



# LYMPSTONE SAILING CLUB

## February 2023 Newsletter

### Membership renewal

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With the new year comes the annual renewal of your membership. **We have once again kept our subscriptions at 2021 levels and are offering an early bird discount until 12th February**, so it pays to be quick off the mark. Our Club is run entirely by its members, on a voluntary basis. As part of your annual renewal I would encourage you to think about where you are able to help, whether that is with on-water activities; volunteering for Race & Assistant Race Officer duties, Safety Boat helm and crew duties, helping with fun sailing or whether you would rather support our social events. Please do tick your preference (more than one choice is very welcome!). Please do also keep in mind that we can arrange for you to gain the necessary experience and know-how by assisting an experienced member. If anyone is struggling with the online renewal system please do get in touch with me at [membership@lympstonesailingclub.co.uk](mailto:membership@lympstonesailingclub.co.uk)

**Penny**

### Winter Talks

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03/02/2023 - Andy Watson - Oceanography & sailing -

17/02/2023 - National Coast Watch - Hugh de Souza

24/02/2023 - Chris Atkins - ITS BACK Chris's Magnificent Music Quiz

17/03/2023 - Exe Estuary Local Sounds (wildlife related!) - Sophie Nedelec

24/03/2023 - Intro to racing - Dougal Scott

There will also be some sailing films and fun craft beer evenings planned. If there's suggestions of things to book in, then please email the committee!

😊 **Sophie**

### Winter Talk Friday 3 February

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Dr Andy Watson will present 'Oceans and Climate' at the sailing club at 7.45 for an 8pm start. Andy is a scientist who has studied the ocean for around 40 years, its physics, chemistry and biology and their connection to Earth's climate. In Andy's talk he will touch on the global ocean circulation and its connection to Earth's climate, how it has changed in the past and how we think it will change in the future. Come along and listen to what promises to be a fascinating and highly topical winter talk and, of course, enjoy a drink from our very reasonably priced bar.

### Who's Who - Penny Lupton

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**Tell us about yourself:** I was born in Exeter and lived in and around the area until moving away for university. Clearly, I've since seen sense and moved back! I met Paul when he was working on a boat and I was crew, sailing from Panama to Tahiti. We have two wonderful children who are at school locally studying for their A Levels.

**What's your connection to / interest in Watersports?** My father had been taught to sail on the Teign as a boy and once we moved to Lymestone in 1976 very quickly introduced his family to boating. I have an early memory of being violently seasick off Pole Sands in our first 16ft cruiser, Jaunty, unfortunately I've never outgrown the seasickness although my love of sailing overcomes it! I grew up in the village in the days when GP14s were the dinghy of choice and was lucky enough to crew for many of the skippers from time to time and regularly for Pat Giles. Latterly Paul and I took on Goldbeater from Dad and have sailed her every year even when living in Yorkshire. When Ruth and Frank were born, we started taking them sailing, our first week onboard involved a forecast of Southerly gales so we had a night at Turf, a couple of nights in Topsham, a few in Exmouth and back to Lymestone - it proved we didn't need to go far to still have an adventure. On returning to live in Lymestone in 2012 I was persuaded to start sailing my rather ancient laser again joining the really welcoming and friendly dinghy fleet, I'd encourage anyone to join in, they truly are very welcoming, I still remember an early race when the start was very daunting (it's still a bit daunting but that's part of the fun), and one of the fleet sailed past me quietly saying 'come on, follow me', I did, and had a far better start than I'd have managed without that encouragement!

**What's your greatest achievement?** Our family, they make me a far better person. I never imagined I would be a mum and the joy I get from watching Ruth and Frank grow into young adults still blows me away every day. In sailing, it will be skippering Goldbeater myself without Paul onboard, being daughter to an excellent sailor and then married to a professional sailor I'd always been crew, taking Goldbeater to sea for the first time with neither of them in the last few years was a real personal achievement (*especially given the really, dodgy crew you took! Ed.*).

**Tell us something surprising about yourself?** Being brought up by a farmer I am able to lamb a sheep! But also, and I'm not sure I should admit this, skiing trumps sailing as my favourite sport, luckily there are no mountains in Lymestone!

Save The Date: Exe Regatta 8/9th July. Exe Regatta Party with food and live music on Saturday 8th July. Help will be needed with bar and set up of marquees on 7th July and with taking these down on 10th July. So do not miss what will be a great party and if you are around to help that will be appreciated. We have a reputation to uphold of a great party on the estuary!



# LYMPSTONE SAILING CLUB

## LSC Contacts

Commodore	Nick Walding
Vice Commodore	Simon Pryor
Membership	Penny Lupton
Secretary	Peter Turgoose
Rear Commodore.	Judith and Elaine
Treasurer	Adam Rejzl
Newsletter	Margaret Turgoose
Website:	<a href="http://lympstonesailingclub.co.uk">lympstonesailingclub.co.uk</a>

## Social Activities

### FRIDAY BAR NIGHTS FOOD AND DRAUGHT ALE

We are providing Draught Ale (£3 a pint) one Friday each month: 10th February, 3rd March, 28th April which Steve Archer is organising, so come down if you enjoy a good pint. Finger food snacks also available on these evenings. You can bring up to 3 guests as long as you sign them in-book on the bar. The bar is open every Friday evening throughout the year. It is a good opportunity to meet other members especially if you make it a regular event.

### MARINERS MUNCHES

Lunch of homemade soup, sandwiches or rolls and a pud. These are running every Friday from 12 to 1 with a different team doing each Friday. Remember to come down and enjoy a great lunch and good company. All welcome, parents, children, people working from home - it is not just for our retired members. **HELP NEEDED FOR 17TH, 24TH AND 31ST MARCH - PLEASE CONTACT [judith\\_carter@hotmail.com](mailto:judith_carter@hotmail.com)** if you can help.

## LFHA AGM

The AGM of the Lymestone Fishery & Harbour Association, courtesy of the Club, will be held on Tuesday 21st February 2023, doors open 1930, for start at 2000. Volunteers to operate the Bar either side of the formalities [welcome](#). Notices will be published at least 3 weeks prior to the date (Constitution: 6b applies). **Richard Crisp**

## Item Wanted

12ft tender/fishing boat. Call **Steve 07940-830487**

## DIARY DATES

Fri	3 Feb	19:30	Oceanography and Sailing - Andy Watson
Fri	10 Feb	19:30	Draught ale and finger food
Fri	17 Feb	19:30	National Coast Watch - Hugh de Souza
Tues	21 Feb	19:30	LFHA AGM
Fri	24 Feb	19:30	Music Quiz

## Commodore's Corner

January is meant to be a bit of dull month following on from Christmas and New Year celebrations but with the ever-successful Mariners' Munches and the Ukrainian Christmas event this month, things at the clubhouse have been anything but dull! Early in January we saw a packed clubhouse celebrate Ukrainian Christmas whilst enjoying a whopping 12 course meal of traditional Ukrainian dishes. I would like to express my thanks to Olha and Katya for not only cooking two of the dishes served, but also for sharing with us the traditions of a Ukrainian Christmas meal. Thank you also to Claire and her group of volunteers for all their effort putting on such a wonderful evening and all the cooking done throughout the day (I am pleased to report that the cabbage smell has finally left our house after Claire's efforts at making Holubsti!). The night also raised £100 which has been donated to the UNICEF Ukrainian Appeal so thank you to everyone who came and made the night so special. The winter programme of talks has started off strong in 2023 with Polly Jarman's talk about her sailing adventures as a professional yachtswoman. Looking ahead, the Sailing Programme for next year is nearly here so keep an eye out for that! The start of the season doesn't feel too far away now! Just a quick note on renewals, if you haven't already, please do renew! Renewing early helps the club with organising volunteers for the sailing programme plus you get an early bird discount until February 12<sup>th</sup>.

**Nick**

## For Sale: a "winning" dinghy

George Collett's Laser Full on launching trolley for sale. Full XD kit, mark 1 sail that's seen better days, but George seemed to do ok with it. £450

**David Collett 07920-844629.**



# LYMPSTONE SAILING CLUB



A Ukrainian Christmas Feast

The club has been successfully raising funds for good causes, with £300 raised for the RNLI at the Boxing Day Swim, and £100 raised for the Unicef Ukraine and Refugee Response Appeal a (<https://www.unicef.org/appeals/ukraine>) at the Ukrainian Christmas Celebration. **Adam**