

Paignton Canoe Club Member

HAPPY NEW YEAR! HURRAY!!! Ok, ok it's not New Year yet but it is for the club. Our new club year and winter season has begun. The AGM has been and gone, the committee re-elected, we are back in the pool, club fees are due, club kit needs to be returned if not already done so, winter season kit rules now apply (<http://www.paigntoncanoeclub.org.uk/restricted/ClubKitMembers.html>) and hopefully we will soon be getting some rain so we can get back on the rivers amongst other trips!

At the risk of sounding like some terrible TV award show: thanks to everyone who helped and contributed to the running of the club, special thanks go to all the committee members for everything they have done, Charles for organizing the excellent AGM venue at Paignton Sailing club and Jon for doing such great work with the website. Congratulations to all the new coaches who have gained coaching awards over the last year, and thanks for your great help with club courses

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,

The last outdoor club paddles of summer Tuesday nights have gone & we now look forward to another branch of the sport. Unlike many we are not put off by the rain & with our local rivers filling (Fingers crossed) the white water calls.... But Wait, why stop other paddles just because many are playing the river? If you want to go paddling, post on the Forum or Facebook & let's see what happens. This can be done by anyone but if your thinking of doing a trip & concerned about whether it's for you, just ask at the poolside on a Tuesday night. If you can't post, then ask a committee member to do it for you: where's the paddle, where to meet & time, maybe also level of experience & of course those all important contact details.

The AGM was well supported & provided lots of feedback from the floor as to what the club does well & where we can improve. Sometimes, the ideas & thoughts get

mentioned in passing during conversations after the meeting & it is these that can be especially useful.

One thing discussed after the meeting was punctuality & the differences promoted by the different branches of the sport. It was observed that the sea kayakers who have their paddling dictated by the tides were more punctual than those river paddlers for whom, the lack of tides & greater need to paddle as a group were lazier with their timings. This is definitely something to bear in mind if going on another's trip & especially on the sea, time & tide waits for no man etc. Turn up early & check whether the time stated is to meet up or to be on the water ready to paddle.

Another item was that we shouldn't forget that new paddlers, in the pool, should be encouraged & not forgotten about after the first initial pool session. While everyone is busy doing their own thing, these new members shouldn't be excluded, a friendly chat is all that's needed to break the ice & make them feel welcome within the club. Thanks to everyone who came along, to the committee & to Charles for the use of the Sailing Club.

Clean your boats for the Pool

Before you bring your boat to the pool, please clean it, inside & out. Remove those dirty air bags, get rid of the sand, leaves, snails & newts! Of course if you have a boat with hatches, please wash them out along with checking around skegs & rudders for any other grit & dirt. We are very lucky to have the pool available for use with our own boats so let's keep it clean.

Cheers Rob

Latest News and Recent Events

Membership Fees Are Now Due

The start of the club winter season is the start of the club's year. I hate to be a miser but that means that club membership fees are now due for 2014-2015, that is unless you have already paid them at the AGM. Payment can be made by cash or cheque to the treasurer 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 is: Paignton Canoe Club

6 digit sort code: 30-98-67

8 digit account number: 25117160

Reference **(Must have!!!)**: Eg Jo Blogs (*your name*), Subs

Without putting your details in the reference section there is literally no way for PCC to find out who has paid the club what. The bank will not tell us who payments have come from; they only give a completely meaningless transaction number.

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

Have your contact details changed?

(by Richard O'B)

Can all members please update their personal info with Jo (treasurer) or me if they have any changes i.e. phone number, Home address, etc but especially next of kin and their contact numbers.

This is so we can update the club's personal records.

My e-mail is 01richardobrien@blueyonder.co.uk

Richard O'Brien
Secretary.

New Club Kit

The club has purchased another club boat: A small yellow/red Dagger Axiom 8.0 (see pic attached). This is a river running all round boat that is for the smaller person. This will be stored on the trailer and be available for members to use and hire as per club rules. Well done and thanks to Richard for finding this, getting a good price and organising pick up from Bristol!! We also have a pair of split paddles now, they are stored with Tim.

Java is damaged so Pool use only

At the boat clean (many thanks to those who helped out btw😊) it was discovered that the club's red Java creek boat has a 2" crack on its right-hand side. While it's not too bad, prudence suggests we don't want it used on the river etc. We intend to get this repaired but until then it is restricted to pool use only please.

Minutes for the PCC AGM on 30/09/2014.

(by Richard O,B)

Committee members attending

Rob Cox, Chairman
Jeremy Baillie, Vice Chairman
Richard O'Brien, Secretary
Jo Butler, Treasurer
Sam Kite, Welfare officer
Tim Durrant, Head coach
Nigel Perring

Rob Cox opened the meeting by thanking all the committee members for their contribution to the club over the past year and also to all the new coaches for their help. It was explained that Matt had stepped down as Secretary and Richard O'Brien had been voted in by the committee a couple of months prior to the AGM, many thanks to Matt for everything he has done in the role of club secretary. Due to now living in Plymouth Mike Barnes would also be stepping down from the committee, many thanks to Mike.

A request for people with tow bars fitted who would be available to tow the club trailer occasionally. Please PM message Nigel Perring on FB or through the Club Home page with your info so as he can arrange times.

Jo explained that the pool fees (how much the leisure centre charges the club) had risen this year but the £20 subscription fee will stay unchanged for this year. Jo also had the club accounts on hand for peoples viewing. It was suggested that there be a minimum set on the withdrawal amount by the club treasurer. Jo is looking weather this is feasible or not. Boat hire costs were up this year on last. All in all the club accounts are looking healthy with the October intro course already full.

Sam made people aware of her role as welfare officer and explained if anyone had any issues within the club to not be afraid to approach her in utter confidence. Sam also made people aware that they can get a council car park permit to cover "council car parks" at a cost of £50.00 (I think Sam)?

Jeremy thanked Jon Roberts for his contributions on the club web site and the clubs Face Book page. He also thanked Rob for his support to the club as Chairman for the past year. He explained that the news letter was going well and wanted everyone to have an input into it in. No matter whether it be a big event or a small paddle amongst friends. It is there for everyone to hear the stories.

Tim thanked all the new and up-coming coaches for their help and explained that the club was in a good position coach wise. He also welcomed any help within the club for the up and coming Intro course.

The committee stood down one by one and was re-elected by votes from the club members present. With the exception of the above resignations, the committee still stands as it did at the start of the AGM

AOB

- Richard offered to look into purchasing a new club trailer or improve the current one. Possibly one specifically designed for club needs, it was decided that this would be a good investment depending on cost
- It was discussed that there are still some committee members that have not been active or even at the club for some time now. It has been decided to contact them and ascertain whether they still want their position and wish to become active or relinquish it.
- As Mike Barnes has stood down from the committee there is now a position free for someone who would like to give some time to the club. Anyone interested please contact Richard (club secretary) for more info 01richardobrien@blueyonder.co.uk
- A cinema night was suggested from Nick Chapman at the Blue Walnut in Torquay to have drinks and watch some Kayaking movies. Nick is looking into this.
- Some options were put forward for the Christmas meal to Jo.
- It was proposed to keep the pool Buddy system going on pool nights with the buddies wearing HV vest so as they were clearly visible to all.
- Laura Wynne (L2 Coach) has offered her services to the club for pool night rolling training. She will be there on most Tuesday nights to teach people

rolling (and more). This will be on a first come basis. To find Laura just listen out for the loud Northerner☺.

- The club intro course starts on 14/10/2014 and is fully booked.
- Last but not least: thanks to Laura for her great talk and show about her paddling trip to the Alps this year.

All in all there was a good turn-out for the AGM. The committee would like to thank all PCC members for their support and involvement over the past year and look forward to the next with a positive and growing attitude.

Richard O'Brien
Club Secretary.

Introduction to White Water course at Totnes Bridge (by Jules Moss)

For me, one of the paddlers with the least experience of any type of kayaking, this is a must do after the Pool course and a few trips out, as it really bumps up your skill set and shows you just how much more there is to this sport. So much to learn but great fun whilst doing so! And having such a friendly and helpful group of people around you, makes everything valuable, supported, safe and just do-able.

The whole day, starting out in the car park with an exercise with traffic cones to after lunch, tackling the 'feature' at lowest water level under the bridge (oo I'm getting the lingo, get me!) means that the introduction is slow n steady and your hand is virtually held all the way!

After being a little nervous of moving water, this has shown me that it's actually great fun and I understand even more what gets Jon Roberts out of bed at silly o'clock on a freezing cold Saturday morning to go throw himself in an icy river! Totally recommend!

Jules Moss

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>

Pool Rules Reminders

Now that it's winter season, Tuesday night sessions are back in the pool (9pm-10pm, Clennon Valley) here is just a reminder of the club rules regarding pool usage:

- All kit used in the pool needs to be **clean** before entering the pool.
- Please be respectful and courteous to all other pool users.
- **NO SWIMMING.** (This does not include rescue practice or standing in the shallow end coaching).
- The shallow end furthest from the changing rooms is often roped off for course purposes. If you are not on the course please stay in the main section of the pool.
- Play-boating can be practiced in the deeper middle section of the pool only.
- If the pool is busy we may have to limit numbers (around 30 kayakers): club members will be given priority of use over non-members (at the discretion of committee members).
- Non-members may have 1 free 'taster' session, after which they will be asked to join the club.
- At the end of the session (before getting changed!) please take your kayak outside and return all club kit: club kayaks and paddles go back on the trailer and club BAs and helmets go back in the kit bags.

Pool Buddies

Last pool season we introduced the idea of pool buddies and it seemed to be popular, so we will continue the theme onto this year. The idea is that one member volunteers to be a 'pool buddy' for a Tuesday night session. The pool buddy will be there to help out anyone needing any help at all in the pool. This will involve mainly introducing and helping out new members to the club and helping out any other members with any practice they may need/want.

So we will need volunteers to do this please, the more the better, I would prefer that it is not the same people all the time. You do not need to be a coach or an advanced paddler.

The way it will work will be on your night you turn up to go in the pool, you can bring your paddling kit if you wish, the session will be free, and anyone who needs any assistance will be sent to you to help. It may be helpful for people if you wear a polo top. More to come on this on Facebook and the forum

Beginners Course in the Pool

The beginners' course will be in the pool on the following dates:

Tuesday 14th Oct
Tuesday 21st Oct
Tuesday 28th Oct
Tuesday 4th Nov

Tuesday 11th Nov
Tuesday 18th Nov
Tuesday 25th Nov
Tuesday 2nd Dec

They will be using the roped off shallow end furthest from the changing room. If you are not involved in the course please keep to the rest of the pool only. The course will also have priority of use with club kit, including boats, spray-decks and paddles. Kit used by the course will be stored in the red kit bags. Kit available for members to use will be in the blue kit bags.

Rolling Practice with Laura

Laura Wynne has kindly offered to offer rolling training to members in the pool. This will be given on a first come first served basis and is planned to be organised on Facebook beforehand. Space will be limited. Keep an eye on the club Facebook page for more details on this.

River Clean Up. Sunday 26th October

(by Jon Roberts)

For the past few years local coach, Mark Allen, has been organising a clean-up of the river Dart. This gives paddlers an opportunity to 'give something back' and, until this year, has been held on the top 3 sections of the river Dart, from Dartmeet down to Buckfastleigh.

This year, the event is being expanded to include new sections, more rivers and involve more paddlers and, as you would expect, PCC are doing our bit. We have been asked to cover the Lower Dart (the section from Buckfastleigh down to Staverton) as this is a section that we know well.

For many of us this section was our first experience of white water. It's not been included in previous cleans and it's a fairly long section so there'll be lots for us to do. We need as much help as possible and, not forgetting, it'll be a fun day out on the river too. So please make a note in your diary, set the day aside and get involved.

There is a facebook page for this event here:

<https://www.facebook.com/events/1512893622277909/>.

You can sign up there or via the post on the PCC forum here:

<http://www.paigntoncanoecub.org.uk/members/phpBB3/viewtopic.php?f=2&t=1529>

. It would be good to have a couple of open boats on the river with us. So if you can bring a canoe, please let me know.

Final details to be confirmed nearer the time but it's likely to be a 9:30am meet at Staverton and last most of the day. PCC have always been keen supporters of the previous cleans. Let's see if we can get even more of us out this year.

Jon Roberts

Aquatic First Aid Course

(by Richard O'B)

Hi all I am arranging an Aquatic First Aid course.

1/ Who is interested?

2/ It's £60 for the day's course.

3/ Date to be confirmed. (a weekend day)

Please put up here if you're interested.

<http://www.paigntoncanoecub.org.uk/members/phpBB3/viewtopic.php?f=2&t=1527>

Regards Richard

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.paigntoncanoecclub.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@paigntoncanoecclub.org.uk anything you want to put into the newsletter.

Newsletter Info (including what we are looking for) can be found at:

<http://www.paigntoncanoecclub.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@paigntoncanoecclub.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