



# Halifax Canoe Club Autumn Newsletter

Who needs water?



# From the HXCC Chairman



What a strange pastime this is. The days are getting shorter, the weather wetter and folks are getting excited about the prospect of water and rivers to paddle. For many sports the winter is the off season, a time to think longingly of summer. Not for us! Bring on the winter rain. This summer may go down as the worst one for kayaking in a long while, dry rivers, cancelled Washburn releases but at least the rivers will fill sometime soon. That may seem an obvious response to a dry summer but is it really true? Half way through the HXCC year is that what stands out? I think not.

The coached courses have reached an end until the evenings are lighter again, but what fun they have been. As someone who has just started out on his "coaching journey" it's been a fine start. A keen and enthusiastic beginners group that completely rewrote the rules of canoe polo! Wednesday club nights are still going on for the hardy few. Sea kayaking goes from strength to strength, trips to North Wales and Northumberland. Tees barrage trips seem to generate epic swims on a regular basis (even though I haven't been recently). The standup paddleboarding had to be about the best evenings fun that could be had on (and in) water. There's midweek activity for those who have less work commitments (not in the slightest bit jealous!) and a growing open boating group. Add to that a strong season from the slalom paddlers in the club, a growing squad with many promotions and high results and the odd national and international competition from some of the junior paddlers.

Social events abound, so let us not forget the upcoming Halloween paddle and constant Chow Downs. So has the lack of water stopped us? No, if anything it just means we got a bit more creative. So let's keep having fun through the winter months and when someone complains about the pouring rain we'll smile knowingly and say "fantastic".

**Bob Lawler**



**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/>





Thursday Evening Kayak Pool Sessions – Available to Book Now! Learn How to Paddle or Refine Your Roll! Thursday Evening Pool Kayak Pool Sessions Available to Book Now! Winter pool sessions are now available to book online via the Halifax Canoe Club website. Coached sessions run from October to March at Salendine High School ...

[Click here for more info.](#)



## Wednesday 31<sup>st</sup> October Halloween Club Wednesday

[Click here for more info.](#)

Here is a golden opportunity to enjoy Halloween and not have to fork out cash on sweets for the entire youth population of your neighbourhood ! Spend your money in the Hogs Head on a Beer and an award winning Growler ( pork pie ) after a fun filled session under the floodlights . Meeting up at the Club house from 6.15pm . Who`s coming ?



## Curry Night 2nd November 7.30pm

[Click here for more info.](#)

Its been ages since we've had a curry night and sank a few jars ... so lets get one going. I`m thinking of giving Babar Khans a try down at Dean Clough as we could then meet up in the Stod Fold brew house before hand. Hopefully were going to get a great turn out and I'll need to book a table, so please email me your attendance asap.

Meet up from 7.30 pm in the Stod Fold, Dean Clough, table booked for 8.30 pm and tradition dictates we retire to the Percy Shaw for a few Gins afterwards.. Doesn't it ?



## 25<sup>th</sup> November Beginners River Trip

[Click here for more info.](#)

The aim is to paddle a section of the River Ure from Mickley down to Slenningford campsite at West Tanfield, near Ripon. This is popular introductory river trip with short sections of white water and stretches of easier water between, plus a couple of weirs to be run or portaged depending river levels. The trip will be subject to suitable river levels, but there are other river option that we can do if levels here aren't suitable for a beginners level trip.

## 9<sup>th</sup> December Intermediate Advanced River trip

[Click here for more info.](#)

The plan is to go and do an intermediate to advanced river trip – probably grade 3 with some grade 4 rapids on the way. Option include various sections of the Tees, Lune, and many more within a reasonable drive from the club. Rather than commit to a particular river, we'll see what river levels are likely to be in the week before the trip and make a decision a few days in advance. If water levels are low we'll try and find a suitable alternative.

## 15<sup>th</sup> December Annual Santa Paddle

[Click here for more info.](#)

**Put on a Santa suit and come for a paddle!**

Ok so you may have seen Santa Runs happening in various places where everyone puts on a Santa Suit and goes for a run. But why run when you can paddle? So we are going to do a Santa Splash!! When: 1pm meet to start on the water at 1:30pm, until about 3pm.



## 9<sup>th</sup> February 2019 Annual Awards Evening and AGM

[Click here for more info.](#)

The Annual Awards Evening and AGM (a very quick meeting then on to the fun) which includes various paddling awards, games, competitions, a raffle as well as the legendary rubber duck award.

## Incident Reporting

This reporting system is for all canoeing incidents, whether you are a member of British Canoeing or not.

Incidents reported should also include near misses this information will help us to identify canoeing issues and to establish an accurate picture of safety and other concerns across the country.

We will use this information to advise members and improve safety for everyone. So please include incidents such as those with other water users, access issues, pollution/environment, canoeing safety etc as well as major incidents or accidents.

If you have been involved in an incident as a result of canoeing activity you should complete the attached form.

A copy of the online British Canoeing Incident Report Form can be found [here](#).

A pdf copy of the Incident Report form can be downloaded [here](#). This can be used to record incidents on site where there is no access to the online form.

All information recorded by hand should, subsequently, be transferred and submitted on the online form.

British Canoeing Insurance - Incident Notification

If an incident has occurred which resulted in:-

- An injury to a person
- If medical assistance was provided or an ambulance called
- Reported under RIDDOR (major incidents in the workplace)
- Damage was caused to property, equipment, vehicles etc

Then the incident must also be reported to British Canoeing's insurers.

Details can be found [here](#).



# FAXFEST

Promoting the safety of Children and Young People in Calderdale...come and have your say!!



## 1st Nov 2018

## 10.30am - 2.30pm

**FaxFest** 2018 is a fun and free event taking place at Orange Box in Halifax on 1st November for young people aged between 9 and 17. As well as putting on a fun day, the event is an opportunity to find out how to make children and young people safer in Calderdale. We want your ideas!

There'll be loads going on including music and choir groups, performers, information stalls, games, activities, freebies... and food!

The event is aimed at children and young people aged 9-17, as well as parents, carers and professionals from all agencies including voluntary and community sector groups and schools

The event is free and by ticket only. If you are a young person and would like tickets for yourself and friends, or you work with Children and Young People and would be interested in bringing a group along to the event, please contact [Sophie.Boyles@Calderdale.gov.uk](mailto:Sophie.Boyles@Calderdale.gov.uk) or **07976169514** to request tickets.

# October Tees Barrage paddle or swim?



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)



## The Farne Islands or not the Farne Islands?

*After months of anticipation a small band of Water Rats (the grey haired guys who paddle on a Tuesday) plus a younger son set out for their journey to Northumberland to meet with Ollie from "Active 4 Seasons" for a sea paddle trip to the Farne islands.*

Sadly all was not to go to plan. Firstly Andrew managed to demonstrate what most of us have known for many years that mountain biking is far more dangerous than canoeing. Many hours in casualty the previous day revealed that his very swollen shoulder was not broken, but definitely not for paddling. So with numbers depleted we set off to meet with Ollie. The force 6 westerly wind however put pay to any chance of canoeing to the Farne islands. As Ollie explained getting there would be easy, but the return trip via Norway would take a little longer. So on to plan B St Abbs harbour, a small fishing village about 12 miles north of Berwick upon Tweed was the new destination for the 3 remaining paddlers. Guided by Ollie and settled into his sea kayaks we set off along the coast of St Abbs Head. Heading North under the shelter of the high cliffs we began a beautiful paddle amongst the cliffs, coves, caves and narrow passageways. The sea was relatively calm and the views spectacular. A couple of brief escapades around headlands into the swelling waves before we were soon back into the sheltered water. Beautiful clear seas meant we could see the sea urchins, anemones, jelly fish and lots more. Sadly no seals or puffins but probably the wrong time of the year. Following a short lunch stop in one of the coves we reluctantly headed back. The tide was lower on our return and the coves and passageways were all very different, some so narrow there was barely room for a canoe. Eventually we returned to St Abbs. Did we enjoy it – you bet. Would we do it again – absolutely, Ollie was a very good guide and a nice guy to spend the day with.

Are we planning a return trip?

Next year if you want to join us, we may even make it to the Farne islands

**Vic Buckley, Paul Davison, Steve Davison – but alas no Andrew Close.**



# The Tryweryn Trip

Having got past beginners training, and with two summers under my belt, I signed up to the Tryweryn Trip. It only took a day or two to feel completely out of my depth – the Youtube videos only making things worse!

After loading up kayaks and car sharing with Swimmy Jimmy, we set off to Wales, managing to keep the kayaks on the top of the roof all the way there.

Surely a good sign!? When we arrived the group had dropped to 5 paddlers, which for me, worked really well. I felt in safe hands! Particularly with Simon Spencer (Bear) leading the group. After kiting up we headed for the start of the course and noticing the speed of the water felt my nerves ramp up several notches.

A few reassuring words from Michael and Bear later, I was calm enough to get in.

The first stretch was apparently 150 metres in length but felt like a never ending wave train of at least 2 miles – my inexperience catching up with me! I think all those initial nerves had made me feel more exhausted than I should have been! I did feel more in control after breaking into the first eddy though, teaching me again that you just have to jump in and do it!

After completing about a third of the course and feeling myself relax, I realised that I could arrive home in one piece after all, although this thought was promptly followed by my first swim of the day! But as Nic told me in my first lesson, "If you don't swim, you're not trying hard enough". So I guess it was a good thing?! Not being put off I re-entered the course and bravely carried on. I managed to complete another third of the course before an unseen rock caused my second dip in the river giving me my longest swim in moving water so far! For those who know that I had to learn to swim before I could join Halifax Canoe Club, a 100m swim is no mean feat for me!

Undeterred I carried on, through various wave trains, boulders, low hanging tree branches and eddies making our way to Bala Mill Falls. Approaching the falls we all stepped out to observe how best to tackle it, and at this point, I knew I'd reached my ability limit on this course. With all in agreement, I offered to stand guard at the bottom with a throw line, just in case.

With over 20 minutes passing and still no sign of them, I started to wonder whether everyone had done a runner and left me! Although, no bother – it just meant more flapjacks for me at the end!!

It wasn't long after that when Oli appeared, followed by Swimmy Jimmy and Bear. I caught a brief glimpse of Michael before he went under, then finally spotted him staring intently at me whilst bobbing about in the eddy. Not mastered with the art of reading faces – really I am rubbish at this (!), I quickly scanned my brain to determine what on earth he could be trying to telepathically tell me. It wasn't till I saw his paddle floating down that I realised the problem. Oli sprang into action flying at speed down the falls shouting "I'll grab the paddle!", leaving me to do my best at saving Michael's boat which was heading my way. Put it this way – I don't think I've ever got into my boat so quickly! Paddling downstream as fast as we could Oli and I retrieved Michael's gear and dragged it all to shore. After a tiring course, dragging a boat full of water through the river just about finished me off but a great day was had.

Loading everything up whilst grabbing food and recounting events was in my book a great way to finish the day. Michael seemingly had other ideas when he flung his wet river smelling pants at James so he could catch a whiff – not realising perhaps the perfect timing of Swimmy Jimmy turning around. The picture of Michael's pants flung across James's face kept us laughing till it hurt!!



All in all, the speed of the water, the obstacles I had to handle, along with the two long swims I took made the day as exciting as I'd hoped. It was very different from Sowerby Bridge, but a good step up, challenging but do-able.

**Bring on the Barrage!!!!!!**

**Steve Smith**



This summer, I have been to the South of France with the Llandysul Canoe Club. During my time training in France I had two slalom sessions everyday rotating between doing full timed runs, half timed runs or doing progressives. When we weren't training we played on the waves in plastic boats or inflatables. The first place we went to, was St Pierre De Bouff, we spent all of our day, either flipping the rafts over in the middle of the lake or surfing the big waves and stoppers in the inflatable 2-man kayaks. After a few days hammocking, kayaking, swimming and playing, we moved to the second site, Sault Brenaz. The second site was great and again we spent a lot of our day playing in the river again. My trip to France was awesome, thanks to all at Llandysul Canoe club. I hope I can go again next year!!!

**Olivia Kirk**



# Trip to the River Derwent and Pocklington Canal

18th August 2018

On a beautiful weekend in August we set off early to Elvington, near York, for a day of kayaking and canoeing down the River Derwent and then up the Pocklington Canal.

On the stroke of 10 o'clock we met outside the Church in Elvington, boats were unloaded, shuttles were organised, and soon we were off to the 'get out' at Hagg Bridge, a 7-minute drive away.

When reaching the Derwent, passing a huge garden with a giraffe and elephant in it, we entered the water to start the 6.5-mile circular route.

The river was slow flowing with many a turn and with overhanging trees touching the water. The biggest of which was a beautiful weeping willow in an adjacent garden cascading down to touch the water.

Travelling along we came to a lock at the Pocklington Canal, where we needed to get out, but a canal boat was in our path moored up, with a workshop attached!

The owner, an eccentric old geezer in silk pyjamas, appeared, coughing and spluttering and moved his workshop across the canal, allowing us to proceed on our trip and telling us many a tale of his adventures!!

After lunch we set off up the Pocklington Canal back towards Hagg Bridge.

This was the most amazing clearest canal I've ever seen with many a fish small and large swimming under our boats, we couldn't stop looking down!

At one point along the way there were so many water lilies and plants we couldn't tell where the canal bank was or where the water began! It looked like one big green field.

At the two swinging bridges along the way we had to limbo under which was easier for a kayak than a canoe. Loads of swallows were nesting under the bridges and there were plenty of dragonflies to be seen darting to and fro across the still water.

We arrived back to Hagg Bridge, a total trip time of 3 hours. Leaving the water, we reached the nearest pub at 2.55pm which closed at 3pm allowing us a quick snifter in the afternoon sunshine, before heading home.

Another wonderful day out- great friends, good company, fantastic water!

**Andy Luke**



# Olivia and Eliot, National and International Competitors

2018 SCHOOL GAMES

at Loughborough University

I've just returned from the 2018 School Games, I competed for Northern England in the 200m Indoor Kayak sprint. I used an indoor kayak machine to complete the 200m sprint. Whilst racing, I managed to gain a bronze medal for having a sprint time of 59.3 seconds. I had my medal presented to me by Dame Kathrine Grainger, she has 3 Olympic silver medals and a gold she received gold in the London 2012 Olympic games. Then on the Saturday, I competed for Northern England in the 1500m women's Team Relay. My team managed to secure a gold, which was later given to us in the medal ceremony by Etienne Stott, who also is an Olympic athlete, he has an Olympic gold medal for C2. As well as competing, we also got time to meet other athletes who compete in our sports, as well as Athlete mentors, who use to compete a few years ago at the highest level. The 2018 School games, is an experience I will never forget. **Olivia Kirk**



Whitewater canoe slalom is the hardest, most breathtaking sport in the world. The sport combines tactile decision making with ruthless precision. Imagine for just a second running hurdles during an earthquake. Except the hurdles are electrified. And they swing around. That's pretty much canoe slalom. You get one shot at winning. There are no second chances. Slalom is a problem solving sport. The day before a race, the gates that athletes must navigate are set by officials. There are between eighteen and twenty four gates in a course, and six of these are always 'upstream' - they have to be navigated against the current. The athlete's

time is measured by two laser beams, at the top and bottom of the course, and the fastest time wins. I have been kayaking for 7 years and on the British Canoeing Talent Squad. Earlier this year I represented my country in C1 at an international level. The races were held in Germany and Austria, the course in Augsburg, Germany was built for the Olympics in 1972, whilst Flattach, Austria is a



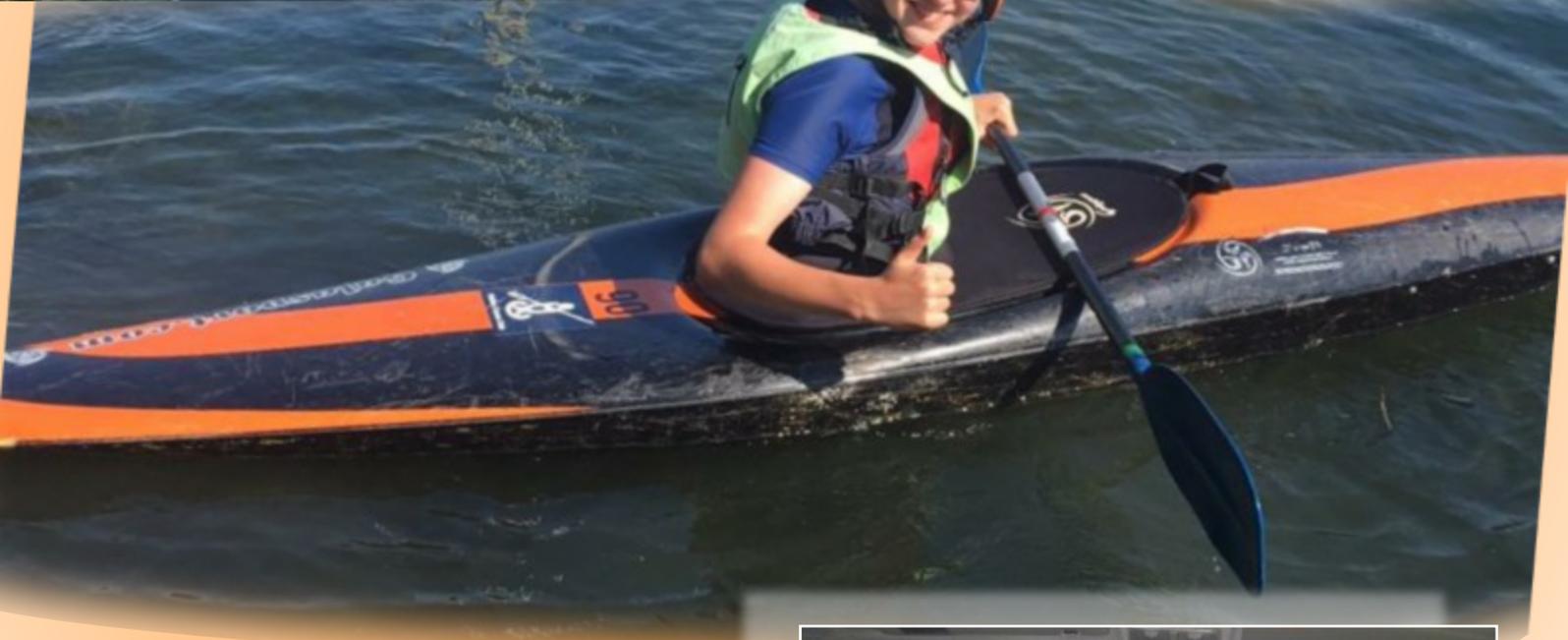
regular venue for World Championships. Slower paddlers are eliminated with only the fastest progressing to the finals in the afternoon. As I had never paddled either course, it was tough to learn both the water and the course set. After some strong and at times brave paddling, I managed to reach finals in both countries. In my first final I was hit by a wave and had to roll my canoe back to the surface, vital seconds that cost me places. My second final in Flattach, a wide Alpine river, went much better. I hope to return next year and improve on my results. **Eliot Wood**



## Kian, who's new to Slalom

**H**i - I'm Kian and began slalom a month ago. At first I hated it as the slalom boats are very different from my kayak, but with the help of Stuart and Sarah (who are brilliant coaches/teachers) helping me find a suitable boat that fit me and made sure that I could paddle a slalom boat. After a week of slalom I was encouraged to enter my first competition and with a lot of help getting the equipment there and a lot of coaching I was amazed when I came third which meant an instant promotion to the third division. I was delighted to have been encouraged to go race by Sarah and Stuart. After that week I went to Oughtibridge with Stuart who supported me throughout the whole event and felt amazing afterwards. I wouldn't have got this far without Sarah and Stewart and I owe them a big thanks for everything

from kayaking to slalom and can't wait for the upcoming pool sessions (really can't wait!).

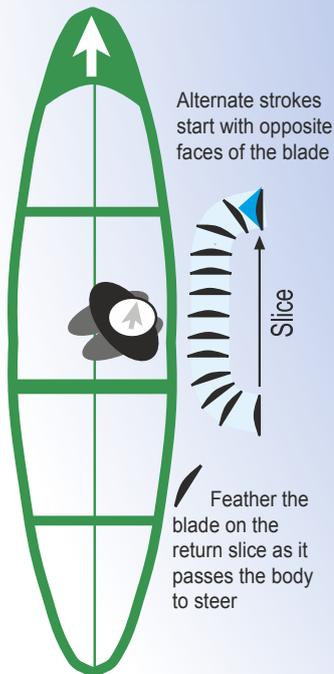


## National J16 C2 Champions

**I**n October at Llandysul, Olivia Kirk and Isobel Papaspyridis climbed into their C2 and raced in the National Junior 16 Championships. After two spirited and sometimes noisy runs their best time of 159.43 seconds with a few penalty points earned them the title of National Junior 16 C2 Champions. Les and Sarah Ford who had entered the Vets Championship were a creditable third after completing only one run. Well done to HXCC.



**FORWARD STROKE**



**NATIVE AMERICAN (INDIAN) STROKE**

**Power stroke**

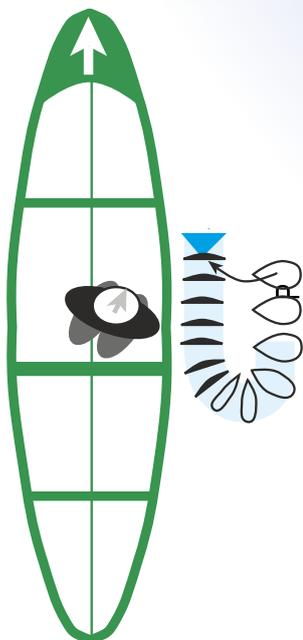
- Body facing paddling side with both hands outside of the gunwale
- Successive strokes use power and back face of the blade alternately **Steering (Correction)**

- At the end of the power stroke turn the paddle grip 90° to slice the blade forward, at the end of the slice turn the grip a further 90° in the same direction to start the next power stroke with the opposite face of the blade.
- The stroke is repeated with continuous rotation of the grip in the palm of the upper hand
- As the blade slices forward you can feather the blade to steer (i.e. leading edge further from boat will draw the boat towards the blade) or gain support by taking the blade further from the boat

**Recovery**

- There is no recovery as such, the blade is in the water providing continuous support making it a good stroke for whitewater and windy conditions.
- Used by the Native Americans as a silent hunting stroke, crouching lower into the boat as they approached their pray. Also favoured by the army for night paddling as there is no possibility of moon light reflecting from an exposed, wet blade

**FORWARD STROKE**



**KNIFING J (CANADIAN) STROKE**

**Power stroke**

- Similar to J-stroke except top (grip) hand drops at end of power stroke **Steering (Correction)**

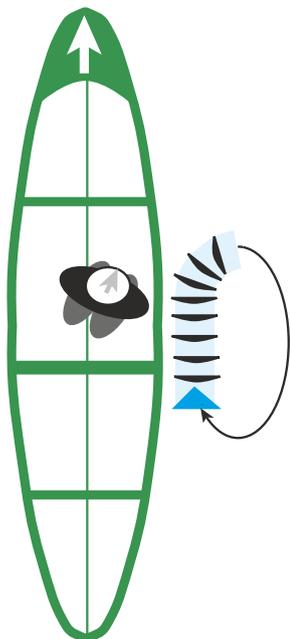
- At the end of the power stroke the blade is knifed forward underwater
- blade almost flat, power face upwards, leading edge slightly lower than trailing edge
- Bottom hand controls forward movement top hand controls angle
- As blade moves forward top hand levers down on gunwale as bottom hand lifts blade up (harder pull up on blade gives more correction)

**Recovery**

- Once enough correction has been achieved, raise leading edge and slice blade out of the water and skim forward to the catch of the next stroke

Regarded as the definitive steering stroke for canoe trippers. It was actually the Americans who came up with the name (originally it was called the Knifing-J). Canadians just didn't bother changing it back because, according to the experts, a well-executed Canadian Stroke is the pinnacle of perfection in motion, a skill that only comes after extensive canoe tripping (best done in - Canada!).

**REVERSE STROKE**



**REVERSE J-STROKE**

Only included for completeness. Worth trying to see how awkward the stroke is and ineffectual it would be at moving you backward quickly when needed

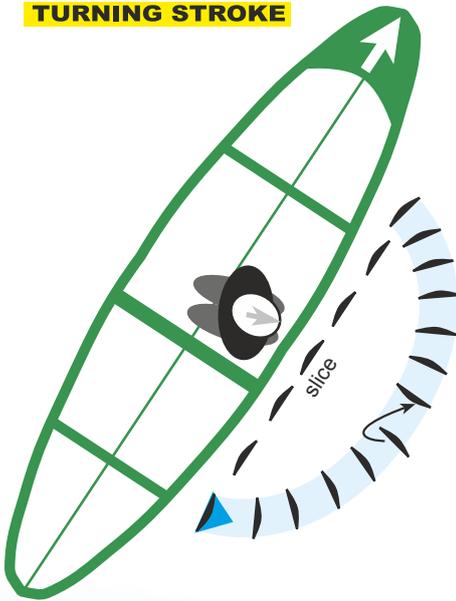
**Power Stroke**

- As for normal Backwater **Steering (Correction)**
- As the blade passes the knees it is turned away from boat by turning top hand thumb towards the water and forcing water away from the boat with the back side of the blade
- Lever off the gunwale for extra steering
- Extra steering can be achieved by starting stroke with a stern draw (Reverse C-stroke)

**Recovery**

- Lift blade cleanly out to side and recover with power face down

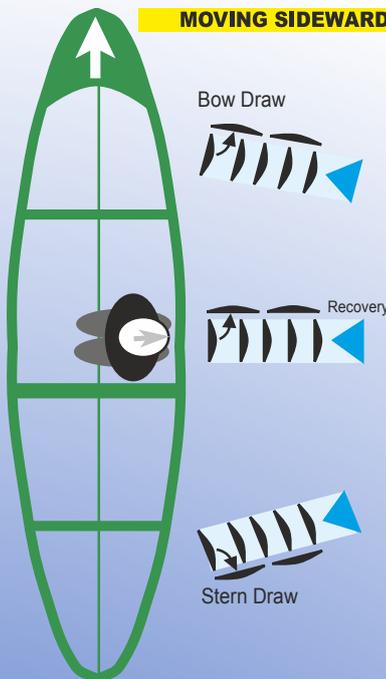
## TURNING STROKE



## INSIDE PIVOT TURN

- Turns bow towards paddle side (paddle on inside of circle created)
- Start with a reverse sweep using the back face of blade
- At mid point (hips) turn blade (power face forward) without changing grip. Thumb of top hand changes from pointing up to down
- Finish with bow draw
- Recover with stern slice or lifting the blade
- An alternative to turning the blade at the mid point of the stroke (which can cause a stall) is to change top hand grip only from thumb up to thumb down
- As with outside pivot turn the boat should rotate on axis without moving laterally

## MOVING SIDWARDS



## DRAW STROKE

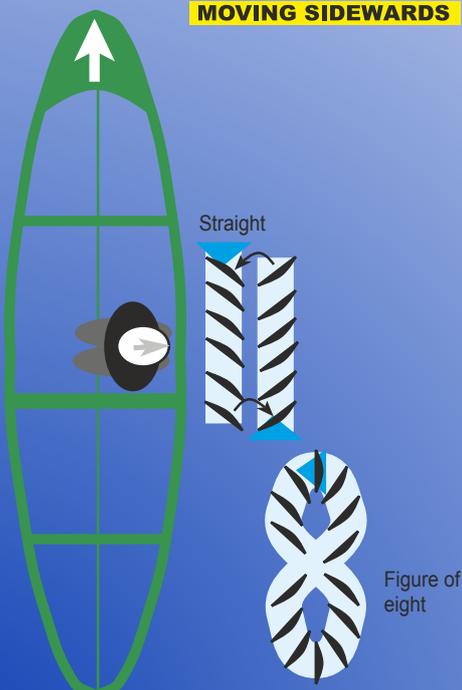
The Draw stroke is one of a range of strokes used to move the boat sideways from both a static position and 'on the move'. Used to avoid obstacles and position the boat.

- Trunk rotated looking in the direction of travel
- Reach as far away from the boat as is comfortable
- Plant the blade parallel with keel, power face towards boat
- Top hand acts as pivot point
- Lower hand pulls blade, with firm grip, directly towards hips
- Stroke ends 15cm (6") from boat
- Rotate blade and knife (slice) back to start position
- Experiment with edging, different boat designs respond better edged towards or away from stroke

## RUNNING DRAW STROKE

- A draw stroke 'on the move' will move the boat to the side but a knifed recovery will affect the direction of the boat as it moves out through the flowing water.
- If more than one stroke is required to change the position of the boat use a cut stroke or a sculling draw.

## MOVING SIDWARDS



## SCULLING DRAW

The sculling draw is a more efficient and effective stroke where multiple draw strokes are required. Instead of performing repeated draw strokes, the paddle is "sculled" back and forth through the water.

- Trunk rotated looking in the direction of travel
- Lower arm provides power and control, flexed to give a strong pull
- Top hand high over gunwale supports the paddle and assists with feathering blade
- Blade angled at 45° with power face towards the boat
- Shaft as vertical as possible with the blade deep
- The blade path is a continuous movement either a straight line back and forward or a 'figure of eight'.
- Draws the boat towards the moving blade
- Will work continuously on moving water because there is no recovery. Sculling also provides support and stability.

# CANOE Tube

Click on the red icon for HXCC videos



**River Calder**



**Isle of Skye  
sea kayaking**

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



Remembering the cold weather in March when our new aspiring coaches started their training brrrrrrr!



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



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

I grew up on Teesside and got into paddling and other outdoors stuff through the scouts. Well actually pre-cubs as my dad was the scout leader so we were regularly at camps and having a go at everything, so my first time canoeing was in the lakes aged 4.

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

I'd been to a couple of Sowerby Bridge slaloms before I moved to Huddersfield in 1998 so knew it was the nearest club. I was about to join when I started a part time MSc which got in the way. So I didn't actually join for a couple of years by which time Sarah had moved down here too and started on pool session with me getting involved soon after.

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

Too much! I'm currently Coaching Officer and a coach – doing slalom sessions and white water trips, as well helping coaches progress. I also seem to do lots of odd jobs around the club and deal with the back end of the website (a throwback to my time as marketing officer).

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

Heading to the hills or river to relax and play – A bad day on the river always beats a good day in the office.

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

You'd have to ask some-one else - other people might think things I've done are crazy but to me everything was thought out and logical to me

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

I love Scotland, the lakes, white water paddling in the Alps. But I've also been lucky enough to trek in Argentina, Peru and Nepal – so it's difficult to pick a favourite

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

Nutella Flapjack!

**8. Favourite Film?**

I've no one favourite – a whole collection I'd watch if they were on, but nothing that I'd put on first.

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

This could be a long list! Paddling down Pians cataract on the Sanna in the Austrian Alps – closely followed by several other trips in the same area. And then there is the day we did the Coe gorge in Scotland. Any trip on the Tryweryn . . . I could go on. Right up there too are the days I passed by Level 3 Coach and my 5 Star Award.

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

The short term ambition is getting back fit after 2 months with shoulder injury (do your shoulder strengthening exercises! Sitting out is no fun, and it's taken 3 injuries to learn!) Beyond that I want to be promoted to Prem in slalom, and find the time to do more big white water trips. (Nepal? Grand Canyon?)

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

Cub and scout camps as a very young child (3 - 4yrs)

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

Vajda Salto slalom boat, dagger mamba river boat, C2 with Sarah, a SUP – and I'll be seen in other boats too

**13. What is your favourite song (or album) right now?**

Again no real favourites here

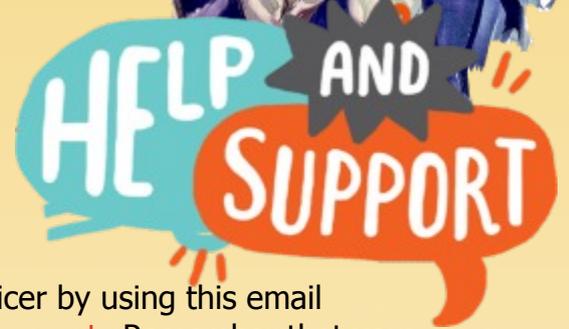
**14. What is your biggest challenge nowadays?**

Trying not to over committing myself / saying no to things - and it's the thing I usually fail on!

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.



The club is more than happy for you to use the club kit but please ensure that you return it after use. If you need to borrow any kit from the club please inform Al Benson Equipment Officer by using this email address [equipment@halifaxcanoe.org.uk](mailto:equipment@halifaxcanoe.org.uk). Remember that you are a member of the best canoe club in England. **Halifax Canoe Club Committee**



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## *Kayaking Energy Recipes*

### **Easy No-Bake Almond Slices**

This is a really easy one for all you sweet toothed kayakers.

#### **Ingredients:**

- 8oz condensed milk (or whole large tin)
- 8oz rich tea biscuits finely crushed (easiest way is to bash the biscuits in a clean sandwich bag and squish them without splitting the bag)
- 4oz margarine or butter
- 3oz of desiccated coconut **OR** ground almonds (for finer texture)
- 1/2 teaspoon almond essence

#### **Method**

1. Place margarine/butter and condensed milk in saucepan and heat gently until melted
2. Remove from heat and add almond essence and stir
3. Mix crushed biscuits and nuts into the saucepan and mix well.
4. Press into greased or lined 7 inch tin (trangler lid will do) and leave to set then cut into pieces.



From Alfresco Quisine (for cooks on the move) and tested at Grand Tully slalom training camp

**Sarah Ford**