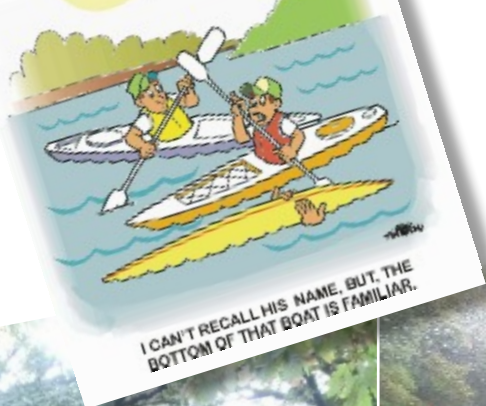


# Halifax Canoe Club Summer Newsletter



THE ALTERNITIVE TO  
A WINTER CANOE  
TRIP



I CAN'T RECALL HIS NAME, BUT THE  
BOTTOM OF THAT BOAT IS FAMILIAR.



**Splashdown**  
with HXCC



**Hello and welcome** to your Autumn Newsletter. It's a another bumper edition with loads of info about upcoming events and activities as well round ups of recent trips and paddling sessions. You'll even find info on how to make those essential paddling snacks. Don't forgot to send your favourites in for the next newsletter.

You might have finished your evening river sessions for the year but that's certainly not the end of your opportunities to get in a boat until next year, we are about to start our winter pool sessions at Salendine Nook School in

Huddersfield. Booking is now open for the coached sessions and the pay and play sessions. Check it out in on the website and have a look at your emails for more info. We've also got Club Sundays and number of river trips coming up so check out the club calendar. Plus our Wednesday club nights will be carrying on throughout the Winter. With all of these make sure you've got the right kit to keep you warm. If you need help deciding what to get or where from, any of the coaches or more experienced members will be able to help.

A huge thank you to all our volunteer coaches and helpers who make the summer session such a success as well as all those working behind the scenes to make things run smoothly.

As some of you know each year in February at our annual awards night we celebrate those how have made the most progress each year, either as the best beginners or most improved paddlers. We normally make the nominations around Christmas time but this year we thought it would be good to get your help in pick the shortlist. So if you think you've seen someone who deserves an award, please let me know by emailing me at [chair@halifaxcanoe.org.uk](mailto:chair@halifaxcanoe.org.uk).

Finally a quick plea for volunteers for our clean up day on Saturday 7th October. Everyone welcome and the more the merrier.

Happy paddlin' and see you all soon, **Victoria**



### **New Flood Gate and how to use it.**

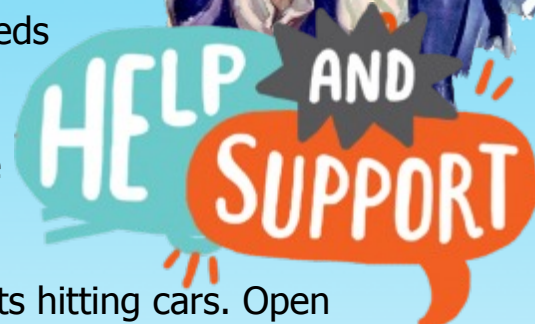
You will hopefully have noticed that there is now a fitting for a floodgate to go on the outside of the changing rooms! The gate itself is kept in the disabled toilet. Fitting it is easy – simply slide it into the frame on the outside of the door. The bolts go at the top and on the outside so it can be secured in place. (You may need 2 people to lift it into place!) While this gate will not prevent the flooding at the level we saw on Boxing Day 2015, it will along with other measures in the complex prevent lower level flooding that we have seen times in the last 10 years.



Send us your pictures and videos with a short write up by email to Paul Wood, using the following address: [marketing@halifaxcanoe.org.uk](mailto:marketing@halifaxcanoe.org.uk)



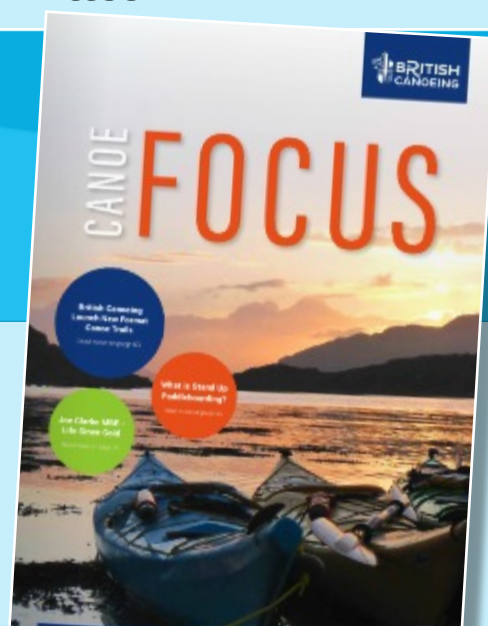
Halifax Canoe Club operates on a voluntary basis; this means that everybody in the club has a role to play. Some people help with the organising by being part of the committee and others with help during events. You can all help when you follow the clubs guidelines. Please can you look after all the kit that you use? Do not wash your kit in the shower as the dirt blocks them. The floors in the changing room should be mopped after each session and the doors propped open to allow them to dry. Kit also needs to be put back properly, clothing hung back up so that it can dry and equipment put back in the correct place. There are now organised racks for all the boats so please can you make sure that your boat is stored correctly. When you collect and move your boat please pay special attention as there have been some complaints about boats hitting cars. Open Canadian boats need more care due to their size and weight. As the club does not have a full time cleaner on staff it is up to all of us to keep the club clean. If you use the kitchen please wash up afterwards and wipe down any mess that you have made. If we all make the effort then we will all have a better club, after all you are a member of the best canoe club in England. **Halifax Canoe Club Committee**



**GO**  
Canoeing!



to access the Autumn version of the British Canoeing Focus magazine, great articles for all types of paddlers.



## POOL SESSIONS NOW AVAILABLE!

Click **HERE** to book and get more information.

**Beginners and coached rolling lessons on Thursday evening.**

**Pay and Play also available – reserve now to avoid disappointment!**

**Sessions available from October until March.**



## Andrew Crowhurst newly promoted to Premier Division

Halifax Canoe Club now has a slalom paddler in Prem! Andrew Crowhurst was promoted to Prem in **C1M** (Canadian single or one person kneeling boat for those that don't speak slalomese) after winning the Washburn Div 1 slalom in July.



**VOLUNTEERS  
NEEDED**



*Helpers from the last clean up*

### Help needed. Saturday 14th October

River clean up, fancy spending a couple of hours cleaning up the river banks or maintaining the club house? It's great fun and makes a huge contribution to everyone's safety and enjoyment. If you'd like to join us please note the date in your diary now (Saturday 14<sup>th</sup> October 10 am) and we'll send you more details in an email nearer the time.

More info can be found [here](#)

## Spread Your Wings - Go Independent paddling

As a club we want to help people get out paddling as much as possible. While we run as many trips and sessions as we can, these won't always be at a time to suit everyone - but you can get out and do some independent paddling with other like minded club members (*Independent paddling mean without a club coach/leader, not on your own!!*)

Obviously you need to ensure what you are doing is safe for you and those you are with. To help you the club has some guidance on suitable experience and water levels for paddling independently of club sessions on our 'Home Waters', and when you can use club equipment and when it needs to be booked out with our equipment officer. Have a look on the website for [More information on Independent Paddling](#) and find out more about what are [Home Waters and our River Levels](#).



## What about under 18's wanting to paddle independently?

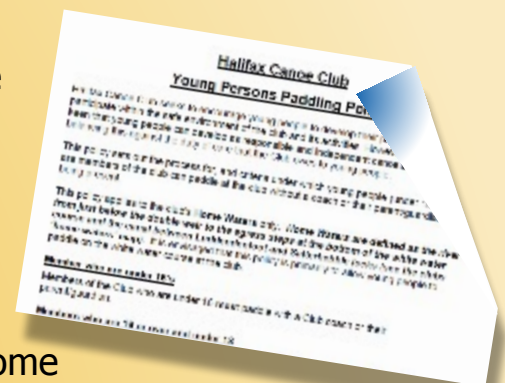
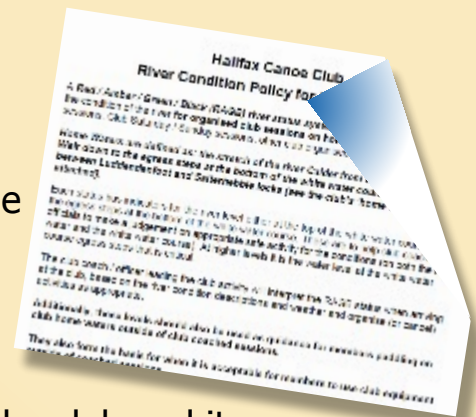


We want to encourage young people to develop their paddling skills and participate within the safe environment of the club and its activities. However the Club is also keen that young people can develop as responsible and independent canoeists, while balancing this

against the duty of care that the Club owes to young people. Our Young Person's Paddling Policy set out the options for young people to paddle on 'Home Waters' which briefly are:

- Member who are under 16's must paddle with a Club coach or their parent/guardian.
- Members who are 16 or over and under 18 may apply to the Coaching Officer to paddle as part of an experienced group without a coach or parent/guardian being present. This will be granted where the Club's Coaching Panel feels that the young person is sufficiently mature and has the appropriate skills and experience on the water.

This policy applies to the club's Home Waters only when river levels are 'Green'. Click to find out more about the [Young Persons Paddling Policy](#).



**Les Ford**

## Is it a Club Activity or not a Club Activity?

The club runs as many Club trips and sessions as it can. However as we also make members aware of other paddling opportunities, so we want to remind members of the difference between 'Club Activities' and 'Other Activities'.

**What is a club activity?** Any paddling that is organised and run by the club. This includes coaching sessions, river trips, pool sessions, and more. These are run by the club in accordance with our safety policies and procedures, by coaches and leaders that are appropriate and approved by the club for the activity concerned (this could be club coaches/leader or external coaches/leaders with the relevant experience and qualifications). Members taking part in club activities are covered by the club's insurance. **Club activities will be clearly identified on the website calendar - they are colour-code in blue.**

**What isn't a club trip?** This covers any other paddling opportunities - unofficial trips, people getting together for a paddle, events organised by other clubs/organisations etc. These may or may not be promoted on the club website and facebook page - **but when they are on the website events calendar these are colour-coded grey.**



**Why does it matter?** For club activities the club and its coaches / leaders are responsible for safety, advising paddlers if it is suitable for them, and making decisions regarding suitable river levels.

For other paddling activities it is up to the individual (or parents/guardians) to satisfy themselves that

these activities are appropriate for them / their children, and that appropriate safety cover is provided. For events and competitions the organiser should be able to provide information and may make arrangements for safety. For other trips this may be more informal. Club coaches can advise members on whether these activities may be suitable for their experience, but the decision to participate rest with the individual (or or parents/guardians).

You should also be aware that the insurance that the club holds through British Canoeing for members does not cover you on non-club activities, however if you are an individual BC member you are covered by the

insurance that comes with your membership (which is a good reason to take out [BC membership](#)).

If you want to know more about this or run non-club activities and want to know how this effects you speak to [Les Ford](#).

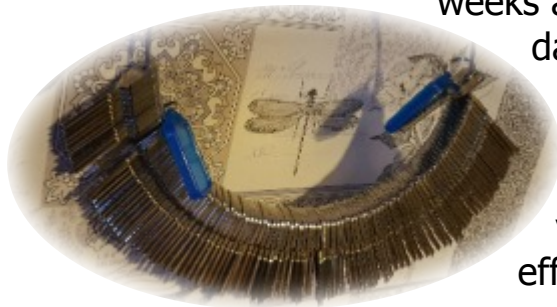
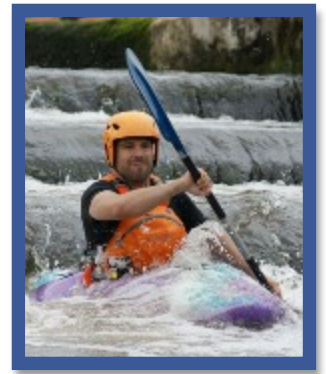


## Improvements to your Club.

The development work at the club you've seen in the last few weeks in coming to fruition. The flood resilience work is now complete and the changing rooms are back to normal. Les been very busy and built more boat storage/racking. Rotted fascia boards above door replaced and painted along with the mould in the ladies changing room.

A very friendly electrician and former club member replaced the heater switches in the changing rooms for us. This is to help us save some money on electric costs by ensuring that no heater gets left on overnight. Les is currently looking at adding a new spotlight on the river to increase our water time in the coming dark months.

We are looking at replacing the worn out clubhouse vinyl flooring in the next few weeks and this may cause some disruption for a couple of days. We have also ordered new padlocks and keys to replace the current locks to the clubhouse and changing rooms. If you ever wondered what 100 keys in a key ring look like, well this is it. we will let you know when the new locks and keys come into effect in the next few weeks or so. **Jose Leite**



**You may not realise it but HXCC is active on Facebook and if you haven't already joined us, you should consider checking out the HXCC page and the HXCC group.**

<https://www.facebook.com/halifaxcc/>  
<https://www.facebook.com/groups/Halifaxcc/>

**Nic Wilson**

**Some of the items spotted on the face book pages;**



**Question? Did this seal bite Micheal Scholefield's leg at Tees Barrage?**



**Trips, trips and more trips**



**How to keep your paddle warm in the winter?**

# Paddlepower Awards and Apps

These are paddling skills awards especially designed for those 16 or under. They provide a way to develop your paddling skills, log your progress while having fun on the water.



You can work your way through the different levels one after the other, or start at the level you or your coach feel suits you best. Either way, you get a certificate when you've finished each one.

During each level you will get to learn a variety of canoeing skills and challenges and improve your knowledge – all in a fun and flexible way, and in different types of canoe (this depends on what equipment is available at your club/centre).

There are five different levels:

## **Paddlepower Start**

This level can often be achieved after your first taste of canoeing.

## **Paddlepower Passport**

Gradually moving you on from your initial taste of the sport, through various skills and knowledge, giving you a really good base from which you could choose to set off onto the next level. (Paddlepower Passport is recognised as an equivalent award to British Canoeing 1 Star)

## **Paddlepower Discover**

Focusing on developing your technique, skills and knowledge further, all in a fun and flexible way. (Paddlepower Discover is recognised as an equivalent award to British Canoeing 2 Star)

## **Paddlepower Explore**

Using the skills you developed during Passport and Discover to take part in a variety of canoeing events and journeys, exploring the great variety of opportunities in competitive and non-competitive disciplines.

## **Paddlepower Excel**

Recognising and celebrating the fact you are becoming a competent, experienced paddler. By now you will be able to show a broad knowledge of the sport including nutrition, environment and goal setting, as well as how to be responsible for yourself and others.

## How to get started

You can download the Paddlepower App from the App Store or Google Play, there is more information here <http://paddlepower.org.uk/>





# UPCOMING EVENTS

## October 7<sup>th</sup> and 8<sup>th</sup>, Unofficial overnighter, Tees Barrage and Saltburn Surfing

A unofficial trip taking in Tees Barrage one day then off to the beach. A day's sun and surf at Saltburn. Watch the video of the last trip on CanoeTube.



## Sunday 15<sup>th</sup> October River Rothay Trip



Why not come and spend the day with us in the Lake District. We are looking at running the River Rothay, which is a very scenic, fairly fast flowing grade 2+ river interspersed with a couple of Lakes-fishing in Windermere, including Lunch on a deserted Island. There should be plenty of opportunity for eddy hopping, a play session in a Boulder Garden, A pretty cool seal launch (see photo) and hopefully a glimpse of the elusive otters which frequent the banks.

For more information click [here](#)

## Wednesday 20<sup>th</sup> December Festive Floodlit Frolics at Tees Barrage



An evening floodlight paddle at Tees Barrage International White Water Centre. Festive costumes are optional.

For more information click [here](#)

**January 12<sup>th</sup> to 14<sup>th</sup> 2018** The Wharfe Weekender at Conistone Hostel ( only half dozen bunks left ) people joining only for the day and paddling are of course welcome.

Halifax Canoe Club proudly presents The Wharfe weekender – 2 nights and 2 days of good company and great paddling in the heart of the Yorkshire Dales or maybe further afield. Depending on



river levels we will be looking at the local environment firstly but be prepared to head north if needed in the pursuit of water . We will be the proverbial Rainchaser!

For more information click [here](#)





# paddleadvisor

## Trip reports

# The mighty Slenbizi



At 12.00 on Friday 21st July, Andrew and Julie Livingstone had an entire camping zone to themselves, and probably enjoying the solitude and tranquillity offered by the Sleningford Campsite. By 6.00pm the same day their peace was no more as 26 more campers, arrived complete with 3 dogs and a vast array of boats all ready for the annual Sleningford weekend and it lived up to its well earned reputation as one of the jewels in our calendar. Our "pop up" village became an excited hub as tents were pitched, caravans arrived, poles went wandering and the 3 metre spacing rule was forgotten with Marcus Baker, the only man to have to pitch a tent twice in 1 day! Before we settled down to a quiet glass of sherry and an early night, the water called and quite a few of us had an impromptu play on the River, which was at its usual level but we knew the rumours and urban legends about the infamous Slenbizi rise, it couldn't possibly happen to us, the sun was shining and there wasn't a cloud in the sky. Some folks had a swim, a few back flips were done, even an airbed made an appearance on the water. As dusk fell the BBQs were lit and our friendly Wardens popped round to remind us that fire logs were a "no no" and to extinguish our embers after we'd finished cooking. Vicky Mcghee aka the Firestarter was having none of this and a fire log soon appeared and we settled down to that well earned glass of sherry. Our friendly Wardens soon appeared again and the Fire log was doused and bottom lips were temporarily stuck out. Unbeknown to us (and the wardens) fire logs have amazing powers of spontaneous combustion, we cheered, bottom lips were retracted and a bottle of gin was opened and we solved all the worlds problems until 1.00 am when we called it a night. The sun rose early on the Saturday, as did the excitement levels. The air was thick with the fantastic aroma of campsite bacon (always smells better camping than it does under the grill at home) We were back on the water early, just as the heavens opened with a cracking thunder and lightning show for half an hour which didn't dampen any ones spirits but added to the speculation and hope that the afternoons paddle from Hack Falls to the campsite might have a little bit more water in it. Many runs of the rapids were undertaken, some backwards, some sideways, even a few the right way, a couple of capsizes, a couple of swims and a lady in her underwear on a Lilo made for an entertaining morning before lunch and the short shuttle up to Hack Falls.



The sun was still shining as we got back on the water after a scout from the bank of Hack falls, lines were picked and safety was strategically placed with David Spencer, James Gray and Nic Wilson doing an epic job - think Baywatch with helmets and BA's . I ran the rapids, picked the smallest eddy know to mankind and beautifully broke into it - the proudest moment of my paddling career to date.

Some sceptical people doubted my talents asking further downstream if I had meant to do it or not? I guess it will have to remain one of life's mysteries. It soon became apparent that the mornings thunder storms hadn't added to the river level and the scrapes and dismounts at the weirs were inevitable but we carried on with the typical stoical resolve expected of us, after all we were recently described as "a right set of gung ho bastards" by another club's member and I`m quietly proud of that



description. Before we knew it, we were on the final weir above the campsite and a group of wild swimmers were taking advantage of the sunny weather and having a dip in the water, one of our party whom shall remain anonymous saw this as the ideal time to show off his skills and 360 down the weir without checking or watching the previous dozen paddlers get stuck and have to undertake the "Bum shuffle" to reach water below. But the spectators loved it, one was even heard to shout "What a twonk, what a chump" as our man was stuck in no mans land facing back upstream. We got back to the campsite, cracked open a can or two just as the text messages started filtering through...

Here is a snap shot, Nic to me " are you guys paddling right now " me to Nic " no, we`re getting sloshed and cooking meat, why " Nic to me " Rainchasers says you've got water, lots of water, biblical water, think Noah and the Ark" me to Nic " no we haven't but I`ll go and check "... me to Nic " Sweet lady Gaga, its gone mental, there`s houses and cars floating by" Now, some of this is from memory and there may not actually have been any cars or houses, but Slenbizi was happening, and she was an angry river. The rumours were true it had risen 90 centimetres in 2 hours, there were campers on the "island" packing up as fears arose that the river would enter the campsite. A few of our party got changed into their kit, safety was discussed but common sense prevailed as we watched a tree pass by and reluctantly conceded it wasn't safe to paddle and we returned to our BBQs . Fortunately Vicky Mcghee aka the Firestarter found another forbidden fire log and our spirits lifted as we regaled in storytelling just as our friendly Wardens appeared and asked us nicely to let it die down. By now rain was falling and thunder and lightning were in the distance so we retired to bed early, wondering what the river levels would be like in the morning?

Sunday morning came and the river had fallen but not by much, it seemed that everyone of us went straight to the river for a nosey and after a quick breakfast, Al Benson, David Spencer and James Gray were our three musketeers who ran the river under the watchful



eyes of our safety team, photographer and what seemed like the entire campsite. The boys did us proud, two good runs, no swims, have a look at the photo album on Facebook. You know its been a successful trip when your throw lines haven't been unleashed . The 11.00 am deadline for leaving was fast approaching, so we quickly packed up and were away. A perfect ending to a fantastic weekend.

**Micheal Scholefield**



# Sleningford 21<sup>st</sup> - 23<sup>rd</sup> July



**1. Briefly tell us about your background: where did you grow up and how did you get into canoeing?**

I grew up on the outskirts of Norwich, so spent a lot of time on the Norfolk Broads in and out of boats.

**2. What brought you to Halifax Canoe Club?**

After returning from a 15 year stint living abroad I was looking for something to do that might be adventurous. What could be more adventurous than being with paddlers from Halifax Canoe Club?

**3. Describe how you are involved in the Club?**

I am on the canoe club committee looking after marketing and publicity. This means that I get to hear about all the exciting trips and courses first. Designing and editing the newsletter also gives me the chance to watch all the great videos that the members have made (*look in the newsletters on-line to find links to the videos*).

**4. What does "getting outside" mean to you?**

Living on a narrowboat on the Rochdale canal means that anytime I step outside I consider myself to be "getting outside". Because I hate to be inside I try to spend as much time out in the fresh air as I can.

**5. What is the craziest thing you have done?**

Driving an old Landrover from England to Cape Town and then shipping it some years later to South America to continue the quest and drive to North America.

**6. What are your favourite outdoors/travel destinations?**

I'm very lucky to have spent many years travelling and seen so many places that it is difficult to pick one place. If I was pushed to pick one spot then it might be cycling through the Baobab Avenue in Madagascar, but then again it might be kayaking along the Baja peninsula or, no I really can't make up my mind.

**7. What is your favourite paddling snack?**

Okay it's not a snack but I like to eat sausage sandwiches when I paddle.

**8. Favourite Film?**

Watching Casablanca, but only at the cinema on a big screen.

**9. What is your favourite paddling memory?**

Once again can't decide, I did beat Eliot at one kayak slalom race but I'm not allowed to remember that so it has to be paddling my Klepper kayak and camping on some of the smaller Outer Hebrides islands.

**10. What are your paddling ambitions over the next few years?**

To finally learn and get a stronger sweep so that I can get some of those harder slalom staggers.

**11. What is the earliest memory you have of being outside?**

Running the weir at Horstead Mill sat in a car inner tube during school holidays.



**12. What boats do you paddle?**

I currently own three boats, a Dagger Gtx for those messing about moments, a Valley sea kayak but my pride and joy is my restored 1963 Klepper Aeriis 2, a folding canvas boat. It has a wooden spruce frame with a canvas skin that takes about 30 minutes to put together and takes two people. I have paddled it down the club course and broke one of the vintage wooden paddles. I also regularly paddle one of the club slalom boats.

**13. What CD is currently playing in your car?**

The CD by Territory (Liam Brown's band) is in the car at the moment.

**14. What is your biggest challenge nowadays?**

Trying to find enough time to get all the kayaking done is one, but my major challenge is trying to keep up when racing Eliot my son which I have been failing at for quite a while now.

I paddle most Tuesday or Thursday evenings with the slalom paddlers see you then.



**If you would like to be interviewed email your answers to [marketing@halifaxcanoe.org.uk](mailto:marketing@halifaxcanoe.org.uk)**

## New to Halifax Canoe Club

Eira who's seven and I (I'm older than seven) both joined the club this year at the sign-up session back in April. Neither of us had paddled before, well, I'd been on a couple of stag-dos in canoes on the Wye where paddle-technique was probably less important than finding the next pub, and I'd kayaked a few times at school, but for all practical intents both complete newbies.

We both joined beginners' sessions on Tuesdays and by my count we've been to a dozen sessions each.

We've both had a great time over the last few months, even when wet and cold! Eira can now paddle around confidently and without spinning round, and so can I – so quite an improvement from our first sessions.

I asked Eira what she enjoyed most and she said all the games they've played in her group. She always came out chatting about the fun she'd had. For me I think it was the thoughtful instruction that I valued most. As someone starting out I felt pretty inept compared to all the instructors, and there's something a little embarrassing about inadvertently spinning round while just trying to go forwards in a straight line. Without exception the other club members running the sessions would take the time to talk through what I was doing wrong and help me improve my technique and managed to do so without drawing attention to my ineptness.

Eira and I have been down the course at the club, but sometimes we've not felt confident to do this and the instructors have never tried to persuade us to do something we weren't comfortable with. But the instructors have helped Eira a couple of times gain confidence by going down in the Topo with her. Eira's definitely more confident in the Topo now – see the photo of her smiling going down the first drop at the Washburn release. (I didn't get a photo of her expression while Dave was trying to single-handedly wrestle the Topo out of the stopper but she nevertheless enjoyed the run overall!)

I've been struck by how much time people in the club have given to make the sessions happen, there's often nearly as many instructors and support kayakers at sessions as there are beginners, and because of this we've learned absolutely loads, and felt really safe at all times. I probably didn't appreciate the level of potential danger from kayaking if not carried out sensibly before I started but quickly it becomes clear as a beginner that that level of support is vital in making it safe. I'm



impressed by all the time people give up off the water too – keeping the kit in good condition, looking after the books, producing newsletters, setting up events, etc. It's great to be a member of a club with so many people getting stuck in and making it work.

We are both no longer beginners so thanks to all club members for that! We've still got lots to learn, and now at least know that we've got lots to learn too. I think before I started I imagined it was a quicker process to learn than it is, but we're both very much looking forward to learning as members of the club over the coming years. I'm also hoping I can persuade my wife and son to join next year.

Thanks then to – Al, Andrew, Andy, Chris, Craig, Dave, Judith, Leanne, Les, Marcus, Mike, Nick, Paul, and a load of other people whose names I've not known. **Duncan Watson**



# CANOE Tube

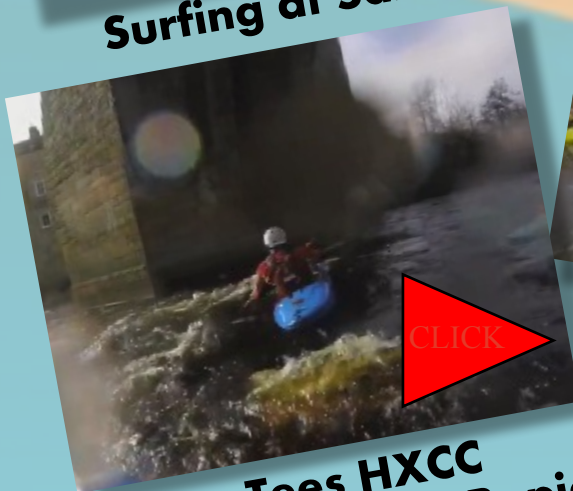
Click on the red icon for HXCC videos



Surfing at Sandsend



Canoe Club of the Year 2016



River Tees HXCC  
Cotherstone - Abbey Rapids



Fun at Tees Barrage  
starring HXCC



Wenning Special



The Washburn Cruise

Thank you to all the actors and film makers, keep the videos coming.



# Kayaking and Camping Recipes



It has been noticed that a couple of slices of cold pizza stuffed in a box is not quite up to the high standards of some of the HXCC paddlers. On one trip this lunch was fished out of a kayak by Andrew Luke, so with this in mind here are some links to recipes for camping and kayaking that you can practice. **Click on the picture below to download each recipe book**



## Layered Nutella Flapjack/Brownie recipe

Chocolate and hazelnuts are a match made in heaven, so bung them together in a flapjack and what can go wrong! This recipe contains plenty of the good stuff and none of the bad stuff making it perfect as an after work snack, a post paddle power up or a tasty treat at teatime.

I've made my own version of Nutella for this recipe, but you could of course use any shop bought chocolate spread (just be aware of the extra salt, sugar and fat content!).

### What's In It?

#### Homemade Nutella ingredients

- 100g Hazelnuts
- 50ml Oat Milk
- 40ml Maple Syrup
- 1 tbsp Cacao Powder

#### Flapjack ingredients

- 250g Porridge Oats
- 100g Unsalted Butter
- 100ml Honey
- 50g Oatmeal
- 1 tbsp Cacao Powder
- 1 tbsp Nut Butter

### How Do I Make It?

#### Nutella

Blitz the hazelnuts in a food processor until they turn into a fine powder. Add the remaining ingredients and blitz until it has all mixed together and made...Nutella!

#### Flapjacks

Melt the butter, honey and nut butter in a saucepan until well combined. Remove from the heat and stir in all of the remaining ingredients.

Now it's time to layer up. Put two teaspoons of the flapjack mixture into a brownie tin and pat down until smooth and even. Now cover with 1 heaped teaspoon of your homemade Nutella, making sure to smooth out to the edges. Then cover with 2 more teaspoons of the flapjack mixture and again pat down until smooth, it should be level with the top of the tin. This recipe makes 8 square brownie sized flapjacks; you could also make this as a tray bake, but it could get a bit messy when you cut so I would personally stick to individual ones.

Bake in a moderate oven for 20 minutes and then leave to cool in the tin.

*Picture by Andrew Crowhurst.*

