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March General Meeting
Monday 21st
Clubrooms 7.30 p.m..

Important notice 50th
Anniversary Bottom of Page 8



Newsletter

To all our members and friends



2016 Greetings. Sent from the Editors front yard.

Apology: Please accept my apology for the tardiness of the above Best Wishes message. I looked the other way and all of a sudden it's nearly Easter. What happened?. The year is nearly over. I guess a late Beaut Wishes is better than none at all. Alan Opie Ed

Calendar of upcoming events:

March 18 & 19th	Waratah Bay paddle	Waratah bay.
March 25th to 27th	National Marathon Championships	Coomera, Gold Coast Q/Land
April 9th	Touring Pt Lonsdale to Queenscliff	See page 9
April 17th	K4 10km Race (Give it a try)	Footscray C.C.
May 1st	P/Lakes Winter Series race # 1 Doubles	P/Lakes
May 21st	Winter Series race # 2 Singles	Warrnambool

Martin Buissink's Murray marathon 2015.

After a long, 8 year, break from kayaking Martin Buissink decided in July he would like to do the Murray Marathon which was held in November. He became a member once again at the Paterson Lakes Canoe Club and started his training. Some days he would go to the river to train and on other days he would train at home. He stayed focused and dedicated to training even though his work commitments required a lot of physical work.

This time around things were going to be a bit different as well as he now had a whole family travelling with him to be his support crew and having to move the caravan along as the marathon progressed.

The marathon started off with a disappointing cancelation of day one due to high fire dangers. Nevertheless he went for a training session that day to keep his form up and the family enjoyed a great play at the Murray.

Day two started off really well even though the winds were really strong and waves were hitting him on the chest and it was very cold. It was a hard day for all to be had. The paddlers were doing it extremely tough but the support crew found it really hard as well as it was quiet cold and very windy.

Day three was much better weather conditions . The wind had eased off and the day was much shorter. Martin started off once again in great form and even after the first checkpoint he looked ok from the sidelines. By the time Martin got to the second checkpoint he was ready to pull out due to an extremely sore back. Lucky for him, (his wife was on the wrong side of the river for him to pull out) he had to continue on and a competitor offered him some neurofen to take. Once they kicked in he was in fine form and completed day two remarkably well. Martin was always in the front of the pack so the family had to move fairly quickly from one stop to the next. Martin sometimes paddled with others but mostly did it by himself. At the end of day three it was noticed that he was a force to be reckoned with. He was the one they had to keep an eye on.

Day four was perfect conditions for paddling. Take off was now ever so important as there was another fierce competitor who wanted to take the lead from Martin. As soon as the gun was fired Martin was off like a bullet and never lost his form throughout the day. He held on to his lead by the days end.

Day five was another perfect day weatherwise and the end was in sight. Martin was still in the lead and it was going to be tough to take that position away from him. He looked in fine form at every checkpoint and he ended up arriving 2nd at Swan Hill. Narrowly missing out at arriving first. Everyone was so impressed with his form as he had mostly paddled by himself. I had wives of other paddlers coming up saying their husbands would Marry him if they could. All jokes aside though he, he achieved the title of fastest single and second place overall fastest kayak. But the biggest achievement of all was the winner of Margaret Baker Award. Well done Martin Buissink

Photos of: L - R

At the Start. Martin with his ground crew.
hope you paid them well Martin.

Tocumal Start.

Arriving at Picnic Point..



DON'T FORGET TO CHECK TO SEE IF YOU ARE LAST OUT OF THE CLUBROOMS. IF SO SWITCH OFF THE LIGHTS AND RADIATORS- 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.

Paddling on the wrong side of the river:

Over the past few months paddlers are setting off from our little beach and heading upstream on the wrong side of the river.

No excuses it is against the law to do so.

This practice is not only dangerous but has been noticed by the authorities. This creates a bad image for the club. We have enough trouble with Parks Vic as it is.

Very able paddlers are involved in this practice. It has to stop.

In the case of some Para paddlers their coaches might deem due to conditions that they have to carry out this exercise. They will make a judgement on the day accepting that the onus is on them..

The Shuzoku Martial Arts teams Murray Marathon. This group initially came to the club to train for this event. Some joined, some didn't. They then disappeared only to emerge months later doing the Murray Marathon. This is their report, with photos. I haven't put names to photos. It's a while since I have seen them. If I stuff it up I could get Judo'ed. Ed.

Tom McMahon, Jim Spiers, Ian Wilson, Aaron Bryer, Keith & Matt Lane (in a double), Jason Farley all did the 404km Brock Spiers (14yrs) did 202km.

They all did well, Ian placing 2nd and Jim 3rd in their division, Brock placing 1st in under 18's. Unfortunately Tom was injured and has vowed to take up the challenge again this year with the same group as well as encouraging more to take part. Tom, Jim, Ian & Aaron paddled a surf ski, Keith & Matt a double sea kayak, Jason and Brock in sea kayaks.

For the Swan Hill finish the front of the group waited for the other to catch up so they could all cross the finish line as a team.

Everyone enjoyed their first time participating in the event.

Kind Regards, Penny Spiers



More Shuzoku from previous page.



Lisa Newton and Don Campbell's Murray Marathon:

I was reading about the Murray Marathon. There were at least a couple of other members who paddled in it.

One was myself, and the other was Danny Ryan (and Gina) who paddled in a K4. I think they find it a good way to have a family holiday.

Don and I did an event that we have developed as our own - the K1 half distance relay. It works well for us - one paddles and one drives, and then we swap over. No arguments. No need for anyone else to crew .

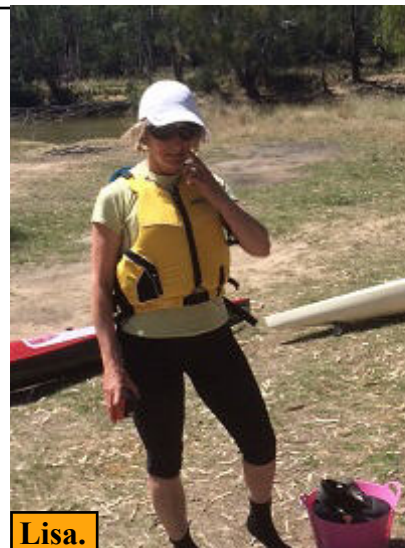
The usual characters were there - Bill Robinson, Stuart and Adele from Footscray, Mad Mick (this time in a C4) etc.

Whilst day one was canceled, most people paddled anyway. ("Not the Murray Marathon day 1"). We were heading into a very hot wind all day, so it wasn't particularly pleasant.

A few of us also did the Goulburn Classic . I was there, as was David Cole, who tore past me during the stage 3 time trial with his high knees pumping hard. That is a beautiful river - though

I got myself into a few scrapes. There were large logs, lots of rocks in spots, and those willow trees. At one stage i found my K1 perched on the side of a rock in the middle of the river - there was only one way to go and it wasn't pretty. I did see two platypuses over the course of the event.

Cheers, Lisa Newton



Lisa.

Rotary Raffle: The club is again partaking of this venture. The recipient of monies earnt this year will be the clubs Para paddling programme.

Our Para paddlers have done us proud on the state and national arena' with great results. See report page ???

As disability paddlers come to us all sorts of gizmos have to be invented to help them in their endeavours. It all takes time and money so lets get selling. A prize for most tickets sold is to be won.

Murray River Classic Yarrawonga 17th January 2016. By Alan Opie. 41 Paddlers. Five from PLCC

To beat the heat the race started early. Yarrawonga Canoe Club had a window of 2.5 hours to start and finish the race. This was imposed by the the three N.S.W. Authorities that have to be appeased so this event could be take place.

Basically we have to be off the water before the speed boaties wake from their slumber.

Another example of power boat supremacy.

We had a good showing of club members. David Ceddia came second in the 25k Elite mens in a time of 1.52. All K1 races had portages on all laps so this meant five portages in this race. David celebrated by getting a gut ache from his not too healthy drink bottle. We have all done this haven't we.

Your's truley came third in my 20k event. This entailed four of the slowest portages ever (I ain't running for no body. So there).

Jason Shaw posted a great second place in his very first race. A 10 k distance in a time of 1.01.52. Well done Jason.

Jason's wife Meegan had a great time for her 20k's. She Timed a great 1.42.45..

Lisa Newton won her 10k event. Unfortunately she was a lonely girl out there as she was the

So all club paddlers came home with a medal. Well done all.

Summer Series race # 2 Salt Water Classic Footscray Feb 7th 2016 By Alan Opie.

Eight club members competed in what was a great race on a beaut day.

The **TC 1** event was owned by Patterson Lakes as Neil Tattersall came first with Stefan Tulloch coming home in second place.

David Ceddia was only 48 seconds behind The best marathon paddler in Oz. That of course is Michael Leverett. Not bad when you consider that this is over 24k's. Just a bit more work to do David.

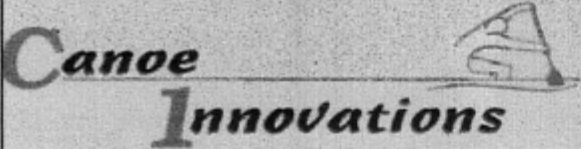
Meegan Shaw turns up at every race and is very consist ant with her results. This time Meegan gained a 3rd.

Husband Jason had his second ever race for 1st. Blue beats Green Meegan.

Sometimes if you don't have a constituted class of four boats you have to paddle on your Pat Malone. This is what beset Nicole Tattersall. It's still a race. The boat ahead no matter what class is your target. Nicole is really coming of age as a paddler. There is a K1 in the clubhouse waiting for you Nicole.

Lisa Newton had a third placing she seemed to be enjoying herself as I caught up to her.

George Vartabedian also had a third. Me well my seventh wasn't too flash. Those youngsters are just too young and fast out of the blocks but like Nicole if you don't have a class you paddle with them anyway.



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DISCOUNT FOR CLUB MEMBERS

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

On Saturday the balcony sliding door was left open also windows and the Gate to the Shipping container was left unlocked. Please be more careful.

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

Touring: The Carrum Sailing and Motor Boat weather cam is up and running again with a lot of new data. Have a look at <http://webcam.csmbc.asn.au/>

Remember to hit F5 in your browser to refresh the images.

Yarra Paddle Saturday 30th Janu-

Nicholas Irwin 0422 655 338

A photograph showing two people kayaking down a river. The person in the foreground is on a red kayak, wearing a yellow helmet and a life vest. The river is surrounded by dense green forest.

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Frank Harrison Memorial Feb 20 & 21st 2016 Albury. NSW By Alan Opie.

Day one started off quite hot. It was quite refreshing to get on the water.

The race start was from the weir wall to Albury a total of 26 k's. Start time was 4 p.m. To beat the heat.

There was no water coming over the weir but for some unknown reason there was plenty of turbulence on the river. Perhaps from the power station. Who knows?

Every K1 paddler regardless of age was thrown into the first start to make up quite a large field.

About fifty metres down river from the start there was a crazy stretch of water to be negotiated, this will make things a bit hairy.

The start was indeed a bit mad. There had to be paddlers in the water. I was too busy with my own problems to look back.

The trip to the finish line was full of surprises, if it wasn't snags it was eddies that tended to spin your boat around and tip you in.

The many weed beds encountered were also a surprise. It was a long time ago that I last raced this course, just could not remember them.

Behind me in later starts were club members Lisa Newton, Neil & Nicole Tattersall & George Vartabedian.

Neil was in a TC1. He is top dog in this class of canoe and shouldn't have too much trouble getting to Albury in a fast time. End result 2.13.34. This is a great time for TC1.

Daughter Nicole who hasn't been on the water that much put in a very creditable 2 hrs 14 for the trip. Nicole was in a TK1. Well done Nicole.

Lisa Newton who seems to get to all the races also had a few problems with conditions but made it to the finish line in one piece.

George who posted a 2.27 decided that was enough for one week end and headed home.

Most others stayed the night dining at the various venues around the place. Canoeists headed for the Boomerang Hotel where most were staying. I slept in the wagon in the their car park.

I woke with a sore shoulder and as my race this day didn't start until 11.00am I decided I could be most of the way home by then. Nicole had a big blister the size of a pin head so that ruled her out.

Not sure what Lisa planned to do.

So it was up to Neil to fly the flag for the club. He was to do the 16 k race from the waterworks bridge but something he ate on Sat night fired him up to again do another 26k

Not sure who he paddled with. Neil will provide a good story I'm sure.

Canoeing Victoria Marathon Championships: March 5 & 6 2016 Footscray By Alan Opie.

Our new banner was flying high both days. Thanks to John Lisica for getting this for us.

Eighty Three paddlers were competing on this, the first day of the champs. A good turn out.

However a few of us club members, Nicole Tattersall & myself competed against ourselves due to not having a constituted class of four entries.

Not so Neil Tattersall 1st, Stefan Tulloch 3rd, Lisa Newton, Meegan Braithwaite 3rd, David Ceddia 3rd & George Vartabedian. They all had someone to talk to. Former member Joanne Davis came third in Womens Vet K1. Joanne is now with the new Bellarine club.

Saturday's racing was held in over cast and very muggy conditions. George enjoyed his time on the water as I guessed we all did when it cooled down a bit after the start.

Day 2. 54 Paddlers. The same hard core PLCC paddlers turned up to race as they do to most other events. George however had the day off. I officiated.

The Top dog of the two days paddling was Neil Tattersall. Neil won in the TC1 class on Saturday then doubled up with Footscray canoe club president Annette Scott to win TC2. Daughter Nicole teamed up with Jeremy Kent from Mitta Mitta. David Ceddia doubled with Mike Leverett from Bellarine for a close second place.

In conclusion: The previously mentioned club paddlers do very well. When the points are counted after most contests it's only the clubs with the big schools behind them that beat us. Fairfield with MLC and Ivanhoe/ Northcote with Trinity. Why don't more of our paddlers support this the most important event on the Victorian Marathon canoeing calendar?

Spud-only diet a mash hit for Australia's Mr Potato Head. Sent in by Stuart Opie Dubai



As published in the Gulf News. Former Patterson Lakes member Andrew Taylor takes decision to eat only starchy staple for 12 months, to break what he termed his 'food addiction'

This undated picture provided on February 23, 2016 by Melbourne man Andrew Taylor shows him posing for pictures with potatoes in Melbourne.

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An Australian man who plans to eat nothing but potatoes for an entire year said Tuesday that despite his strange diet he was not only feeling better, but surprisingly enjoying his meals.

Unlike Matt Damon's character in "The Martian", who is stranded on the Red Planet with little else to eat, Andrew Taylor, 35, made a deliberate decision to eat only the starchy staple for 12 months, to break what he termed his "food addiction".

While addicts can go "cold turkey" on their vice, such as alcohol or cigarettes, it is impossible to do so with food, so Taylor settled on making his diet as boring as possible.

"The next best thing was to find one thing that sustained me healthily," he told AFP, saying that besides potatoes, he also considered mangoes, bananas and watermelon.

After deciding there were more options with the humble spud, Taylor now eats as many as he wants each day, boiled, mashed and even made into pancakes, occasionally flavouring them with seasonings such as garlic and salt.

"I'm not having any fats, no butter, no meat, no dairy ... no oil either," the stay-at-home dad said, adding he was coping well on day 54.

Taylor is documenting his experience on his Spud Fit Facebook page, which has more than 6,000 likes, and says while losing weight was not his ultimate goal, he has so far shed 17 kilograms (37 pounds).

"I'm sleeping better and have better mental clarity and focus," he said, adding that his joint pain from playing football had also disappeared.

Taylor shrugged off the idea that he is not getting enough nutrients, saying he is taking vitamin B12 tablets and is under medical supervision.

"People assume that I am going to be sick and die," he jokes. "If I feel sick, I'll just eat something else."

While he's no food activist, and insists he is not trying to make people follow his diet, Taylor believes the potato is vastly underrated.

"Potatoes are a real powerhouse," he said, adding that he was amazed at how his radical eating plan had attracted media interest worldwide.

"The biggest surprise of all is that I'm enjoying it."

PATTERSON LAKES CANOE CLUB'S 50TH ANNIVERSARY.

FORMED ON THE 18TH OF MAY 1966. A DATE TO CELEBRATE THIS BLESSED EVENT WILL BE SET AT MONDAY NIGHTS MEETING: IN THE MEANTIME WE HAVE ORGANIZED A LARGE CAKE AND BANNER. WE WILL SUPPLY CHEAP BBQ MEALS, SALADS ETC. IT WILL BE A BRING YOUR OWN HARD DRINKS AFFAIR SOFT DRINKS WILL BE AVAILABLE

A LIST OF PAST MEMBERS IS BEING PREPARED. IT WILL HAVE MEMBERS NAMES ON IT THAT WE MAY NOT BE ABLE TO CONTACT. YOU CAN HELP. ALSO PRE 1995 PHOTOS, IDEAS PLEASE!

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.

POINT LONSDALE TO QUEENSLIFF

SATURDAY 9TH APRIL 2016

Meet 10am

Point Lonsdale Lighthouse

Melway 499 J7



This paddle has been timed to catch the incoming tide and finish in Swan Bay.

Hoping for a fast paddle into Swan Bay – giving us time to explore the area and finish at the Boat Ramp next to the Queenscliff Station.

8km plus.

Car shuffle will be required so don't be late.

In the case of bad weather, paddle will be moved to Swan Bay.

All this to be followed by lunch at one of the many eating options in Queenscliff.

Low Tide 6.30 am

All welcome

Phil Savage

psavage@gmail.com
0419 896 096

