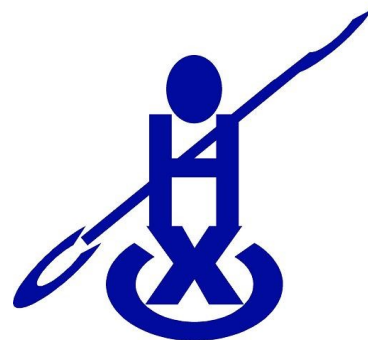


Halifax Canoe Club Newsletter

January 2021



Annual General Meeting & Zoom Social Evening

The Club's Annual General Meeting of Halifax Canoe Club Limited will be held on **Saturday 6th February 2021 at 7.15pm** via ZOOM - the formal notification has been emailed to all members, and a link will be emailed out on Saturday 30th January

Agenda Items

Club Members are welcome to put items on the agenda for the meeting. Any items for the agenda must be received by the Club Secretary on or before **Saturday 23 January 2021**.

Please send your agenda items in writing to: **Bob Lawler** by email to secretary@halifaxcanoe.org.uk.

Agenda for the Meeting

The agenda for the meeting will be displayed on the notice board in the Club House and on the club's website from **Saturday 30th January 2021**.

Election to the Committee

Each AGM we need to elect part of the committee who run our club for you. Nominations are invited for members willing to stand for the following posts which are for a term of 2 years:

- Chair (1 year)
- Treasurer
- Buildings Officer
- Equipment Officer
- Coaching Officer
- Health & Safety Officer
- Volunteer Engagement & Development Officer (1 year)
- Access & Environment Officer
- Marketing (1 year)
- Sea Kayaking

Please consider if you could help run your club by taking on one of these roles.

Further details of the vacant committee posts can

be found on our website, from existing committee members. The form to nominate people for the vacant positions on the committee is available on the Club website. **Nominations must be sent to the Club Secretary (Bob Lawler) by Saturday 16th January 2021 via email to secretary@halifaxcanoe.org.uk.**

Nominations received by this deadline will be posted in the Club House from **Saturday 23 January 2021**.

Appointment of Proxy Voters

This is to appoint another adult member of the club to vote on your behalf if you are unable to attend the meeting. If you wish to nominate someone to vote on your behalf, you must return the completed form, signed, to the Club Secretary (at the above address) to arrive no later than **7pm on Thursday 4 February 2021**. Any proxy voting forms received late will be invalid. Proxy voting forms can be downloaded from the Club website.

Awards and Social

Due to the disruption of last year and the move to an online format for this year's AGM we are changing the format slightly to allow us to celebrate the work done by all our members. Further details will be sent out to explain how you can nominate a member for recognition. We will also be having some guest speakers. Further details will be published with the final agenda.

Buffet and bar

This is entirely up to you! Hopefully you will be able to make a special event of it in the comfort of your own home.

Please join us and make this rather unusual AGM one to remember.

Bob Lawler, Secretary

#ShePaddles zoom event – 26th Nov

I was delighted by the response to our event which attracted 40+ paddlers of all ages from GB and beyond for a fun and friendly evening leaving us feeling motivated and inspired to try new things and enjoy paddling.

We were absolutely delighted and honoured to be joined by 3 amazing speakers who are all inspirational female paddlers.



Claire O'Hara

Firstly we heard from Claire O'Hara who started her paddling journey as a youngster in Leeds and has gone on to become an international superstar and multiple world champion in freestyle paddling. Claire joined us by video as she currently lives in Australia and has 2 young children. Claire's passion for paddling is infectious and her message to try all disciplines of paddlesports and to push the boundaries and don't be afraid of getting wet was a great start to the evening.

We were then joined by Eila Wilkinson who stated her paddling journey as an adult and decided to quit work to take on the adventure of paddling around Ireland in 2010. Eila is an advanced sea kayak leader assessor and runs her own business in Anglesey and also runs expeditions in Scotland and Ireland. Eila proves that women can accomplish and excel on an equal level with the men and that the best way to learn is by getting out and paddling, whilst having a healthy respect for the sea.

Our final speaker of the evening was Dani (Danger) King who hasn't actually been paddling that long but has thrown herself wholeheartedly into river

paddling. Her video demonstrated the joy of paddling with peers, smiles, cheers and some big rivers in Scotland and beyond.

Participants were then able to ask questions of the speakers in a friendly and informal end to the evening.

I had so much fun co-hosting this event with Victoria Bradford-Keegan one of the female coaches and former Halifax Canoe club chair who helped and encouraged me when I started out at the club.

In the words of Dani Danger King 'seriously haven't smiled so much on a zoom call ever'

Since the event other she paddlers ambassadors have contacted Judith Forbes our club **#ShePaddles** lead and this will hopefully lead to some inter-club events for all paddlers and new friendships.

Watch out as we hope to share the zoom meeting via our website and Facebook for those who missed it on the night

Liane (Llewellyn) Hickling - Club Chair

#ShePaddles - what is it all about?

Yes, it's about getting more women involved in the sport, but also for those women to get to where they want to be in paddlesport. That means inspiring role models and creating a welcoming & supportive environment at every level within the sport.

Find out more on the [British Canoeing website](https://www.britishcanoeing.org/)



Eila Wilkinson

Say a BIG

Thank You

It might not have been our best year for paddling what with local flooding and then a global pandemic but its been a fantastic year for community involvement and volunteering.

Across the country more people than ever have been looking out for their neighbours, helping the vulnerable and finding new ways to keep calm and carry on in the face of panic buying, lockdowns and quarantine.

Our HXCC Annual Awards celebrations will sadly not go ahead this year due to the COVID19 situation but we don't think our members contribution and achievements should go

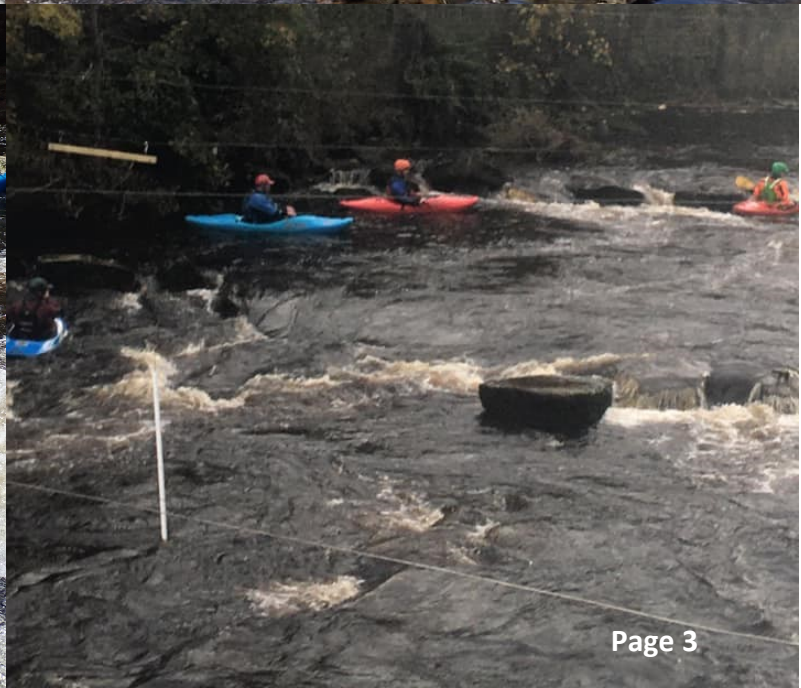
unrecognised.

Halifax Canoe Club members have shone this year in lots of different ways, from committee members keeping the club going, coaches organising sessions and trips, to the individual achievements of paddlers out on the water practicing and developing new skills.

So, who has stood out to you this year? Send a personal message of thanks or congratulations to another member via the link below and we'll send them a special e-card!

[Go to the form](#)

2020's Socially Distanced Paddling



How do we protect the sport we love?

Club members helped with two surveys which provided evidence to the consultation on Menter Mon's proposed Tidal Power Demonstration Zone (the Morlais Demonstration Zone or MDZ) on Holy Island. So here is an update on the project.

The MDZ proposal is for by far the largest tidal energy scheme in the UK, involving up to 620 tidal turbines with up to 130 mounted on floating platforms. The zone starts 500 m from the western tip of South Stack for undersea devices with arrays of floating devices starting 1 km offshore. Covering 34 sq km, including the run-out from North Stack, South Stack and Penrhyn Mawr, this installation will not only industrialise the wild west coast of Holy Island but could also have fatal consequences for boaters or swimmers swept into the array. This video shows what one might (quite literally) come up against: <https://youtu.be/7tzksqO5XB8>

This major development needs a Transport and Works Act order from Welsh Ministers and a Marine Licence (ML) from Natural Resource Wales (NRW). The application and consenting processes for both are still underway, with a virtual Public Inquiry on the TWA order nearing its conclusion next month. With kayaking interests overlooked at the outset the applicant is now heavily invested in a design that will reduce access for kayaking with a knock-on effect on the kayaking businesses (and those that support them) in Anglesey. How did this happen?

The planning process requires the applicant to assess potential significant environmental impacts of the proposal, including on local Socio Economics, Tourism and Recreation. As we are talking about Anglesey, an island just 20 miles long and 17 miles wide with approximately 130 miles of beautiful coastline one might reasonably have expected employment in a range of coastal and marine activities, including adventure tourism, to be a major feature of any such assessment. But the ONS labour market statistics used as the basis for the economic assessment (NOMIS categories) are not granular enough to identify such employment sectors and jobs based around recreational boating and coastal water sports are not visible in these



Floating device: Orbital Marine Power

statistics.

In a further oversight of kayaking, the Navigational Risk Assessment which is a key element of the marine licensing process, is informed by Marine and Coastguard Agency guidance on offshore renewable energy installations, but this guidance is not focussed on inshore installations in seas frequented by recreational craft including kayaks.

Until now most tidal capture schemes have genuinely been 'offshore' with commercial vessels (shipping, fisheries) the most likely marine users to be affected. But this scheme is unique in its proximity to an area frequented by recreational boating and in its use of surface breaking, rather than submerged tidal devices, and this means there are new risks to be considered.

It is uncomfortable to be raising objections to a project that promotes renewable energy and aims to boost the economy of a place so many of us love. Of course, renewable energy is a good idea. We should be collaborating with developers and finding ways for tidal energy capture to co-exist with other marine users. Perhaps in future they will engage with us from the start.

There are examples of how this might work better. In Scotland a 2019 Study of the Socio-economic Benefits of Marine Industries includes an up to date and detailed picture of the value of recreational boating and highlights canoeing as the fastest growing form of boating activity. Beyond a range of benefits for physical and mental health (as we all know) boating is good for the economy with a multiplier effect beyond direct employment. The value of recreational boating must be considered when assessing the impact of tidal energy projects on coastal communities and this report is a great

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starting point.

Surfers provide an example of how we might prepare to engage more proactively with future projects. Surfers Against Sewage published guidance and data for offshore renewable developers which explains the scale and importance of surfing in the UK as well as highlighting surf spots they wish to protect.

Interest groups such as surfers, or kayakers, also need to have a formal, authoritative consultation route for developers but be able to draw on the expertise of local people. National and local voices could be coordinated to respond effectively.

In the meantime, volunteers for Snowdonia Canoe Club and Canoe Wales are doing a fantastic job representing kayaking interests at the Inquiry and the group has suggestions about how British Canoeing might be involved with future tidal energy developments.

After all, now that Britain has 'taken back control of its waters', we need to make good use of them. If future tidal developments work can with existing marine users there's no reason why we can't continue to enjoy the economic, social and health benefits that are associated with messing about in boats, as well as using tidal power to meet renewable energy targets.

Are you interested in gaining a 'Personal Performance Award' to improve or recognise your paddling skills?

British Canoeing's Personal Performance Awards are designed for paddlers wanting to gain recognition of their learning and development, in the craft and environment they choose.

The process of completing the awards is based on learning and, as such, the ethos of 'supporting the paddler' is the main focus of all the awards, encouraging individuals in their development.

I'm thinking of running some sessions for members to complete some of the Personal Performance Awards over the coming months.

These could include:

Paddle Discover Award – showing you've developed your fundamental skills and decision making in your paddling

Paddle Explore Award – an indication that you are a competent independent paddler (on flat water)

White Water Award – showing you have the skills for a safe, fun day on grade 2 white water (*there are other more advanced awards for higher grade water*).



Slalom Awards – since we aren't racing at the moment these may be something to keep you motivated (there are 3 levels – the link is to the initial award).

Stadium White Water Award (New for 2021) - showing you have the skills for a safe, fun day on an artificial white water centre (*there are other more advanced awards too*).

There are awards to cover all of the paddling disciplines – so if there's something else that interests you we can look at getting someone in to deliver that or link you with a provider that can help you. See the full range of awards at <https://paddlesuptraining.com/category/personal-performance-courses/>

Email Les (coaching@halifaxcanoe.org.uk) with those you are interested in and if there's enough interest we'll look to make some happen.

Member Focus:

Sarah Ford

For those who don't know me, I'm Sarah, club treasurer and a coach, married to Les, Coaching Officer and Marketing officer (hence reason I thought I'd better do something for the first newsletter for a while!). I like to think I am a strong paddler and coach up to grade 2, okay at grade 3 and a scaredy cat beyond that. When not in a kayak I love Open Boating and SUP-ing although always more practise is needed.

My first paddling experience (last century!!) was a one-off led river trip on the Wye with my family in late 80's when I was the only one brave enough to try a small seal launch, capsized and thought I was going to drown having been underwater for what felt like minutes but actually was about 8 seconds. Certainly not long enough for the instructor to worry.

Over 15 years later in Elland pool I learnt the basics, progressed to the river and that was that – hooked and paddling became so important. It is my main stress release (whatever boat, paddling or coaching) and I couldn't have got through the last 5 years without it. Good job really given paddling now takes up 70% of my work leave entitlement as Les and I travel around the UK competing, training, coaching, judging and running white water slalom competitions every other weekend (Nov – Feb), 3 weekends out of 4 (March to October) and 2 week long camps. We coach for Yorkshire Region slalom and sit on that committee as well as Halifax Canoe Club.

As you can imagine the last 10 months have felt very different and I thought they would be tough but actually there have been positives....

- Paddling Facebook reminders have brought back



happy memories rather than feeling an overwhelming sense of loss

- The free time and money saved from being at home has been well spent finally doing up our back garden after talking about it for 18 years.
- Have still got out and paddled when restrictions occasionally allowed and loved them even through lockdown weight has made my slalom boat far more snug than connectivity requires.
- An advantage of hitting the menopause means I'm now only cold on the water about 5% of the time rather than 60% in previous years. (unless inadvertent swim!)
- Club paperwork is more up to date than ever before for monthly meetings and AGM
- I took the opportunity to pass my international slalom judges exams (aiming for Paris 2024?!)

Now lockdown 3 has arrived.

It feels like a new paddling experience (beginners, grade 4, competition). The environment is in control of almost every move, you know where you want to be but frustrated/angry/fed up/resigned that things aren't working right and you're hanging on with emotions all over the place. But we've got through the first 2 and each time you learn a bit more (physically, emotionally, mentally).

One of my chief worries during lockdown 1 was that it would change me, I would love weekend lie-ins more than my chosen leisure interest and resent the time I gave to paddling. Glad to say that hasn't happened, I feel recharged and raring to go. Weirdly grateful for a bit more time to do some dry training and healthier eating so when I get back in my slalom boat I've finally achieved the winter training aspiration that I haven't met in a decade of half hearted trying.

2021 here we come.



A Photo Tour of Harris & Lewis



Photos from Chris Hickling



January 2021



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A Photo Tour of Harris & Lewis



Warm up your laughing gear!

I was quite cold whilst out in my kayak so I lit a fire a fire inside the craft to warm myself up.
Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Every morning for the past six months, I announce loudly to my family that I'm going for a jog, and then I don't.
It's my longest running joke so far!

Did you know that when your canoe flips over you can use it as a hat?
That's because it's capsized.

The inventor of hard boiled eggs wrapped in sausage meat has just passed away.
RIP Scott Chegg.

Are you having trouble understanding top heavy fractions?
You can call our helpline – we're open 24/7.

New British Canoeing Leadership Awards Now Available



British Canoeing is pleased to announce that the **NEW Leadership and Raft Guide Awards** are now available.

The new awards aim to create more opportunities for people to paddle by increasing the number of qualified leaders.

The awards suite aligns to the British Canoeing Educational Philosophy and supports leaders and raft guides to run safe, quality, enjoyable trips, based on their group's needs and aspirations.

The awards are ideal for clubs, centres and activity providers looking to lead groups on single or mixed craft journeys, from sheltered water to advanced water.

The biggest change across all the Leader Awards is that it should be easier for experienced paddlers to access an assessment as paddlers can go straight to a one day assessment (so long as they have the pre-requisites). Formal training will still be available for those that want it but it is no longer a requirement.

Read more about the NEW awards on the [British Canoeing Awarding Body website](#) or [Paddles Up Training website](#).

Interested - speak to Les Ford our Coaching Officer coaching@halifaxcanoe.org.uk

NEW Supportive Resources

There are a [range of NEW resources available](#) to support you in your development as a Leader or Raft Guide, as well as resources to support your trips and journeys.

The [NEW Leader and Raft Guide Self-Analysis tool](#) aids you in identifying specific areas of development, so you can plan your own unique learning and development journey based on your responses.

Whether you're driving 20 miles down the road to a new location or planning an overseas expedition, the [NEW Leading in Unfamiliar Environments eLearning](#) will provide top tips and considerations.

The [guidance for leading mixed craft](#) is ideal if you're looking to become a Paddlesport Leader or Paddlesport Touring Leader.

A selection of resources to support your [leadership decision making when considering using weirs](#).

A revised and revamped [digital logbook](#) is available to download so you can record your experience, forming a diary to capture and reflect. This will support you in your progress towards assessment. This can also be used as a development record for qualified leaders.

Cookery Corner

One of the best bits of paddling kit (actually, outdoors kit generally) I've bought recently is a Thermos food flask. It's easy to get cold on a paddling trip, especially in winter, so some hot food can make the difference between an enjoyable and a miserable day. The 470 ml size flask holds a good portion for a hungry paddler (there's a larger size if you reckon you'll get *really* hungry) and it even has an integrated spoon. The smug feeling you get as you're tucking into some hot food while your paddling buddies are forcing down a limp, soggy, pre-packed sandwich is worth the £20 asking price alone!

I think curries, stews and soups are just the type of hot food you need on a cold paddle. This quick-and-easy chorizo and chickpea stew, and the chickpea and sweet potato curry (which is vegan-friendly), are probably my favourites. Both freeze well, so you can make a big pot then divide into portion-sized batches to keep in the freezer. Enjoy!

Al Benson

Chickpea and Sweet Potato Curry (vegan)

- 2 tbsp olive oil
 - 2 medium onions, diced
 - 3 medium carrots, diced
 - 4 cloves garlic, finely chopped
 - 3 fresh red chillies, deseeded and finely chopped
 - 15 curry leaves, whole*
 - 1 tbsp urad dal (optional)*
 - 1 tbsp chana dal (optional)*
 - 1 tsp black mustard seeds
 - 2 tsp ground coriander
 - 1 tsp ground cardamom
 - 2 tsp ground turmeric
 - 1 large sweet potato, peeled and cut into smallish chunks (about 400 g)
 - 1 small squash/pumpkin, peeled, deseeded and cut into smallish chunks (about 400 g)
 - 2 x 400 g tins chickpeas, drained and rinsed
 - 1 x 400 g tin chopped tomatoes
 - 750 ml vegetable stock
 - Salt & pepper
- A good handful of coriander leaves, chopped

**Urad dal and chana dal are dried split peas, used here as a seasoning (they turn red and nutty when fried with the other spices). You can get them, along with curry leaves, from Asian grocers, but bigger supermarkets now sell them too. You can freeze curry leaves and use them straight from the freezer, so buy a big bag when you do see them.*



Here's how to make it:

Heat the oil in a large pan.

Add the onions and garlic and gently fry until soft. Add the spices (chillies, curry leaves, mustard seeds, ground coriander, ground cardamom and turmeric, plus the urad dal and chana dal if using) and leave them to sizzle lightly for a couple of minutes, then add the carrots and continue cooking over a low heat for five minutes (add more oil or a splash of water if it looks too dry).

Add the sweet potato, squash/pumpkin, chickpeas, tomatoes and stock. Stir, bring to the boil and scoop off any orange froth that appears at the top.

Now turn the heat down to a gentle simmer.

Cook until the sweet potato and the squash/pumpkin are tender but not broken up.

Season with salt and pepper, then stir in the coriander leaves.

As with most curries, this one benefits from being left to sit overnight before being reheated.

Chirizo and Chickpea Stew

- 2 tbsp olive oil
- 2 medium onions, diced
- 2 garlic cloves, finely chopped
- 250 g chorizo, cut into smallish chunks
- 2 x 400 g tins chick peas, drained and rinsed
- 2 x 400 g tins chopped tomatoes
- 2 tbsp sultanas
- Juice of half a lemon
- Salt & pepper
- 1 tbsp pine nuts, lightly toasted
- 1 tbsp chopped parsley

Here's how to make it:

Heat the oil in a large pan.

Add the onions and fry until soft, then add the garlic and the chorizo.

Once the pan's swirling with the smoky chorizo fat, add the chick peas and stir to cover them in the oil.

Add the tomatoes and sultanas then simmer for about 20 minutes.

Add the lemon juice, pine nuts and parsley, and season with salt and pepper.

Done!



Tunnel safety - requirements for paddle craft

In 2020 The Canal and Rivers Trust have worked with British Canoeing and Canoe Wales to review the safety of paddling through tunnels.

This follows reports of paddlers not following the usage rules and complaints from other canal users.

To keep our rights to paddle through tunnels without restrictions and to stay safe it is important to follow the CRT's advice. This advice has been re-issued by the CRT for England and Wales.

These are summarised below:

- Always stop and check the tunnel port signage to ensure that the tunnel is open to unpowered craft and for other information such as the length
- You must use a forward facing bright light (such as a head torch not less than 80 Lumen)
- You are strongly advised to wear a buoyancy aid/lifejacket

Further information detailing all of the CRT's tunnels can be found [here](#).

Link also gives details of other issue like paddling across aquaducts!

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HXCC is asking it members help to raise money for the Club when they shop online

We are signed up to [easyfundraising.org.uk](https://www.easyfundraising.org.uk) as a good cause which will pay the club a donation every time you shop online.

When you make a purchase with one of the 2,500+ participating retailers, as a thank you for shopping, the retailer provides a donation for you to give to your chosen good cause – Halifax Canoe Club. You pay the normal price – the retailer makes the donation.

Here what you need to do:

1. Go to our [fundraising page](#),
2. Sign up as a supporter – follow the simple instructions, it takes a couple of minutes
3. **Go shopping!** To shop and make sure you activate a donation simply: Search for a retailer through our [fundraising page](#), and click on the link.

Or download the **Donation Reminder** when you register.