

TCA Winter Newsletter Dec' 2023 – The festive edition!

Seasons greetings!

As the festive season fully gets underway remember TCA is here to offer a respite from the excesses! Why not wrap up warm and join a winter paddle? – the fresh air and gentle exercise a good tonic to the overindulgences of Christmastime.



The Festive Paddle

A Christmas Eve paddle is planned for December 24th – Meet at the Saltash slip beside the sheds, on the water for 09:30 and likely return 12:30 ish. In the festive spirit the club has agreed to waive the usual £5 fee for equipment. Please dress appropriately for the weather but feel free to add Santa hats, Christmas jumpers, reindeer antlers, tinsel and anything else to bring the Christmas cheer. Remember your snacks! A mince pie goes down very well indeed on a fresh winters morning!



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Winter Paddling Tips

As usual a few tips to keep your paddling fresh over the colder winter months!

The BC has a wealth of info to help encourage and keep you safe during colder months – see more at <https://www.britishcanoeing.org.uk/news/2017/winter-paddling-safety-guidance>

Feel free to post tips to the paddling community too – our Facebook page is currently our primary social media page. It is accessible for all club members (once approved by admin) and it is always

helpful to share what works. My best tip would be to invest in neoprene socks for the colder months – they help immensely at keeping your feet warm and have the bonus of reducing the slight problem of stinky wet shoes!



Coaches

A reminder to keep your CPD up to date for your relevant qualifications. The winter months with the long, dark evenings provide ample opportunity to keep your training up to date – in an attempt to liven this rather dry topic up please check out the BC's Coaching Advent Calendar of various courses - <https://www.britishcanoeing.org.uk/news/2023/catch-up-with-coaching-1-3>



Swimmer safety course

Starting from February 2024 the BC is introducing a new swimmer safety and rescue course – aimed primarily at those paddlers who offer support to open water swimming events. For example those of us who help with safety during the Tamar swim. As a swimmer and a paddler I await the course with interest. See link for more info - <https://www.britishcanoeing.org.uk/news/2023/british-canoeing-awarding-body-announces-the-new-swimmer-safety-and-rescue-course>



Wildlife

We are incredibly lucky to be paddling in the Tamar Valley – a place recognised as an Area of Outstanding Natural Beauty (AONB). Not only do we have a wide variety of seasonal birds to look out for, we have seals and dolphins visiting our waters (as you might remember the editor was chief dolphin spotter over the summer months!). Excitingly now you might be able to spot Beavers! The Devon Wildlife Trust has been putting a lot of work into rebuilding the beaver population in and around the Tamar and more recently they have been spotted ‘in the wild’.

<https://www.devonlive.com/news/devon-news/critically-endangered-rodent-found-river-8778300>

<https://www.devonwildlifetrust.org/beavers>



Looking ahead

Always a reflective time of year – take a moment to think on what you’ve achieved this year. Are you new to the club and have completed your beginners course with us? Think back to that very first capsized... what an achievement! Have you completed a course and earned yourself the qualification after putting in the hard work? Have you paddled less or more than you thought?

Thinking ahead – what would you like to achieve in 2024? Please speak to Pete or our coaches about a particular paddling goal you’ve got in mind. Is there something we’ve done before that you would like to do again? Or something entirely new?

The TCA committee also needs to put together its 2 year action plan so please make suggestions (sensible ones!) about what you would like from the club.



Congrats!

Always great to sound the trumpets and 'well dones' are in order for Rory and James on gaining their Sea Paddler Awards!



Coastal Navigation and Tidal Planning course *registering interest*

Pete is putting the feelers out for anyone interested in this course. More info can be found by searching the course on the BC awarding website – search 'navigation'. If the club were to put on such a course we would need a minimum of 6 persons for definite, it would be a full day event and would cost in the region of £60-£80 PP. PLEASE LET PETE KNOW IF INTERESTED ON 07791549733 / peter.crago123@btinternet.com

Forthcoming Trips – To Be Confirmed – more info to follow on FB and via email

- 7th January – Lower Dart
- 14th January – River Lynher Golberdon – Newbridge TBC
- 21st January – River Fowey
- 28th January – River Dart
- 4th February – TBA
- 11th February - River Lynher Golberdon – Newbridge TBC
- 18th February – River Dart
- 25th February – River Fowey

All trips subject to weather and water conditions and may be changed last minute for safety reasons

Please register interest in a trip before hand (ideally by the Wednesday before) and ensure you state if club equipment is required. To borrow club equipment a nominal fee of £5 is requested – honesty boxes in the club sheds. This allows for funds to help repair and replace damaged equipment.



Finally a festive word from our Chair...

“Hello all,

I hope everyone has a good festive season, its always such a busy time of the year! Always good to treat yourself or hope your families and loved ones do with new thermals, dry bags and gloves etc!

It would be lovely to see as many paddlers as possible for the Christmas Eve Paddle – do feel free to dress up and bring along those mince pies and treats!

As we approach the end of the year it is good to reflect on what we have achieved - For a very small club we have achieved a lot this year. Coaches have been increasing their qualifications and are now able to offer more training scope and we have had many members achieving paddling awards which has been wonderful to see.

We are making progress with setting up a new website which will be a big step to modernising the running of the club and hopefully help in attracting new members to our TCA community.

Please feel free to contribute any views for club improvements, or your own personal goals these can then be factored in to next years summer season.

I'd like to extend a huge 'Thank You' to all the coaches and leaders who enable the club to keep ticking over year to year. It is a big commitment for them as volunteers and it is very much appreciated!

Thank you all,

Merry Christmas and a Happy New Year

Emma - Chair”

