

# The Mainsheet

JANUARY/FEBRUARY  
2009

## Pilkington A.G.M.

The 2008 Annual General Meeting of Pilkington Sailing Club took place in the clubhouse on 27th November.

Many issues were discussed throughout the evening and the committee felt that many valid and interesting points were raised, many of which have already been acted upon.

The evening began with the Chairman and Treasurer's reports, followed by the re-election of the officers and committee, including the newest member of the committee—Ray Lewis. We are all looking forward to working with him in the coming year to improve our club.

Two Proposals were put Forward, both of which were passed in vote. Firstly, guidelines for committee members, a proposal put forward by Trevor Fillingham to try and ensure that committee

members are able to contribute to the club and have no personal circumstances which would make them unable to perform their duties. The second proposal was that the committee look at the possibility of moving the Monday night racing to a Wednesday as it was felt that Monday was too close to Sunday. It is something the committee would like to discuss with the anglers first however. Feel free to contact the newsletter with your views on this matter for discussion.

Derek Lee demonstrated his starting system—which is now in the OOD box for testing. It seems a great system and has ticked many of the boxes that we need to consider when implementing any new system. An added bonus is that eventually, the results will be available immediately after each race with the handicap on boats already

calculated.

Other things discussed and will feature later in the Newsletter include, Solo and Laser Opens, Boxing Day event, Winter Membership as well as the guidelines for clothing during winter sailing.

It was all in all a most productive meeting and certainly highlighted a lot of issues that the committee were not aware of and which they have now been able to address.

Thanks to Hilda Gutteridge and Pam Lee for providing excellent catering which included cheese and wine as well as a cup of tea for an awkward committee member before the start of the evening (but he shall remain nameless!)

Thanks to all the members who attended the event.

### Special points of interest:

- Boxing day event a great success with Chris Smith sweeping the board with 2 firsts
- Congratulations to Becca Cox who received a grant from Knowsley Sports Council.
- Names are now being taken for the Beginners' Course. Last year's beginners are encouraged to come down and help out as well as all the other volunteers needed. Please give Dave Greenall your support
- Could all current bosuns and members who wish to be bosuns please e-mail me on rich.critchley@btopenworld.com as there is a lot of work to be done before the Beginners' Course starts. The advantage of being a bosun is that you get first "dibs" on your club boat on any racing day!
- Freda has organised ballroom dancing on a Wednesday night for both members and non-members. Please call 01744 21770 for more information

## Laser and Solo Open Meetings at Pilks

After the A.G.M. it was felt that we should try and organise a Laser and a Solo Open meeting for 2009.

This was promptly acted upon and dates have now been arranged with both dinghy associations for our events.

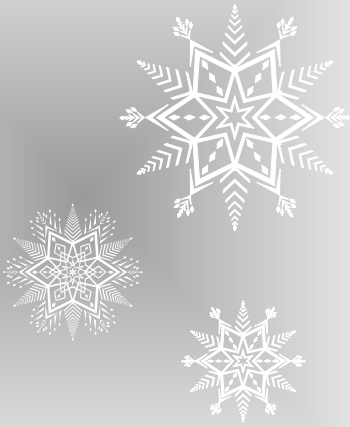
The Laser Open Meeting will

take place on 18 July 2009 while the Solo event will be later in the year on the 3rd October 2009.

We do hope that these events will be well attended by both members and visitors, ensuring that we will be able to repeat the events in coming years. Richard

Critchley is also looking for people who will be willing to assist him on Race Officer and Safety Boat Duties for both of the events.

Rob Jones is also looking for Fleet Captains, who must be members of the respective associations if anyone would like to volunteer.



## Boxing Day Event

On the 26th December, a special event was organised after a request at the A.G.M.

Eleven boats took to the water during the day to take part in two handicapped races—based on the flight numbers of each competitor, although in Derek Lee's scheme, to be calculated afterwards, so there would

be no way of knowing on the water how well you were doing.

Alan Roberts in a Laser, took the lead in the first race, but could not break away from Trevor Fillingham in his Enterprise, with Chris Smith finishing right behind the two, and close enough to take winning honours.

The second race was a close battle with Chris, Trevor and Alan, with Chris taking the lead towards the finish. So with two firsts, Chris won the bottle of Whisky donated by Bill Rhodes, with Trevor and Karen in 2nd, and Alan Roberts 3rd. Bex Cox also won a bottle of wine for best decorated boat!

## New Website!

Malcolm Armstrong, our Commodore, has managed to pull a few strings and get our website updated.

The work done by Malcolm's son Alex and is a great improvement on the dated website that was previously on the net. It has been designed so that both members and non-members can quickly access the information which they require about the club.

Work is still ongoing and sections will include photos, news and a results section.

This Newsletter will also be available to download as well—the previous one is already up there in case you

missed it or just mislaid it! There is also a link straight across to Dutyman—the system we use to keep a track of OOD and Safety boat duties, which enables members to organise swaps and changes themselves at the touch of a button as well as the winners of the 100 Club.

Please go to [www.pilkingtonsailingclub.co.uk](http://www.pilkingtonsailingclub.co.uk) to see the fine work that has been done.

The web provides the first port of call for most people who wish to get involved in virtually anything. It is for this reason alone, that we are trying to move with the

times and keep up with modern technology. As well as saving money, through the use of e-mail communication, it speeds up the process and adds to the possibilities we can work with. With the information available instantly, it makes it more likely that people will start to utilise the facilities that are available within our club.

Many thanks go to Alex Armstrong for all his hard-work.

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## Winter Membership

A winter membership has been created for members of other clubs who may wish to sail at Pilks over the Winter months. The fee for this has been set at £25 per person.

Despite the late announcement of this, we still have had Steve Hunt and Ruth Critchley returning to the club to sail during

Winter, sailing Ken Gutteridge's boat Paper Plane. This was of course previously Steve's own boat and he seems to have taken to sailing it again like a duck to water, at the front of the fleet.

We are all hoping that this will boost our winter sailing numbers, improving the quality of racing for those

taking part, and benefit the club with an increase of funds. Hopefully, in future years we will get even more people taking part in the series from clubs who aren't as fortunate as ours to have winter sailing.

## Winter Clothing

As was discussed at the A.G.M, it is very important that people comply with the winter clothing rule which states that **FULL WET-SUIT OR DRY SUIT MUST BE WORN.**

At this time of year, hypothermia can kick in very quickly and can be fatal.

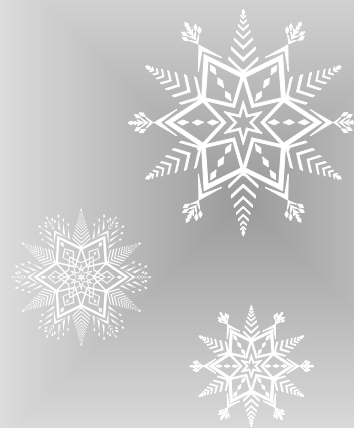
Hypothermia occurs when the body's core temperature is lowered due to exposure to cold. It can occur even at mild temperatures if exposure is prolonged.

The body's natural defences against the cold consist of restricting the flow of blood to the skin so as to prevent heat loss, along with

shivering and releasing hormones to generate heat.

These measures are limited and are usually inadequate to maintain body temperature in cold environments.

There is no flexibility in this rule and anyone found not complying will have to be removed from the water.



## Kitchen Duties, O.O.D and Safety Volunteers.

Anyone who would like to help out with making tea and coffee on Sunday afternoons would be most welcome. There is currently a sign up - list on the counter doors which anyone can put their name on for any date which they wish to do.

At the moment we are down to a select few who juggle the weeks between them but it is becoming more of a strain so volunteers are needed.

There is no need to buy anything as everything you need is already there. All that it requires is a couple of hours on a Sunday afternoon. And let's face it, (speaking from a sailor's point of view!), if you're not sailing, there can't be anything else to do!

So if you would like to join Freda and her team, then please contact her on 01744

21770 or you could e-mail marion.critchley@btinternet.com for more details on how to get involved and support the club.

Bill Rhodes also requires volunteers for O.O.D and Safety duties if anyone wishes to help and doesn't already.

Our club relies on volunteers to keep running successfully. We still need continued support in all areas.

## First Aid Refresher— *\*update\* the course is now full up*

Does your first aid certificate require some first aid? Would you be confident dealing with a casualty? If not, the Derek Lee's First Aid Refresher course is for you. As many of you will know, Derek is our very own First Aid Instructor.

The date for this course has been set for Tuesday 10th February and is primarily for Dinghy Instructors and Safety Boat Drivers who need to update their certificates, but if there are places left then anyone who needs a certificate updating can also join.

Derek, with the assistance of Pete Marsh, will be covering the RYA First Aid syllabus which is primarily designed for boating casualties. By the end of the

course the student should be able to:

- Perform CPR to current protocols, and understand the differential for drowning
- Understand the importance of the recovery position and the need to modify it for a small space
- Apply direct pressure to a wound to control bleeding
- Understand the term shock, recognise and treat it, with particular reference to internal and external bleeding
- Understand the treatment for cold shock and hypothermia following immersion and/or exposure
- Recognise the signs of a reduced level of response,

with particular reference to serious head injuries

Also be aware of the general treatment for:

- a) breathing difficulties b) chest pain c) seasickness d) diabetic emergency
- e) anaphylaxis f) hyperthermia g) fractures h) seizures i) burns

Choose suitable first aid equipment for their boat.

Understand how to get medical advice or assistance by radio.

Understand how to prepare for the evacuation of a casualty by helicopter

Please contact Derek Lee for further details.

*"Hypothermia occurs when the body's core temperature is lowered due to exposure to cold. It can occur even at mild temperatures if exposure is prolonged."*

# Compound banter...

## PILKINGTON SAILING CLUB

Burrows Lane  
Eccleston,  
St Helens  
Merseyside.

Newsletter Editor,  
Richard Critchley  
Rich.critchley@btopenworld.com



Well in the two months since I last wrote on this page, Alan Roberts has passed out of his training course for the Navy—well done to him, we're all very proud of him! Ken Gutteridge has lost and now found a jib. Apparently it was lurking behind the Christmas decorations—now Ken, what do you do to your sails that makes them hide from you?

I also received the following e-mail:

*Mark Turner, a former junior member who completed the beginners course and was the joint winner of the Bill Rhodes Trophy, passed out as a Paratrooper in the British Army on December 12th. 2008.*

*Mark spent 12 months at the Army Foundation College in Harrogate before going to Catterick for his phase two Para training. He will be moving to Colchester in the new year to join 2 Para. Although as Mark can not see active service until he is 18 years old, that will soon be here as his 18th. birthday is in March.*

*Phil Gambrill*

Well done to Mark, we wish him all the best.

Freda Lunt expressed a wish not to continue as Membership Secretary so Rob Jones has taken over the role. The committee thanks Freda for her great efforts in the job.

Bill Rhodes would also like the trophies back so he can prepare them for the prize giving. Please assist him in this matter. It's not an easy job as they will have to all be engraved before the event. Please assist Diane R by cleaning them though!

Just as an aside, I took over from Trevor Fillingham as the Newsletter editor for the last edition. I was asked to introduce myself as many people didn't realize things have changed! Sorry! I'm Richard, and e-mail me on the address to the left if you want any thing to go in here. Also, I'm moving the release date to just after the committee meeting to ensure you are completely up to date with what's going on!

## Dates for your diary.

10th February—First Aid Course

21st March—Prize Giving

April 23—Beginners' Introduction evening

24,25,26 April—Rainhill High School Sailing Course

April 30 Beginners' first night on water

1,2,3 May - Rainhill High School Sailing Course—volunteers are needed to help teach, rig boats etc.

## For Sale

For Sale - Topper 46019. 15 months old well looked after, worlds race rig, two sails plus lots of extras. £1650. Tel Caroline

For Sale - 2 drysuits ladies small and junior, both with under fleeces £120 each. Tel Caroline 07956494674