



Editors Column

Welcome to this short edition of the Calshot Times. There are several things coming up soon that we wanted to ensure people new about and details of these can be found in these pages.

Please email any items for future newsletters
to:
calshottimes@aol.com

Coming Soon

Sailing Meeting Saturday 6th of November

**Friday 26th November
Club AGM**

**Saturday 11th December
End of Season Christmas Dinner**

January 2011 First Aid Course

February 2011 VHF Radio Course

Headlines

End of Season Christmas Dinner



We have booked the Heath in Hythe for an end of season Christmas dinner at 7pm on Saturday the 11th of December.

The set menu is £15 per adult and £7.50 for children. Due to the popularity of the venue and the demand in the Christmas season we need members to let us know if they are coming as soon as possible.

Anyone wanting to go must let us know at calshottimes@aol.com by Friday the 5th of November.

Details of the menu can be found at the back of this newsletter.

Sailing Meeting 6th November after racing

Put a date in your diary - 6th November 14:00 (after the racing) in the clubhouse.

January First Aid Course



We will be running a one day RYA Small Craft First aid course at the Sailing Club in January. Kevin Fogarty's report of this year's First Aid Course can be found later in this newsletter.

The course will cost £10 for members.

February VHF Course

We recently ran a very successful VHF course at Calshot Sailing and have 4 members who would like us to run another. Getting Stormforce coaching to run the course at the club saves over £30 per person. If you are interested in doing this course please let us know. We need 6 more people in order for this course to go ahead.



News & Notices

Safety boat propeller guards

It is club policy to fit steel prop guards around the propellers of each of the RIB engines. Unfortunately we have had a great deal of trouble finding a guard to fit the new Yamaha engine we bought this year. Because of this we would ask OODs to use the other RIB which has a guard fitted whenever possible.

Kayaks in the compound

We have several kayaks in the club compound and members are free to use the top rack of the Topper rack to store them. It would be very helpful if members could mark their kayaks with their names so we know whose is whose.

Earlier on this year we identified several very old kayaks for which we could not identify an owner. As no owner has come forward for these boats this year they will be sold at auction before the end of the year.

Sailing Meeting 6th November after racing

The Annual Sailing Meeting is held in order that the committee understands the wishes of the membership when preparing the next years programme. This is an informal meeting held in the clubhouse and will cover the following topics:

- Training
- Racing
- Other Events

We would like to hear your opinions - if there is something buggin you about the programme or something you want included but wasn't in it this year then come along. In this way we will produce the programme you the membership want. All are welcome.

Put a date in your diary - 6th November 14:00 (after the racing) in the clubhouse.

Pictures for Calshot Sailing Club's Website



Does anyone have any pictures from the summer's sailing which we could put on the website? If you do please send them to calshottimes@aol.com



Reports

First Aid Course Report



The first aid training course that was presented on Sunday 28th Feb was the best first aid course that I have attended. Even this was a full-day and the longest one that I have attended it was still worth the effort.

The course was presented by Jim Davies of Storm force Coaching. Jim was a very natural presenter and knew his first aid inside and out. He was very knowledgeable and all types of questions were asked even very simple ones. He made everyone feel comfortable from the start by asking them what their favourite ice cream was (Mine is strawberry).

The content was very practical and relevant to sailing and to everyday life. Theory was also given as to why the body behaves in certain ways which made things make more sense. There was a lot of role playing and using the mannequins which helped reinforce the learning. Even though everybody took the course seriously there was a lot of humour and laughing from all. There were no notes to take, just to listen. One objective of the course was to teach the principles rather than the techniques. Once you understand the principles then it is a matter of applying them in a situation.

The younger members were made to feel equal with the adults and even knew more than them. They tended to ask more questions which made it more interesting.

Everybody passed the course and issued with the RYA first aid course certificate. Everybody was also given a first aid manual which is written in a way that anybody can follow it and reinforces the material from the course.

All of the course material is up to date and even Jim's sister who is a Doctor keeps him informed.

A lot of what used to be taught in first aid courses is no longer relevant like trying to find a pulse. So if you thought that you know first aid and have not been on a first aid for a while I would recommend this course.

I would recommend everybody and anybody to do this course both young and old as the skills learnt here could save a life someday even someone close to us.

Kevin Fogarty



**NOTIFICATION OF THE ANNUAL GENERAL MEETING OF
CALSHOT SAILING CLUB ON 26th NOVEMBER 2010**



The AGM of the Calshot Sailing Club will be held on Friday 26th November 2010 at the Calshot Activities Centre Kincaid Lounge starting at 7.45 p.m.

Proposals are invited for amendments, additions or deletions to the sections of the Rules and Constitution of the Club, for the roles of Flag Officers (Commodore, Vice Commodore and Rear Commodore) the roles of Club Officers (Honorary Secretary and Honorary Treasurer) and for any item of pertinent interest to be included in the Agenda for the meeting. A member can propose any item relevant to the club's business for the Agenda provided that the item is properly proposed and notified to the Honorary Secretary by the qualifying dates below.

Please note, only those matters properly notified to the Honorary Secretary by the dates below will be raised at the AGM. If time permits there may be an open session after the proper business of the meeting according to the Agenda has been completed, but there is no obligation to do so. Matters raised during any such open session may be for sharing information, fact-finding or canvassing of opinions, etc.. A vote to determine the level of interest on any of these matters may or may not be called for, but any such vote or any other comments made on these matters at this time, will not be binding on the committee.

Requirements for proposals and timetable for preparing the Agenda.

- Proposals for changes additions or deletions to the Rules and Constitution of the Club must be received in writing by the Honorary Secretary by Friday 29th October at the latest.
- Proposals for Flag Officers or Honorary Officers, properly proposed in writing with a note from the nominee confirming that he/she is in agreement with the nomination, must be received by the Honorary Secretary by Friday 5th November at the latest. The present Officers are eligible to re-stand.
- Proposals for general items for the Agenda, preferably in writing but at least from an identifiable member, must be received by the Honorary Secretary by Friday 5th November at the latest.
- The Honorary Secretary will send to all members the Agenda for the AGM, together with a copy of the 2010 Accounts by Friday 12th November.

Voting.

At the AGM matters shall be resolved by a vote amongst those members at the meeting who are eligible to vote, usually by a show of hands, unless the roles of nominated persons are involved when the vote will be by ballot.

Those entitled to vote are:

- An Ordinary Member who has one vote
- A Family Member and his/her spouse or partner who have one vote each
- A Student Member (aged 18-25 and in full-time education) who has one vote
- A Cadet Member (aged 16/17) whether Independent or Family Cadet who has one vote.
- A Junior Member (aged below 16) does not have a vote.

For voting on any proposed changes additions or deletions to the Rules and Constitution a majority of 2/3 of the members present and eligible to vote is required for the motion to be carried. For voting on Flag Officers, Club Officers and other items on the Agenda a simple majority is required for the motion to be carried.

The AGM is a formal meeting, required by our Constitution and has to be run under the formal guidelines outlined above. That's not to say it can't be of interest, and we have always had an open session after the AGM at which anything can be raised (remember, voting on matters raised at this time *may* be called for as an indication of the feelings of the meeting but any such vote is not binding on the committee). Please come along on the 26th November and join us.

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Festive Menu from The Heath in Hythe



Get into the festive spirit with friends, family or work colleagues, in a stylish setting and enjoy our great value 3 course menu.

Starters

Spiced Honey Roast Parsnip Soup (v)

Served with a chunk of tiger bread.

Garlic & Herb Breaded Mushrooms

Great for dipping in garlic mayonnaise and BBQ sauce.

Chicken Liver Pâté

A smooth chicken & herb pâté served with toasted brown bread and spiced onion marmalade.

Prawn Cocktail

Served on crisp salad leaves with tomato, cucumber, a classic Marie Rose sauce and brown bread.

Why not pre-order your drinks so they are ready when you arrive?

Our entire drinks range is available to pre-order.

Mains

Hand Carved Roast Turkey

Served with roast potatoes, Yorkshire puddings, sage and onion stuffing, chipolata, seasonal vegetables, gravy and cranberry sauce.

Bacon & Cheese Topped Chicken Breast

Served with BBQ sauce, mixed salad and your choice of chunky chips or a jacket potato.

7oz* 28 Day Matured Rump Steak

Served with watercress, two halves of grilled tomato, a flat mushroom and chunky chips.

Grilled Salmon Fillet **

Served with buttered new potatoes, dressed mixed salad and béarnaise sauce.

Sweet Red Pepper, Crème Fraîche and Fennel Tart (v)

Butter and fennel seed shortcrust pastry, filled with sweet red pepper, crème fraîche and Cheddar cheese. Served with mixed salad and your choice of a jacket potato, seasonal vegetables or buttered new potatoes.

Desserts

Christmas Pudding[§]

Served with a rich brandy sauce.[§]

Baked Vanilla Cheesecake

Topped with vanilla ice cream and a strawberry and balsamic compote.

Profiteroles

Served with warm chocolate flavour fudge sauce and double cream.

Chocolate Tart

A rich chocolate filling in a butter pastry case, served with double cream.

Ice Cream at its Best!

Made in the Chiltern Hills from a blend of milk from Jersey cows and double cream. Enjoy three scoops of vanilla or strawberry & clotted cream or Belgian chocolate truffle. Topped with warm chocolate flavour fudge sauce or blackcurrant coulis.

Followed by Tea & Coffee

(v) Suitable for vegetarians ** May contain small bones
§ Contains traces of alcohol * Approximate weight uncooked