our little group so that I could ask the, by now, traditional question, "Yes, it was enormous fun - but was it wise?"

Events

The Quiz 25th October

The quiz on 25th October at the Morley Arms was a great success with over £60 raised for Help for Heroes, a sum which the committee made up to £100 from club funds as a thank you to Paul Goodall. It was also a good opportunity for members to meet away from the water and tax their brains over a pint and a portion of chips.

The winners were BP, by a single point from What if I'm Crap who in turn beat That Sinking Feeling also by a single point. Thankfully Norfolk In Chance didn't particularly bother the scorers so Paul didn't have to read their name out too often.

A huge Thank You to Paul for organising the event and acting as question master. More than one member was heard to mutter that it would make a good annual event.

Unfortunately, being new to the role of Newsletter Editor, I omitted to take a picture for publication so you'll just have to imagine the rows of smiling faces.

Next Edition

The deadline for submission of articles will usually be the first Wednesday of the month to tie in with the Committee meeting so that the Newsletter can be sent out with the minutes. That makes the deadline 7th December. This may be a bumper Christmas edition or it may not. It all depends on whether or not anyone submits any articles.

Contributions

Please send any contributions to newsletter@ppca-canoe-club.org.uk

Club Calendar

Saturday, 5 November

10:00 Sea Kayak Paddle - Terry Calcott 07828 652775

Sunday, 6 November

09:00 Beginners River Trip - Clive Ashford 01752 344425

Saturday, 12 November

09:00 Canoe White Water - Beginners Trip - Andy Nicholls 07801367363

10:00 Rec Paddle - John Mitchell 01752 219246

16:00 Swimming Pool Session - Andy Kittle

Sunday, 13 November

09:00 Intermediate River Trip - Doug Sitch 07966 740025

Saturday, 19 November

10:00 Recreational Paddle - Joy Ashford 01752 344425

Sunday, 20 November

09:00 Beginners River Trip Ken Hamblin 01752 365404

09:30 Santa Kayak - Rec Paddle - Clive Ashford

Saturday, 26 November

09:00 Provisional First aid course day 1

10:00 Recreational Paddle - Ian Brimacombe 07720 957304

Sunday, 27 November

09:00 Provisional First aid course day 2

09:00 Intermediate River Trip - Clive Ashford 01752 344425

Saturday, 3 December

10:00 Sea Kayak Paddle - Terry Calcott 07828 652775

Sunday, 4 December

09:00 Beginners River Trip - John and Julie Elworthy 01752 823381