

Dear Paignton Canoe Club Member

Welcome to the first club newsletter. We plan to send out one newsletter by email in the first week of every month to all paid up club members, containing anything and everything that has happened and is planned to happen in the club as well as useful paddling related info and articles etc.

This first one has been sent to all members from last year, as well as the 2013/2014 members. The idea is that it will hopefully encourage last year's members to stay with the club. After this first one only paid up 2013/14 members will receive newsletters.

My thanks go to Jon Roberts who has not only set up the technical side to this newsletter but has also done such a great job creating, designing and running the club website.

Jeremy (vice chairman and your humble editor)

Contents

1. **The Chairman's Intro**
2. **How Will the Newsletter Work?**
3. **Club Communication**
4. **Latest News and Recent Events**
5. **Upcoming Events and Trips**
6. **Article: Is someone Drowning?**
7. **Contact the Newsletter**

The Chairman's Intro

Hi Paddlers, Welcome to the first monthly email newsletter. Thanks must go to Jeremy Baillie for taking the reins & driving this idea forward! As with all Newsletters it relies on content & that is as much up to the members to supply as the committee. It's YOUR Club, join in, email to newsletter@paigntoncanoeclub.org.uk & lets get those ideas, people & boats afloat!

Remember that just because it's Winter, there are still paddling opportunities, it just requires a bit more thought & planning.

Cheers, Rob (chairman)

How Will The Newsletter Work?

Put simply what goes in the newsletter will be decided by you. The Newsletter will be put together by Jeremy <http://www.paigntoncanoeclub.org.uk/Committee.html> but the actual content will be what you tell me to put in. So this is an open request to ALL MEMBERS: Please email to newsletter@paigntoncanoeclub.org.uk any and all paddling/club related information that you believe is worth the membership to see, including but not limited to:

- Trips/events you plan to organise/go on
- Official course/trips/talks/events with outside instructors you plan to organise or are already participating in
- Courses/trips/talks events within the club
- Courses/trips/talks/events run by people independently of the club you think will benefit the membership
- Interesting Articles/funny stories on paddle sports you have seen, or wish to write yourself.
- Advice on paddling techniques/knowledge
- Write ups on trips/events you have taken or epics you have had and what you have learned
- Ways in which you think the club can be improved
- Anything else you can think off that you want the club membership to see.

Email to: newsletter@paigntoncanoeclub.org.uk

The cut off date from now on for content for the next upcoming newsletter will be 28th of the month. So to get something into December's newsletter please email it to newsletter@paigntoncanoeclub.org.uk before the 28th November.

With regards to an event/trip/training the more information you give the better but the bare minimum I would ask for is

What you are planning? This could be as simple as say 'a trip to Cardiff WW centre'

When is it? Although exact dates would be preferred this is not essential e.g 'some time in the next 2 weeks'

Who are you and what's the best way to get in contact? This can be a phone number, email address or a request to be contact via the club forum or facebook.

What would be the minimum standard of paddling skill/kit required to attend? such as: 'ideal for beginners' or 'sea kayaks only' etc.

Club Communication

We have several forms of communication which will now include this newsletter.

Email: There are two main email addresses for the club....

newsletter@paigntoncanoeclub.org.uk This will be seen by Jeremy, Rob, Jo and Jon. Please only use this for anything relating to the newsletter and only the newsletter. Please do **not** give this email out to non members. For contacting the committee please use.....

info@paigntoncanoeclub.org.uk This will be seen by the committee. This can be given out to Non members who want to get in contact with us. Please use this if you have any questions/issues about the club that you want only the committee to see. Remember this is an entirely voluntary club so we will get back to you as soon as we are able. But you will find a lot of information on the.....

Website: <http://www.paigntoncanoeclub.org.uk> Please check it out and have a good look through. Jon has done a great job with it, there is loads of great paddling and club info on there as well as lots of really useful links. If you have a question about the club then odds on you will find the answer on it. Some sections are password protected, especially the.....

Club Forum: <http://www.paigntoncanoeclub.org.uk/members/phpBB3/index.php>

this is for members only. To access this and any other password protected part of the site you will need.

Username: **pcc**

Password: **stopper**

This will let you in to read what is written by others but if you wish to contribute and write something yourself you will have to create your own account, please do. This is where any and all club issues/events are discussed and there is tons of info and discussions about all aspects of the club going back for years. This can be seen by the entire membership, do not be afraid to contribute, your input matters and we want to hear it.

Please do not give out these log-in details to non-members. If you wish to communicate to members, friends and non members alike then your best bet is to use.....

Facebook: Love it or hate it, it's here to stay and is used by the wider paddling community a lot! We have a facebook page (Paignton canoe club) and at the moment it is the most widely used way of communicating and organising paddles. However, to publicise the club we allow anyone to join and use this page so please only put on there what you want the whole world to see. Although we can remove posts we prefer to trust to member's common sense on this one.

If there is something you want only the membership to see the best bet is to write it on the forum and then put a link to it on the PCC facebook page. If you want to actually talk to an individual then its best to call.....

Telephone Numbers:

http://www.paigntoncanoeclub.org.uk/restricted/Members_Contact.html These are the contact numbers of the committee. Again we are trusting all members to use their common sense and judgement regarding giving them out.

Latest News and Recent Events

Membership Fees: So the very first item to bring up is: if you haven't paid them already, membership fees are now due for 2013/2014! And have been since October.

£20: Individual Membership

£30: Family Membership

For those of you on club courses the cost of the course already includes a one year membership.

Club Kit: There have been 2 major purchases in the last year: a massiv motion surf kayak (now with detachable fins!) and a Canadian canoe (so we now have 2 open boats). We also have a new white water rescue DVD in the club library. All of which can be used by members, link:

<http://www.paigntoncanoecub.org.uk/restricted/ClubKitMembers.html>

It has been decided to purchase some more basic club equipment i.e. spray decks, paddles and buoyancy aids, to maintain a steady flow of new kit to replace older kit as it wears out.

AGM: The club's Annual General Meeting was held in September. What follows are the key minutes of that meeting written by Matt R (club secretary)

AGM MINUTES

DATE: 23/09/2013

VENUE: PAIGNTON SAILING CLUB

COMITTEE MEMBERS PRESENT: ROB COX, JO BUTLER, MATT READ, JEREMY BAILLIE, TIM DURRANT, SAM KITE, NIGEL PERRIN, TRISTAN STOCKDALE

APOLOGISE: ROB PORTER, JOE REYNOLDS, MIKE BARNES

AGENDA

LAST YEARS AGM

CHAIRMAN'S REPORT

SECRETARY'S REPORT

TRESURER'S REPORT

APPOINTMENT COMMITTEE MEMBERS

ELECTION OF CHAIRMAN, SECRETARY AND TREASURER

AOB

LAST YEARS AGM

Last year's main points were not to increase membership fees. Add value to membership. Provide more experiences. Increase course fees. Not all minutes were available at the meeting.

Chairman's Report

The club bought an open canoe with the thanks to Richard and Tristan for organising and putting into action. The club is closer to moving forward and becoming more diverse with further opportunities for coaching. We will continue to improve our range of coaching which is part of the 5 year plan. The 5 year plan is fundamental to aid us to receive further financing.

Secretaries Report

Membership has dropped off a bit over the last few years but has steadied itself. We need a plan to hold onto people especially beginners. Need to create a new membership form so we have up to date information and contact details for all members. Having out of the loop for some time it was not in great depth but Rob and Joe have kept me up to date. Facebook is a great way of way arranging paddles and is working well but should only be used for this. It should not be used to discuss the club or issues surrounding it.

Treasurer's report

Club has made a small amount of profit this year and has also purchased new equipment including boats. Most of the income has come from club courses and Kayak football. The subs only just cover the cost of pool hire. Membership will not increase this year but part of the 5 year plan

<http://www.paigntoncanoeclub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1367>

will be to see better value for money. Not forgetting our membership fees are the cheapest around compared to other clubs in the local area.

Appointment of Committee Members

Both Rob Porter and Simon Derby have decided to step down as committee members our thanks to all the help and service they have given to the club over the years. It was also discussed that should Martin Glanville be a committee even though he does not always attend. It will be discussed at the next committee meeting. Should we have honorary members? Other committee places can be discussed at the next meeting.

Appointment of Officers

All officers step down and get re-elected, no members have asked to fill or take up positions. Officers to stay the same as before. Sam now as Welfare officer, taking over from Tim. All elections were seconded by members from the floor.

AOB

Thanks to Tim and Sam for courses which has increased revenue. 5 year plan is to be looked into further to enable us to apply for funding. Facebook only to be used for social discussion, the forum for committee discussion. Steve to have club phone and possibly help Matt out with secretary role. Propose to write up monthly trips and have an email newsletter each month . Trips to be organised and level of ability to be considered at all times. Try to create trips that make sure everyone gets to take part no matter what their level of ability. Possibility that in the new year we can run BCU qualifications again, this is up for discussion at the next meeting.

Matt R.

Coaching: The development of and retention of club coaches is one of our main goals, fortunately we have a lot of keen up and coming potential coaches within the club. Tim is now the new head coach and we have now a new set policy for funding potential club coaches, link: <http://www.paigntoncanoecub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1390>

The first pcc coaching meeting was held in October. Here are the minutes of that meeting written by Richard.

PCC Training meeting 09/10/2013

Present : Tim Durrant (head coach and chair)

Richard O'Brien
Simon Symes
Tristian Stockdale
Sam Kite
Laura Wynne
Michelle Ellicott
Daniel Hatherly

Introduction by Tim Durrant was about what the club runs as courses and how it has gotten to this stage. Also about Tims training career and qualifications.

Topic 1

It was discussed that the club could now offer members a BCU 1/2* certificated course if they require at a sensible cost (As we now have two river worthy canoes).

Those that have completed the PCC intro course could just do a days canoeing to gain a BCU 2*certificate . Any certification cost will be incurred by the trainee.

Topic 2

A trial in a canoe is going to be introduced into the PCC intro course when the course day is at Paignton harbour. This will give the trainees an insight to yet another boat to which they might form a liking. Logistics yet to be discussed

Topic 3

Talked about juniors being introduced in to the club. Sam Kite (welfare officer) is going to look in to the rules and regulations governing this topic. Peoples opinions were that because there are two RN recognised Sea Scout groups in the bay this might be better left to them.

Topic 4

A Introduction to moving water, (White water intro) was discussed at great length and so is going to be advertised withing the PCC club for it's members only, free of charge. With a maximum of four persons only to be lead in any one session. Laura Wynne is going to action this and will be looking for volunteers when a date is arranged for safety cover and alike.

Topic 5

There was also great discussion about the possibility of a Autumn cold water course to be run. Harbour, Canal, Sea, Outdoor pool are some options for venues. A training package is to be put together by Michelle Ellicott and Simon for discussions in full at the next training meeting. This would take the PCC intro courses to three a year.

The next meeting is to be held 12th November.

Richard.

Paddles: Now that the fishing season is closed and the rain has come everyone is getting back on the rivers. There was a Gene 17 river clean event held recently and it was well supported by club members. Here are a couple of write ups by Richard and Sam about it:

The weekend of the Gene 17 river clean 26/27/Oct/2013 up on the Dart organized by Mark Allen and Simone Westgarth was a great success. The weekend's event was represented by PCC's Tristan Stockdale, Richard O'Brien, Nick Chapman, Daniel Hatherly, Jo Butler and Sam Kite. We all had a wonderful time doing the river clean and then paddling the loop in the afternoon. Some of us then went onto paddle the Teign from Drewsteignton on the Sunday. Others where still a bit worse for wear I think, After partying into the night until about 3: am (ish).

Richard

The River's Source - clean up and party at the River Dart Country Park 26/10/13

What a great weekend! Jo Butler and I went to the River Dart Country Park early on Saturday morning, to join in with the annual clean-up on the river. We met lots of paddlers from Paignton Canoe Club, as well as from other local clubs too.

There were approximately 60 paddlers altogether, from all over the county and beyond. We were split into groups, paddling different stretches of the river Dart - the Upper, the Loop, and the lower section from RDCP to Buckfastleigh.

The atmosphere was amazing! As we paddled down the river, everyone was chatting and pausing to help each other pick up litter from the banks and giving loads of encouragement when shooting down the weir. It was a very friendly, positive day.

In the afternoon we paddled the Loop, bouncing over (and under) the wave trains, with several opportunities to practise rescue skills on the way!

We finished off the day with unlimited pizza and a party in the bar, and a good night's sleep in the bunk house at RDCP

Sam

(Thanks guys, this is exactly the type of stuff we are asking for to put in future newsletters. ed)

Upcoming Events and Trips

Christmas Meal:

Location: Ocean drive, Torquay.

When: Friday 13th December 2013

Time: 7pm for dinner at 7:30pm

Dress code: Leave the wetsuits at home!

To see the menu, click on this link

http://www.oceandrivrestaurant.co.uk/Pdf_download_folder/Xmas%20evening%20menu.pdf

Jo Butler (Treasurer) will require a £5 per head deposit by Tuesday 19th November and full payment and pre-order by Tuesday 3rd December.

Everyone welcome to include spouses, other halves, weekend widows, partners, those who have to put up with the delight of kit odor, better halves, significant others, WAGS, husbands, those who issue kayak day passes and kids. Sod it, bring Grandma too if she's up for a giggle!

Planned Paddles: from Tim (again exactly what this newsletter is for. ed)

I plan to do some trips down the Lower Lower Dart (Austin's Bridge to Staverton Bridge) before Christmas.

This is a lovely section of gentle white water to introduce those that have completed the Beginner/Improver's Course or are at 2* standard. It is also great for some features for the more experienced to hone their skills on without the queues associated with the Loop.

General plan to be ready to go, changed, with as many boats safely on as few cars at Staverton Station at 1:30, to shuttle up to Austin's Bridge to be launching by 2pm. We would land arrive back at Staverton Bridge by 4:30.

I will be down the harbour in the mornings so will be arriving ready to go myself for 1:30.

It is important to know numbers of the more inexperienced white water paddlers before hand to ensure we have enough experienced cover. So each week please let us know via the Forum, e-mail or phone.

Dates: 9th, 16th, 30th November,

Check the forum each week Wednesday or Thursday and respond. All this is of course subject to water levels.

See you on the wet,
Tim

All forms of outdoor paddling are totally weather dependent. Paddles are often organised and sometimes called off at the last minute due to that weather, so keep an eye on the forum and facebook.

Article: Is someone Drowning?

The following is an article I found a little while ago on the net. Some may have seen this before but it is such a good article that I think everyone should read so I have included it here:

Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for, is rarely seen in real life.

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under (just behind vehicle accidents) – of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In ten percent of those drownings, the adult will actually watch them do it, having no idea it is happening. Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

1. Except in rare circumstances, **drowning people are physiologically unable to call out for help.** The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. **Drowning people cannot wave for help.** Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water, permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water **cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.**

5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

(Source: [On Scene Magazine: Fall 2006](#) (page 14))

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs – Vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder.

Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you alright?" If they can answer at all – they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents – children playing in the water make noise. *When they get quiet, you get to them and find out why.*

(Source: written by Mario <http://mariovittone.com/2010/05/154/>)

Contact the Newsletter

We store members names and email addresses 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.

Please email what you want put into December's newsletter to newsletter@paigntoncanoecub.org.uk by the 28th November.

Happy Paddling

Jeremy