

# ONBOARD



Port of Milford Haven

Spring 2016 | Issue 3  
News from the Port of Milford Haven

## At your leisure

Revealed: The secrets to having a great time on the Waterway



Dinghy racing is hugely popular on the river and for good reason - it's great fun. Photo Alex Brown.



### DEFYING CANCER

The charity that won't let illness spoil the fun



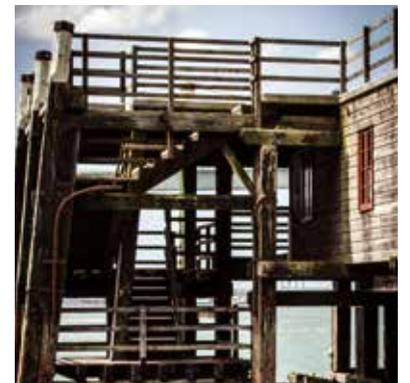
### LEARNING LIFE SKILLS

How a Pembrokeshire sailing club teaches kids a lot more than the ropes



### WARNING WET PAINT!

25 years since Milford Marina was ready (just!) for a royal opening



### WIN £100 OF VOUCHERS

Test your knowledge of local landmarks

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## FROM THE CHIEF EXECUTIVE



↑ Alec and Darrel Walters take the brisk sea air aboard Darrel's yacht 'Carpe Diem'

Spring is finally here. You can tell because we've had snow, thunder, hail, frost, sun and rain thrown at us, sometimes all in one hour. In Pembrokeshire there's a saying that if you can't see the Preseli Hills then it's raining. If you can? Well, then it's about to rain. In any case, one of the many things we do well is 'weather'. This is largely because we live on the western edge of Europe right on the Atlantic, our county embraced by the warm waters of the Gulf Stream. Our location has done much to shape our destiny.

For thousands of years, our deep, sheltered estuary channels and their fertile valleys have attracted traders, farmers, fishermen and passing travellers, many of whom have shaped the landscape, culture and language of this place.

Consequently, we have learned to be very good at maritime trading, to be an efficient link for moving goods, to nurture skills to service maritime industry and to be warm hosts to passing travellers.

This trade, the bustling activity is what drives Pembrokeshire's economy. And our location is what inspires us and others to excel. But how many of us take time off to enjoy what millions of others come to Pembrokeshire to enjoy? We spend so much time telling others to get down here but are we really taking the opportunities ourselves to get out and make the most of our county?

The Milford Haven Waterway, and the coastline it accesses, is a destination in itself. It is not only a playground for sailors, rowers and kayakers. It is also a visual timeline of the county's history, with incredible landmarks along its length. It is a corridor of great pubs, cafés and restaurants, often easier to access by sea than by road. From the action packed open waters of the lower river to the calming and relaxing upper reaches, it really is a fantastic asset for Pembrokeshire.

Milford Marina celebrates its 25th anniversary this year. One of its original bertholders, Darrel Walters is a leading advocate of the quality of sailing we have on our doorstep. Last month, he dragged me from my office desk and my emails to take me sailing on his yacht 'Carpe Diem'. As we exited the lock at Milford Marina (opened on request now we have new gates!) I felt myself relax and unwind. It is a great feeling and I found myself wondering why I don't take this opportunity more often.

My message to you is simple... Life should be a balance of work and pleasure. Get out there on to the Waterway. Carpe Diem - seize the day!

Alec Don Chief Executive

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# Keeping the shipping lanes open

Imagine a digger bucket big enough to hold 40 tonnes... the giant dredging shovel seen here was just one of the tools used in a £1.5m dredging campaign to clear the shipping channels and berths in the port early this year.

Despite stormy conditions several large vessels worked the length of the port from the Heads to Pembroke Dock to clear fine silt and sand from around the terminal berths where oil, fuels and gas are loaded and unloaded.

The work, paid for by the port and energy terminals, was essential to ensure the waters leading to and around the big jetties on the river remain deep enough for some of the larger ships that use them.

"The river is a key artery not just of this port but of the UK," said Bill Hirst, the Port of Milford Haven's Harbour Master who oversaw the operation. "We need it clear to keep the port open for business and keep energy flowing through the biggest oil and gas port in the country," he added. "It's tempting to think a natural harbour such as Milford Haven is always easy to access for even the largest ships. However, the river is constantly shifting material and depositing it on the seabed."

Nearly 180,000 tonnes of fine silt and sand were cleared over three months. The dredgers had to work around several major storms over the period between December and March.

The dredged material is taken to a licensed depositing ground 20 miles offshore.

↓ Digging for victory - mega bucket to go, please.



↑ Port staff work flat out to load and unload the ferry in less than two hours.

## Record haul for freight team

A record number of freight units were shifted through Pembroke Dock Ferry Terminal in February and March. Port of Milford Haven staff broke the record for units handled in February before breaking it again in March with a further increase of 18%.

Freight units include both lorries pulling their own trailers and the unaccompanied trailer units hauled on and off the ferry by Port operatives. Dock staff need to safely load and unload in less than 2 hours, a process that requires a huge amount of planning and skill.

"Watching the turnaround when the ferry comes in is incredible," said director of port operations Natalie Britton. "The team has very little time to move freight and passengers off the boat, then reload it again. They are very, very good at what they do and that's one reason why we are South Wales' busiest and most popular ferry terminal."



↑ Er... no thanks

## Fish at the cutting edge

It's the simplest way to make fish more widely desirable, yet filleting is often considered too difficult to do or not worth the hassle. The industry body SeaFish knows this all too well and put on some pop-up training courses early this year in Milford Haven's Fish Docks to train people in this valuable skill.

The fully booked courses, run on the quayside of Wales' biggest fishing port, proved a huge success with business owners and enthusiasts from across West Wales.

Held in Milford Fish Docks' new purpose-built food processing unit, the workshops were primarily aimed at local fishermen, processors and fishmongers who wanted to hone their skills and learn how to add value to their products.

Alaric Churchill from the Port of Milford Haven, which owns and operates the Docks, said the courses ticked every box for the hosts. "The Port of Milford Haven believes there's huge potential for local businesses to add value to the high quality catches landed in the docks," said Alaric. "We've already seen a new fish smokery open in one of our units. It's clear the market is crying out for local seafood products and we are investing to stimulate that interest and translate it into further jobs and investment here in Milford Haven and across the region."

Claire Treharne from Carmarthen opened Towy Fishmongers in the market a year ago. "We couldn't get tasty, fresh fish and I knew that was frustrating a lot of locals so I decided to open the fishmongers. It is going really well but customers keep asking me how to prepare fish! As the owner I thought I needed to know how to do it."

↓ "Yum! Yes please!"



# Celebrating 25 years - The marina that changed the face of Milford Haven

← Tall ships from around the world packed into the new marina on its opening week.

Milford Marina is celebrating its quarter centenary this summer. The Marina was officially opened by HRH the Duke of York in July 1991. For locals there was some sadness as long empty monuments of a once huge fishing industry were replaced. However, it also brought a great sense that the docks were being given new life.

The marina's construction was also a huge challenge with near impossible deadlines. "In October, 1990 I was given a single sheet of paper with a budgeted plan on it," said Andrew Brown, Engineering Director at the port at the time and the project's manager. "Then they said: 'By the way the Tall Ships Race will start from here in July and it needs to be ready by then,'" he added.

Nine months later, in July, Prince Andrew opened the new marina. "The paint was still wet on the marina office; that's not just an expression. It was actually wet," remembered Andrew. "It was the most exciting project I've ever worked on and we delivered it on time and right on budget."

Milford businessman Darrel Walters was one of the first locals to take a berth. "The marina gave locals like me a new passion for boating," said Darrel. "It brought us onto the water and gave us a way to explore what the sea around Pembrokeshire has to offer. Remember this had always been a working dockyard with grumpy police and gates all around. Now the docks felt open to us - it really was the beginning of a new era," he added.

Andrew Brown agreed. "There was a sense of excitement in Milford at that time that I had never experienced before and never have since," he said.

During the last 25 years the Marina has evolved to become a popular home for hundreds of local boats and a destination for sailors from far and wide. The multi-million pound investment in a brand new set of lock gates has made it one of the most accessible locked marinas in the country.

We'd love to hear about your memories and see your images of Milford Marina over the last 25 years to feature during the celebrations! Please get in touch on [marketing@mhpa.co.uk](mailto:marketing@mhpa.co.uk), call 01646 696360 or message us on Facebook or Twitter and use the hashtag #milfordmarina25.

← With only months until opening, landmarks of a once extensive fishing industry rapidly gave way as the marina took shape

# It's o-fish-shell: The Festival is Back! (if you can do better, let minnow)

The Port of Milford Haven's Milford Fish Festival is returning for its second year following the huge success of the inaugural event in 2015. Now running over two days instead of one, it will take place on the weekend of the 25th/26th June, and mark the opening weekend of Pembrokeshire Fish Week 2016, a week of fish-themed activities around the county, organised by Pembrokeshire County Council.

"We're delighted that Pembrokeshire Fish Week is back this year, and that Milford Fish Festival will mark the start of an exciting week for the county. To put on an event right here in Wales' biggest fishing port that kicks off Pembrokeshire Fish Week celebrates the history, the culture and the future of an industry that means so much to Milford Haven," said Lucy James from the Port of Milford Haven. "The Docks should be the beating heart of this town, and it's been great to see locals (and the businesses who depend on visitors) getting behind the festival," she added. "There was a unanimous call for us to do it again, so we are delighted to say it's back, and it's bigger this time!"

There will be cooking demonstrations, live entertainment, fresh food and on water activities this year and lots of exhibitors with some of the best of local food, drink and craft on offer.

**You can find out more about the festival at [www.milfordfishfestival.co.uk](http://www.milfordfishfestival.co.uk)**

# Set Fair for Seafair 2016



↑ There's a rare chance to crew the classic schooner, Johanna Lucretia at the biennial Seafair Haven in June.

Seafair Haven, the maritime festival that brings classic boats and sailing enthusiasts from around Europe to the Milford Haven Waterway is back this year, running from 11-18th June.

The village of Lawrenny is playing main host to the event. The festival always creates a spectacle on the Waterway as classic and vintage vessels parade upriver. A range of onshore events will also be held, including live traditional music, that typically draws locals and non-sailing visitors down to the waterside.

During the week, group sails take place with destinations including Angle, Coedcanlas, Cresselly, Pembroke Pool and Dale. The planned schedule can be found at [www.seafairhaven.org.uk](http://www.seafairhaven.org.uk) Amongst classic sailing vessels participating this year is the spectacular tallship Johanna Lucretia. Visitors can book a sailing trip aboard her during her stay. However, if you feel a need for speed, you can also sign up to sail aboard the racing yacht Challenge Wales.

# WHAT'S YOUR LEISURE?

**In Visit Wales' Year of Adventure, now is the time to discover the incredible range of leisure activities available around Milford Haven Port. From kayaking and paddleboarding upriver, and powerboating, dinghies and rowing in the middle, to high octane yacht racing and coastering at the river's entrance, the Haven offers huge opportunities for fun, relaxation and exhilaration.**

There are many ways to categorise people living in Pembrokeshire. Here's one...

There are two kinds of people in Pembrokeshire – those who know about the river and those that don't. No surprise that the Milford Haven Estuary is often called the secret waterway. Locals know it simply as 'the river' and couldn't live without it. But step inland a few miles and you'll find people who barely know it exists.

Here we lay out why discovering the river and what it has to offer should be an absolute priority for everyone. The estuary cuts Pembrokeshire in half from the belly at Angle, all the way to the limbs of Haverfordwest and Canaston Woods. It is easily accessible for most and there are clubs and organisations along its length that make it their business to get you on the water in a safe and enjoyable way.

“This is a stunning waterway! I would urge everyone, if you live near it, get on it!”

Pete Ward, The Real Adventure Company.



↑ Naturally calming - Canoeing or kayaking gets you close to nature and is incredibly relaxing.

### UPPER REACHES – Explore and Relax

Pete Ward is one of the Cleddau Estuary's greatest fans and one of its most experienced guides. He runs the Real Adventure Company and regularly takes kayaking and canoeing parties upriver.

“This is a stunning waterway,” says Pete. “Travelling upriver takes you on a historical journey. The story of south Pembrokeshire's ‘englishness’ unfolds here. You make the same journey that the Normans did a thousand years ago. They saw the good farmland and they took it and brought in West Country folk to farm it,” he explains. “I take groups all the way up to Haverfordwest and as you quietly approach and see the castle and church spire ahead it feels like you are invading just like they did.”

Kayaking on the estuary has seen a huge growth in popularity in the last few years. “We get a lot of people in their 50s who want to be reflective, or to appreciate the incredible wildlife. They are blown away by how tranquil and unspoiled it is compared with elsewhere,” Pete continues.

While mindfulness or wildlife are the goals for some, it's definitely adventure for others. This is a river to explore, with hundreds of hidden inlets and flooded quarries. It's a free ride too if you time it right. “The river is a conveyor belt through beautiful countryside,” explained Pete, referring to the ebb and flow of around 6m of tide. “I would urge everyone, if you live near it, get on it! There are so many different ways to experience the Cleddau and you don't have to be a kayaker to make the most of it.”

For more information about activities on the waterway visit [enjoymilfordhavenwaterway.co.uk](http://enjoymilfordhavenwaterway.co.uk)



### DOWNRIVER - To the Heads! Swell Cruising

This is the hunting ground of the cruisers and racing yachts that are looking for clear air. Milford Haven and the waters outside St Ann's Head boast some of the best cruising waters in the UK. Whichever quarter the wind is on, there are superb destinations to head to that will round off an enjoyable passage past some of the most stunning coastline in the world (and that's official according to the National Geographic Magazine). Of course, sailing is not something to go into with a thin wallet (although it may well end up that way). You need to spend and keep spending and unless you manage plenty of time on the water, the £/hour pleasure ratio can get a bit scary. Chartering is a good option for occasional sailors.

There's a big cruise racing scene down here, and a great way to get involved is to volunteer as crew. Yes, you'll think you're back in school when the heat is on and the skipper gets a bit shouty. However, the exhilaration of it all more than compensates.

Away from the open water, this more rugged coastline offers other fantastic opportunities for adventure seekers. There is a lot of windsurfing out of Dale and Pete Ward from The Real Adventure Company says the beaches, bays, nooks and cliff crannies are well worth exploring too. He takes canoe and kayak enthusiasts out to get a unique perspective on the coastline. “Aside from mixing it with the rocks, even getting up close to the jetties and piers is impressive, although you obviously need to keep well out of the way.”

There's also fun to be had coastering - scrambling, jumping and swimming over and around the cliff bottom when the tide is right. However, this can be a very dangerous stretch of water. “Like the kayaking this should only be done with a guide or instructor who knows the waters,” Pete is keen to emphasise.

### MIDDLE RIVER - Not Just a Busy Port

From just above the Cleddau Bridge to just beyond Milford Haven, river banks bear the marks of restless human activity. On water too, speedboats, jetskis and (occasionally) trailing wakeboarders and skiers buzz past the Jolly Sailor pub in Burton. Powerboating is hugely popular here. It's relatively cheap to get into, a real blast of fun and the best way to cover the miles downriver.

Down past Neyland on any breezy Saturday, dinghies jostle and skitter around markers, often battling the winds that funnel up the estuary. The club scene is pretty big along here. “For anyone who's not tried it, dinghy sailing is one of the most exhilarating activities there is,” says Paul Harries, Vice Commodore of Neyland Yacht Club, a popular club with its roots firmly in dinghy racing. “We take kids as young as eight, and once they get up and running you can really see them grow in confidence. They learn so much about safety, responsibility for themselves and for others and most of all they have a fantastic time.”

This is also the perfect area for Celtic longboat rowers to stretch out along the more open waterway. Several longboats have their homes here and the local teams are always on the lookout for keen new crew. For the speed freaks there are also skiffs and yoles, super light single and double sculls that zip across the water, great fun but wet fun too, especially for beginners.

### Just get me out there

If you just want to get on the water and let someone else do all the work there are several operators on the Haven who run trips for sightseeing, fishing, diving, sailing or plain adrenaline seeking fun.

Blue Thunder Charters, Pembroke Dock  
07789 492228  
pleasure, fishing, diving

Broadside Boat Charter, Dale  
07768 935681  
fishing, diving, wildlife, pleasure

Dive Pembrokeshire UK Neyland  
01646 600200  
pleasure, diving, heritage tours

Pembrokeshire Cruises, Neyland  
01646 602500  
Cruiser sailing

Sealife Adventures, Neyland  
01646 600313  
fishing, wildlife, pleasure

Welsh Sailing Venture, Neyland  
07974 412628  
Sailing for people with disabilities

### Learn the ropes with the RYA

There are several RYA accredited training centres on the Haven. They are the perfect places to get started, boost your confidence or prepare for a solo 'round the world attempt. You can also gain powerboat qualifications too. Check out [RYA.org.uk](http://RYA.org.uk) and look for the “Where's my nearest?” link.



Dale Yacht Club  
01646 636362

Pembrokeshire Yacht Club  
01646 692799

Neyland Yacht Club  
01646 600267

Pembroke Haven Yacht Club  
01646 684403

Lawrenny Yacht Club



↓ Serious messing about – dinghy sailing is more than fun, it's a load of life skills under a sail.



# Keeping things safe... meet the man who's often first responder when you run into trouble on the river.



↑ "Buoy's toys - Brian will shortly lay his safety markers on the river ready for the season."



↑ Many people are glad to see the back of Brian, especially when he's towing them to safety.

Let's get this out the way right from the off, shall we? Brian Macfarlane is one of the fun police. Yes, that's right, the fun police. If you're jet-skiing where you shouldn't, bombing upriver at 30 knots on your way back from the pub or veering dangerously close to a fast moving ferry, it is quite likely Brian will want to have a little word. In fairness to Brian, this is because you are breaking one of the bye-laws that are in place to maintain safety on a busy waterway.

However, you are just as likely to meet Brian should your engine fail mid channel, your prop get fouled in a lobster line or if there's something big lurking just under the surface of the river causing a danger to passing boats. "At the end of the day the river is for everyone's enjoyment, and there are plenty of places you can have fun," says Brian. "But at the same time it's a hard-working, busy port. So we need rules. And just occasionally," he grins, "not very often to be fair, people break those rules and when they do, they can put others in danger."

**"Some situations demand authority. However, it's much better to do it with a quiet chat. Bit like being a dad really..."**

Brian's official title is Water Ranger. This might conjure an image of a smartly dressed, stern officer; badge on his jacket and big hat placed firmly on his head. This would be wrong, however. Brian is far from untidy but he's extremely relaxed, nearly always cheerful and wearing a

big hat would be daft because in the boating season he spends much of his time in a boat on the river:

"I have two offices. One has a desk. The other one is the most wonderful tract of waterway. I might be patrolling the waterway, networking with commercial operators such as the marinas, giving safety advice to boat owners, or even escorting the ferry in and out of the haven on busy days."

As commanding as some might think he is, this Scottish bear of a man has a gentle side. A divorced dad, raising his daughter in their home in Spittal, Brian is definitely the kind of man who's quicker to a smile than a frown.

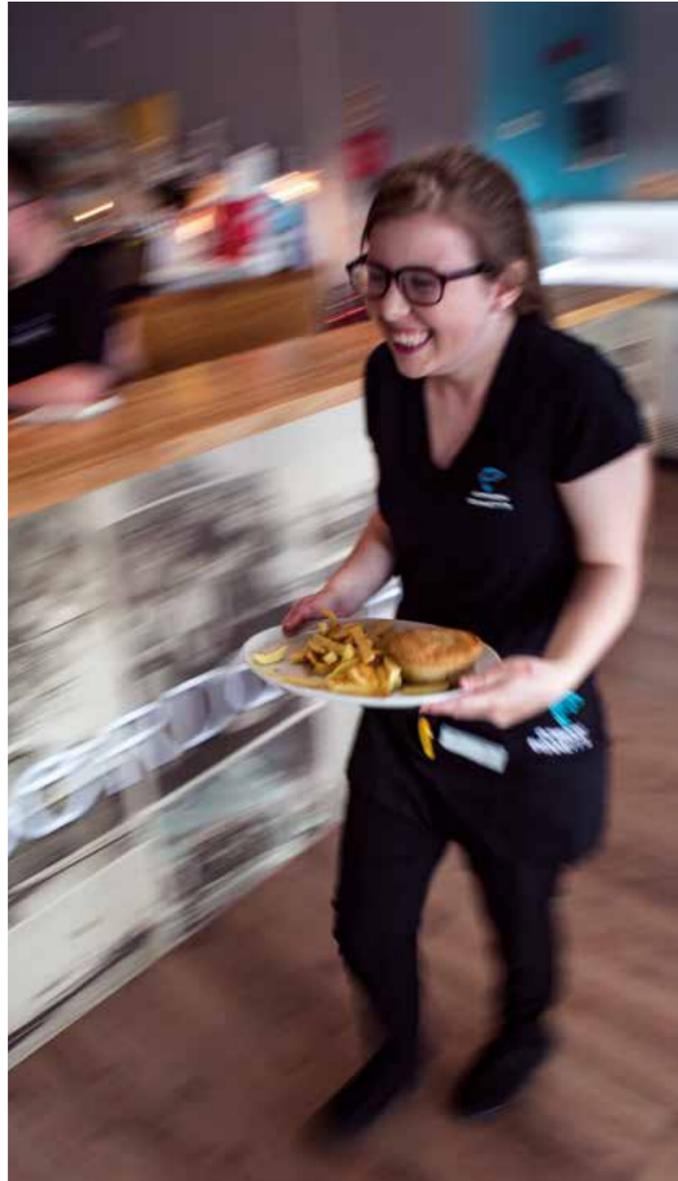
"My family is from the Highlands and that's my spiritual home. I started my

working life in the Royal Navy like my father before me but settled in Pembrokeshire 25 years ago."

As an outdoors kind of a guy (he was an activity centre instructor for several years) Brian has thrown himself into every exciting activity Pembrokeshire has to offer from coastering to cliffjumping. He's also a 4x4 fanatic and will often be found under his Landrover bonnet at weekends.

"I fell in love with Pembrokeshire immediately. The variety is key: you can get up into the hills or down onto the beach, both easily on the same day. The scenery is stunning and the wild weather only adds another dimension. It's a fantastic place to bring kids up, my daughter is sitting her GCSE's this year and has definitely benefited from being brought up in a rural environment."

When asked how he feels about his authoritarian role on the water, he smiles. "I try and avoid it, to keep it easy going. Ultimately though, some situations demand authority, especially when safety is an issue. However, it's much better to do it with a quiet chat." He raises his eyebrows. "Bit like being a dad really."



↑ Fast fish - Gordon Bennett's has been flat out since the opening.

## New chippy is talk of the town

A fishing port without a fish and chip shop just doesn't seem right. No surprise then that locals in Milford Haven have welcomed the opening of brand new dockside chippy 'Gordon Bennett's Traditional Fish and Chips' that turned on the fryers at the marina last month.

Owner Adrian Hutchings, known by all as Boo, named the restaurant after his grandfather who ran a trawler out of Milford Haven for many years. There's so much fish heritage in Milford which local people love, so news has travelled fast. We have had so much support with some people coming in who remember my granddad."

The restaurant is in Agamemnon House at Milford Marina. For more information look for Gordon Bennett's Traditional Fish and Chips on Facebook.



## Bridge over busy waters

↑ The 37m Cowes floating bridge being built by Mainstay Marine Solutions is one of the few remaining links in the UK not to have been replaced by a land bridge.

Mainstay Marine Solutions in Pembroke Dock has won a major contract that will see them build a replacement so-called floating bridge on the Isle of Wight. The contract will create 20 new jobs at the firm.

The floating bridge service, which has been in place since 1859, is one of the few remaining in the UK. It is like a ferry but pulls itself across the water on a submerged chain and links East Cowes with Cowes across the River Medina.

Stewart Graves, Managing Director of Mainstay Marine Solutions made the announcement in April. "This project has an extremely demanding timescale both in terms of design input and manufacturing. We are delighted to have won the contract and look forward to working with Isle of Wight Council to ensure that users can enjoy its benefits for years to come."

## B FIT

A new private, results based health and fitness centre is opening its doors this Spring in Cedar Court, Milford Haven.

B Fit, run by local personal coach Brett Sheppard is hoping to attract clients from all age groups with an emphasis on personal coaching and nutrition.

Brett spent the last 10 years as a personal coach and nutrition specialist and in Cardiff before returning to his home town to set up the new business.

Initially employing 3 people but with plans to have 5 staff by the year end, Brett said he is looking forward to getting started and helping his clients in Milford Haven achieve outstanding results.

"Our goal over the next 12 months is to grow and create a facility which will be the best in West Wales," he said. "B Fit will be a facility where each and every member achieves results and gets support!"

Clare Stowell from Quayside Properties, the property division of the Port of Milford Haven, said the new gym was a great addition to Cedar Court. "It's great to see a new business with so much ambition opening here and we wish Brett and the team all the best," said Clare.

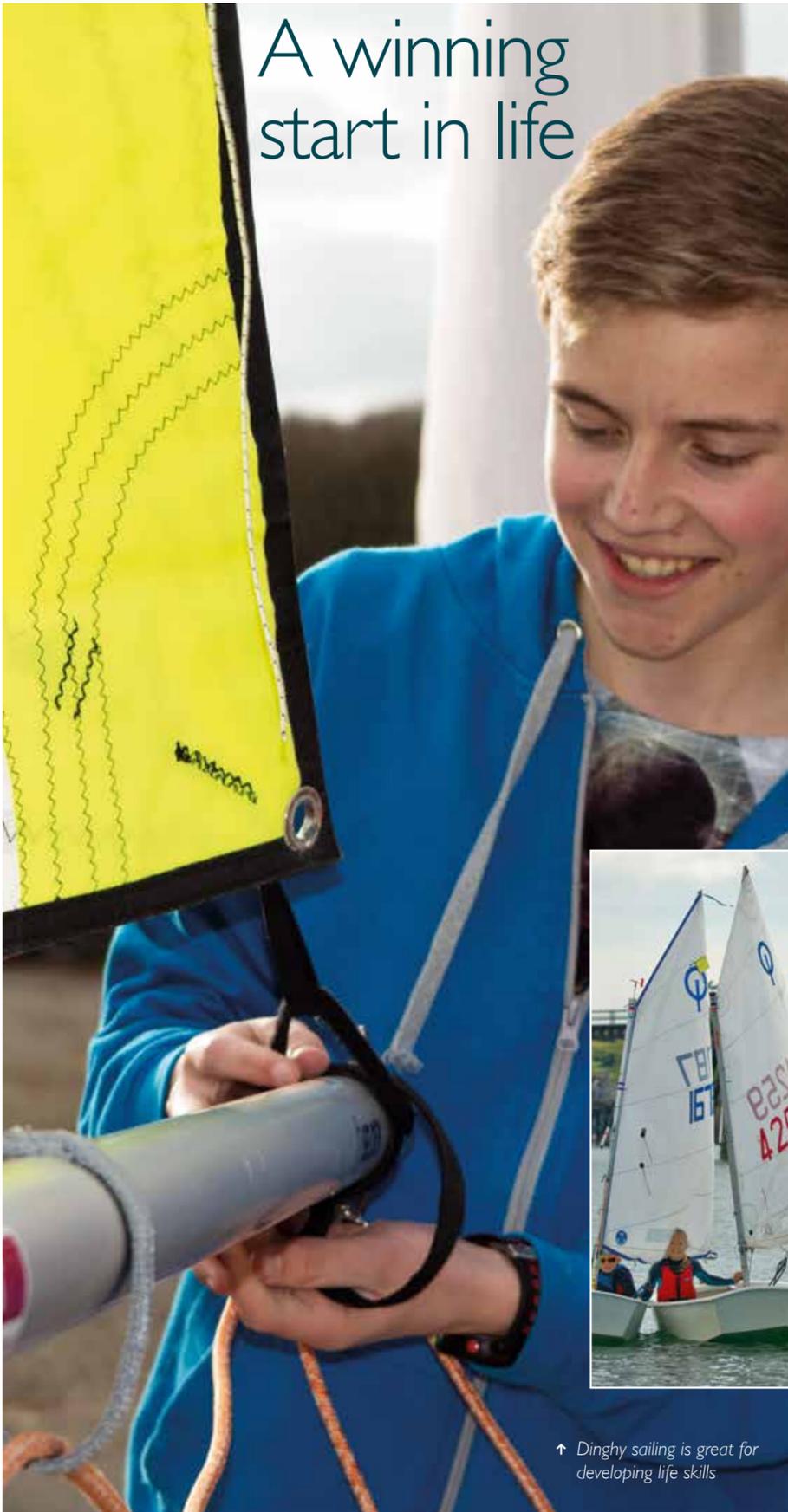
## Port and renewables firm on the same wavelength

Wave power technology firm Marine Power Systems has signed an agreement with the Port of Milford Haven that will see the companies work even more closely in the development of a working prototype of the innovative WaveSub device.

The successful testing of key components of the pioneering renewable energy technology at Pembroke Port has given the project a major boost. The pump that is central to the WaveSub's concept that converts wave energy into electricity was recently tested in an onshore tidal lagoon at the Port. The pump will form part of the quarter size prototype that is now being developed by Swansea based MPS.

Chief Executive of the Port of Milford Haven, Alec Don welcomed the agreement. "It's great news to see Marine Power Systems go ahead with development of the WaveSub, coming just a few short months after Tidal Energy Ltd deployed their DeltaStream device, built here on the dockside, in the waters off the coast."

# A winning start in life



**As one of the leading clubs in the county, Pembrokeshire Yacht Club is a social and leisure centre, afterschool club, talent scout and competition ground all in one.**



↑ Dinghy sailing is great for developing life skills

↑ High performance dinghy racing satisfies an early need for speed.

**“What I love is that these kids get so much more than sailing skills when they come here. They start thinking for themselves.”**

Christian Smart, Senior Instructor, PYC

For most people living near the sea, at some point the water calls out. For many of us that pull gets us no closer than the water's edge, maybe into the shallows at the beach. Others don't even go that far, happy enough just to take in the view. For a few however, the call is strong enough to draw them right off terra firma and out onto the waves.

Sailors would have it that anyone in Pembrokeshire who doesn't actually get on the water is, basically, crazy. "We are standing by the gateway to the whole sea off our coast," says Christian Smart, a lifelong sailor and now a senior instructor at Pembrokeshire Yacht Club in Gelliswick. He is standing above the club slipway and throws his arm out towards the bay. "It is a fantastic waterway," he adds with obvious enthusiasm.

Christian is watching a group of school children practising rigging their dinghies in the club boatyard. It's Wednesday evening and, thanks to the lengthening Spring days, the club's junior members are able to spend the hours after school here, out from under parents' feet.

"What I love is that these kids get so much more than sailing skills when they come here. You see them getting a lot of independence. They start thinking for themselves." He watches as one of the children successfully hoists the sail, laughing with her friend. "There is always something to think about, like wind or tide. I was 12 when I started and I now instruct because I always wanted to pass on the joy I've had sailing."

Across the yard another group of children listen to their instructor as he runs through some key points. "Let's be clear on communication, ok?" he says. "On the boat, don't say 'go!' because in all the noise, it sounds like 'no!'" It would be hard to find many situations where a 12-year old was so keen to absorb tips on good communication. But sailing, and in particular dinghy sailing, matched with the friendly,



↑ Focusing on the task - sailing teaches self-discipline and good communication

enthusiastic atmosphere at PYC, has the ability to deliver those skills and more. The simple fact is children do it because it is exciting and great fun.

"I've been doing this thirty odd years," says Adrian Owens, another senior instructor talking as he watches his group at work. "The feeling of speed you get when you're on a wave and the boat starts to buzz is incredible. You can get up to 15-20 knots and you're just above the waves," he says.

Although the club has nearly a century of history, the modern dinghy era started with a group of dads getting their children kitted up with GPI4s (tough and capable dinghies) and getting them on the water. "One of the parents would park their car on the shore and start the races with their horn. There would be as many as 30 dinghies on the start line," remembers Adrian. Since then the dinghies have got faster and the new generations of children keep coming forward.

The club is also a feeder where talent can take children through local racing, onto schools' championships, regional squads and beyond. At a time when Olympian sailors like Ben Ainslie make national news, dinghy racing is no longer a niche sport. "We give our kids a pathway all the way to the top, if they want it," says Adrian. "Some want to race, some don't. We don't mind which."

To some extent the club is a victim of its own success. Many children who pass through here gain the skills and confidence they need to leave the county in search of greater challenges. "A lot of our

talent moves away, so we have to work hard to keep the numbers coming in," says Christian. His own children are here today and already there has been some banter among instructors about them heading towards the top levels of sailing.

"The point is that this is a very low cost hobby - £4 per week - foothold in a great activity. We own most of the kit ourselves and for us it's not about making money, just covering costs. We've got a lot of instructors so we can always take more kids."

The club doesn't only offer dinghy sailing. There are five rowing teams, an active cruiser racing and powerboat sections as well.

On a long Summer's evening, it's unlikely many parents would have doubts about pushing their kids out of the door if they were coming here. There's an obvious confidence and purpose about the groups gathered around their dinghies. There are twenty kids here and it's quiet!

"I used to be an outdoor education instructor," says Adrian picking up on this observation as two girls nearby focus on their knots. "It's often the quiet ones who show the most progress, not just in terms of skill development, but also confidence, which as an instructor is great to see!"

**WAVE SAFETY EVENT**

Are you in year 7, 8 or 9 or do you have a child in those years at secondary school?

If so, then why not sign up for this year's WAVE event taking place on Saturday 16th July, 11-5 at Pembrokeshire Yacht Club.

Port of Milford Haven has teamed up with Mid and West Wales Fire and Rescue Service, Dyfed Powys Police and Milford Youth Matters to give students the chance to try coastering, rowing and raft building and racing. There's also some serious stuff to be learned too, such as first aid and learning about the risks involved in tombstoning.

To book a place, call Milford Youth Matters on 01646 663137



## Laugh! I nearly died

↑ There's lots of laughter - Charity coordinator Lyn Neville shares a joke with support worker, Derryn Bevan.

“You don't always want to worry family, but here there's always an ear to listen.”

Linda Elliott



↑ Relaxation and a problem shared

### Humour, determination and a healthy dose of reality are all helping people deal with cancer thanks to Pembrokeshire Cancer Support.

“People with terminal cancer want to be treated normally, so we have a laugh about all sorts of things here.” Lyn Neville is still smiling as he states what is already obvious to anyone after just 5 minutes of being in the offices of Pembrokeshire Cancer Support in Pembroke Dock.

Lyn, who's the charity coordinator, has just told quite a good joke and, as the room fills with men and women arriving for the 10.30am relaxation session, the mood in the office is very light considering everyone in there is coping with cancer in one way or another.

Pembrokeshire Cancer Support (PCS) celebrates its 25th Anniversary this year. Over a quarter of a century it has helped hundreds of people face up to, and cope with, the harsh realities of the disease. The Charity's founder Doreen Wormell started it when she saw that there were no organisations supporting those who'd just been diagnosed, nor any help for family or friends who would play a crucial role in their care.

Lyn's personal experience and his openness give plenty of insight into what others here have been through, and are still going through in some cases. “I found it hard at the start too,” he says, referring to the moment he discovered he had blood cancer in 2003. He had a successful bone marrow transplant in December 2005 and his cancer is still in remission. “Another lady was in the bed next to me and had a bone marrow transplant at the same time. I'm still here and she's not, so there's survivor's guilt too,” he adds. “Day to day things that used to worry me became very trivial and I came to work

here because I want to give something back.”

John Griffith and his wife Margaret are sitting in the relaxation class waiting for it to start. John had throat cancer and lost his voice. When asked what PCS does for him, he explains with obvious difficulty how the charity is quite literally giving him his voice back. “I don't have a voice box and can only speak if I am relaxed,” says John. “When we come here I can relax and then I can talk. We take home the techniques and have little exercises and homework to do too.”

Sitting opposite John, also relaxing in a comfy looking armchair is Linda Elliott. She contracted leukaemia seven years ago and is still coming for the sessions. As Lyn pointed out, even though cancer can be beaten into remission, the fear comes back some days. It is the same for Linda.

“You don't tend to talk to family about anything that might worry them,” she says quietly. “But I can come here and there's always an ear to listen.”

There is a great deal of positive energy around Lyn, Derryn and Barbara, the support workers at the charity. That positivity appears to be contagious. “They go that extra mile here,” says Monica Morris who was diagnosed with breast cancer four years ago. “There's a lot of laughter!”

Lyn nods thoughtfully. “That's because I put whiskey in your tea,” he says and he's off laughing again.

For more information about Pembrokeshire Cancer Support call 01646 683078, visit their Facebook page or go to [www.pembrokeshirecancersupport.org.uk](http://www.pembrokeshirecancersupport.org.uk).

Each year the Port of Milford Haven's Community Fund gives away thousands of pounds to around 100 community organisations. Here's a round-up of some of those who benefitted so far this year.

To apply for funding please visit [www.mhpa.co.uk/financial-support](http://www.mhpa.co.uk/financial-support). There's an application form to download and guidelines for applicants.



↑ Anna Malloy, PR & Communications Manager at the Port of Milford Haven presents new navigation lights to members of the rowing team at Pembrokeshire Yacht Club.

### Pembrokeshire Yacht Club

The yacht club applied to the Community Fund to purchase new navigation lights for their five longboats which are used by the rowing section in Gelliswick. The lights will ensure the boats are well lit and detectable to others on the Waterway.



↑ Members of the Fishguard Sea Cadets with their new safety launch.

### Fishguard Sea Cadets

The Port provided funding for a new safety boat for Fishguard Sea Cadets. The organisation has over 70 members ranging from 10-18 years, as well as 16 adult volunteers. They offer an extensive range of activities including rowing, kayaking, power boating and windsurfing.



↑ Narberth RFC Under 10s

### Narberth RFC Under 10s

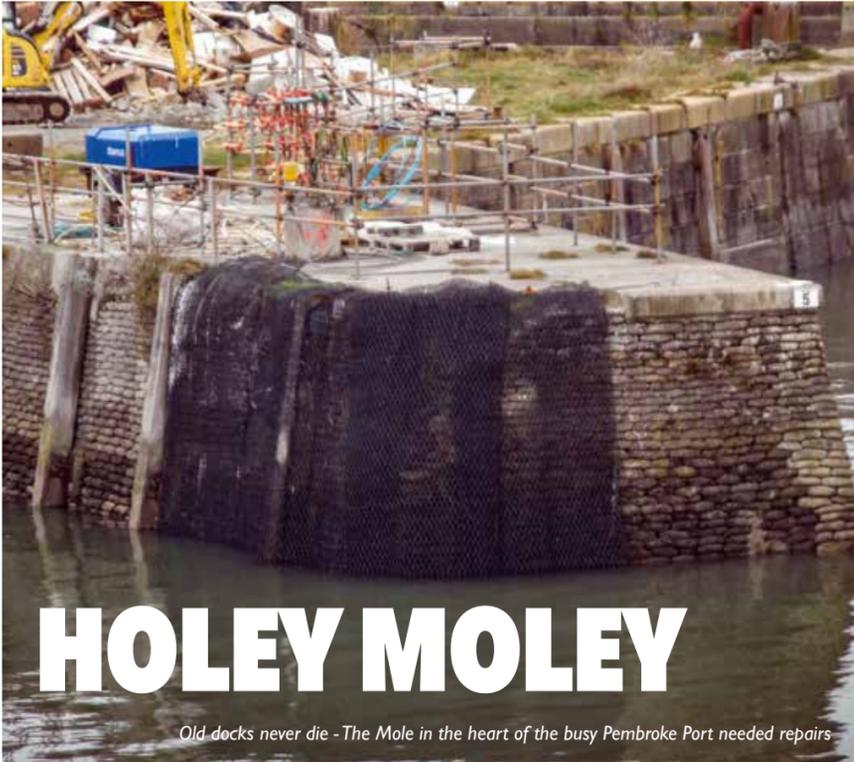
Narberth RFC Under 10s successfully applied for funding towards a rugby tour to Gloucester in March this year. As part of the trip they played other local teams, watched top rugby action and participated in a presentation ceremony.



↑ The Haverfordwest Ladies Hockey Club

### Haverfordwest Ladies Hockey Club

New equipment has been purchased by Haverfordwest Ladies Hockey Club after they secured sponsorship from the Port. The hockey team has recently been promoted into Premier Division 1, the top league in South Wales. Their progress to a more competitive level called for better quality goalkeeping kit and face mask, which we hope won't get too much use.



## HOLEY MOLEY

Old docks never die - The Mole in the heart of the busy Pembroke Port needed repairs



Old docks can be so demanding sometimes. After just a couple of centuries or so, parts of Pembroke Port are in need of some attention, and in Milford Haven they're having to adapt to 21st Century needs. For Health and Safety Manager Richie Morgan that presents a little bit of a challenge.

"We are a busy working port. When your bedroom needs a lot of work you tend to move to the room next door. We can't always do that. So as we repair and improve parts of the port and docks that are being used every day, we need to work around people and processes that keep the port operation running smoothly."

Richie has been involved in overseeing repair work on the mysterious structure called the Mole at Pembroke Port, a stretch of high breakwater that kicks out at an angle from the quay.

"We've got a busy, active dock, contractors working at heights, deep water and divers to boot, so that's enough to keep us more than alert," said Richie.

### Building on rock

Across the water in Milford Haven, ground investigation teams have been working their way around the Docks, getting a clearer picture of what lies beneath the ground. This is part of the ongoing development project in the Marina and Docks area. "We've had large drilling rigs pulling cores from deep below the ground around the car parks, and locals have been wondering, understandably, what's going on," said Richie. "Whatever development happens here, it's important to build a picture of what we are building on. One key thing we learned from upgrading the lock gates in 2014 was that the Victorian engineers shifted a lot of stone and earth to create the docks and you sometimes have to go a long way down to find solid rock if you're going to build safely on top."

### Party planning

So far, works to redevelop the docks in Milford Haven have had limited impact on day-to-day business, but Richie knows he will need to clear the decks before some major public events come here in the next few months. Public events mean public safety for Richie.

"We're already into the cruise season which always starts at the beginning of May, with the first call at Pembroke Port this year. Then we really up the tempo, with numerous calls throughout the summer at Milford, the Fish Festival at the end of June, then we have the marina's 25th Anniversary celebrations in July, a beer festival and outdoor cinema event after that," says Richie. "Each event needs a plan in place to make sure it passes off safely. I do love big events, really I do, but they're quite hard work in the planning!"

← Repairing and developing old docks requires drilling samples from deep below ground level.

## WEAR A KILL CORD

The Port of Milford Haven, along with the RYA and Marine Accidents Investigation Bureau, is pushing awareness among power boaters of the need to wear kill cords. Anyone driving a powerboat or rib needs to ensure they are attached to a fitted cord and that they regularly test it.

"There have been some appalling accidents recently caused by out of control boats, where their drivers have fallen into the sea," said Richie. "We would urge anyone driving powerboats to take this very seriously. If you want to swap drivers mid passage then stop the boat in a safe place, switch off the engine and then attach the cord to the new driver's leg or clothing," he added.

→ Killcord - a £10 investment that saves lives



Test your knowledge of some famous landmarks up the river Cleddau. Be sure to read the questions carefully!



1. Where is this bridge and what body of water does it cross?



2. What is this place and which popular pub is close by?



3. Where is this and who destroyed it?



4. What is this pier called and what was it for?



5. What is this building and what did it produce?



6. On which bridge will you find this and what river is it over?

The winner will receive £100 worth of vouchers to spend at a retail outlet or restaurant of their choice at Milford Marina.

The winner will be drawn from all correct entries submitted.

Postal address: PR Department, Gorsewood Drive, Milford Haven, SA73 3EP; email: [communications@mhpa.co.uk](mailto:communications@mhpa.co.uk)

Congratulations to Sian Griffiths from Steynton who won £50 in the photo competition in the last issue.

### Feedback

You can keep up to date with what's happening at the Port of Milford Haven on social media, as well as in the news. Not only do we welcome feedback, we encourage it.

If you would like a letter to be published in OnBoard please write or email using the details below. We cannot guarantee every letter will be printed but will respond either way.

### contact us...

01646 696100  
[communications@mhpa.co.uk](mailto:communications@mhpa.co.uk)  
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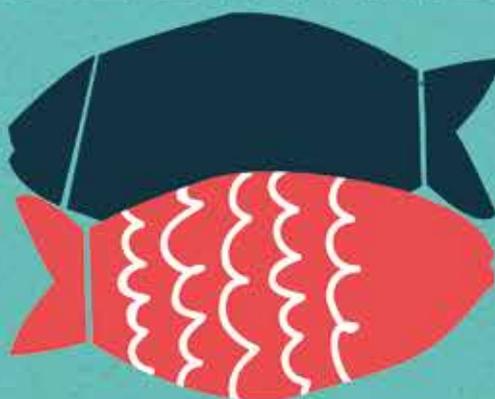
**CHETNA  
MAKAN**

SEMI FINALIST IN THE  
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**& WILL  
HOLLAND**

HEAD CHEF AT  
COAST. SAUNDERSFOOT

# MILFORD FISH FESTIVAL



## 25TH & 26TH JUNE

MILFORD FISH DOCKS

# 2016

Opening  
Weekend of  
Pembrokeshire  
Fish Week  
2016



Supported by  
Pembrokeshire  
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