

Paignton Canoe Club Member

Well, it's back on the rivers and also its anniversary time, yep the club email newsletter is now one year old! Hurrah!!! Many thanks to everyone who has contributed and thanks to everyone for reading it; there is plenty of stuff in this one and we are still sending it out to all members from last year but will soon only send it to paid up members from this year on, so get those subs in. Also we will be changing the club website password in the new-year and the newsletter will be the only place you can get 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

It's been a strange start to the Winter WW paddling season, either the river level is low or it's been flowing fast and fun. We had a trip down the Dart for some of the newer WW paddlers.... the white water was more like brown water! Everyone paddled well & with few upsets on the lively water. Thanks to Rob P. Tim & Sam. Following on from that we had the river clean up on the same section from Buckfastleigh to Staverton. Hopefully there is a fuller write up elsewhere. You would never believe how much rubbish we all collected & how low the canoes were in the water afterwards. Good work by Tim, Sam & Jo Lihou. Thanks to Jon Roberts for being the point of contact & organising the clubs activities on this event.

With the change in the seasons different paddling gear is required. Time to check equipment and one thing I've checked is the first aid kit that I carry: checking what's still in date or needs replacing. Hopefully I'll not need to use it but I now know it's ready & suitably comprehensive. If you're looking for that paddling Christmas present how about a first aid kit in a dry bag?

Talking of Christmas, this year's meal is going to be at the Livermead House Hotel, see Jo on the poolside for more details (and below).

Pool sessions have seen the Autumn course running down one end & the paddlers have already had their first outdoor session. Although October's sessions have been busy, numbers usually drop as the evenings get colder or wetter so please be patient if you are finding it a little busy. We are having a couple of special evenings towards Christmas details below. Of course, please make sure your boat are clean with no grit, sand or leaves for pool use.

Catch you on the water soon, Happy Paddling.

Rob C

## Latest News and Recent Events

### New Club Kit

Yep more new kit!!! The little stuff: 4 new Buoyancy aids, 2 Neoprene spraydecks and some airbags. Reminder **course kit is in the red bags** all **other kit in blue bags.** The big stuff: Pyranha Fusion and a Big Dog force.

Pyranha Fusion: Large blue and white. This is a stable general purpose boat that is also ideal for touring and longer trips, it has a skeg and a sealed in compartment with a hatch in the aft section like a sea kayak. It is ideal for larger paddlers but can be used by smaller ones if needed. It is not ideal for white water but would be ok on easy higher level trips (with very few rocks!). See it here

<http://www.paigntoncanooclub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1537>

Big Dog Force 8.0: Yellow. A stable solid creek boat, great for general purpose use, polo and all levels of river running white water, you will find it a bit sluggish on the longer flat trips though. Yes it was Nathan's old boat, so thanks to Nathan for selling it to us. See it here

<http://www.paigntoncanooclub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1538>

All new kit is available for members to use as per club rules. Reminders: club boats are not to be used on rivers in spate (flowing through the third arch on the Dart) and club kit is tagged with (the infamous) **yellow tape!!!** Check out the updated kit list page to see the club's full details on kit.

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

### AS Watersports Club Vouchers

(by Jo B)

AS Watersports offer a reward scheme called "Kit for Clubs". I think this is a fantastic scheme where Paignton Canoe Club members could really benefit.

AS Watersports already offer Paignton Canoe Club members a 10% discount, when you show your membership card (get in touch if you've paid your £20 annual membership and not received your card).

Ok, Kit for Clubs, how it works. When a Paignton Canoe Club member purchases goods from AS Watersports they will receive a voucher for every £10 they spend. Please give the vouchers to preferably me or another committee member. In December we can redeem the vouchers against paddling products for the club. Products include books, DVDs, decks, helmets, BA, Paddles, kayaks and canoes. Great or what? Get shopping. If you'd like any more information then get in touch.

Jo Butler (treasurer)

## **Reminder: Membership Fees Due**

For those who have yet to pay them: club membership fees are now due for 2014-2015. Payment can be made by cash or cheque to the treasurer (Jo) or for the first time online, see below.

1 Years Adult Membership: £20

1 Years Family Membership: £30 (for whole family)

For those on a club course the cost of the course already includes 1 year's club membership.

## **Pay the club Online**

(by Jo B)

Paignton Canoe Club now has the facility with Lloyds bank to do on-line banking in order to make and receive payments. We will accept payments for the likes of annual subscriptions, course fees, club trips and social events. We will **not** be using this facility for weekly pool fees, etc.

- The recipient: Paignton Canoe Club
- 6 digit sort code: 30-98-67
- 8 digit account number: 25117160
- Reference (**Must have!!!**): Eg Jo Blogs (your name). Subs

When making a payment it is imperative to insert as much relevant information in the reference box as possible so I can determine where the money has originated, eg. Tim Durrant subs, or Rob Cox kayak hire, or Baillie 2 x party, or Sam Kite WWSR course. Failure to do so and Paignton Canoe Club will be happy to accept such a payment as a charitable donation! You've been warned! Please also be careful when entering the sort code and account numbers you do not make a mistake.

Any questions relating to this matter please approach Jo Butler the Treasurer.

Jo Butler

## **Coach Funding Webpage**

There is now a new coach funding webpage on the club website in the members section. This has been done to clarify the club's policy of funding potential club coaches, as well as containing some advice on how to go about getting funding from the club. It is highly recommended that anyone that has anything to do with coaching in the club gives it a read as well as any other members that want to know about it. Here is the link.

<http://www.paigntoncanooclub.org.uk/restricted/CoachingPolicy.html>

## **White Water Beginner's Guide Webpage**

There is also a new white water beginner's guide webpage on the club website, under the 'helpful info' section. It contains a lot of very handy links to some great instructional videos about learning the basics of paddling on moving water. Thanks to Rob Porter for coming up with this.

<http://www.paigntoncanooclub.org.uk/WWBeginnersGuide.html>

Many thanks to Jon Roberts for creating these pages for us as well as all the other great work that he does keeping the club website running and up to date.

## **Facebook, Forum, Ipad Link Issues**

As raised at the AGM, IPAD users have difficulty clicking on links to forum posts from the club Facebook page. This is an issue with the Facebook app on the IPAD, not the forum. The app doesn't like links to web pages that require a log in. Workarounds include: copy/pasting the link into your browser; setting the forum as favorite for quick access and access it that way and using the browser (safari) rather than the app.

## **Lower Dart River Clean**

(by Rob C)

There's a face book page called Kayaking the River Dart & one of the main posters & admin behind the page is Mark Allen. As part of a number of river clean ups, including the Upper Dart, Erme, Tavy & Teign, we were asked if we could do something. The decision was made to do the Lower Dart from Buckfastleigh down to Staverton.

Jon Roberts was the main co coordinator for our efforts on the day. While he was up at the River Dart Country Park collecting bin bags & gloves provided by the

Environment Agency, our paddlers met at Buckfastleigh lay by. To say it was busy on the river was an understatement with recent rainfall allowing various groups the opportunity to run their club events. Anyway, while shuttles were run, the lay-bys were cleaned by the awaiting paddlers. Obviously being by the road there was a lot of litter.

Our group of 17 paddlers on the water certainly was impressive with a very wide range of experience & the chance to help with skills training on the way down wasn't missed. Well done to our newer WW paddlers & thanks to the experienced paddlers for their help & patience.

Once on the water, the opportunity to stop in eddies, hop out & clean the river banks meant slow progress down the river but a thorough job was done. Many plastic bottles & polythene items were found along the way. Below the main rapid that can be seen from the road we were joined by some extra bank support, Harriet with Reu & Tilda providing addition help and cake while we stopped for a short break.

Back on the water as bags were filled, the rubbish was stacked in the two canoes. These being paddled by Tim (solo) & Sam K with Jo Lihou (tandem) started off looking quite normal but soon the extra weight made them paddle very low in the water. Tim's boat was soon sporting two plastic chimneys & a crutch sticking up, all reclaimed from the river. Metalwork, chairs, wire & lots of junk were found along with water pistols & balls. Heavily loaded by Staverton the canoes were hard to manage thru the rapids but all went well.

Unloading took time & the pile on the roadside was huge. Thankfully we had been joined by a paddler from up near London who had a van so that got loaded & driven up to the RDCP for disposal. While everyone got changed, more superb cake was demolished (big thanks to Harriet) before some of us headed up for a beer at the park. I reckon we probably returned with the most rubbish but at least that means less to pick up next year!

Thanks everyone, cheers Rob C

## **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.paigntoncanooclub.org.uk/ClubRules.html>

## **Christmas Meal Friday 12<sup>th</sup> 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.

The cost of the evening is £20 per person to include a 3 course meal and coffee. 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!! A £5 per person deposit is due by Tuesday 25th November to secure your place. Full payment and pre order is due by Tuesday 2nd December which is non-refundable. We welcome all so feel free to bring along the weekend widow or a plus one, or plus two.

Below is the menu and a vegetarian option will be available.

- 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 PuddingRum Sauce
- Iced Lemon Meringue Parfait, with Mixed Berries

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- Freshly Filtered Coffee and Warm Mince Pies

Jo Butler

**RNLI Gift Sale at the Sailing Club**  
(by Charles E)

RNLI XMAS CARDS, SMALL GIFTS and DIARIES ON SALE AT PAIGNTON SAILING CLUB SOCIAL ROOM SUNDAY 16th NOVEMBER FROM 12-30 to 2pm.

In aid of the Paignton branch of the RNLI supporters, organised by Mrs Cox our Chairman's mother.

Please come if you are not out on the river that sunday morning, the PSC bar will be open from 12. OR alternatively order on line at <[RNLIshop.org](http://RNLIshop.org)>

P.S. If the weather is unfit for sailing the PSC will be shut & another date will be chosen.

Thanks Chas.

## **Kayak Football and Big Boat Pool Sessions**

The Tuesday 9<sup>th</sup> December pool session will be a kayak football session. The whole session will be dedicated to kayak football. 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.paigntoncanooclub.org.uk/KayakFootball.html>

The following Tuesday 16<sup>th</sup> December pool session will be a 'BIG BOAT' pool session where we ask that people leave their smaller boats at home and instead bring along their 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 to use, more in the next newsletter.

## **BCU Winter Club Challenge**

(by Richard O'B)

I have entered the club into the BCU winter club challenge. This gives the club a chance of winning £250 for the most miles paddled and the most places paddled. So, whenever you paddle I need to know:

- 1, How many paddled in the group?
- 2, What river where from/to?
- 3, How many miles paddled?

Let's all try and keep track and win £250.00 to which we could put into the pot towards a club social night out or something similar.

Submit results (Deadline 22nd March 2015)

"At the end of the competition period each club or group will be required to submit the collective total miles paddled by members and/ or the total places paddled by members, along with the number who took part. If you use the template spreadsheet provided this will be calculated automatically for you at the top of each

page. To be included in the national competition, the final results must be submitted to British Canoeing by 22nd March 2015 using the online results form which will be provided near the end of February."

My Mob number is 07880548899 and my E-mail is [01richardobrien@blueyonder.co.uk](mailto:01richardobrien@blueyonder.co.uk) text or Email me the info. Sea, river, or even paddling pool

Any queries please contact me direct. I will also put this up as a forum page so as you can put info up on there.

Rich  
Club Secretary

## **River Barle Slalom experience postponed**

(by Rob C)

Planned for a weekend at the end of October, no rainfall meant there was little interest from clubs to support the event but there are now slalom poles up in Dulverton that should be there across the river for most of the season. A Div 4 and Open slalom event is planned for 7/8 March next year. Certainly the poles are worth looking out for when running the river. Maybe a club trip soon as an alternative to the Lower Dart if the weather is suitable.

Rob Cox

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@paigntoncanooclub.org.uk](mailto:info@paigntoncanooclub.org.uk)

[newsletter@paigntoncanooclub.org.uk](mailto:newsletter@paigntoncanooclub.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.paigntoncanooclub.org.uk>

**Club Forum:** (for members only)  
<http://www.paigntoncanooclub.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.paigntoncanooclub.org.uk/restricted/Members\\_Contact.html](http://www.paigntoncanooclub.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@paigntoncanooclub.org.uk](mailto:newsletter@paigntoncanooclub.org.uk) anything you want to put into the newsletter.

Newsletter Info (including what we are looking for) can be found at:  
<http://www.paigntoncanooclub.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@paigntoncanooclub.org.uk](mailto:newsletter@paigntoncanooclub.org.uk) and request to have your details removed.

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

Happy Paddling  
Jeremy