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Mini Newsletter

Calendar of upcoming events:

1st March. Club time trial Meet at clubrooms at 8.00 am. See Page 2 for details.

7th March. Were Wolf Paddle. See details page 3.

7th & 8th March Victorian Marathon Championships Geelong.

Frid 13th to Sun 15th March Tourings. Wilsons Prom trip. See page 2.

Sun 22 March Victorian Schools Marathon Championships. Essendon Canoe Club.

Sun 22 March Clint Robinson Group Clinic . See Page 5.

Frid 3rd to Sun 5th of April Australian Marathon Championships . Canberra.

Phil Savage bike ride. Date to be decided. Probably Carrum to Safety Beach. It's a great ride-with distances to suit all. Phil and Dianne put on a great BBQ after a swim at the beach..

K4 Challenge Footscray (Contact Neil Tattersall if you are interested. So lets get training.

If you haven't been in a K 4 it's about time you did so. Should be a lot of fun.

Needed stories, tales (Long and Short.) Pic's from Sprints
G.Prix 1 (Carrum) & 2 (Penrith.) Send to Alan Opie details at
top of this page.

DON'T FORGET TO CHECK TO SEE IF YOU ARE LAST OUT OF THE CLUBROOMS. IF SO SWITCH OFF THE LIGHTS AND MAKE SURE ALL IS SECURED.

CLOTHING WET OR OTHERWISE IS NOT TO BE LEFT IN THE CHANGE ROOMS. IT WILL BE PUT IN THE LOST AND FORSAKEN CLOTHING BIN.

On Line Entries Please

REGISTRATIONS BY 7 pm SATURDAY

This will be your last chance to have a hit out before the Victorian State Titles to be held at Geelong on the 7 & 8th March.

Meet 8am at PLCC Club House - Launching Way, Carrum VIC

Briefing 8.15am - Start 8.30am

By request you can now select to enter either a 5km (2 laps) or a 10km (4 laps) Time Trial

Entries now open on line **** Enter at : <http://www.fitnesspaddlers.com.au>

Results of previous events can also be viewed at the above link.

MEET AT PLCC Club Rooms. - 8am for 8.30 START.

ENTRY - PLCC Members FREE - Non Members - \$5 REGISTRATIONS BY 7pm SATURDAY.

This allows for Handicap Calculations to be carried out and Start Lists to be set up prior to the event so as not to delay our 8.30am start time.

BBQ Breakfast and Coffee available after the event if interested.

Changes or Cancellations: Entrants will be advised via SMS.

TOURING Paddlers,

Andrew is running a Wilsons Prom trip – Fri 13 Mar – Sun 15 Mar. Contact him directly at (asonnenberg@pittsh.com.au) to confirm you are coming or if you need more details.

Come down on the Saturday or a day trip on the Sunday. There may be some people heading down on Fri day so that is an option also.

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>

For our newer paddlers or those that are not familiar with the Prom. Helmets and PFDs are required in the surf.

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 J

See you on the water, Damian

Welcome back Helen Simmonds .

Helen is recovering from an injury. She is back on the water taking it easy.

Julie Slattery is also on the mend. She will be back giving cheek before you know it.

Just as we get Helen back Nicole Tattersall falls off her perch. We wish her well on her comeback.

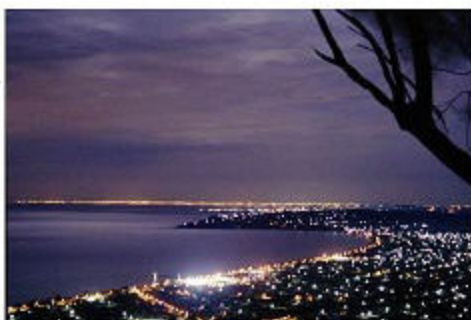
2015 WERE
WOLF PADDLE
Sat 7th March
(long weekend)

Meet
18 Dusky Drive
Safety Beach
6.00pm BBQ

Paddle at Dusk
The full moon in
March fits in
perfectly with a
night paddle in Safety Beach to take in the
last of the warm weather.
The lights from Mt Martha and Arthur's Seat
will give a spectacular backdrop to our
Were Wolf hunt.

Room for tents and
some beds available
for anyone who
wishes to stay over.
BYO food and Drink

Phil Savage
0419896096
97729729



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DISCOUNT FOR CLUB MEMBERS

4/14 Barnett Drive, Seaford Vic 3198
Tel/fax 8796 3100 Mob 0414 575 311

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

Hi Members of PLCC,

I am writing as an organizer for

Oceania Canoe Marathon Championships (incorporating Nationals)

to be held at Canberra, 3rd to 5th April 2015.

More information in regarding to this championship will come soon (I hope).

I am asking each member, if you are interested to come to Canberra for this championship. Please let me know as I am organizing accommodation for PLCC members.

I have done my research and there are accommodation available but it will be booked out very quickly. I am seeking for 12 as minimum number to show their interest before I go ahead to book accommodation.

The accommodation (apartment) will cost between 200 to 220 dollars per person for 4 nights.

Could you please email me as soon as possible to allow me to book an accommodation.

Once the information comes out, I will pass the information on to you.

I will create a distribution list for those who are interested to attend this championship.

Cheers

Joanne Davis

PLCC Organiser/Treasurer

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.

2015 Marathon Canoeing Victoria Race Calendar.

Date	Event	Venue
Sat 7 th Mar Sun 8 th Mar	Victorian Marathon Championships	Geelong
Sun 22 nd Mar	Vic Schools Marathon Championships	Essendon
Fri 3 rd Apr Sat 4 th April Sun 5 th April	Australian Marathon Championships	Canberra
Sun 3 rd May	Marathon Winter Series Race 1 (D)	Patterson Lakes
Sat 23 rd May	Marathon Winter Series Race 2 (S)	Warrnambool
Sun 14 th Jun	Marathon Winter Series Race 3 (D)	Fairfield
Sun 19 th Jul	Marathon Winter Series Race 4 (S)	Geelong
Sun 9 th Aug	Marathon Winter Series Race 5 (D)	Nagambie
Sun 30 th Aug	Marathon Winter Series Race 6 (S)	Footscray
Sat 24 th Oct	Bendigo Cup	Bendigo
Sun 15 th Nov	Murray Dress Rehearsal	Footscray
Sat 12 th Dec	Ben Ward Memorial Race 40 Miler	Cobram
Sun 13 th Dec	Ben Ward. Day two relay.	

Thanks! to our members who helped Laurie Chenowick and Kierin Dews run a very successful Victorian Sprint Championship at Carrum two weeks ago.

First Aid Course. Saturday 23rd May 2015 from 9am – 5.30 Venue :
Canoeing Victoria Conference Centre – Westerfolds Park, Templestowe

Canoeing Victoria are hosting a Senior First Aid Training course run by Lifesaving Victoria.

This training is open to Canoeing Victoria Club members, Volunteers, Coaches, Guides and Instructors. Lifesaving Victoria will be conducting the training and assessment for the Senior First Aid in a single day, flexible delivery format.

The Senior First Aid Award includes:

HLTFA311A – Apply First Aid

HLTFA211A – Provide basic emergency life

HLTCPR211A – Perform CPR

Senior First Aid Flexible Delivery:

- 8 hours contact time, excluding breaks
- Manual and workbook provided
- Completed workbook to be handed in at beginning of training session
- Cost : \$180.00

Senior First Aid Update:

- Updates the skills and knowledge obtained in the Senior First Aid Award
- 8 hours contact time, excluding breaks
- Cost : \$120.00

CPR Update:

This is a Two-hour update for those who have completed a CPR award within the past 12 months and need to refresh their CPR knowledge and skills.

Cost : \$60.00

Places will fill fast, so please contact Roz at the Office on 8846 4120

RSVP by Friday 1st May 2015

Regards

Roz Manester

Service Delivery Coordinator - Education

Canoeing Victoria Tel : 8846 4120 Mobile: 0488 366 116

cvprograms@canoevic.org.au

Clint Robinson GROUP CLINIC Sunday 22nd March 2015

\$50 pp)

Time – 9.30am till 11.30am

Patterson Lakes Canoe Club

Clint Robinson “will teach you the 3 key steps to improve your paddling technique with stability”

Meet at the Club, 10 Launching Way, Carrum – 15 min before the Clinic begins]

For details or to make a booking contact Steve Veghat

steve@canoeinnovations.com.au or

0414 575 311, Clint at **cr@crobinson.com.au** or 0418 708 730