

May 2017—Issue 61

Irish Trekker



The Trekkers Mountaineering Club

Glenageary, Co. Dublin

www.trekkers.ie

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- The year of the French
- From injury to pool
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Trekkers in Full Bloom!

Trekkers are getting 'out and about' as the summer kicks off and so far the weather has been beautiful. While not great for those watching over our reservoirs, the high temperatures have meant full buses and great days out for us all. Members are taking some great photographs too as they walk and hike and this one of Bluebells (below) was snapped by Club training officer Owen McKeon on a recent trip to Slieve Bloom, as the Club uses the summer months to take in routes beyond Dublin/Wicklow



New Members

New Members: We would like to welcome new members to the Club: Kate McAree, Eddie Murphy, Paul O'Kane, Diane Coburn, Pamela Treacy, Hildi Cahill. We wish them many happy years Trekking !

Editor's Note

This is the second edition of the Trekker of 2017 and we always welcome contributions from members, particularly strong writing and good photographs. Also please send entries for the Caption Competition which is on the final page. All contributions/ ideas can be sent to the Clubs's PRO– Emmet Oliver at emmetoliver@hotmail.com

Hi Trekkers we have now reached the Summer Walks Programme and the good weather has increased participation in all walks. The type and levels of the walks have been well assessed by the leaders and have proven to be very successful.

Three of our members Paddy O'Duffy, Shaun Trent and Lucille Duignan passed away over the past months. Shaun was the founder of the club and played a vital part in organising the early years as Chairperson and walks leader. His organisational skills and energy were vital in the early years. Paddy had been a very active member of the club and was an excellent walks leader and could be called on if we needed a leader to stand in or advice on a particular walk. He had maintained a fantastic film record of events and walks which are an important record of the Trekkers over many years. Lucille had been a relatively new member and she partook mainly in the Wednesday walks. She was an enthusiastic member and is missed by her friends.

The Memorial Ceremony to remember deceased members was held in early April and was very successful. We had excellent B and C walks followed by the Ceremony and then enjoyed an excellent dinner in the Glenmalure Lodge Hotel. There was a major change this year in that we invited the relatives of deceased members to the ceremony and this proved to be greatly appreciated by them. May all three members rest in peace

Over the past few months I have been actively involved with Mountaineering Ireland in reporting items of concern and offering opinions on events. On a number of occasions over the past few months the A and B walkers came across hunting groups in West Wicklow early on Saturday mornings. Having spoken with one of the hunting groups to see if they had an area in which they were active, I found it was not possible to establish this in advance. I made contact with Helen Lawless Hillwalking, Access and Conservation Officer of Mountaineering Ireland with regards to this item. To my surprise we were not the first club who expressed concerns. Helen is checking out this item at the moment. In addition we were asked by Helen to check out the blocking off of an old Mass Path in the Kilcoole/Delgany area. After an exchange of e-mails and some discussions the committee agreed to write to Wicklow County Council to support the objections to the blocking off of the long established Mass Path. I will let you know how this works out when information becomes available.

You will be aware an appeal had been taken to the High Court as the result of a decision made at the District Court with regard to an injury suffered by a walker in the Wicklow area. The decision made by the High Court stated clearly that each walker is responsible for their own safety and was welcomed by Mountaineering Ireland and the farming community. The verdict creates case law which may be beneficial in any future cases of this type.

I take the opportunity to welcome our new members, it is wonderful to meet them and we look forward to their participation in all future events.

To remind members our Summer Party will take place in the St George Yacht Club, Dun Laoghaire on Saturday 24th June. The event has been very well attended in the past and we can look forward to an enjoyable night.

As usual the committee is continually encouraging members to organise walks overseas or

outside of the Dublin/Wicklow area. Help and advice is always available however the concept has not been very successful of late with only one walk organised by Brendan Bracken to the Slieve Bloom Mountains in May of this year. The walk was very successful and 16 members took part. I understand Brendan will organise another walk in September which looks very exciting.

On one of our recent walks we found it necessary to seek the assistance of the Mountaineering Rescue Team when one of our members became ill. They offered very professional assistance and we take the opportunity to thank them for their help. Our member recovered after a short period in hospital. The club will increase the financial contribution we make to each of the two Mountaineering Rescue Teams in the Wicklow area as we appreciate their work and the time the part timers give to the cause.

I take the opportunity to encourage all of our members to partake in the club's activities and we look forward to a great walking season over the summer.

Best wishes Shay, May 2017

Lyme Disease

Timely Warning

Emmet Oliver

I was on a reccie recently with fellow Club mate Ronan White in an area near Kippure and it was a sunny day where rolling up one's sleeves and unzipping your top a little was needed to deal with soaring temperatures. The next day I had reason to question the wisdom of doing this as I found a small tick buried, head first in my skin, near the shoulder. Thankfully a tweezer was nearby and I managed to prize the small insect from my skin, although not all of him came out. As I had previously read about the danger from ticks I decided— probably overly cautiously— to get some medical assistance to prize out the remnants of this interloper. The doctor who completed the job said I made the right decision and ultimately it turned out nothing was wrong. A blood sample was tested in this case, just in case. However this incident highlighted once again the danger of Lyme Disease, which can be carried by some ticks, in our mountains. IF members are attacked by ticks, always remove them as quickly as possible as the sooner they are removed the less time they have to do damage. Covering up legs, when wearing shorts in thick vegetation is also advised. Awareness of what can happen, in Ireland tends to be low but more information is available at www.mountaineering.ie/hillwalking/ticks/

Foreign Trip Help Wanted

The Club is very interested in ensuring the a range of overseas trips are offered to members in 2017 and is looking for any volunteers who would be prepared to get involved. Anyone who has an idea or time to devote to trip organisation please contact the Club Chairman.

Breda On Her Bike...

Abandoning hiking boots for a few days, our fellow Trekker Breda O'Hara, along with 13 colleagues from Bayer Ltd., plans to cycle some 500 km from Dublin (excluding the English Channel!) to London over the June bank holiday.

"We will leave Bayer, which is located in Sandyford, at 5.30 am on the Sunday of the bank holiday," says Breda, "cycle to catch the 8.50 am ferry to Holyhead, disembark and start cycling right away. Day one's cycle through Wales is 115 km, with the longest day's cycle being 130 km on the final day. This will bring us to our finishing destination, Windsor Castle. The overall distance over four days will be 500 km."

The group is doing the cycle to raise funds for the Laura Lynn children's hospice, the company's charity for 2017. "Each person cycling is aiming to raise €500 and we are also running several fund-raising events to boost the amount we raise through the cycle."

If anyone would like to donate, they can contact Breda on bmohoh@gmail.com or 087 633 8060.

All donations gratefully accepted. And a heartfelt "Thank you" to Trekkers who have already done so

LauraLynn provides family support, symptom management, end-of-life care, bereavement support and direct care for children with life-limiting conditions. They are the only children's hospice in Ireland and provide all services free of charge to families.



A sugar rush as we ‘walk the line’

7

Breda O’Hara joined a group of Trekkers walking and fund raising for Mountain Rescue

On the afternoon of Saturday the 25th of March nine Trekkers, some with family and friends in tow, lined up along with over 300 other hikers/walkers at the Glencullen golf club for the start of the Dublin & Wicklow Mountain Rescue annual fund-raising “Walk the Line” hike, a 22 km or 12 km loop hike, originally along the border of the Dublin/Wicklow mountains, hence the name.



With the go-ahead from the Committee, Geraldine Boland got the ball rolling among the Trekkers when she sent out an initial email about the event that would prompt people to sign up. “Those of us who saw the Mountain Rescue teams in operation earlier this year when we had need to call them out on a B hike were hugely impressed – and thankful – that there is

such an amazing body of volunteers to support us when something goes wrong and you need help on the mountains.

Their professionalism and expertise, and the sheer numbers that turned out to assist us on the day, from both the Dublin and Wicklow Mountain Rescue teams, was inspiring – and when you think they are giving up their own time to do this, whether it’s during the day, night, weekday or weekend, it’s all the more inspiring and impressive.”

The Trekker group opted for the 22km hike and left the Glencullen golf club at approximately 5.15 pm, heading off first in the direction of Three Rock, skirting that and then heading to Barnacollia, Ticknock and Larch Hill – the scout camp and mid-way point. It was a glorious spring evening, with a fiery red sun dipping in the western sky and crystal clear views back over Dublin bay.

The group reached Larch Hill at 8.00 pm and was greeted with the rousing sound of drumming as well as volunteers doling out welcome cups of tea, coffee and hot soup. Giant marshmallows were also to be had for melting over a big open fire – a glorious sugar rush!

The second half of the walk was conducted in the dark, though the clear, starry night helped to light the way as, miner-like, clad with head torches, we made our way from Larch Hill over Tibbradden mountain and on to Fairy Castle. We arrived back at the Glencullen golf club for drinks and a delicious steak sandwich at about 11.00 pm.

The entry fee for the walk was €35 and everyone walking is asked to raise an additional €65 or more, so the minimum each person raises for this extremely worthy cause is €100. Along with family and friends, the Trekkers contribution would have been in excess of €1,000.

Well done to all who took part. For further information on “Walk the Line” or Mountain Rescue, visit: www.walktheline.ie

Trekker members Dympna Thunder and John Casey set off:



Ronan

Leadership on walks is very important, as is the philosophy underpinning it. **Ronan White** went along to the Trekkers leadership course to find out what they teach in the classroom

I was delighted to be invited to participate in the first group to trial a leadership course on behalf of the Trekkers last autumn. Saturday 1st October saw Jim Bourke, Joe Devine, Ita Lawton, Noreen O'Brien, Aine O'Donoghue and yours truly, a fine representative sample from the club and with varying leadership experience, heading off to Drumgoff to meet with Charles O'Byrne.

Charles is a softly spoken, reflective individual who made a life changing decision some years ago to abandon the world of tech sales and Dublin for an alternative life in the Wicklow hills. His business now is mountaineering skills and leadership courses, leading walks and offering guide services to visitors who come to explore the natural beauty of Co. Wicklow and beyond.

The day had a theoretical and a practical side. The first two hours were spent indoors in a cosy log cabin situated in Charles's garden. The discussion covered the facets of what makes a good leader, management of a group, dealing with issues that may arise, leadership styles, planning and handling emergencies. Charles asked, prompted and suggested whilst facilitating a round table discussion.

While a lot of the subject matter may point to the application of common sense and good planning it was reassuring to note that the Trekkers' approach to leadership was very much in line with what Charles was promoting. From my own point of view there were several takeaways – the day helps to build one's confidence as a leader and is a very useful introduction for anybody thinking about but maybe hesitating to begin leading walks. A key lesson – despite the leader's role every individual participating in a walk is responsible for their own actions on the day.

It was then on to the outdoor segment of the day, but not before we refuelled with tea and coffee and without doubt the best scones in Ireland, baked by Charles's wife. The outdoor segment consisted of over five hours on the hills, including lunch. It offered each of us an opportunity to lead the group at different stages under the watchful eye of Charles. Additionally, we had been given individual role play scenarios that we were to act out on a signal from Charles to test how the leader, then in charge, would handle the situation.

We set off from Drumgoff, the author entrusted with leading the first section of the walk. I must admit to a feeling of some trepidation knowing that I was under scrutiny but that soon passed when I was confronted with the first incident of the day when Ita "as the club's enthusiastic photographer" announced that she had left her camera in her car and wanted to return and retrieve it. My handling of the situation received broad approval from the group and from Charles when we analysed and discussed my approach. I was in the clear or so I thought.

We were soon off again and moving at a good pace but then I was faced with my next scenario when a long blow of a whistle brought us to a halt. I turned to face the group slightly exasperated and asked, "what is it now?" perhaps a tad impatiently. Charles looked on bemused!

This was unscripted! Noreen had blown the whistle to stop me as the pace was proving too hot, she was baking and was struggling to shed her jacket! Joe confirmed that the pace was quite fast and we all fell about the place laughing. Lesson – test and judge the pace of the group after setting off and do not take it for granted that everyone is right behind you at your pace!

Over the course of the day and through the lunch break our roleplay situations continued and covered a person feeling ill, a person of nervous disposition, a couple wanting to return early to base and a somewhat disgruntled trekker, Joe, telling the then leader, Noreen, that her walk was not very challenging and that he as an experienced walker wanted to go off and do more on his own!

Noreen's handling of the situation was brilliant as she dealt with the upstart in the ranks with military like iron discipline! Whilst out our lunch break was spent largely in reflective silence in beautiful October sunshine. Charles had encouraged that earlier. Lesson – we spend a lot of time out in beautiful surroundings but sometimes we do not fully absorb and appreciate it as we are too distracted.

All told, the group thoroughly enjoyed the day. Our collective view was favourable and we found the course to be a well worthwhile exercise that should be undertaken by others in the club with a view to broadening and developing our leadership skills.

Sadly earlier this year the Club's Founder Shaun Trant passed away. Monty Tinsley looks back at the life of a man who embodied the very ethos of the Club

"You can always trust the compass" Shaun said to me one day and after a pregnant pause he added "provided you know how to use it."

This was said with a wry smile on his face, and glass of whiskey in his hand, by way of encouraging me learn more about navigation. We had just finished a walk over Scarr that necessitated taking compass bearings as a thick mist descended on us. The navigational skills of both Shaun and John Furey got us from one waypoint to another and we reached Lynam's Pub on schedule. Shaun wanted others to acquire that knowledge and to feel more confident on the mountains.

Shaun was a highly disciplined man who loved the outdoor adventure and from the Trekkers point of view he loved the Connemara Bens and the McGillicuddy Reeks in Kerry. He was not a great man for small talk but with direct commands he led his troops safely up all the major peaks in the State during the first fifteen years of the Club's existence.

I feel his single minded approach to the hills and beyond was honed from his birth on the Erris peninsula in Co. Mayo and his youthful years spent in Portmagee where his father was stationed with the Irish Lights. His life in the Department of Health had taught him techniques that enabled him craft appropriate structures for any organisation. He spent many years with other 'dads' involved with the Sandycove Sea Scouts helping their sons learn life skills of leadership and equipment maintenance both on land and in the water. Then in November 1982 Shaun led Jack Langan, Ronnie O'Sullivan and Terry O'Brien up Djouce and Maulin mountains. This event has always been regarded as the first walk undertaken by the Trekkers. After that he asked other 'seafaring dads' and special friends to join him on his mountain travails.

As he was a very fit man at that stage all the walks – then on a monthly basis – were of the A or A+ standard. Many weekend away trips were held in the 1980s but in my mind two stand out as full blown endurance tests. June 1989 the group based in Westport climbed Mweelrea – the highest mountain in Connaught – one day and the following day walked the 28k Bangor Way from Newport to Belmullet. Two years later in the Kingdom, Mangerton Mountain was climbed on day one; Carrauntoohil on day two and Mount Brandon on the third day. The phrase 'survival of the fittest' comes to mind.

There are many stories about Shaun and his military approach to the task in hand and his one line instructions regarding things to be done but he was also aware of the skills and limitations of the core group he had gathered around him. He took care to maximise the talent that was available and to lay down the basis of a good club. He was acutely aware of the responsibility of leaders to look after those walking with him.

In the early 1990s Shaun invited the ladies of the Presentation Badminton Club to join the Trekkers. The membership now grew from a hard core of 10 to just over 50 and the walks programme expanded accordingly. It was now time to formulate rules, regulations and a constitution to allow the club to grow generically. A special General Meeting of all the members was called in January 1997. There was an attendance of 41 from a full membership of 54 and it passed the Constitution that has stood us well to this day.

Shaun was very keen on two points regarding the Constitution -- the name of the club and the

tenure of any officer.

He felt the word Mountaineering rather than Hillwalking was important on the basis that it created no limitations for the members. The former allowed members to climb as high as they like and to walk as long as they like thus giving a wide range of options to suit different grades of fitness whereas the latter would automatically curtail some activities.

He also felt it was important for the development of the club to limit the duration any person could serve as an officer thus ensuring a continuous flow of new blood onto the Committee.

He was elected as first official Chairman at the A.G.M. in 1997, which in practise acknowledged the role he had held since 1982, but he stepped down the following year to enable the torch be passed on to others. In essence his job was done at that stage – the ground rules had been set and it was up to the next generation to retain the ethos of the club of ‘helping others to enjoy the outdoor life’ with safe walking and showing concern for the needs of our fellow walkers.

Unfortunately for the past 10 years his ability to participate as an active Trekker was limited although he got to the top of Lug in 2006. He eagerly looked forward to each Trekker Magazine and reading about the new members and the new roads being travelled.

As a Club we owe him a debt of gratitude, after all, were it not for Shaun the Trekker Mountaineering Club would not exist.

Ar dheis go raibh an t-anam dilis.

Dr Lucille Duignan- Only with the Trekkers for a short time, but sadly missed and fondly remembered. By Myles Duffy

Dr Lucille Duignan had only commenced her retirement as a hospice doctor a short time before she enquired about joining Trekkers in March of last year. She participated in three walks as a guest in the summertime and became a Trekker in Autumn. Her only walk as a fully-fledged Trekker was a C Walk in mid-November from Glenageary via The Metals; across Killiney Hill and along the coast to Bray Harbour, led by Michael Cotter. It was with great sadness that we learned that Lucille's life ended on 12th May in St Vincent's Private Hospital at the age of 66 years, having been diagnosed with lung cancer as recently as February 2017.

Lucille was the fourth of six children born to Josephine and Séamus Duignan, a former Chairman of the Revenue Commissioners. She grew up in Mount Merrion and was educated by the Sacred Heart Sisters in Leeson Street and Mount Anville. She then followed in the footsteps of three of her siblings and studied Medicine in UCD.

She qualified a consultant anaesthetist and her career in this role took her to London, Kilkenny and Clonmel. This dynamic and promising career was disrupted when Lucille suffered a severe back ailment in her late forties. She was laid low for 18 months and then forced to abandon anaesthesiology. She bore this set-back with characteristic stoicism and tremendous inner strength but it would have been impossible for her to continue in an occupation that required her to stand for 12 hours a day, or more.

Lucille then embarked on a second career as a hospice doctor at Our Lady's Hospice Harold's Cross – a role that gave the fullest expression to her caring and compassionate nature. Apart from walking, Lucille got enormous pleasure from tending to her garden in Mount Merrion, playing bridge with friends and being an avid reader of history and biographies.

Lucille made an enduring impression on all who knew her. She would have only become known to a handful of Trekkers in the short time she was among us. But those who met her were struck by her warm and gracious personality, her innate and self-effacing modesty, her humanity and, indeed, by the evident enjoyment she derived from hill walking and the camaraderie of those she encountered in the Club. Our sympathy is extended to her siblings and the extended Duignan family.

Ar dheis Dé for raibh a anam.





Languid in Languedoc

Michael Cotter on a great trip to South Western France, which many Trekkers joyfully participated in

Some time in mid 2016 I received authorisation, from a Higher Authority, to organise a trip to the Cathar Castles area of South West France, for Easter 2017. I put out an invitation to the Trekkers to put their names down and after an initial burst of interest, it slowed down.

A plea for more at the Trekkers AGM got no takers so I had to cast the net wider and even invited vegetarians to come along. That helped, and eventually, the Trekkers Christmas dinner got the last 3 needed to bring our total to 32 travellers, of whom about 19 were Trekkers or their partners.

This large number was necessary to keep down the cost of the coach per person and enable us get a good deal in hotels. We had a very early start on Saturday 15th April with our flight to Carcassonne at 7.20. On arrival at Carcassonne, we spent time in the "Cite", and then headed to Mirepoix, dropped our bags at the hotel there and went to Foix.

A quick trip to our first chateau, an 'appetiser', required a stop at a bar in the town to get the acclimatisation going. Seemed to work a treat.

The next day we headed for Montsegur. We must have had a drop too much wine the previous night as we did not spot the discrete sign to say that the climb to the Chateau was closed for that morning.

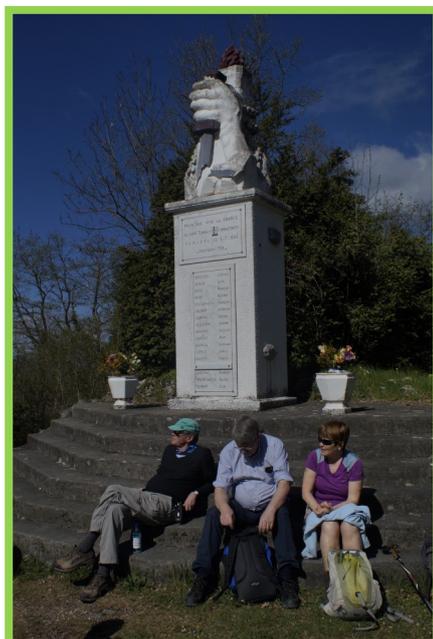
In profound ignorance of this impediment, we did the climb, greatly inconvenienced by hundreds of runners who kept passing us, both going up the mountain and down. Pity they didn't make up their minds as to what direction they were to go in, or pick another day for their run, and not be inconveniencing us! The stress of their nuisance to our climb required a chance to re-charge our batteries, so a lunch at a local restaurant was welcome, and this was topped off by a happy announcement by 2 of the Trekkers!

Monday saw us visiting the painted cave at Niaux. The last few KM's drive to the cave caused many a Trekker to fish out their rosary beads, which had not been used for decades, in the hope that Alexander would not go off the road in the coach. It worked, and our walk for the day was accomplished, within the cave. That night and every following night we were entertained to great music and singing by some of our Comhaltas colleagues.

Tuesday saw us, intrepid Trekkers, at Roquefixade, and an initial stop at a War Memorial there, where the group were finally told the identity of a young lad, whose photo had been circulated to the group a few weeks earlier, and the group were told the story of the approx 100 German Jewish children brought to this area in 1939 to avoid what might happen to them in Germany. We then did a circular walk, bringing us behind some hills around the village. The route chosen for our descent to the village proved that there is a United Airlines version of a C walk. Somehow, we all got back without too many falls, and so a few glasses of wine were required to calm the nerves and reassure the gang that we had no plans for a repeat of such a descent over the coming days.

Wednesday was a free day which saw many a familiar Trekker face in various outdoor restaurants/bars, but all were well enough on Thursday for our trip to Puilerans, and our later visit to the Roman aquaduct at Ansignan, and our walk there consisted of checking on the progress of the grape growth in this part of the Corbieres. Friday saw us taking on the climb to Queribus, and the walk down to Cucugnan, with lunch at the windmill there. Suitably refreshed, we headed for the Gorge de Galamus,

Then back to the hotel in Quillan, to experience the excellence of Olivier's wife's Vietnamese and French culinary achievements. Friday morning, with our hotel bills paid, we sadly said goodbye to this fabulous area and headed for Carcassonne, but not without missing a heart-beat, when the coach threatened to leave us stranded. Out with the rosary beads again, and a similar satisfactory result was achieved, and we were on time to get our plane back home and to put on the central heating to full blast.



Frustrated by injury, Trekker **Brendan Bracken** hit the pool for aerobics lessons, where Abba music and hard work helped him tone up and emerge injury free

A relatively injury free hiking career came to an abrupt end last winter. The passage of time, ignoring exercise programmes and bad posture all played their part. The final ignominy arrived when a group of lady trekkers took turns in carrying my rucksack up Croghan Moira in the Glenmalure Valley. Needless to say, I didn't mind all the female attention but still...

Visits to my G.P., X rays, painkillers, physiotherapy, personal exercise programmes followed. In fact everything short of a visit to some shaman in the Himalayas was tried and failed. Daily walks over Killiney Hill were prescribed as part of the recovery programme. As fellow Trekkers appreciate walking is thirsty work and with the "Druids Chair" adjacent to Killiney Hill I sometimes fell by the wayside. Rolling home three hours later did not go down well in certain quarters

Swimming was suggested as an alternative. Swimming lengths in a pool is fine and but I soon hit my boredom threshold. Funnily enough this never happened when walking Killiney Hill. I also switched from the crawl to the breast stroke which did not help my back problems. Water aerobics were suggested- "at least you'll come home sober". Water aerobics is good to tone up muscles and according to the website: "The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music"

Off so to Monkstown Blue Pool and paid €6.00 for my first aerobics class. No signing on commitment, just pay as you go. Arriving slightly late, I was confronted with twenty women in the pool and no MEN. My first instinct was to flee. However, somewhat disappointingly, no one was taking the slightest notice, so for the next hour I was put through a demanding series of water exercises to strengthen my back, legs and shoulders. The first half hour involved running and jumping using water as a resistant to build up the muscles. In the second half we used plastic weights to help keep us afloat. This exercise was good at strengthening my back and legs. I felt I had been stretched in every sense of the word.

All these exercises were accompanied by the music of ABBA, Neil Diamond, Tina Turner and Billy Joel. I bopped to "Sweet Caroline", "Uptown Girl". "You're simply the best: simply the only one" (I sure was!), "Take a chance on me" (maybe I imagined the odd sideways look).

In the last few weeks I have become a water aerobics tart. Monkstown, Loughlinstown and Sandycove swimming pools have become my hang outs and still not another man to be seen. Monkstown likes Neill Diamond, the Loughlinstown lassies bop to ABBA while Sandycove is a bit more edgy with Nirvana.

It sure beats the Brockaghs!!

(By the way I'm back hiking)

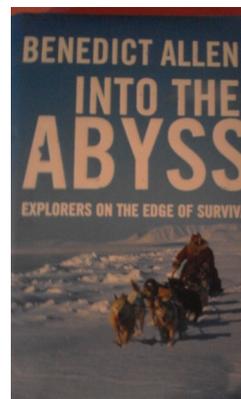


Mountaineering Books

Part 1: Trekker **Niall Humphreys** and some Trekker chums round up some of the great mountaineering books of all time—

More To Follow Next Edition, including Benedict Allen

We are a varied bunch in the Trekkers – some walk on a Trek-hike every week, some more than once a week, some occasionally, some barely at all. Some engage in equally, or more occasional walking/climbing outside Trekkers. I suspect however add to this an engagement in widespread reading about climbing adventures. Pearse, our recently deceased colleague so ably remembered by Brendan in last September's Trekker Magazine to a truly astonishing degree as the range of books which his Eileen, kindly distributed to some lucky members can confirm.maries of some of these books give a feeling of what can be joyed.



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Owen: *Denali, Deception, Defeat and Triumph*

This consists of a compendium of three books:-

“**To the top of the Continent**” by Dr Frederick Cook 1908. This tells the story of an alleged ascent of McKinley in 1906. This account is disputed.

“**The Conquest of Mount McKinley**” by Belmore Browne 1913. Story of unsuccessful attempt on McKinley in 1912. The expedition had to turn back when 300 ft from top.

“**The ascent of Denali**” by Hudson Stuck 1914. Tells story of successful ascent of Denali in 1913. This is the first credited ascent.

Monty: *Seven Summits* by Dick Bass and Frank Wells.

These two very different lads set out to climb the highest mountains in each continent in the mid 1980s.

Dick Bass was the first person to do all seven peaks.

The story is very well told and it is fascinating to read of the differences between each mountain challenge --- logistically -- obtaining visas and joining expeditions; climatically -- the ice fields of Everest and Antarctica to the warmth of Kosciusko in Australia and the personality clashes between all the various team members.

Breda: ***Across Many Mountains***, with the subtitle "Three Daughters of Tibet", by Yangzom Brauen.

Pearse 's note: "Across Many Mountains, published in 2011, is the story of a Tibetan family's struggle to come to terms with the Chinese invasion of Tibet in 1950 and the subsequent destruction of the Tibetan culture. Their escape to India via the Himalayas and the slow build-up of their new lives in Switzerland is very well presented."

To which Breda adds: When I was traveling in India a few years ago I spent a few days in Darjeeling in the far north east of the country. I only learned on the last day there that there was a large Tibetan refugee camp on the outskirts of the town. I couldn't believe that people who had had to flee their country in the 1950s or so were still living in refugee camps and, apart from the difficulties of day-to-day survival, would never have known the privilege of owning a passport, traveling freely from place to place as I was doing and, should something go awry en route, having the reassurance that a government or department of foreign affairs would intervene on their behalf. Tibetans have no country to call "home". They have been dealt a very tough hand and, since the Dalai Lama stepped down as a political leader, have become even more forgotten about, if that's possible. I look forward to reading the story of these three Tibetan women and learning about how their lives unfolded as they journeyed unwillingly from their homeland.

Recent Walks

Great Sugarloaf (Navigation Course)



On the Spinc (Weds Walk)





A different type of caption competition occurred in the last edition. Three Trekkers under-took a reccie in unseasonably warm weather for late November. A wonderful picture showing their shadows was submitted to the Trekker– but nobody managed to name the three Trekker members (Aine, Ita Lawton and Mary Dillon) and win a free bus trip. So instead we did a draw from those who did enter and the winner was Anne Hayes! Please send fresh caption competition suggestions for above picture! for the next Trekker to emmetoliver@hotmail.com