



# PPCA Newsletter



## June 2018

### Introduction

Welcome to June's Newsletter. This month we go see kayaking in Cornwall, we have an appeal from Becky and Terry contributes an amusing photo.

Hopefully this edition will reach everyone in good time for the various events mentioned in it but our Membership Secretary seems to be going off grid for a week or so. As he circulates it, if it's too late, please blame Adam, not me.

### Editorial

Worrying rumours have reached the editor's desk concerning an individual sighted in the Mountbatten area. The individual, described as a gentleman of a certain age, has been accosting people in the vicinity of the club sheds and trying to persuade them to buy "items" from a soiled dry bag for the sum of £6. He appears to be targeting club members, many of whom appear to be known to him personally and who are cautioned to be extra vigilant in the circumstances. The individual is not considered to be dangerous but the editor trusts that any member approached by him will take appropriate action.

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	01803 849163
Club Leader	Ian Brimacombe	leader@ppca-canoe-club.org.uk	07720 957304
Welfare Officers	Jane Seigne Rebekka Stiasny	welfare@ppca-canoe-club.org.uk	07891 177768 07939 328981
Intro Course Coordinator		intro@ppca-canoe-club.org.uk	
Chair	Ken Hamblin	chair@ppca-canoe-club.org.uk	07828 652775
Vice Chair	Mark Perry	vchair@ppca-canoe-club.org.uk	07801 310993
Assistant Club Leader	Mandy Nicholls	acleader@ppca-canoe-club.org.uk	07801 367363
Membership Secretary	Adam Coulson	membership@ppca-canoe-club.org.uk	07834 286461
Treasurer	Tony Sicklemore	treasurer@ppca-canoe-club.org.uk	01752 268295 / 07779 497577
Equipment Officer	Pete Anderson	equipment@ppca-canoe-club.org.uk	07958 694434
Publicity Officer	Jacqueline Perry	publicity@ppca-canoe-club.org.uk	07523 965748
Youth Development Officer	Vacant	youth@ppca-canoe-club.org.uk	
Club President	Joy Ashford		01752 344425

## Next Committee Meeting

Please forward any items you would like considered at the next committee meeting to [secretary@ppca-canoe-club.org.uk](mailto:secretary@ppca-canoe-club.org.uk). They will go to the secretary.

Request for Helpers for Beginners Sessions by Becky Stiasny, Welfare Officer

Dear Club Members,

As you are probably already aware, PPCA does wonderful work in terms of introducing kayaking to a whole host of wonderfully enthusiastic new paddlers every year. This is not possible without the time volunteered by our fantastic Club Coaches. Week in, week out, their enthusiasm never wanes and they turn up to club sessions ready to share their joy of paddling with our beginner paddlers.

However, this is NOW..... YOUR moment to shine and HELP your club coaches!!!

You too, can help your club to teach and develop paddling skills to our newest paddlers.

The club really benefits from sharing and utilising the skills of our experienced paddlers. This is a "gentle" request to ask any "non coach" members who would like to volunteer some of their time to the club to assist on our introductory course sessions. Please get in touch with the introductory course coordinators- Jane Hitchings or myself (Bekky).

There is a relatively simple DBS process to complete, to enable helpers to join the Coaches' "HELPER LIST".

From personal experience, the best thing about coming along to help out on the introductory sessions is that you get to share the fun and excitement of people learning to paddle for the very first time.

So once again this is a GENTLE request to existing club members to get in touch to volunteer as Helpers on our introductory courses....

HELP.....PLEASE HELP.....YOUR CLUB NEEDS YOU!!!!

Thank you. :)

Please see the message below. If anybody is interested in helping out at this event please get in touch with Ken at [chair@ppca-canoe-club.org.uk](mailto:chair@ppca-canoe-club.org.uk)

Hopefully we can provide support for this event.

Hi,

*I run a swim event across Torbay from Meadfoot Beach (Torquay) to Fishcombe Bay (Brixham) and back again. Each year we need kayakers to give swimmers one-to-one support and carry a flag alpha, so other boat users know there's a person in the water next to the kayaker. The swim date this year is the 30<sup>th</sup> June 2018.*

*This year we have 40 entries and I'm trying to source kayakers from the local canoe clubs – Teignbridge has been great for us over the last few years and have usually managed to muster 20 odd people<sup>1</sup> together, but unfortunately can't support us this year. We also have an increased entry this year from our usual 30.*

*Would you be able to email round your canoe club and ask if there's anybody willing to help?*

*We can offer £50 in expenses and we will supply the flag alpha.*

*Let me know if your club's interested and please ask if you have any questions!*

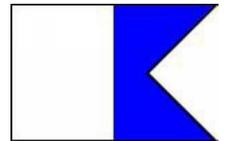
*Best wishes,*

*André*

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*Andre Roberts  
Publicity Officer & Torbay Swim Secretary  
British Long Distance Swimming Association (BLDSA)  
Email: [andre.roberts@blds.org.uk](mailto:andre.roberts@blds.org.uk)  
Phone: [+44 7480 234807](tel:+447480234807)  
Website: <http://blds.org.uk/swim/championship-events/torbay/>*

Editor's note: I clearly knew exactly what a flag alpha was but I checked the Wikipedia to make sure they knew as well. It's the "diver down" flag that signals that the vessel has someone in the water and that other vessels should keep well clear at low speed. It looks like this. If anyone would like to contribute to future editions of "Fun With Flags", please let me know.



<sup>1</sup>Surely the PPCA must be able to muster 20 odd people. I can think of half a dozen without really trying. - Ed.

Another message passed on by Adam



Hello,

*Thank you for coming to our last comedy night in February, we hope you had a great time. We are pleased to announce the return of our comedy night this month (Friday 29<sup>th</sup> June).*

*We are going all out this month and we have secured Ignacio Lopez as our headliner! If you are not familiar with Ignacio Lopez check out his webpage here: [www.comedylopez.com](http://www.comedylopez.com)*

*We also have Chris Chopping and Sandi Smith as our supporting acts, you can read about them on our website.*

*If you would like to buy tickets please call us on 01752 404567 and we will give you a discounted price of only £10 per ticket!*

*If you require any further information please do not hesitate to contact me.*

*Kind regards,*

*Steph*

*Centre Administration  
Mount Batten Centre Charity Trust  
Mount Batten Watersports & Activities Centre  
Charity Number 1,159,633  
VAT Number 202124674*

### Penzance Sea Kayak Weekend by Terry Calcott

Sea kayaking is just one of the many aspects of paddling that the club embraces and encourages. For many years the club had organised a sea kayaking weekend at the Roseland Outdoor Activities Centre. But since the centres closure a few years ago, we have had to look further afield for suitable venues to take a group away for some sea kayaking. This is a short article about a recent club weekend away sea kayaking at Penzance. The club has been to the area on several occasions now. It is a great location for sea paddling, with easy access to the north and south coasts, the Lizard and Lands End. If the weather is inclement then some sheltered paddling can usually be found in Mounts Bay. Linda took up the reins of organising the Penzance weekend away, sorting out the date and accommodation. I volunteered to take on the paddling side to plan and lead the trips. Linda booked us all into the Youth Hostel at Castle Horneck, conveniently situated on the outskirts of Penzance. I have stayed there several times, it is a great Youth Hostel in an old country house with all the usual onsite facilities and also a great base for exploring the local area and further afield.

The Penzance weekend followed on from the magnificent warm sunny weather of the early May Bank Holiday, however the forecast for our weekend was somewhat changeable! So I decided to do a bit of recon of potential launch spots once I was at Penzance. The drive down on Friday afternoon was into driving rain and a gale force wind. Stopping at Marazion to see what the surf and swell was like in Mounts Bay, although I didn't manage to get out of the car due to the horizontal rain, I could see the swell and breaking surf were rather large. I thought I had better check out another launch site over on the sheltered west side of Penzance, although the rain had eased the swell was still big and forming an intimidating dumping wave onto the beach. Sat in the car becoming a little despondent, thinking that it was going to be unpaddleable and turn into a weekend of museums, art galleries, coffee shops and walking, I checked the local forecast again and the sun was due to come out later in the afternoon and the swell gradually ease off over the next day or two. Right on cue a blue sky appeared, the wind dropped and Friday evening turned out to be glorious, spirits were quickly lifted.

The idea of these weekends is not just all about the paddling but also a chance to meet and socialise with other club members. Most of the twelve who came along had paddled the area before, but it was nice to have a few new paddlers join us, Andy and Paul. We were also joined by Tony, who had been wild camping nearby on the Fal earlier in the week. The YH shower being his first point of call once checked in. Did I mention socialise, well with the Youth Hostel chef being off injured we walked to the nearest pub for an evening meal and to sample some of the local ales.



Once back at the YH I needed to make a decision of where we would be paddling in the morning. The choices of where to paddle were still limited and constrained by the sea state. The north coast had big surf as did the east side of the Lizard. The only options were a long drive over to the west side of the Lizard and shelter, or paddle the local coastline on the west of Mounts Bay. Decision made and Saturday morning dawned, after a lovely cooked breakfast we had a short drive to Wherry Town beach and our launch point. Although the weather had improved significantly, there was still a large SW swell further out in the bay. With the tide out it was an easy launch off the flat sandy beach into the small surf. Plan A was to follow the coast SW towards Lamorna Cove and have lunch there. But I knew that

after each headland we paddled around we would be exposed to more of the Atlantic ground swell, so plan B was highly likely to be required later. We set off and made for Newlyn harbour, a colourful sight with its large fishing fleet and various leisure craft tied up alongside the walls and pontoons. The ancient inner harbour wall is particularly attractive with lovely lichen covered stones. At the end of the eastern pier is a small navigation light, the building next to it is where chart datum is measured from and of particular interest to sea kayakers and anyone else who is an avid follower of the tides.

Leaving the shelter of the harbour we were exposed to a small area of clapotis<sup>2</sup>, reverberating off the harbour wall. Further on there was a noticeable increase in the swell as we neared Penlee Point and the old RNLI station. Rounding the point we aimed for Mousehole harbour, with the intention of stopping for a coffee. The new paddlers Andy and Paul appeared happy in the sea conditions and paddling well, so we carried on. Once in the shelter of the enclosed harbour at Mousehole and suitable refreshed after a slice of rhubarb cake (many thanks to Mary), we chatted about the next stage of the trip. Off we went passing 'The Mousehole' cave and around Point Spaniard and Penzer Point



aiming for Slinke Dean. The sea state remained quite dynamic and it was noticeable that the group chatter had diminished and concentration levels had increased. Some of the group were relishing the conditions while others were not quite as excited about the variable movement of the waves and the swell. Time for Plan B, having paddled this area several times before and knowing Lamorna Cove was still a headland away I made the decision to turn around and head back towards Mousehole. With the swell now behind us we detoured out around St Clement's Isle to see if any wildlife was about, just a few solitary Gannets flying in the distance and a pair of Grey Seals watching us as we passed by.

Time for lunch and the most suitable spot was a beach not far from Newlyn. The tide was moving towards high water now and the profile of the beach had moved on from flat sand to 45 degrees of pebble and shingle. This made for some interesting landings in light dumping surf. After lunch it was only a short paddle back to Wherry Town beach and another chance for the paddlers to practice their surf landings and swift exit techniques from their boats. Nearly all managed it successfully!

Showered and with paddling kit drying, Saturday evening beckoned and a short route march into Newlyn for a group meal at a local Italian restaurant (thanks to Mary for organising the meal). Suitably full and refreshed the group had another route march back to the YH and a well deserved sleep.

Sunday morning dawned and after another lovely cooked breakfast the group mustered outside the YH in the car park. Linda and Paul were waiting for the AA to turn up as their vehicle had taken offence at having two sea kayaks loaded on it! For more info please ask Linda. The weather had improved substantially and the sun was now shining with light winds. We only had a short drive to the launch point for the days paddle at Long Rock beach near Marazion. The idea was to have a shorter paddle and then pack up and drive back to Plymouth mid afternoon. The view from the car park was stunning, in the distance was St Michael's Mount framed majestically against the blue sky, with a large sandy beach set out below us.

<sup>2</sup>We've been here before. I'm not explaining again. Ed.

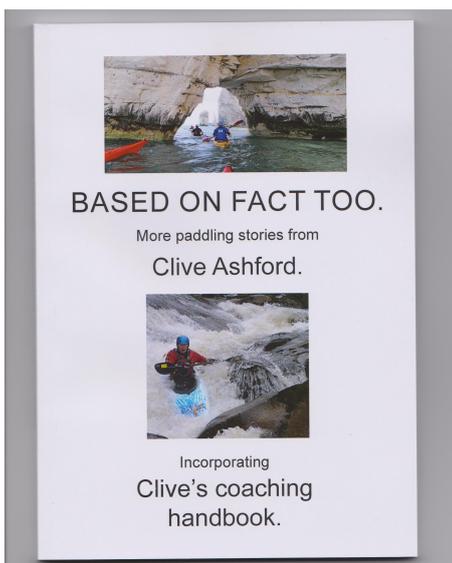
The plan was to stay further out at sea and spot some wildlife as we paddled down the coast towards Prussia Cove, have a short break then follow the coast closer in on the return. We launched, there was a small surf breaking but the sea beyond was flat with just a small swell gently rolling in. Heading for the Mount we rounded it on the outside and paddled towards the Greeb rocks and on into Stackhouse Cove. Prussia Cove was still around the next headland so I decided it was time to make the turn now and head back towards Long Rock. We paddled in close to the shore and a large cave called 'Flavel's Hole', above was Acton Castle. This part of the shore was more exposed to the SW swell and some large waves were breaking. In the distance was Perran Sands (there are a couple in Cornwall) and out at sea we could pick out lots of little black dots, not seals but surfers. As we got closer it was apparent why they were there, with a sizeable swell building up and a decent wave taking them in. Bob fully booted and spurred went in for a look and to catch one of the waves, he came back with a big grin on his face. On we paddled, around Maen-du Point and inside the Greeb rocks to land near Basore Point for coffee and the remnants of Mary's rhubarb cake.



It was only a short paddle back from here, as the tide was rising we headed for the causeway which links St Michael's Mount with the mainland. As we got closer we could still see people walking across it, but on closer inspection they were paddling through the quickly rising water, a different type of paddling to ours! A strange sight as we waited patiently to cross the road in our kayaks. Passing outside of Great Hogus rocks we paddled towards Long Rock beach. It was noticeable that a decent swell was now running in and some white stuff was breaking on the beach. The beach profile had again changed from a flat sandy beach to a 45 degree mix of sand and shingle. Having sent in Bob and Mark to land and assist with steadying the remaining boats when they landed. The remainder of the group sat off the surf line and watched the wave sets come and go, waiting for a suitable lull to make a landing. Then with meticulous timing and in quick succession Helga, Merryll and Mary charged in and up the beach. The sun was shining and everyone was smiling, what more could you want? Well a nice ice cream went down very well. Just as I got back to the car I received a message on my phone saying 'is this you'? Attached was a photo of our paddle group going over the causeway, taken from high up on St Michael's Mount. A friend from work was visiting and had noticed us paddling, what a small world.

The weekend was a great success and created many memories, the paddling, the food, drink, surroundings and lovely company. But these weekends don't just happen, it takes a lot of time and commitment in organising them, and it can seem a thankless task at times, so thanks again to Linda for arranging this year's Penzance trip.

Based on Fact Too, Incorporating Clive's Coaching Handbook by Clive Ashford



In 2015 I published a collection of stories under the title of Based on Fact. At that time I was keen to get a second book off the press as soon as possible but I very quickly discovered that I had already used all my best stories, hence a rather long delay while I created more material that, in my opinion at least, is worth publishing. I hope you think the wait was worthwhile.

Most of the stories have already seen the light of day in the (rather excellent) PPCA newsletter, but there are also some brand new epistles in there for your entertainment and, as a bonus, I have included Clive's Coaching Manual which, (I'm sure) will soon be required reading for all trainee coaches.

I rather cheekily asked David Pedlow if he would write a little something for the back cover. He came up with this:

*As if a second helping from this doyen of kayak writing were not in itself sufficient to justify the cover price, this time Clive lets us into the secrets of his highly successful instructional techniques, which have earned him such*

*deep respect from generations of Plymouth Paddlers.*

*Clive writes as he paddles – it seems easy and effortless, until you try it yourself!*

I've told David that he can keep on sending me snippets like this but is he telling the truth? To find out, copies of Based on Fact Too are available from me (Clive Ashford) at the bargain price of £6.

“Tony S Relaxing After Trying out his New Rolling Gloves on a Particularly Tiring Rolling Session” by Terry Calcott



## Next Edition

There is no specific deadline as such for contributions but please bear in mind my general sloth and indolence and let me have anything time-sensitive well in advance.

## Contributions

Please send any contributions to [newsletter@ppca-canoe-club.org.uk](mailto:newsletter@ppca-canoe-club.org.uk)

## Club Calendar

As ever, please remember that the definitive calendar is on the [website](#) and what's printed below, while correct at the time of going to press is subject to change at a moment's notice. Syncing your Google calendar with the club calendar via the website is a good way of ensuring you stay up to date.

### Friday, 1 June

18:00 Open Canoe Jen Nicholls

### Saturday, 2 June

10:00 Sea Paddle Terry Calcott

### Monday, 4 June

18:00 Paddle Power Ian Brim

### Tuesday, 5 June

18:00 1x Rec Terry Calcott

18:00 2x Pete Anderson

18:00 3x Doug Sitch

### Friday, 8 June

18:00 Open Canoe Joy Ashford

### Saturday, 9 June

10:00 Rec Ian Brim

### Tuesday, 12 June

18:00 1 x Terry Calcott

18:00 2 x Pete Anderson

18:00 3 x Doug Sitch

### Friday, 15 June

18:00 Open Canoe Ian Brim

### Saturday, 16 June

10:00 Rec Andy Kittle

### Tuesday, 19 June

18:00 1 x Terry Calcott

18:00 2x Pete Anderson

18:00 3 x Doug Sitch

Friday, 22 June

18:00 Open Canoe TBC

Saturday, 23 June

1\* Course Pete Anderson

10:00 Rec Clive Ashford

Tuesday, 26 June

18:00 1 x Rec Ken Hamblin

18:00 2 x Ian Brim

18:00 3 x Dave Fisher

Thursday, 28 June

18:15 Sparkwell Cubs Ian Brim

Friday, 29 June

18:00 Open Canoe Pete Anderson

Saturday, 30 June

10:00 Rec Alan Ede

Monday, 2 July

18:30 Sparkwell Scouts Ian Brim

Tuesday, 3 July

18:00 1x Rec Ken Hamblin

18:00 2 x Ian Brim

18:00 3 x Dave Fisher

Friday, 6 July

18:00 Open Canoe Ian Brim

Saturday, 7 July

10:00 Sea Paddle TBC

Tuesday, 10 July

18:00 1 X Rec Ken Hamblin

18:00 2 x Ian Brim

18:00 3 x Dave Fisher

Friday, 13 July

18:00 Open Canoe Sam Pluckrose

Saturday, 14 July

Overnight Camp Clive Ashford

Sunday, 15 July

Return from overnight Camp (hopefully) Clive Ashford

Tuesday, 17 July

18:00 1 X Rec Ken Hamblin

18:00 2 x Ian Brim

18:00 3 x Dave Fisher

Friday, 20 July

18:00 Open Canoe TBC

Saturday, 21 July

1 \* Course TBC

10:00 Rec Terry Calcott