

Paignton Canoe Club Member

Well it's the party season again so merry Xmas and a happy (upcoming) new year to everyone. Unfortunately at the moment it's cold and dry but I am sure Santa will give us the gift of some rain to bring the river levels up (fingers crossed!).

Back to business now: the newsletter will from now on only be sent to paid up members for 2014-2015. This includes those on courses because the course cost includes membership. If you are receiving this and have not paid your membership fees for 2014-2015 please either pay them or send an email to newsletter@paigntoncanoeclub.org.uk to inform us you are no longer a member.

Thanks to everyone who has contributed to this month's newsletter. Please feel free to contribute to the next one.

Jeremy (vice chairman and editor)

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From The Chairman

Merry Christmas everyone!

December is upon us & the end of the year is coming. Families are important and it's a great time to get together & share good times. Our paddling family will be getting ready for our Christmas meal which looks like being a bumper event, possibly our largest number of revellers ever. This is definitely a tribute to every member of the club & our friendliness. It's also a great time to thank the committee & all our unsung helpers who make the club run smoothly. It's a good time to look back & thank Matt Read for his role as our previous Secretary. It came to light that Matt had been in the role for ten years, something that hasn't been mentioned before but should be noted. Cheers Matt.

Through local coaches a number of our paddlers have been Guinea pigs on various coaching courses. Both being led down new sections of rivers & being coached in new skills & techniques. On our own course it was lovely to see & paddle with a great group of (hopefully) future club paddlers on the Dart Estuary. Their enthusiasm for being out on the water was lovely. I hope to see everyone on the water somewhere, sometime & enjoying this great activity.

With a New Year approaching, what shall we do, where shall we go & what do you want to achieve? There's the possibility of a three star course, anyone interested? More camping, surfing, WW? Let us know either on the forum or through facebook. Finally, Thanks for another great year & looking forward to more.

Happy paddling.

Rob Cox

Latest News and Recent Events

Password Change in January

The password to the members section of the club website, including the forum section will be changed in the new-year. The new password will be in the January newsletter.

AS Watersports Club Vouchers Scheme Ending Soon

The As Watersports club vouchers scheme will be finishing at the end of the year and we will need to redeem them at the shop before 2015 begins. If you have any vouchers then please get them to a committee member by the Tuesday 16th pool session at the latest.

Beginners/Improvers Course

(by Tim D)

The Beginner/Improver course comes to a close. Well done Karen, Georgia, Hazel, Darren, Jon, George, Rob and Jo. We had some great surf and estuary time to demonstrate the uses of the skills built up through the course. Keep practising and socialising in the pool on Tuesdays and join in the club activities through the year, whether that be on the Lower Dart, white-water and/or else salty water paddles. And join in the kayak football coming up now that we are not hogging part of the pool.

Thank you to Dan H, Rich O'B, Sam K, Nick C, Rob C, Pete V and Nigel S for your help on the water. Thank you to Jo R for the loan of boats. And Nigel P and Jeremy B for the trailer support.

Tim Durrant

Shetland 2014

(by Steve D)

The white caps of the waves became more and more visible as we approached Shetland and then a cliff housing the runway on which we were to touch down. No, we did not come on flying kayaks, it was Logan Air. Geoff and I have wanted to kayak in Shetland for some years as it is a world re-known location for Sea Kayaking.

We arranged the trip through 'Wilderness Scotland' who were outstanding. Our group comprise two guides and 5 clients. Shetland is a big island with the group often travelling 45 minutes to a paddle start to ensuring we paddled in a weather protected patch of sea. July in Shetland is like a standard October on Dartmoor (12 degrees c and damp). Being so far north and fairly close to mid-summer it never truly got dark. Lerwick had the feel of a frontier town due to a Total gas plant being under construction and 1600 workers being accommodated on two cruise liners and two floating accommodation blocks.

Our Six day paddle trip was awesome but one day stood out as the "Disney land for paddlers." It was our 18 kilometre circumnavigation of Papa Stour. The Sea caves on the west side are rightly re-known and include Christie's hole which has been called the finest sea cave in Europe and the Hol o' boardie, 300m long tunnel through the North West headland, which is believed to be the fourth longest sea cave in the world. Sections of coast are honeycombed with caves and arches, truly the best day of the Shetland Adventure.

Other notable points of the trip included;
Our lead guide demonstrated an interesting take on a rescue when one of our paddlers called "hot point" (as she went through the washing machine) went for a swim in rough conditions. He successfully rescued the paddler but followed up by losing both sets of paddles.

He also kindly demonstrated his version of "Angry Birds" by paddling under a sea bird resulting in him becoming coated in a noxious orange gloop. It is not clear which end of the bird this came from.

It is hard to get across how incredible Shetland is for those who enjoy exploring coastlines but where in our part of the world you may find a cave every kilometre along our shore in Shetland there are patches of coast that are jam packed with caves stacks and arches for hundreds of metres. It is a paddle holiday of a life time, perhaps one for your bucket list?

Steve Darling

Upcoming Events and Trips

All Paddle sport has a certain risk to it. It is not and never will be 100% safe. Anyone attending any and all Paignton canoe club activities does so at their own risk.

Pcc rules can be found at: <http://www.paigntoncanoecub.org.uk/ClubRules.html>

Kayak Football Tuesday 9th and Tuesday 23rd

The Tuesday 9th December pool session will be a kayak football session. The whole session will be dedicated to kayak football.

We have the pool booked for Tuesday the 23rd December and this will also be a kayak football session.

Kayak football sessions are: cost £5 per person, you will need a boat, paddle, buoyancy aid and helmet to play. If you don't know what kayak football is see here: <http://www.paigntoncanoecub.org.uk/KayakFootball.html>

Christmas Meal Friday 12th December

(by Jo Butler)

The annual Paignton Canoe club Christmas dinner is going to be held at the Livermead HOUSE Hotel, Torquay on Friday 12th December meeting at 7pm to sit down for 7:30.

I am under the impression there will be some entertainment though not sure what form this will take but whatever it is surely can't be any worse than the jam session of a couple of years ago! Can it? The bar is open until 1am; let's hope they don't run out of ale and cider this year!!

If you can't remember what you ordered here is the menu.

- Home Cured Salmon Gravad Lax, Rocket Salad, Dill and Mustard Yoghurt
- Chefs Homemade Mushroom and Rosemary Soup (V)
- Duo of Melon, Minted Berry Compote and Mango Coulis

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- Traditional Roasted Crown of Torbay Turkey Bacon Roll, Chestnut Stuffing, Madeira Jus
- Sweet Mustard Glazed Pork Loin Steak, Apple and Star Anis Compote, Cider Apple Sauce
- Grilled Fillet of Sea Bream Orange Braised Fennel

Selection of Fresh Seasonal Vegetables and Potatoes

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- Baileys and Vanilla Cheesecake, Coffee Cream Sauce
- The Livermead's Homemade Christmas Pudding Rum Sauce

- Iced Lemon Meringue Parfait, with Mixed Berries

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- Freshly Filtered Coffee and Warm Mince Pies

Jo Butler

(Many thanks to Jo for organizing this-ed)

BIG Boat Pool Session Tuesday 16th

Tuesday 16th December pool session will be a 'BIG BOAT' session. This for people to bring their longer sea and touring kayaks to be used in the pool, to be able to practice rolling, rescues etc in a warm environment

Please leave your smaller boats (that's all river boats including creek and play boats) at home and instead bring along your longer touring and sea kayaks to practice with in the pool. We will not be bringing the trailer boats but instead will bring the clubs larger boats (that we don't normally bring to pool sessions) to use, including the sea kayaks, double kayaks and canoes.

Cost will remain at £3 per member. And as always, please make sure that all boats and kit are clean before going in the pool.

All paddling trips and events are entirely weather dependent and because of this are often organized (and can be cancelled) at the last minute. So please keep yourself up to date with what's going on using.....

Club Communication

Emails: info@paigntoncanoecub.org.uk

newsletter@paigntoncanoecub.org.uk Please use this for anything relating to the newsletter and only the newsletter. Please do **not** give this email out to non-members.

Website: <http://www.paigntoncanoecub.org.uk>

Club Forum: (for members only)

<http://www.paigntoncanoecub.org.uk/members/phpBB3/index.php> To access this and any other password protected part of the site you will need.

Username: pcc

Password: water (to be changed in the new-year)

This is for all members and only members to use. Feel free to contribute, your input matters and we want to hear it.

Facebook: Love it or hate it, it's used a lot. PCC has a facebook page <https://www.facebook.com/groups/44208464189/> which we allow anyone to join and use, so please only put on there what you want the whole world to see.

Committee Telephone Numbers: (For Members only)
http://www.paigntoncanoecub.org.uk/restricted/Members_Contact.html
All Committee members are unpaid volunteers with separate full time Jobs

The Next Newsletter

We want you to contribute to the Newsletter. ALL MEMBERS please email to newsletter@paigntoncanoecub.org.uk anything you want to put into the newsletter.

Newsletter Info (including what we are looking for) can be found at:
<http://www.paigntoncanoecub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1434&p=5196#p5196>

We store members' names, email addresses and telephone numbers on a Gmail account, if you do not wish to have your details stored in this way then please email newsletter@paigntoncanoecub.org.uk and request to have your details removed.

The cut off date for content for the next newsletter will be the 28th of this month.

Happy Paddling
Jeremy