

Paignton Canoe Club Member

Quite a long newsletter this month! But that's because what with the great weather (well most of the time) there has been a lot going on, just off the top of my head: fantastic Tuesday night trips, BBQs visited by seals, rescue practice in and out of the surf, surf in the Bay!!!! Trips to Cornwall, coaching scouts, canoe sessions in Totnes, skittles session (which Tim was suspiciously good at!) and even..... a committee meeting!! So let's get to it.

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

Hi All, this paddling certainly is a diverse sport with many different craft. On a recent club trip down the Teign estuary we had everything from Canoes, Sea Kayaks, Sit on top Kayaks, general purpose kayaks & even someone stupidly in a WW River runner/creek boat (Me ;-)). Everyone had fun & it was a wonderful evening. Paul on the sit on top has been out on a lot of the paddles, trailing a fishing line. No fish yet but I'm sure there will be some soon.

While a lot of us are paddling longer boats, because we have them, there is no need for anything more than a general purpose boat for Tuesday nights. It's just the long boats make things easier.

Welcome to Richard O'Brien to the committee. I am sure he will prove to be an excellent (if not vocal) asset to the committee and club.

We are often asked to provide swim support/safety for various events. These range from the Paignton regatta "Round the pier swim", Ayrtons Dream Swim & to the BLDSA "Cross Torbay Swim". With the first it is just a case of paddling around with the swimmers in a position where should anyone require rescue back to the shore, you can get them to hold onto your kayak & signal to a boat to do the rest. The Ayrtons Dream swim is a charity swim but some enthusiastic but less than athletic swimmers for a cause close to their hearts. This is a paddle with them, keeping their

spirits up & ending with a free bacon butty. Finally the Cross Torbay Swim is from Meadfoot to Brixham and back, you try & guide the swimmer as they swim directly across the bay in whatever conditions there are. It can be quite a lonely place in the middle of the bay! Please see the forum for more details.

Rob C

Latest News and Recent Events

Need Practice Reversing with a Trailer?

Well now is your chance! We are looking for volunteers to tow the club trailer every now and then. The trailer is normally towed to and from club meets by Nigel, he does a grand job and we are very thankful to him that he does (thanks Nigel). But there is always the odd time when Nigel is unavailable and it will be very useful to have several back up trailer towers. So do you have a tow bar and would you be willing to tow the trailer every now and again to and from club events?

It's a very short drive as the trailer is currently stored near the zoo and your fuel costs will be paid (the vast majority of the time it is either to the pool or Paignton harbour). This will also involve reversing the trailer (not as easy as Nigel makes it look believe me I have tried...and tried and tried!) and making sure everything is safely lashed onto the trailer. The trailer fully loaded weighs between 500kg-600kg and is un-braked.

Any volunteers please contact Nigel on 07763 189723

Funding Officer

Although we are a not for profit, voluntary organisation, obviously it does cost money to run the club. We are always on the look-out for grants and any other type of funding to spend on club equipment, courses members' development and the general running of the club. However, trying to find funding and grants and then processing them through correctly involves quite a bit of work. So we are asking if there is anybody in the club who would like to volunteer to be a funding officer? This would primarily involve getting as much money for the club, through grants or any other (legal!!) means, as possible and processing the necessary paperwork.

It will involve working closely with the committee and especially the treasurer and secretary. Good accountancy skills and connections would be ideal but anyone who is interested could they please contact Rob Cox (chairman) or Jo Butler (Treasurer)

http://www.paigntoncanoecub.org.uk/restricted/Members_Contact.html

Clubs Small Palm Kayak For Sale

We are selling the club's small palm kayak because it is old and is rarely used. The boat is at least 15 years old; only really good to be used on flat, calm, safe water and will fit a small paddler or child: £20 ono.

If you are interested please contact Rob Cox (chairman). If we don't hear of any interest in a week we will dispose of it. See the link for details and a picture.

<http://www.paigntoncanoecub.org.uk/members/phpBB3/viewtopic.php?f=3&t=1502>

PCC Committee Meeting 16th June 2014

Here are the main important notes of what was discussed and the decisions that were made at the June committee meeting

Present: Rob Cox
Jeremy Baillie
Jo Butler
Tim Durrant
Nigel Perring
Sam Kite
Richard O'Brien

Apologies: Matt Read
Mike Barnes
Martin Glanville

1. Richard O'Brien voted on to the committee (welcome onboard Rich and good luck!) with the intent to gradually take over the role of secretary from Matt Read over the upcoming months.
2. Some members' addresses and telephone numbers are on the club Gmail account, concerns raised that this may be a security issue. All private information about members to be removed from gmail account except email addresses and phone numbers.
3. New club bank account now opened with Lloyds allowing internet banking. All online payments to PCC must include members name and reference about what they are for, for the purposes of accounting. Jo to write up info on how to make payments to the club account online, for next newsletter.
4. Volunteers with tow bars required to tow trailer on odd nights of the year. Request for such to be put in the newsletter and on forum. Committee

members with tow bars: Nigel, Jeremy, Richard, Sam. Trailer weight approx 500kg-600kg, unbraked!(see above)

5. 2 boats to be disposed of: Acrobat 275 with split cockpit to be stripped of components and offered to Dartmoor rescue training. Small Palm childrens boat to be offered to members to buy, otherwise scouts, otherwise scrapped. (see above)
6. 3 Boats to be purchased: 1 small Dagger axiom, 1 large Dagger axiom, 1 Pyranha Fusion. Expected cost: £1500, try to spend less! Ideally want second hand or shop soiled seconds!
7. Request for volunteer funding officer. (see above)
8. Richard, Nick, Sam, Dan and Matt to receive first ¼ of funding for level1 coach training taken as per club policy. Copy of training receipts/evidence required by Jo. Sam to take up level 2 training funding to be given as per club policy
9. £87.50 received so far for grant for training coaches. Application to be made by all coaches to receive as much as possible though maximum possible allowed to club will be £220 for this financial year through current funding.
10. Web page to be added to members section of club website detailing club coach funding policy
11. Jeremy to look into the possibility of having another separate 1 hour polo session in Clennon Valley pool once a fortnight or monthly in upcoming winter season. Dependant on Torbay leisure allowing us to rent the pool and demand amongst local paddlers. If pool is available, doodle questionnaire to be set up to gauge popularity.
12. Possible future summer trips: Tryweryn, Cardiff WW, Lee Valley WW, French Alps 2015

North Cornwall Weekend (Robs Version!)

(by Rob C)

Off down to Padstow we went, meeting up on the Friday night for a few drinks, food & discussion. Phil, Tina, Jo, Bee, Nige, Tris, John, Jeff, Jon & Jules plus myself.

Saturday was a wonderful sunny day & a quick look at Trevoze Head, the launching point & the weather made the planned trip look good. Phil & Tina choose to do a shorter paddle & found some interesting surf to play on along with a deserted beach to lunch at. Jules, who paddles infrequently but enjoys calm conditions, went off horse riding at a local stables.

The rest of us launched from Treyaron Beach. The lifeguards did ask our intentions & obviously shared their knowledge of the area. The launch was out through quite a rip & some interesting set waves but once out back, all was calm. Trevoze Head was passed relatively easily & lunch under the Padstow Lifeboathouse was very pleasant. As the tide strengthened with the spring tides the journey along the coast to the Camel estuary became increasingly interesting before turning into the shelter of the Camel.

Saturday night saw a walk into Padstow for Fish and Chips before beer & the England World Cup game in a pub.

Sunday saw people doing their own thing from bodyboarding to sightseeing & a group of us pedalling the Camel Trail.

A lovely weekend, cheers all.

Rob C

North Cornwall Weekend (Jo's Version!)

(by Jo B)

After a staggered arrival on Friday afternoon/evening where BBQs, beers and thieving seagulls featured (Rob, I'm sure if the harbour waters hadn't got in the way you'd be wearing said seagull as a commemorative shoe!) we woke to a beautiful morning. Final checks were made and our launch at 12:00 from Treyarnon Cove was confirmed. We parked up, unloaded the cars and prepared the kayaks, it then became apparent that I was missing my lunch bag. It turned out that when packing the cars at Dennis Cove campsite my bag of goodies got mistaken for rubbish and thrown out in the trash. I'm sure Jon Roberts had my diet in his best interest but I did appreciate the food parcels at lunchtime, thanks guys.

Rob Cox and I headed for the shoreline where we were greeted by a life guard patrolling the beach. She came over for a friendly chat and asked of our intentions. When we told her our itinerary to navigate around Trevoze Head (which can be challenging at the best of times) and beyond she didn't hesitate to share her concern with us. Her words were "200 metres of confused water at best". Even after explaining we were a party of eight with some very experienced paddlers and safety equipment (some of it being defective) I could see that she genuinely showed concern for our safety. I wondered just how much of the conversation with the life guard we should share with the rest of the group, particularly the less experienced but figured honesty was the best policy, besides we'd done our planning, what could possibly go wrong? Did I tell you what happened to my lunch?!

With varying levels of trepidation we could clearly see that we needed a break in the 6ft+ surf to paddle out into the calmer waters beyond before contemplating the notorious Trevoze Head. Fortunately there was time between the surf and Trevoze Head to compose ourselves even if it was only to discuss how much "air" we got after paddling out over a particularly big wave.

The scenery was stunning. Not much rock hopping to be done but the breaking water on the cliff-side looked great against the backdrop of clear blue skies. With no surprise the lifeguard knew what she was talking about and we hit the "confused water", it certainly kept us on our toes for what was certainly more than 200m! We were then full steam ahead until we hit an unexpected testing patch of water, it proved to be nothing too difficult but added a little more adventure along the way. Once we were in the bay the water and the scenery changed dramatically, calm waters and beautiful beaches all the way to Padstow. Ultimately the planning was second to none even down to our camp site having its own slipway.

Many thanks to all who came along, I for one had a wonderful weekend.

Jo

Coaching the Scouts

(by Richard)

Nick Chapman, Tim Durrant and myself have been teaching the Preston Scout club kayak fundamentals over the past few weeks and are having a good time doing it. Sometimes the simple things in life can be so rewarding for some. It's good to see smiles on the faces of those a little cherubs.

On Friday 6th June Nick Chapman and myself started our very first official 4 week coaching session as level one coaches, with Tim Durrant as back up and a guide if we needed him. I don't know why Tim was there as a 'guide' when we were teaching the 'Scouts', but he looked good in the skirt!

I think Nick and I both had a truly memorable experience, but all in all it went to plan. I forgot about when my kids were young and that you need eyes in the back of your head. A fun packed two hour session that seemed to go in 30 minutes. The kids thoroughly enjoyed themselves and actually went home knackered. So you can imagine what Nick and I felt like.

Plus I would like to thank the committee for voting me in at the last committee meeting as PCC Club Secretary. I hope I can satisfy the clubs needs.

Richard O'Brien

Canoe coaching

(by Tim D)

Thank you to Laura Wynne for leading and Sam Kite for assisting a canoe course based above the weir at Totnes. Totnes Canoe Club lent us their boats, so thanks to them too. The day started with glorious sunshine, but ended up slightly wet (and not just from the rescue practices). And a good time was had by all. (what on earth did you do to our poor Chairman though? Poor Rob was looking decidedly worse for wear!!-ed)

Tim Durrant

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.

Upcoming Tuesday Night Summer Paddles

Meeting times will be at 7pm (unless stated otherwise). There will be no changing facilities at these locations and the club trailer will not be brought due to parking and security issues. If you wish to hire a club boat and/or club Kit for any Tuesday club session please contact us at least 2 days before for us to organise.

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

July

- 8 Paddle the Exe Canal or Exe river down the weirs and return – Meet at Haven Banks car park. Helmets required if going down the weirs. (canal is ideal for canoes. Bring money for probable stop at pub)
- 15 Stoke Gabriel to Bow Creek & Watermans Arms pub and return – Meet at the dam at Stoke Gabriel, follow signs for the River Shack. Finish in the dark, bring lights. Please change discretely. (ideal for canoes, bring money for pub)
- 22 Meadfoot to Thatchers Rock & the Orestone and return
- 29 Cockwood to Turf Lock pub and return – longish paddle ending in the dark. (ideal for canoes bring money for pub)

Aug

- 5 Brixham Harbour to St Mary's and return - explore the caves. Lights & Helmets advised.

- 12 Paignton Fireworks Night - Meet Goodrington, Inn on the quay.
Paddle over to Preston for the fireworks and return in the dark. Lights
required (there will be lots of traffic on the water, lights are essential!).

July 12th/13th South Devon Sea Kayak Meet

Based at Kevics school in Totnes, this is being organised by Paul Rutherford, Paul & Julie have both been coaching on our current course.
Numbers will be limited to 100 people (whether paddlers or not) See the UK Rivers Guidebook for full details.

<http://www.ukriversguidebook.co.uk/forum/viewtopic.php?f=15&t=109946>

The round the Pier Swim August 9th

A swim round Paignton pier will be part of the Paignton regatta events with some of the swimmers looking very familiar! They normally require kayakers to provide additional safety support: a short evenings' paddle maybe followed by a sociable drink.

Dartmouth Club L1 Training Course

(From Tim Freeman via email)

I have now sent out the text below to most of the canoe clubs in the south west, so the course may fill up quite quickly.

To Kayak / Canoe Clubs in the South West

The Dartmouth club is organising a very cheap L1 course which may be of interest to your club / members. Max 12 places, 5 taken already (That was written 12th June! - ed).

BCU Level 1 coach course

Cost: 4 days for £135 total

Location: Dartmouth

Dates: Weekends of Sept 6th / 7th plus Sept 13th / 14th

Accommodation: Available for the 2 saturday nights with members of the local canoe club for £10pp.

Boats: Bring your own or boat or borrow one free from Dartmouth club

Provider/Assessors: Darren Joy of Fluid Skills, Gary Peverill

Pre Requisites: BCU 2 star and FSRT

By Tim Freeman via email timfreeman61@googlemail.com

Alps White Water Trip July 2015

(by Richard O'B)

A club White Water trip is to be organised for the week 18th July - 25th 2015 if we can gain enough people to go to France with Darren Joy of Fluid Skills coaching and training. The trip consist of Lead WW trips and A WW safety course (which is certificated) Full board but last night meal not included or alcohol. Full board for 6 people £700 per person over 6 - 12 people £650 per person. This is because of the accommodation sleeps 6 per apartment in twin bed rooms.

We would need £100 per person deposit to confirm the billing and then full payment 4 weeks before the course date. You could arrange a direct debit to be paid to the PCC bank account on a monthly basis so as to lighten the final payment. This will be arranged with Jo Butler when we have finalised things.

Boats can be flown over or some people may want to drive. Equipment can also be hired from Fluid Skills. (prior notice required).

Boats work out at extra £75 per boat for the week, this includes paddle and deck if you fly over . Drive over is 8-10 hours from France side ferry. Flights into Turin in Italy and easy to hire a car is a option too or we they can do a pick up .

Travel is NOT included, except transfers fro/ to airport.

Unfortunately this trip is only open to solid Grade 2 paddlers, so as there is a good base to build the required skills on.

So who's coming??????????????

Richard O, Brien

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

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