



WIVENHOE SAILING CLUB NEWSLETTER



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JUNE 2020

SOCIAL NEWS

PICTURE OF THE MONTH

BOATING NEWS

FRIDAY QUIZ NIGHT

Join the WSC Virtual Quiz nights, every Friday 8pm to 9pm. Access is via the Club Zoom programme (details on the Club Website). You can use Zoom on laptops, PC's, I pads and smartphones. If you don't have one of these you can join in by phone.

Friday night quizzes have provided an opportunity for fun, banter, gentle stirring of the grey matter and memory.

The quizzes start at 20:30 and last 20 - 30 mins with 10 general trivia questions including one on the local area and one on sailing. Each question has multi-choice answers. About 12 members (couples and singles) already participate so why not join in, it is relaxed and fun.

Club Re-Opening

With the proposed Government relaxation of Social Distancing rules, we are hoping to re-open the club in some form. Initially this is likely to be only the bar as we can serve drinks from the patio doors to members who are correctly socially distanced outside. Keep an eye out for your WSC Alerts, the website and social media (WhatsApp).

Club Boats

Club boats, including the Topaz's, Wayfarer, Dayboat and the Canadian Canoe are now available for members to use, subject to certain restrictions. Please contact the Vice Commodore for further information and booking details.

The Wivenhoe Rivercare Group

We organise litter picks along the River Colne from Wivenhoe to the University Quays. We have an amazing group of organisations and individual volunteers supporting us to clear our river of litter and maintain the environment for the local wildlife and all of us who use and love the river. Bruce Langley. Team Leader. Rivercare Group



A return to sailing at Wivenhoe Sailing Club. Happy summer days ahead. Club boats are now available for members to use

(See 'Social News' below for details).

ColneWatch – a community response to Anti-social behaviour afloat (Colnewatch@rivercolne)

With the hot weather, lockdown easing there have been a lot of people enjoying the recreational opportunities of the upper Colne – sailing, boating, kayaking and swimming. Whilst most people are responsible and considerate, a small minority indulge in anti-social and reckless behaviour including speeding and dangerous manoeuvres in close proximity to other craft and swimmers. ColneWatch is an online incident reporting system that allows the public to log incidents on the River Colne. This data is then be made available to the Police and Colchester Borough Council. As well as helping identify those acting illegally it also helps both the CBC and the Police Marine Unit to build up a broad picture of what is happening on our river. This data can also be used to support requests for CBC resources to be put into monitoring and policing the river. Colnewatch is supported by all the river using groups in Wivenhoe along with Colchester Borough Council, Wivenhoe Town Council and Essex Police Marine Unit.

To make a report visit the ColneWatch Facebook page and click on incident report. Provide clear, factual information and if possible any photographs or video. Please do not put yourself in a situation of conflict or danger, however. Colnewatch seeks to support the authorities in managing anti-social behaviour on the river. It is not an alternative to contacting the emergency services if the situation warrants it or the police if illegal behaviour is taking place. If required, emergency services should always be contacted through dialling 999. The Essex Police Marine Unit are contactable during working hours on: 1621 782121 or 0300 333 4444, Website: www.essex.police.uk

Dinghy sailing has resumed in a manner which lets members take out their own craft independently and the limited use of club boats is available subject to certain conditions. If you would like to book a club boat please contact the Vice Commodore for further information.

We are also promoting canoeing and kayaking which many of our new members are taking advantage of in this glorious weather. Jon Scales has kindly written some paddling guidance (on Page 2) which we hope will encourage more members to get afloat. If you would like more information on paddling, canoeing and kayaking please contact Jon Scales at

sailingsecretary@wivenhoesailingclub.org

Virtual Sailing. The RYA has provided clubs with free access to the 'Virtual Regatta' online game. There are dinghy races and long distance offshore races. The Club holds virtual inshore dinghy races most Monday nights from 8pm. (Check Club calendar for more details). Cruiser races are advertised on the 'Virtual Regatta' website.

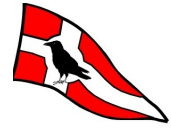
www.virtualregatta.com/en/. Access is via the Club Zoom programme and details are on the Club website.

Virtual sailing has taken place every Monday evening throughout lockdown on Zoom and the game 'Virtual Regatta Inshore'. It continues to prove popular with members, who have progressed to weekly and increasingly competitive virtual championships consisting of 5 races with 2 discards (to allow for WiFi issues)

Editorial. We hope to issue a monthly newsletter to replace the now defunct Mainsheet. If any members would like to contribute articles or news please email the Vice Commodore



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Up the creek with a paddle - Mastering the J stroke by Jon Scales

I first got on the water through canoeing and it has been part of my life ever since I bought my Old Town open canoe 15 years ago. Over the past couple of years dinghy sailing has rather taken over but recently the 'Canadian' has been back on the water as the easiest way to get afloat as lockdown restrictions ease.

I remember my first attempt at single blade paddling on the Stour at Dedham. I spent most of my time zig-zagging from bank to bank, laboriously swapping the paddle from side to side in an attempt to go in a straight line.

The problem is that an open canoe always turns away from the side that the solo or stern paddler's, paddle is on. Kayakers with their double blades do not have this problem.

Back home, an internet search found Bill Mason's gentle film tutorials. Bill Mason was a Canadian canoeist, wildlife artist and filmmaker who died in the 1980s. The Canadian National Film Board commissioned him to make a series of free educational films teaching open canoeing in the 1970s.

In Path of the paddle: Solo/Double Basics Bill takes you through the four techniques of paddling in a straight line; The J stroke, the Knifed J stroke, the Canadian Stroke and the Pitch.

https://www.nfb.ca/film/path_of_the_paddle_solo_basic/

https://www.nfb.ca/film/path_of_the_paddle_doubles_basic/

In the J stroke, the paddler puts in a little 'flick' at the end of the power stroke to correct the direction of the canoe and prevent it turning away from the paddle side. The face of the blade is turned through 90 degrees so it acts as a rudder at the end of the stroke. The key thing is that the thumb of the top hand that controls the angle of the blade to the water, turns down not up. Both top and bottom hands should also be outside of the gunnel. It is easier to watch the film though, than me explain it. Just remember, "the top thumb always turns down".

In the 'basic' films Bill teaches you several other strokes that really add to paddling enjoyment and efficacy. The sculling draw stroke is my particular favourite – a very powerful and useful stroke. He delivers the instruction with great clarity, and I think these films have a gentle charm that is unique.

I hope you enjoy these films as much as I do – even if you are not a paddler you might enjoy them. Bill's other videos are very lovely too. Check out "Waterwalker". Who knows, Bill's films might inspire you to give canoeing a try.

WSC has an open canoe available free to members via booking through the Vice Commodore. I have no formal qualifications but am competent at a basic level and would be very happy to informally go through the J stroke and other basics in a socially distanced session to anyone who wants to give open canoeing a go.

Happy Paddling

Jon Scales. (interim) Sailing Secretary

https://www.nfb.ca/film/path_of_the_paddle_solo_basic/

https://www.nfb.ca/film/path_of_the_paddle_doubles_basic/

https://www.nfb.ca/film/path_of_the_paddle_solo_whitewater/

https://www.nfb.ca/film/path_of_the_paddle_doubles_whitewater/

<https://www.nfb.ca/film/waterwalker/>