



# PPCA Newsletter November 2023

## Introduction

Welcome to November's Newsletter. This month we have news of the glittering awards ceremony at the AGM, Terry discusses an interestingly named lump of rock, paddling over the winter and provides a clipping from when the club was clearly a subtly different beast. Adam, meanwhile, keeps everything together.

## Editorial

Looking at the cover photos this month, you get a very clear impression of the breadth of activities that the club offers - everything from a gentle paddle around the hulks on Hooe Lake to full-on white water via an agreeable sunset on a beach. Looking at Terry's clipping I see membership in 1986 was £16 which equates to about £60-£70 today, (depending on which website you use) coincidentally pretty much what it costs today albeit with considerably more in the way of facilities. A bargain then and a bargain now.

Ivor Jones

Newsletter Editor

### The PPCA Annual General Meeting Friday 27th October 2023 by Jackie Perry, Secretary

Thanks to all those that turned out on a cold and dark autumn evening to attend the PPCA Annual General meeting. It was held again this year at the Plymstock Albion Oaks Rugby Football Club, a perfect venue as it has a big hall for the meeting and a bar for socializing. It was a good attendance – 29 members plus 6 Committee Members.

Here are a few highlights from the event.

#### **Approval of a new Associate Membership category**

A proposal was put forward by Clive to include a new membership category – Associate Membership (a non-paddling membership with no voting rights) which would be free and open by invitation to ex-PPCA members. They would receive the PPCA Newsletter and be invited to attend club social/milestone events. As this involved a change to the PPCA Club Operation Policy it was required to be put forward for approval at the AGM. The vote was unanimously in favour and this new membership category has now been set up on the website.

#### **Officers Reports**

Mark (Chair) gave a brief but positive summary of the year's activities and initiatives, followed by Julian (Treasurer) high-lighting some key figures on the audited accounts, and then answering subsequent questions.

In Colin's (Club Leader) absence Jackie read out his report. This was followed by Adam (President) giving a reflective report on the passing of time. Carpe Diem!

Full copies of these reports will be included with the Minutes which provided prior to next year's AGM, but if you really can't wait until then, copies are available from Jackie (Secretary).

#### **Chair resigns!**

As is the usual practice, Mark then resigned and handed stewardship of the AGM to Adam who asked for any nominations for Chair. Mark was again the only (un) willing person to stand and was voted back in as Chair unanimously.

#### **Election of the new Committee for 2023/24**

Nearly all of the current committee members stood for re-election. The meeting was advised that Kevin has had to step down as Vice Chair due to pressure of work and members were asked to consider taking up this role. In addition, it was also mentioned that, although not a committee post, the Club is still in desperate need of an Assistant Club Leader to support Colin, our hardworking Club Leader.

#### **Club Awards**

The following Awards were presented:

#### **Outstanding Services of the Club - Awarded to Rita Ford**

Rita has been the face of PPCA at the various Cub and Scout groups, acting as our 'outreach' at their Pack evenings, preparing them for how the kayak sessions will run. This has meant that they already know a friendly face when they arrive, especially if they are a bit nervous. As well as being a worthwhile activity in its own right these sessions have made a major contribution to the club finances.







### **Coaches/Leadership Award – Awarded to Bekky Stiasny**

This was awarded to Bekky for her whitewater leadership, coaching on the Intro Courses and her support of other Club members behind the scenes.



### **Leadership Award – Awarded to Karen Sargent**

This Award went to Karen who, although not a Coach or Leader, has made significant contributions, encouraging and supporting many members as they have extended their skills and confidence during internal training sessions and external courses.

### **Inspirational Award – Awarded to Caroline Collings**

This Award went to Caroline for being both inspirational and for just being herself.

With the formalities at an end, attendees were invited to stay on for pasties, served very professionally by Linda (who provided the pasties – did she bake them or were they shop bought??) and Helga who also acted as a wonderful ‘meet and greet’ and ensured that all attendees put their names on the sign-up sheet.

It was good to see so many people staying on after the AGM to chat and catch up despite the competition from the England Rugby game. It was especially nice that several new members came along and had a chance to find out more about the Club and meet so many fellow paddlers.

Thanks again to all those that contributed to and/or attended the AGM and we hope to see you again in 2024.

## Mountbatten Opening Hours by the MBC Team

Please be aware that, as of Monday 30th October the Centres opening times will change. We are also announcing our Christmas closing dates:

### **General Centre Opening Times:**

Monday - Sunday: 9:00 AM - 5:00 PM

### **Cafe Opening Times:**

Monday - Sunday: 9:30 AM - 4:30 PM

### **Christmas Closing Dates:**

The last day the Centre will be open is Sunday 17th December 2023. We will reopen on Tuesday January 2nd 2024

Upon reopening after Christmas the Centre will continue with the winter hours as mentioned above

Members and affiliate groups will still be able to access the yard and changing rooms out of hours and over the Christmas closure by using your membership access card via the yard.

The access code to the metal gate can be obtained from reception upon your next visit should you not already have it.

If you are in the changing rooms and there is an emergency you are able to break the glass bolt on the door leading to reception. This will trigger the intruder alarm alerting the senior management team to the emergency.

Thank you for your continued support, and we can't wait to continue to see you during our updated hours.

## Features

### Plymouth Sound Snippets #21, The Shag Stone by Terry Calcott

This snippet is about another local feature which will be familiar to most of the regular rec paddlers. We often use the Shag Stone as a waypoint when out paddling along the coast between Bovisand and Wembury.

The Shag Stone marks the eastern limit of the Port of Plymouth with Penlee Point forming the western limit.



The Shag Stone With a Big Swell Running

The rock is the furthest most outcrop of the reef extending out from the Renney Rocks near to Heybrook Bay. A notorious reef of rocks which have seen many ships come to grief over the centuries.



It is presumed that the rocky outcrop gets its name from the proliferation of Shags which use it as a convenient platform for resting. It is named on maps from the early 1800s and possibly earlier.

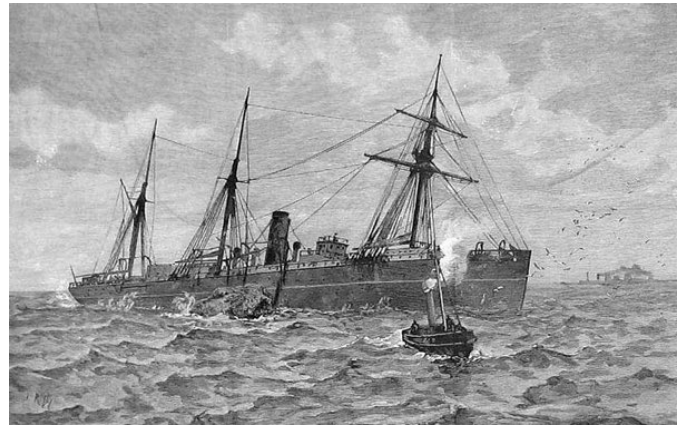


The Renney Rocks With The Shag Stone in the Distance

Most notable of the shipwrecks was in 1890 when the Steamship Nepal, at 375 feet long and 3536 tons ran aground near the Shag Stone while on a voyage from Calcutta to London. Also lost on the same night was the trawler Baroda. Another ship to meet an end on the reef a few years earlier in 1888 was the steam cargo ship the Constance. Tragically three of the crew lost their lives.



An early beacon on the Shag Stone 1912.  
In the distance the steam collier Vectis is aground and later wrecked



The Steamship Nepal Aground on the Shag Stone

Although the Shag Stone is not now lit as a hazard to shipping it has had some form of beacon on it over the years.



## Winter Recreational Paddles by Terry Calcott

For those club members who don't know or are new to the club. The Saturday recreational paddles continue throughout the year and will be running as detailed in the club calendar.

The winter months although a bit cooler is a lot quieter out on the water with most of the SUP, Yachts, Jet Skis etc off the water for the winter. Yes, at times it can also be very cold with wind and rough seas. But a lot of the time the sun shines and with a blue sky, low sun and long shadows makes for some fantastic paddling with dramatic and stunning scenery.

If you are thinking of hanging up your paddling kit now summer has ended. Have a think and come along and join in over the autumn and winter and become a year-round paddler. It is an amazing feeling being out on the water enjoying the camaraderie with your fellow paddlers and the stunning scenery we have on our doorstep.

The rec paddlers are a social group and the coach leading will plan the trip around the ability of the group. The first of the month is still a dedicated sea kayak trip and it is hoped to run a short rec paddle on the same day.

If you fancy coming along, make sure you have the appropriate clothing for the conditions and cooler months. Plenty of warming layers and a woolly hat and gloves. If you require any advice or info, please ask any of the club coaches.

As usual club equipment is available for all the rec paddles.





## The Lynchpin by Adam Coulson

A lynchpin, also spelled linch pin, lynchpin, or lynch pin, is a fastener used to prevent a wheel or other part from sliding off the axle upon which it is riding. The word is first attested in the late fourteenth century and derives from Middle English elements meaning "axletree pin". The word "linchpin" is also used figuratively to mean "something [or someone] that holds the various elements of a complicated structure together".

It is clear from these descriptions (courtesy of Wikipedia) that the Lynch pin is an essential part of the whole apparatus or organisation. The 16th century cart would be useless without a full complement of lynchpins, as the wheel(s) would fall off. Likewise the organisation would flounder without the key person who is described as the Lynchpin.

So why, you might ask, is this bloke banging on about lynchpins? The answer, my dear fellow members, is that kayak trolleys are also rendered useless by a missing lynchpin. Therefore, if you use a kayak trolley, please do not lose the lynchpin, and in the unfortunate event of a loss, report it to the Equipment Officer. When you remove the wheels and store the equipment in a kayak hatch, pop the lynch pin back on the axle, and it will be there when you come to put the wheels back on again. Simple!



We have bought some replacements, but they will rust as the marine stainless models are too expensive to lose! Please treat club equipment with respect, and it's a good idea to rinse the trolleys in fresh water before storing in the shed now that hose use is back. Thank you!





● **GRADE THREE** senior instructor Ian Ruse holds a winter training course at the Ballard Centre to prepare the novice canoeist for the season. Here he helps with a roll.

## Port rank among best

**THE** Port of Plymouth Canoe Association is one of the three top clubs in the West Country.

They boast ten members who feature in the national rankings list so their focus is very much on the adult paddler.

The 60 strong club does however run novice courses for children from nine years upwards. They also hold beginners courses from April to October.

When the demand dictates, they also hire local swimming pool facilities and run rolling courses.

During the summer, club

paddling is every Wednesday evening with progressive and advanced sessions on Tuesdays. A five week course costs £12.

Active all year round, Port organise trips to the Tamar and Dart in the winter and on the open sea during the summer months.

Trips last year included the Thames and North Wales. Events planned for this year begin with slalom races at Newbridge on the Lyner at Easter weekend, the first-ever ranking slalom to be held in Cornwall.

The club will hold its

annual meeting on March 19, and a slide, video and film show will be held on March 26 at the Mayflower Sailing Club.

Membership fees are; family £16, seniors £12, juniors and full-time students £10, which includes associate membership to the Mayflower Sailing Club.

The PPCC, provides senior instructors who each have the required minimum qualifying three years experience and abide rigidly to the safety procedures.

Further information about the PPCC can be obtained from Roger Farrell on Plymouth 670373.

## Exchange and Mart

## Discounts and Offers

A selection of discounts and offers are available on the PPCA website. [Click here](#) to see them.

## 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.

## 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)

## Acknowledgements

As ever, I have plundered Facebook for the cover photos - my thanks to all concerned.



## The Committee

### Chair

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### Vice-Chair

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