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Mini Newsletter

Calendar of upcoming events:

Frid 21st Sat 22nd & Sunday 23rd. Nov. Touring Wilsons Prom trip. See below.

Sunday 23rd November: Training. Paddle easy, . paddle hard. 8.00 am meet at clubhouse.

Christmas light paddle. Friday night : 19th December Meet 8.00 p.m. At Clubhouse. All invited.

Paddlers,

Andrew Sonnenberg is running a Wilsons Prom trip – Fri 21 Nov – Sun 23 Nov. Contact him directly at (asonnenberg@pittsh.com.au) if you need more details.

Come down on the Friday, Saturday or a day trip on the Sunday.

Surf your kayak on Norman Bay, short walks, Wombat spotting (no food in the tent please!) or simply kick back and enjoy the national park.

Please book your own camp site – the Prom can fill up quickly in

good weather so plan ahead. <http://parkweb.vic.gov.au/explore/parks/wilsons-promontory-national-park/things-to-do/tidal-river-camping> * **Here,s a couple of pics from previous outings to get you going.**

For our newer paddlers or those that are not familiar with the Prom. **Helmets and PFDs Must be worn.**

Bring food and water – there is also a kiosk at the Prom if you are not into the cooking side of things.

The weather at the Prom can change so bring some warm clothes and a waterproof jacket in spite of what the

forecast says.

Continued next page.



Marathon Commodore Neil Tattersall
Wants to hear from anyone who would like
to do the Ben Ward 40 miler Dec 12 and
the Yarrawonga race 17th Jan not sure if
there is a Sunday paddle will check. and
the Frank Harrison on the 21st & 22nd
Feb

Check out the clubs web site: Jason Ceddia is the clubs
communications officer.
HELP OUT WITH Any ideas to enhance the site. There
are links to most things that we do. It's up to us to provide
photos stories items memorabilia etc Jasons waiting.
jason.ceddia@gmail.com
November 21st

WILSONS PROM TRIP. From front page.

What's the time?

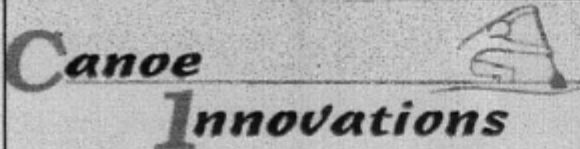
One thing I note that we don't do is attach a watch to our PFDs on a trip.

Paddling with other clubs or meeting other paddlers on the water highlights this.

People who spend a lot of time in the outdoors can judge the time quite accurately from looking at the sky – Gary Smith is very good at this.

A cloudy day can put your estimate off though.

Wearing a dry top or semi dry top means no watch on the wrist as you will damage the latex seal so the front shoulder strap of your PFD is the spot.



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A good re circulation in that hole you didn't quite punch through or a swim through a rapid might mean the watch is no longer where it was at the start of the trip so don't use an expensive one!

Have a look at the specials next Saturday at Aldi – 100m water resistant, Seiko movement, 3 year warranty and \$29.

See you on the water, Damian

Training times

Mara / Sprint Sunday 8.00 a.m. Meet at clubhouse.

Steve Vegh's group Tues & Thursday morning. Meet at clubhouse. If you are into getting up with the Roosters then this could be for you.

Alan Opie New paddlers Come & Try Tues & Thurs. 4.30 p.m. .
Sat mornings 9.00 a.m. By appointment.

Touring Meet at clubrooms Saturdays 1.15 p.m. After paddle cuppa upstairs.

The "Morning Glory" Before work paddle, Breakfast after at the clubhouse. Give
Marc Lionet a ring to find out more 0419889313

Other: We have paddlers in the club that work odd hours. If you are one of these let's hear from you so we can spread the word and get you a paddling partner.

LIGHTS ARE BEING LEFT ON. ESPECIALLY BY YOU MORNING PADDLERS.

WET CLOTHING IS BEING LEFT DRIPPING IN THE MENS CHANGE ROOM.

2015 LES HOPWOOD MEMORIAL BIKE.



Sunday 26th Oct 2014

Nine riders took part in this year's Les Hopwood Memorial Bike Ride in what was near perfect weather.

Meeting under the Bolze Bridge in Port Melb we had Alan and Denis Opie, Phil, Ben, Ken, Greg, Andrew, Brayden and new members Jacque and Nadine.

Gary Smith saw us off at 9.30. As we made our way to Docklands and along Footscray Rd to the Maribymong, River and onto Essendon. Alan saw some paddling Buddies out on the water as we dodged walkers, dogs and prams on this very popular day for locals along the river bank.

It was nice to see so much activity as we made good progress until we hit the hills.

Here Nadine showed all us blokes how it was done as she powered up the hills. Viva la France! Andrew Sonnenberg also did a mighty job towing young Brayden in his cart while keeping up with the rest of us.

After 30 km we found ourselves in Brimbank Park drinking coffee and enjoying the conversation.



Our return journey was quicker as we got along at a good pace and soon found us back at the cars.

Al got some of Di's fruit cake which is the only reason he came. But Al now 73 thought 60km was far too short and he and Denis completed their journey by riding home totally 120km for the day. This of course matches past president Les Hopwood's efforts back in 2000 when he did the same distance at the same age on our first ride to raise money for the then the new club house. So this year we made \$90 on the day and had a great time and and got a little exercise as well.



Thanks to everyone who joined in, it was a terrific day.

I was especially pleased this year to have my own son Ben ride with us for the first time.

Cheers
Phil Savage

