

Supplement to issue 12 : Autumn 2015

EAST Training Opportunities

Course	Date	Venue	Cost for Paid Up EAST Members
RYA-Disability Awareness	Saturday 16th January	EWCC Levington	FOC
RYA - First Aid	Early 2016 Date to be advised	EWCC Levington	£45.00

Members interested in enrolling for the above please email volunteerbookings@e-a-s-t.org.uk for full details

We are also looking for additional volunteers to undertake Meet & Greet & Admin Duties during keelboat sailing sessions.

If you are interested please email volunteerbookings@e-a-s-t.org.uk for further details

East Coast Pilot - continued from page 2

The three authors of ECP, Garth and his colleagues Colin Jarman and Dick Holness, are all keen East Coast sailors and have worked together on the project for the past 12 years. "Every time we go out we find something new to report on. This is a dynamic and ever changing coast but an incredible place to sail. It is without doubt the top sailing area in the UK," says Garth.

To keep the book fresh and update the trio maintain a website www.eastcoastpilot.com from which updates and chartlets can be downloaded.

East Coast Pilot is published by Imray at £23.50.

East Anglian Sailing Trust

Annual General Meeting

Thursday 25th February 2016

At

EAST Waterside Community Centre

Commencing 7.30 p.m.

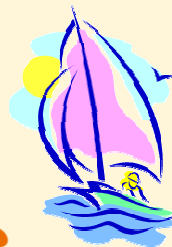
All members are invited to attend.

Tea and coffee available

Volunteer Training Opportunities

We are looking to recruit TWO Disability Awareness Instructors to beef up our existing team and run our In House Awareness Training Courses for EAST Volunteers. This will entail a one day external training course run by the RYA and fully funded by EAST.

If you are interested please respond to - training@e-a-s-t.org.co.uk



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