



PPCA Newsletter
March 2024

Introduction

Welcome to March's Newsletter. This month we have news of the Easter Paddle, some Sea Kayak Away Days and this year's Intro Courses, Terry recycles one of Doug's articles from the last century and takes us to a building commemorating the Queen of William IV (small prize if you can name her, no peeking).

Editorial

In some less prestigious journals, recycling an article from 1998 could be seen as a sign of desperation and one would expect to hear the sound of the bottom of the barrel being scraped. Not so, this month, however, where Terry reproduces an article Doug wrote in 1998 examining why we all choose to paddle. Out of his series of motivations, posing is clearly top of my list with exploration and so forth a distant second. Despite being 25 years old, the article is as true today as it ever was and makes for a thought-provoking read.

The commemorative edition for Colin is in the process of being put together so could I please ask anyone who still wishes to make a contribution to let me have it ASAP?

Ivor Jones

Newsletter Editor

Intro Courses by Sarah Carlson

Can everyone please share the dates below with family and friends to encourage participants?

Editor's Note - a jpg file of this poster is included as an attachment with this Newsletter for readers to display wherever they see fit.

**Come and Try
Kayaking
Day Introductory Course
09:30 - 15:30**

**Saturday 27th April
May 18th
June 15th
July 20th
August 17th
September 14th**

Boats and equipment all provided

Cost : £60 with 50% discount on joining fees within a month
Apply via website

 @port_of_plymouth_canoe_club www.pzca-canoe-club.org.uk 

Sea Kayak Away Days 2024 by Clive Ashford

We spend many a happy hour bobbing around Plymouth Sound, it's our backyard and we should never forget how lucky we are to have such a brilliant facility so close to hand but...

... If you venture a little further away there is a whole new life waiting for you, a life filled with different geography, different history and different ways of satisfying your paddling "fix." You lucky people have six opportunities to go and have a look for yourselves over the coming months because I am leading a series of sea kayak away days. Exactly where we go will be weather dependant but it will involve playing in the sea kayaks. Just like our Saturday paddles there will be opportunities for the high-octane paddler to have some fun while at the same time our more sedate paddlers can enjoy something a bit less adventurous. Whatever your preference paddling away from the Sound will be an adventure. Details will appear on the club forum during the week leading up to each trip. Dates are:

- April 28
- May 26
- June 23
- July 21
- August 18
- September 22

Club boats will be available for these trips.

How very exciting.

Easter Paddle, Saturday 30th March by Terry Calcott

It is nearly the time of year for the club Easter paddle. Hopefully this year we can come together again and have some fun and food as a club. The club Easter paddle will probably start and finish at Mount Batten this year. Details will be posted nearer the date. Meet at 10:00 ready to paddle. It is a PPCA tradition that paddlers dress themselves or their kayak in some form of Easter theme. We will also have a communal shared Easter feast of savoury and sweet food for those that wish to partake. Details of what to bring will be posted on the forum and Facebook nearer the date.



Why Do We Paddle by Terry Calcott (Original Article by Doug Sitch)

I often read through the old club newsletters to gather information or use bits and pieces for articles or research. This article written by Doug Sitch is from a 1998 newsletter. It is an excellent piece about why do we paddle and what are our motivations. What Doug writes about in the article is exactly the same today. Have a read and see what your motivations for paddling are. Mine have changed over the years of paddling but a number of them are still relevant.

Terry

Doug's Article

I have often wondered what motivates people to go canoeing. Is it the fun, the excitement, the scenery or simply the social meeting of friends? When one considers these reasons, one also has to consider what leads some to leave the sport after only a short time whilst others stay with us for long periods.

You may ask "Why consider it at all?" The reason is thus: If we can understand what motivates people to go canoeing, and what keeps their interest, then we are better able to focus on their needs. After all, the whole existence of the PPCA is to provide for people's needs. If we don't, then we lose members as well as friends.

After a paddle, are you happy or sad? Do you feel a sense of achievement? Was it worth the effort? Will you paddle again next week?

I propose that there is a range of possible reasons why a trip may have an enjoyable outcome.

- Achievement
- Social Interaction
- Excitement
- Exercise
- Exploration/Discovery
- Posing
- Learning

There are others we could add to the list.

Achievement is a strong factor in personal motivation. The sense of achievement provides us with contentment, whether it stems from managing to finish a river paddle without any swims, or managing to surf a wave. The first successful Eskimo roll is a major achievement for any paddler.

Social interaction is hard to describe. I have noticed that some trips positively 'buzz' with everyone having lots of fun, and others seem 'flat', dull and lifeless. If you get along well with your peers (the people you paddle with), then you are liable to interact, to compete with each other and to stimulate each other to do better, as well as having plenty of conversation and fun. Having a good time is infectious!

Excitement is a significant factor in some paddlers' motivation. The adrenaline rush you get when fear is conquered, and you succeed is highly addictive. This aspect of motivation is commonplace in whitewater and surf paddlers. For some, the drive to harder and harder levels is relentless. For others, the excitement is still there, but it is moderated and sampled and savoured.

Exercise provides some with much pleasure. The after-effects of any strenuous exercise are pleasant, leaving one with a sense of fulfilment. In these days, with our 'fast food' and convenience diet, exercise is vital if we are not to slide into overweight and ill health. If canoeing provides pleasure and enjoyment, then why not let it provide exercise as well!

Exploration & Discovery are underrated motivations. If you haven't had the chance to see nature as it really is, then you have missed out. There is much to be gained by quietly paddling alongside cliffs and coves, untouched by human hand, to look at rock formations and watch the seagulls. You may be lucky to come across a seal. The opportunity is there – take it, explore and discover!

Posing. There are some who delight in 'showing off' their skills and bravado to their peers. Most paddlers will get a 'kick' out of showing their skills and staking their place on the 'status' ladder. This activity can get tedious for others unless constrained.

Learning is very important. It is human nature to 'learn' and try to improve. With guidance and encouragement (social interaction) the learning experience can be great fun and lead to a great sense of achievement.

A number of these motivations are limited in duration.

The paddler who enjoys learning new skills, will in time, learn them all and have to find new motivations.

The paddler that paddles for excitement will have to paddle harder water to maintain the same levels of adrenaline rush. He (or she) will find it more and more difficult to find such conditions that are exciting enough. This will result in him paddling less often. In the course of time, some other sport or interest will come along to further divert him from canoeing.

The same is sometimes true of achievement and exploration. These motivations can sustain paddlers for many years but can wane if trips are repeated. However, it must be said, that given the extensive coastlines available to paddlers in the Southwest, that there is a lot to explore.

Posing. Well, that can be fun for the participant, but easily becomes boring for others. This, in time, can lead to a lack of social acceptance (dislike).

Summary

Canoeing is great fun! Like all sports, there is a great spread of motivations within the participants.

We, the PPCA need to take care to 'develop' club members, such that they gain a sense of achievement and purpose. We need to ensure that trips are 'fun', with high levels of social interaction.

Training is a cornerstone on which the club stands. We need to look at our teaching methods and arrangements to see if they meet the needs of those improving their skills.

We also need to focus on ensuring a continuity of motivation over the transition from 'skills learning' to 'social paddling' if we are to maintain a strong club membership.

We need to provide opportunity and support those wishing to use their skills for exploration and discovery. We need to provide guidance, training and leadership to those who paddle for excitement to allow them to progress in a safe and controlled manner.

In the long term, many paddlers will drift out of the sport after a while. That cannot be stopped. We can, however, ensure that we do our best for them – to find what motivates them, and provide for their needs.

Do you recognise your motivations? Can you see how to get the best out of them?

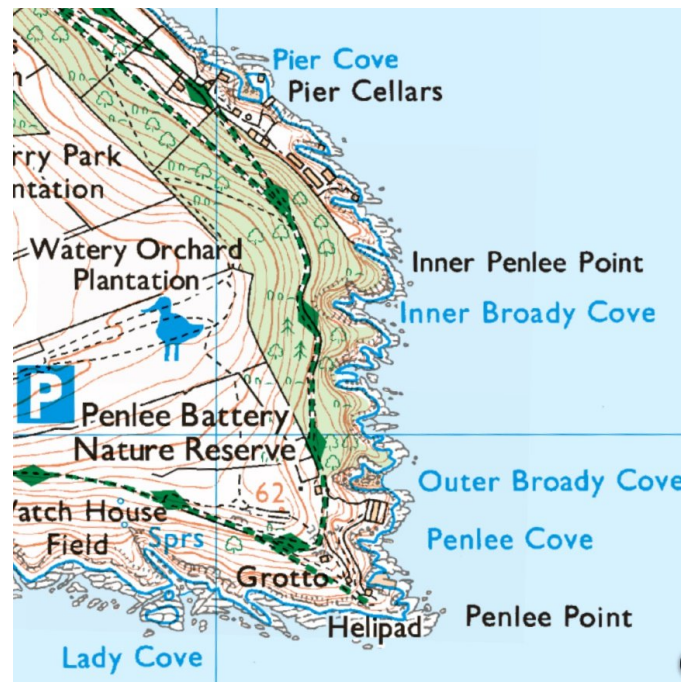
Plymouth Sound Snippets #25, Queen Adelaide's Grotto by Terry Calcott

We are staying at Penlee Point for this snippet. Higher up the hill from the old fog station is a much older landmark Queen Adelaide's Grotto.

There was originally a small cave and 18th century watch house on the site until in 1827 a grotto was built to commemorate the visit of Princess Adelaide. Four years later she was crowned Queen consort after her marriage to William IV.



Queen Adelaide's Grotto



The entrance to the grotto is through a side tunnel that leads to a central chamber with three viewpoints. The tunnel and the chamber have stone vaulted roofs.



Entrance to the Grotto

If you land on the small beach below the grotto when out paddling. It is well worth the short walk up the steps and path to visit the grotto.



The View From Inside The Grotto

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. 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

Acknowledgements

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

The Committee

Chair

Mark Perry
chair@ppca-canoe-club.org.uk

Vice-Chair

Vacant
vchair@ppca-canoe-club.org.uk

Club Leader

Colin Wilding
leader@ppca-canoe-club.org.uk

Assistant Club Leader

Vacant
acleader@ppca-canoe-club.org.uk

Club Secretary

Jackie Perry
secretary@ppca-canoe-club.org.uk

Membership Secretary

Helga Pinn
membership@ppca-canoe-club.org.uk

Welfare Officer

Alan Ede
welfare@ppca-canoe-club.org.uk

Intro Course Coordinator

Linda Brady
intro@ppca-canoe-club.org.uk

Treasurer

Julian Miles
treasurer@ppca-canoe-club.org.uk

Equipment Officer

Pete Anderson
equipment@ppca-canoe-club.org.uk

Publicity Officer

Sarah Carlson
publicity@ppca-canoe-club.org.uk

Youth Development Officer

Rita Ford
youth@ppca-canoe-club.org.uk

Health and Safety Officer

Damean Miller
safety@ppca-canoe-club.org.uk

Club President

Adam Coulson
president@ppca-canoe-club.org.uk