



www.priorysc.org.uk

# TELLTALES

The Journal of Priory Sailing Club  
Spring Edition: April 2013



## Dates for your Diary

**Weds May 1<sup>st</sup>**

Wednesdays on the Water start and run every week through the summer: safety cover & friendly advice available from 17:30 on (and often from earlier)

**Sat May 4<sup>th</sup>**

Club lunch from 12:45

**Fri May 10<sup>th</sup>**

Cheese, wine & quiz social night at the Club-house, 19:00 for 19:30 start

**May 18<sup>th</sup> & 19<sup>th</sup>**

Club Open days: taster sessions for the public 10:00-16:00

**Sun June 9<sup>th</sup>**

RNLI Regatta for boards & dinghies starting at 11.00 for fun prizes for all-comers, novices and young sailors

**Last Sunday of each month**

Lazy Sunday fun races - 14:00 set-up, 14:15 briefing for first race, novices and youngsters welcomed & coached

*Deadline for next Telltales Sun 30<sup>th</sup> June*

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

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

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

## PSC Social Events in the 2013 Calendar

In an effort to boost the social side of PSC last year we introduced Wednesday on the Water, a mid-week evening sail followed by a fish and chips supper on the balcony. This is again in the calendar for 2013, great to see more folks there, perhaps even to try something new such as our brand new Wind Surfing kit. Folks will be there to help you out onto the water. New to this year we are going to have a PSC Quiz night as the first of a number of social evenings, so gather together your team, brush up on your general knowledge and come along. It will be a Cheese and Wine / Bring Your Own Bottle quiz night on Friday 10 May 13, details below. You might need the younger ones to answer some of the questions ☺. Look forward to seeing you there.

### Social – Cheese, Wine & Quiz night

**Friday 10<sup>th</sup> May 2013, The Club House – 1900 for 1930 start**

We do hope that you will come along to our fantastic quiz night social on Friday 10<sup>th</sup> May, its going be a great night of fun, nice wine, great cheeses and even a quiz. **The rules are simple.**

**Cheese:** We are going to have a cheese sharing night; Priory SC will provide biscuits, bread butter and other nibble but you will need to provide the cheese.

Please bring a piece of cheese that's big enough for your team, this will then be put on the cheese table so that it can be shared by others. If everybody brings some then there will be enough to share around. Why not consider bringing an unusual cheese?

**Wine:** Bring a bottle or bottles plus wine glasses that your own group wants to drink, tea & coffee will be provided. Please remember the wine glasses as Priory only has plastic beakers. If you don't drink wine then beer or cider is fine

### ***Cheese and Wine Quiz Night***

Fri 7.30pm, 10<sup>th</sup> May 2013

Bring your Own Bottle  
PSC Clubhouse

**Quiz:** Team sizes can be a minimum of two and a maximum of six people. If you are coming on your own then don't worry you can join in with a team on the night. The same goes if you are a couple, you may want to join in with another group to make a slightly larger team.

### **So are you coming?**

It would be great to know if you are coming, this will help us with the nibbles etc. So please could you drop Brian Stanbridge a quick email [brian@ice.gb.com](mailto:brian@ice.gb.com) to let him know.

### **Two last things**

It's not a sailing quiz – phew

It's open to friends & family so why not invite someone along to make up your team with you.

*Brian Stanbridge & Neil Papworth (Quizmasters)*

## **Pilates for sailing**

We are always looking for new ways to support our members. We are hoping to run Pilates fitness classes at the club. The low impact core muscle training will be specifically tailored for sailing fitness by trainers from Universal Fitness (<http://universal-fitness.co.uk/>) who offer

- A free workshop to cover aspects of injury prevention/core stability related to Sailing.
- Bespoke Sailing Fit classes at your venue or in our Studios.
- Free Biomechanical Screens for all your members, to aid injury rehab/prevention.
- A discounted rate for 1-2-1 sessions.

If you are interested in being part of a Bespoke Sailing Fit PSC group (£5 per session, minimum number 4 per class) please email .....so we can establish if there are enough people interested in the course. Please get in contact within 1 week of receiving the newsletter, via my email [logan.design@ntlworld.com](mailto:logan.design@ntlworld.com) or by phone (01234 400314).

*Caroline Logan (Heron 10056)*

## **Keep Watching the Birgee!**

This is just a reminder of the PSC website Photo Gallery. We have uploaded images to start the site – but would welcome any contributions from our members. Particular thanks to Chris Jennings for many of these.

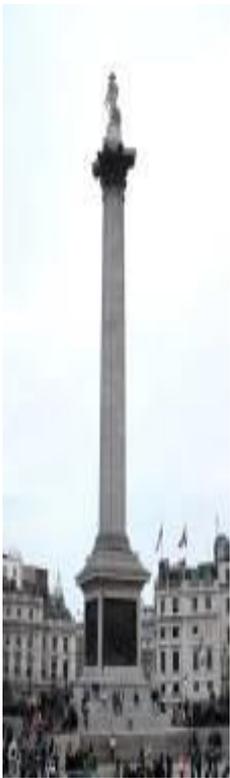


The Photos are accessible to any visitor to our Photo Gallery – so enhancing Priory Sailing Club profile on the internet. Please visit our Gallery, and if you have some images you would like to share, please upload them:

<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. See the Dec 2012 Telltales for more detailed instructions or drop me an email at [rearcommodore@priorysc.org.uk](mailto:rearcommodore@priorysc.org.uk)

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



## Commodore's Column April 2013

At last, some warmer weather! The sun has come out and so have lots of PSC members! It's been great to see so many of you on the water, or readying your boats for the season ahead, over the last couple of weekends. If your buoyancy aid is still in storage, it's time to get it out!

The club hasn't been entirely dormant over the winter of course, our recent working parties were well attended and much work was done to prepare the club for the season ahead, many thanks go to all those who helped out. Our regular Sunday morning racing was only interrupted in the winter when the lake froze; several races were held whilst it was snowing, but with warm clothing and a hot brew between races we all survived (and enjoyed) the experience!



*Winter racing at the priory in the sun: a nice gust just coming through!*

But now the sun is out and it really feels like our sailing season is underway. The winter restrictions have been lifted, Pirates and Buccaneers have started and some groups, and members, are getting on the water during the week.

We have recently taken delivery of a significant amount of new windsurfing equipment, purchased with the help of a grant from The Harper Trust. We will be running a series of courses for local schools as well as providing opportunities for members to sail standing up. We are developing a team to help deliver these courses, if you would like to be involved please let me know.

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. This season will see more RYA courses in both dinghy sailing and windsurfing 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!



*Joseph at speed during winter training*

Congratulations to PSC sailor Joseph Mullan whose competitive season has got off to a great start by helping England win the Home Nations Trophy at a regatta in Scotland and by winning the first regatta of the year in the Topper National Series at Datchet Sailing Club. All that winter training is clearly paying off.

We recently ran a RYA Powerboat Level 2 course for six club members; this was to enable them to join the safety boat rota to support the club's activities. If you would be interested in doing a PB2 course, which is run by volunteer instructors, please let me know.

This year's Open Weekend at the club is on 18<sup>th</sup> and 19<sup>th</sup> May. An opportunity for us to welcome all comers to come and try our sport; do come along to help out or to bring your friends and neighbours to have a go.

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@priorisc.org.uk](mailto:commodore@priorisc.org.uk)). Your committee would be particularly interested to hear your ideas regarding potential club social events.

Hope to see you on the water soon.

*Tim Hewett, Commodore*

### Members Mentoring/ Instruction Sessions

During June and July, club Instructors/ Race Coaches will be offering Saturday morning sessions designed to help develop your sailing skills in a relaxed setting. Dick Knowles and his team can help you with anything from rigging your boat to sailing it efficiently, or you might want to just gain confidence or try a different boat. We could potentially cover the RYA syllabus at Level 2 or 3 given enough sessions attended, if folks were keen to do this. These will run on 8 Saturdays from 1st June to 20<sup>th</sup> July, from 09:30-12:30.

Let Dick know during May if you would like to come to any of these, and if you have any particular things you'd like to work on: [milldick@btinternet.com](mailto:milldick@btinternet.com) or 01462 700091.

*Dick Knowles (Vago 669)*

### Cold Water Shock

Water temperature in the UK lakes can be as low as 5°C in February and rarely rises above 18°C in a good summer. It is not surprising therefore that there are a substantial number of fatalities every year caused by a sudden fall into cold water. Most of the recorded deaths could probably be avoided as they are people who have falling into docks, rivers, lakes near night clubs, driving into dykes in the Fens, or rowing out to their yacht and while not wearing any sort of life preserver.

On a slightly lighter note (if there is such a thing about this topic) it has been noted that a number of men have been found drowned with their trouser zips open indicating that they may have slipped into the water whilst going to the toilet.



#### **So what happens during immersion?**

The initial response to immersion is cold shock. It only lasts a few minutes but is the cause of many deaths. On contact with cold water the blood vessels in the skin constrict and increase the blood flow back to the heart. This, together with an increased heart rate and hydrostatic squeeze from the water (water pressure on the lower limbs), raises the blood pressure dramatically. This dangerous combination can lead to death from cardiac arrest or stroke in susceptible individuals. In a fitter casualty the inability to breath-hold and a phase of rapid, uncontrollable breathing may lead to the inhalation of water through the nose or mouth.

In lake sailing the simple step as the use of wearing a drysuit could be enough to save a life. In the second phase of immersion the heart and breathing rate decrease and a gradual decline of muscular strength begins. The ability to swim fades and hands become useless as the body temperature falls.

Getting the casualty out of the water is the priority. Hypothermia is unlikely to develop in less than 30 minutes in a fit, clothed adult if the head is out of the water. However, if it's a windy day there

may be waves on the lake and water ingress through the nose and mouth may be the problem which could lead to further complications such as drowning or dry drowning at a later time that day.

### **What can we do to help ourselves**

- 1) Wear appropriate clothing; consider a dry suit in the winter rather than a wet suit.
- 2) Be prepared; if you know you are going to capsize take a deep breath and try to slide in gracefully into the water.
- 3) Try to avoid swimming or exerting yourself until you become more accustomed to the water temperature.
- 4) Use the help from the safety boat, your race is probably over anyway, so get into the safety boat and right the boat from there.
- 5) If you are a safety boat driver consider getting a first aid certificate as you might need to provide CPR, it could save someone's life

This is a shortened & modified article for our own dinghy / windsurfing / kayaking / SUP boarding activities at Priory. The full article that includes hypothermia and drowning can be found on the RYA web site.

*Brian Stanbridge, Principal Instructor*

### **Priory Hoodies and Polo Shirts**

Due to popular demand, we have organised the production of polo shirts and hoodies printed with the Priory logo and very smart they look too!. As modelled in the photo's below, the hoodies are printed with a large logo on the back and the polo shirts have an embroidered logo on the front.

The cost of the hoodies is £16.50 and polo shirts are £12.00.

We don't plan to hold a stock of these garments but instead can order 'on demand' when we have a few requests.



The clothing is printed by a Bedford company, Sportsform, who can provide a wide range of garments and colours. In the first instance we would like to restrict the polo shirts to Burgundy, all of your PSC committee have this colour. The hoodies look great in Oxford Navy, but if you, or your junior sailor, would like an alternative colour then please see the Sportsform website for their offerings. Their site is at - <http://www.sportsform.co.uk>

If you would like to place an order, please visit the Sportsform website to choose your size / colour. You will

need to work your way through their website thus -

First, under 'Categories' click on 'Clothing' and then click on 'Schools and Colleges', then -

Hoodies can be found under:- Hoodies, then College, then JH001 - College Hoodie;

Polo shirts can be found under:- Polo shirts, then Heavy Weight, then SS204.

You can email your order to [pascale.hewett@ntlworld.com](mailto:pascale.hewett@ntlworld.com) - please make sure that you include the size and colour, payment needs to be by cheque made payable to Priory Sailing Club.

The first order will be made on 15<sup>th</sup> May so any orders need to be received before this date. We will be placing other orders throughout the year. If you have any questions, feel free to send me an email or speak to Tim or me at the club

*Pascale Hewett (Laser)*

### **How to take a great boating photo article**

If you're interested in photography you might enjoy the RYA article "How to take a great boating photo":

[http://www.rya.org.uk/newsevents/enewsletters/inbrief/Pages/Howtotakeagreatboatingphoto.aspx?utm\\_source=InBrief&utm\\_medium=Email&utm\\_campaign=apr13-inbrief](http://www.rya.org.uk/newsevents/enewsletters/inbrief/Pages/Howtotakeagreatboatingphoto.aspx?utm_source=InBrief&utm_medium=Email&utm_campaign=apr13-inbrief)



## Help with Catering at Club Events

Would you consider taking a turn at catering a club lunch or tea in the Club-house?

June 9 <sup>th</sup> Sun	RNLI Regatta	Lunch @ 12:30hrs Prize giving Tea @ 16:00hrs
July 6 <sup>th</sup> Sat	<b>Club lunch</b>	<b>lunch @ 12.45</b>
Aug 24 <sup>th</sup> Sat	<b>Topper Traveller</b>	Lunch @ 12:30hrs Prize giving Tea @ 16:00hrs

If you are able to Volunteer, or to find out more, please contact the Rear Commodore (Mark Roe) on:  
Tel: 01767 317761 Mob: 077 66 53 6439 Email: rearcommodore@priorySC.org.uk

### Editor's Plea

Please submit articles of interest to club members for inclusion in Telltales, as well as pictures. They can be short or long. Both wind-surfing and dinghy sailing pieces welcomed obviously. You might consider:

- Opinion pieces or hints and tips articles
- Reports from going to open meetings
- Sailing holiday reports, any other sailing experiences
- Information on club members, current and former

Feel free to make other suggestions to make Telltales as relevant, informative and entertaining as possible.

Telltales is much enlivened by some sailing related pictures, so please help by submitting your pictures to the current Editor ([milldick@btinternet.com](mailto:milldick@btinternet.com)) with a bit of text to say what is going on in the picture, who, where etc, or else post onto the Photo Gallery (see p2 above).



Telltales comes out quarterly so the next one will be planned for publication in July 2013: please submit anything by the end of June for this, via myself ([milldick@btinternet.com](mailto:milldick@btinternet.com), Mill House, Mill Lane, Langford Beds SG18 9LZ) or any PSC committee member, and by email, hand-written note, phone call, carrier pigeon, whatever!

*Dick Knowles (Vago XD 669)*

# Ask us the big questions

# We'll take care of the small details



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