

## A word from the Chairman

What a year we have had! As we speed towards the end of the year and the Gig is high and dry for maintenance, it is a good time to reflect on a busy year since Exmouth Gig Club launched in March. Club activities really gathered pace as the evenings got shorter, with a sudden surge of new members joining the club in autumn taking the membership to over 40 members – impressive for a club that is only 8 months old! On the 11th October, members busied themselves making Rodney Bey into a carnival float, ready for a fearsome 'Skeleton Crew' to accompany the Gig through the town and entertain the crowds (who gave generously and attempted to fill up the Gig with coins!). Off the back of such a great year, I would like to personally thank all of our members, supporters and particularly our small committee who work hard in the background to improve our club and keep things running.

There are several exciting plans already afoot for next year for events such as a party to celebrate the anniversary of our club launch in March, some additional training for rowers and coxes and not forgetting the Isles of Scilly World Championships event in May to name a few! I look forward to rowing with you all in the new year and I don't think it is too early to say Merry Christmas to you all!

Ben



Photos courtesy of Gary Cook

## New Year New Membership!

With 2014 drawing to a close one could be forgiven for thinking that "things" at the Gig Club are winding down and there will not be much on! Well nothing could be further from the truth and the last few weeks have seen tremendous efforts by many of the members in stripping the boat of its many layers of external paint – not an easy task by any means!! It has to be said it has taken longer than we wished and, because we wish to allow the boat to "dry out" (something many of us will be doing after the Christmas Festivities no doubt!) for a couple of weeks before we lovingly repaint it we have decided to move its re-launch to the 27th of December.

We were hoping to take part in the Christmas swim, with the boat I hasten to add, but the tide will be flowing extremely fast then and we did not think it would put the club in the best of lights if half of Exmouth saw us rowing against the tide and going backwards!! Needless to say you are more than welcome to join Ben and Carrie in the swim!

A big THANK YOU to all that have helped so far with the work on the boat and we are almost at the finish line! We shall email more details of the launch closer to the date.

Membership has been steadily increasing throughout the year but it has brought with it a number of challenges – especially once we had to cease evening rowing because of the light – however we hope to be able to improve both the availability of rowing sessions and their length of time on the water in the New Year.

However, to do this, we will need more Coxes/Trainers and preferably a New Plastic Gig. We have a few willing volunteers to train up as a Cox but if there are any more of you that feel they would like to train up as well please let any of the committee members know. As for a New Gig – we may have some very positive news on this shortly – more details to follow on this!

Assuming we are successful on both aspects (training up new Coxes and acquiring a new gig) we will be well placed to increase our membership without compromising the quality of the rowing sessions! To this end we would like to run a publicity campaign early in the New Year – you know the sort of thing "New Year New You!" – running some taster sessions, activities etc. Again more details to come but if you can start to garner some interest among your friends and families now, that would be great – especially the younger population!! Our membership average age is 52 so it would be good to get that figure down – although Tony is delighted as he is below the average age!!

Finally, as Treasurer, I should like to ask that you give some further thought about potential sponsors and grant providers as we do have an expensive couple of years ahead to get us fully established, or at least well on the road to being established, and membership fees alone will not be enough!

Steve Opie - Treasurer



# Winter's coming and it's getting chilly in there!

Wait, chilly in there? Yes, we're talking about the water!

Within the club, safety is a top priority, so with that in mind we decided to dedicate some occasional newsletter space to safety information and tips that people might find interesting. This information is not purely related to rowing and would be of use to anyone who goes onto or into the water.

Have you noticed that the water has a definite chill to it now when we're launching and recovering the gig? Average sea temperatures for this part of the English Channel range from a high in September of 16 to a cool 9 degrees in February. Remember though that these are AVERAGE SEA, there can be quite a variation when moving in toward the shallows and the temperatures are affected by weather, air temperature and even the amount of rain on Dartmoor!

Cornish Pilot Gigs are extremely good boats and are highly sea worthy. Whilst we do our utmost to remain dry, should you find yourself in the water (properly that is, not just paddling) there are a few things to watch for.

Entering the water.

Perhaps, unsurprisingly, large areas of your skin will be rapidly cooled, possibly leading to physiological response known as cold shock.

Cold shock will affect two "systems", circulation and breathing. We have all experienced the shortness of breath and gasping sensation of a cold shower (or maybe the ice bucket challenge?). When this happens it is difficult to regulate your breathing or hold your breath and there is also a risk here of "swallowing" water, not a good start.

You will probably know less about the circulatory response. There are two elements to this. There is a natural increase in heart rate in response to the situation (fight or flight response) and also a condition called generalised peripheral vasoconstriction, where blood moves to the core from the limbs due to the constriction of blood vessels. These responses combine and result in a large and sudden increase in blood pressure.

## Remaining in the water

Over the first 30 minutes or so the limbs and body will continue to cool. Shivering will start, which is actually a good thing, it's the body's natural mechanism to generate heat and keep warm. Slowly the ability to use fingers will be lost (unable to tie a knot) and gradually the ability to coordinate limbs will fade, making swimming impossible.

## Hypothermia

It is VERY UNLIKELY that anyone can become hypothermic in UK waters in less than 30 minutes. However it is recommended that if a person has fallen into the water that professional medical advice is sought, regardless of how long they are in for.

Rowing is a safe and fun sport and whilst we practice "rescue" scenarios it is with the hope that they will never be put into practice. As we all live by the coast it is good for us all to have an understanding of, and respect for the Sea.

I hope that you have found this informative, if you would like to know more please come and see me.

Max

## 'Get to Know your club member'

### Name:

Philip Gater

**Where were you born?** Exeter

**Who is the most famous person you have ever met?**

Keith Chegwin

**What first attracted you to gig rowing?**

It's in the family. Keep an eye out for my uncle Malc's Belfast, Maine gig club 'Come Boating' with their newly build gig 'Malcolm Gater' next year at the Scillies.

**What is the most Embarrassing song on your ipod?**

C'est la Vie, B\*Witched

**What is your favourite TV programme?**

Dog the Bounty Hunter

**What is your greatest achievement?**

My son Daniel - He is absolutely awesome

**What is your favourite film?**

Jerry McGuire

**If you could ask any historical person any question, who and what would it be?**

I need to know how Jesus turned water into wine.

**If a movie was being made about your life, who would play you?**

Samuel L Jackson, and he'd kick some ass.

**If you won the Lottery, what would you spend the money on?**

The list is too long to note.

**What is the most interesting country you have visited, and why?**

I lived in New Zealand for four years. Outstanding sailing and rugby.



## Don't be a Mackerel...Have your say!

As the nights draw in and the summer rowing season seems like a distant memory we are now entering a new chapter in Exmouth Gig Clubs history. Looking out of the window today it seems that autumn has decided to pull the pin too early for East Devon this year and has warmly invited winter to set up camp on our doorstep.

Although we have lost some light and the mackerel have swum off to warmer waters, it's fair to say this show is far from over. The committee are working hard to land a comprehensive haul of action packed activities which will definitely keep us busy over the winter and is fit for all. It doesn't matter if you're a tiddler, fry, a fully-fledged adult or even sporting a mullet there is an opportunity for you to make a vital contribution.

Every member has an opportunity to support the committee to build and future proof this fantastic club, that's why it's vitally important that unlike our slippery friends you stick around and have your say - Your views are important to us.

If you are thinking of joining the club and want more information, please feel free to call me on **07411 452 501** or **01395 443787**.

Look forward to seeing you over the coming weeks,

Phil



## Scillies 2015 - countdown begins!

Hi Folks! What an awesome year we've had. Not only have we introduced the people of Exmouth to the sport of Gig Rowing, we've even gained some new members in the process. Whilst we've been having lots of fun this year and finding our feet, January will be the start of a new year, and for some, the start of our Regatta and Isles of Scilly training. Of course people can take rowing as competitively as they want - we all have different reasons for joining the club - but if you want to improve your fitness or rowing technique, we'll do what we can to help.

Our first full week back over Christmas will be week commencing 5th January (which gives us 16 full weeks until the Scillies, eek!) and so I am putting together a 16 week training program for anyone who is interested in increasing their fitness steadily and safely. We all know those people who sign up for a 10k and don't allow themselves enough time to train (\*cough\* Max \*cough\*)! It is designed to be a guide and worked around your life and commitments and we will not be chasing you to make sure that you're doing them! The ultimate aim for the club is to enjoy gig rowing and exercise and we don't want to lose that.

If there is enough interest, we can do some optional fitness testing before the training starts (perhaps 3rd or 4th January) and another over the period. This is for fun and your own self-improvement and will not be a test to determine who can row or not.

In addition to this, we will also be holding a technique workshop week commencing 5th January! This is a chance to get off the water and go through gig technique using videos and pictures to help illustrate. It will be a fun, interactive session to compliment the re-starting of sessions and will generally be nice to get us all together after the Christmas festivities.

If you have any questions then please just ask, we're here to make this club work for you. Unless you want it to be a stamp collecting club, we can't do that.

Merry Christmas and a healthy New Year

Carrie

It ain't over 'til it's over.

# RODNEY BEYBOA

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## Tangerine Team, Scilly Dream

The dream began in March anew  
When Rodney Bey was blessed  
As I looked down from Harbour View  
On crew that were invest

The scene was set, the die was cast  
Upon the beach that day  
To row that boat without a mast  
In Islands far away

With fearsome cox and sun aglow  
And oars that weighed a ton  
The boat was launched for my first row  
On sea that was to run

What stunning views the eyes could see  
From Beach to Brunel's shore  
In Rodney Bey upon our sea  
No rower could ask for more

To row at Sidmouth was such fun  
With Gigs of different colours  
The thoughts of Scilly now begun  
To race with many others

On Open Day they came to view  
As Lancasters circled above  
We put on a show and did a rescue  
Before ice buckets rained down from above!!!

The skeleton crew with Gig in tow  
Walked through the streets that night  
No carnival queen to have a row  
But still an awesome sight

So strip off the paint and lighten the load  
Get ready for seasons to come  
We'll have her shipshape then take to the road  
And drink to that very outcome

As winter draws near at the end of the year  
And nights are as long as they seem  
The Scilly Isles beckons but no one will hear  
The Tangerine team as they live out their dream

Keith



Photos courtesy of Adrian Colston, Ben Atkinson, Carrie-Ann Farquharson. Apologies if I've missed anyone!

## Meet the committee

- Chairman – Ben
- Vice Chair – Max
- Health, Safety & Welfare Officer. Head Coach – Carrie
- Treasurer – Steve
- Membership Administrator – Phil



## Last word

A big thank-you to our sponsors/supporters for helping us to make this club a reality!

- Sport England
- South West Water
- The Norman Family Trust
- Amory's Charitable Trust
- Co-operative Community Fund
- Websites and More
- Matt Netherway Graphic Design

