



www.priorysc.org.uk

TELLTALES

The Journal of Priory Sailing Club
Winter Edition: December 2012



Dates for your Diary

Boxing Day

Tues Jan 1st

Sundays in Jan

Sun January 27th

Social sailing and coffee & mince pies from 11am

The Icicle Race 11:30am start, followed by light club lunch at 13:00

Although there is no formal series, sailing continues on Sunday mornings, 10:30 start, race or races to be agreed on the day; all welcome

First races of the Icicle Series, starting at 10:30

Deadline for next Telltales Sun 3rd March

PSC web-site at <http://www.priorysc.org.uk>

Facebook page at <http://www.facebook.com/pages/Priory-Sailing-Club-PSC/272809039438137>

PSC Junior Photographic Competition

Well done to Owen Hewett for winning the Junior Photographic competition! Here's one of his... Lucy at speed!



There were some excellent entries; I also liked this sunset from James.



How to Keep Warm Sailing on Priory Lake in Winter

We all long for those summer days when we can sail in a T shirt and shorts, and when the mandatory buoyancy aid might make us feel too hot. The air temperature will be 20°C, the sun shining, and the wind light.

A couple of Sundays ago it was 4°C with the wind blowing force 2 and it was raining steadily. Now that's what I call cold... time for maximum heat insulation! I was wearing thermal long johns and top, long cycling trousers and top, and a teddy bear suit, plus a Gul dry suit with rubber feet, cuffs and neck seals. Three pairs of socks mean that my winter boots must be a size larger than summer ones to accommodate the extra layers! A woolly hat which also covers the ears or one of wet suit material (balaclava/ SAS style) is essential but I wear a crash helmet over my chosen hat, which also keeps the first hat dry and the ears warm. Finally, gloves are essential – any gloves. Wet-suit material ones or cycling/ sailing gloves are good, but my choice has long been Marigold washing up gloves. Yellow ones are available everywhere but black ones can be found, e.g. in the new Waitrose in Bedford. Again, my Marigolds are a size larger so that a thin



pair of nylon or woollen gloves will fit underneath. Finally, tuck the glove cuffs under the dry suit cuffs and you'll have dry hands as well as dry feet! I have not yet tried skiing goggles, but it may come to that one day.

For autumn I have a full length wet-suit and some people use a thicker wet-suit when the temperature drops, or even a second wet-suit over the top of the first. The next thing to try is a spray top (about £30) or a spray suit (about £50) and then hats and gloves as above.

Dry suits start at about £250 – by post/ online from Sailboats or Pinnell & Bax, or visit Jonti at Grafham Water or the Pinnell & Bax shop at Northampton looking for special offers. However, if you can wait for a bargain visit the Alexandra Palace Dinghy Show (for more information, see below) or else talk to Tim Hewett about inclusion in the next club order for bargain priced sailwear. There is also a made-to-measure dry suit service in Bedford (Andi Riley, DAM Watersports, 01234 267314, damwatersports@yahoo.co.uk). They will even have your name woven into the fabric.

Also think about your safety on Priory Lake in winter. If the water temperature is near freezing how long would you survive in cold water? With insufficient protection you could be incapacitated within 15mins. Many a sailor has been rescued shivering after a few minutes, but half an hour in freezing conditions could produce an unconscious hypothermic – so wrap up warm for winter sailing and be warm and happy!

Apart from the temperature the other factor to consider is the wind: the stronger the wind the greater the wind chill factor. However, more physical effort in stronger winds will make you warmer when you get sailing. So start warm & stay warm, perhaps putting on your sailing gear at home.

Tony Ogborne



Commodore's Column December 2012

Our well-attended AGM last month celebrated the club and its members' achievements over the last year. The Olympic summer of 2012 will live long in the memory I'm sure, and it was recognised that PSC enjoyed joining in the celebrations. Very well done to all the prize-winners, and to our large group of volunteers who supported the club's wide variety of events through the year.

Activity on the water has been reduced recently since the introduction of our winter restrictions at the start of November but there is still a group who regularly sail on Sunday mornings and your committee is certainly keeping busy by planning ahead for next year. The calendar looks very full for next year with our normal full schedule of races, social sailing events and training courses. We have been discussing the introduction of some off the water social events too, the first of which is a Quiz Evening on Friday March 1st which promises to be an entertaining evening.

I am pleased to report that we have been successful in securing a grant of £12,400 from a local charity, The Harper Trust, to develop our capacity to offer windsurfing at our club.

The grant will be spent on new equipment enabling us to run courses for members and non-members alike. Watch this space for details of member's courses! To help deliver these courses we are hoping to develop some of our own members into Instructors, if you are interested in getting involved please let me know - you don't need to be a Nick Dempsey!

If you haven't been to the club in the last few weeks you won't have seen that thanks to the hard work of William Armitage and his team, all of the rubber matting on our beach launching area has been replaced. The truth it doesn't look much different above the waterline, as William managed to source the same matting that has served so well over recent years, but underwater the worn out and loose mats have been replaced with a much more secure and serviceable surface. We have also recently replaced the old up and over door on the Rescue Boat Garage with a smart new roller door, providing much better headroom. All the old boat covers on our club Toppers and Lasers have also been renewed ahead of the winter weather.

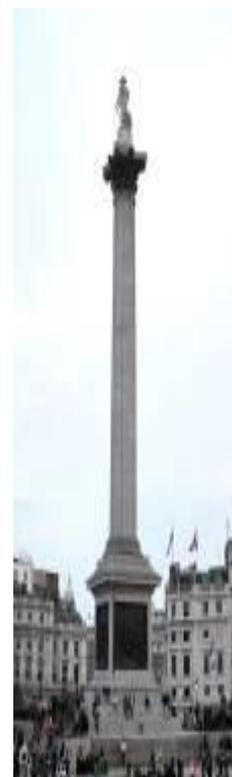
One of our particular successes of last season were our adult training courses, outstandingly administered by Karen Powell, with many of those who learnt to sail with us deciding to join the club to continue their involvement with the sport at PSC. Next season will see continued support for our new members, through a developing mentoring scheme, as well as more RYA courses to encourage more new people into our sport and hopefully into our club. If any of your friends or colleagues are envious of your involvement in sailing please do tell them that can learn to sail with our qualified instructors at PSC!

As always, please don't hesitate to pass on your ideas for club events, or suggestions for developments to any committee member in person or by email to me (commodore@priorysc.org.uk). Your committee would be particularly interested to hear your ideas regarding potential club social events.

Finally a reminder that there will be sailing on Boxing Day and our annual Icicle Race on New Year's Day.

May I wish you all a Merry Christmas and a happy and healthy 2013.

Best wishes, Tim Hewett



Watch the Birgee!

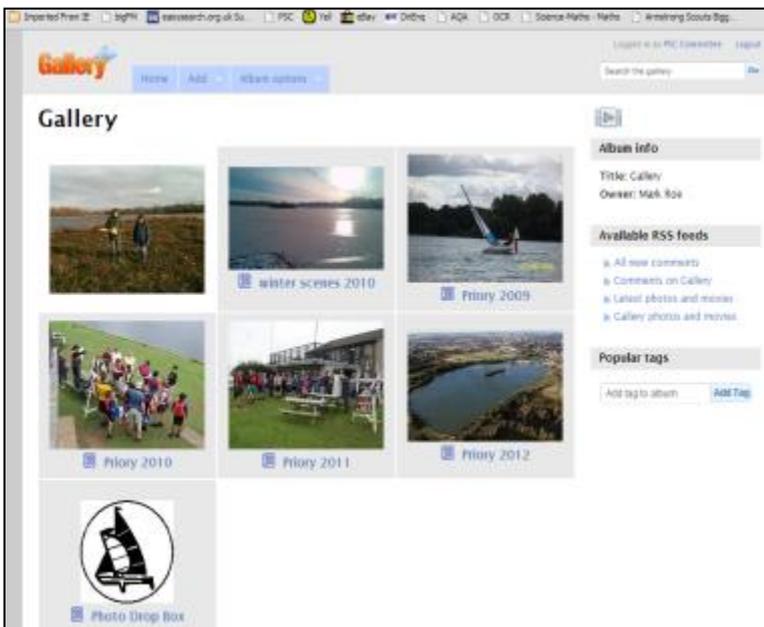
As long as I have been on the committee we've been talking about how to share those golden moments – captured on print - indeed plenty of people snap away at most sailing events. Wouldn't it be great if we could share these "snaps"? After all - how many of us have photos of us in our craft? – we are either behind the camera or in the boat but never both. Whether it's a catastrophic capsize, or a close finish across the line....let's try and share them.

So now we think we have found a way that makes it relatively easy for you to upload your Photographic gems to a new PSC website Photo Gallery, hosted on the PSC website. We have uploaded a few images to start the site – but would welcome any contributions from our members. The Photos are accessible to any visitor to our Website – so enhancing Priory Sailing Club profile on the internet.

Of course it also acts as an archive – to allow review of the past and as a record of the Club evolution – both

individuals and material developments within the club.

Please visit our Gallery, and if you have some images you would like to share, please upload them following the guide below.



Go explore our Gallery at :-

<http://www.priorysc.org.uk/gallery/index.php/>

Username : PSCmember

Password : PrioryPhoto

(please note capitalisation)

As a casual (Guest) visitor, without logging in, you can browse all the photo galleries.

Using the PSCMember login, in addition to browsing, you can also upload photos as individual photos and/or Albums) from your computer into the Photo Drop Box. While we very much appreciate your uploads, and will try as far as possible to publish all your pictures, we do reserve the right to edit the final content – in order to manage the total volume of images.

The "How To" guide to uploading Photos to the Gallery

- Select the Photo Drop Box by clicking on it
- Using the "Add" menu button at the top of the screen
- Select from the two options offered (Photo, or Album)
- For photos :click on the "Select photos"
 - Follow the prompts to select the files on your computer
- For Album, click on the "Add Album"
 - fill in the Title and description (If you wish to, please add your name in the description)

- the other 2 lower boxes are filled in automatically
- Select the newly created album (it will be shown within the Drop Box folder), and add photos as above.

Any problems please drop me an email at rearcommodore@priorisc.org.uk

Mark Roe (Heron 8888)
(aka the Gallery Master)

Weed Update

Tried and Tested – yes we have trialled using ‘Jack’ the weedboat with the orange weed lifter on the front to pull a large weed clearing device and it was very successful – much better than our rib.



Andy is in the middle of making a larger and proper device on wheels and I would like to start this as a rota from the 2nd week in January, weather and ice permitting. I propose that we work for about 1 hour each week after the racing on Sunday morning – starting about 12.30pm.



To keep track of where we have been and where exactly we need to go, the club has bought a ‘Tractor GPS’ – this will keep an exact map of where each run has been so that we cover properly the full lake. This whole operation is going to be far more effective this year than ever before and I need your help to man this.

If you are a power boat driver, please could you volunteer an hour or two? **Please e-mail me when you are available between January and March to make the most of this exciting new equipment.**

William Armitage, Vice Commodore
williama@ntlworld.com

The RYA Dinghy Show



It's usually pretty good, with deals on sailing clothing, accessories & boats, coaching sessions, new boats & equipment etc. Take a look at <http://www.rya.org.uk/programmes/dinghyshow/Pages/RyADinghyShow.aspx>

Ask us the big questions

We'll take care of the small details



Your partners in all your legal matters

- Commercial law
- Charity law
- Personal Injury law
- Wills, Trusts and Probate law
- Family law
- Property law
- Medical Accident law

Bedford
1 Lunke Street
Bedford
MK40 3TU
T: 01234 400000

Northampton
16 Castilian Street
Northampton
NN1 1JX
T: 01604 233200

Rushden
16 High Street
Rushden
NN10 0PR
T: 01933 397000

www.pwhmlp.com

We are here to help

