

# NEWSLETTER

## Christmas Party and Walk

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### IMPORTANT REMINDERS

- Booking for Christmas Party by **Fri, 4<sup>th</sup> Dec.**
- Winter Mountaineering in Scotland – **book soon.**
- Order your COC 2010 calendar **now** – see Page 4.
- ICE your mobile **now** – see Page 3.

This year's Christmas party breaks the tradition of the last six years and moves out of Clare and into the heart of Connemara. The venue is the **K2 Adventure Centre** just outside Leenane. It's fitting that after years of playing in the area we now get to party and relax there as well. This will be the second time the club's Christmas party has been held in the Centre - the previous event in 2003 was a great success.

### Party details:

The party takes place on **Saturday December 12<sup>th</sup>**, with Dinner served at **8.00 p.m.** The meal will be preceded by a walk on Leenane Hill. Self-organise car pooling to

Leenane and meet at Hamilton's Bar in Leenane village at **10.45 a.m.** Check the Forum for Leaders' contact details.

A three-course Christmas dinner will be followed with music by Isolated Frequency.

The centre has its own bar with Heineken on tap and cans of Bud, Bulmers and Guinness available. They also have wine ranging from €17 to €21 with a special South African house red and white at €13. If you'd prefer to bring your own wine, there's no corkage fee!

Accommodation is in six-bed dorms. Linen will be provided, but bring your own towels.

### Booking:

The total cost of the night is €65 – this includes the meal, band and Bed and Breakfast.

To book your place for the party, please contact Dave Lyons at 087 2867079 or Eoin Cleary at 086 2572792 as soon as possible. K2 needs final numbers by **Friday, 4<sup>th</sup> Dec**, so we need all bookings confirmed by then! We cannot guarantee bookings requested after this date.

To avoid confusion, please do not contact K2 directly to book your accommodation – they've been instructed not to take direct bookings for this party.



## Mountaineering Ireland Winter Meet



The 2010 Mountaineering Ireland Winter Meet will take place from 14<sup>th</sup> to 21<sup>st</sup> March in Ponte di Legno in the Italian Adamello Alps.

There's something for everyone at the Winter Meet including courses in Winter Walking, Winter Mountaineering and Ski Touring, as well as independent activities and

a chance to renew acquaintances and meet and chat with experienced walkers, alpinists and instructors. Bergamo is the most convenient airport for direct flights from Shannon (but this might change before March!).

Full details of the Meet, with venue description,

equipment list, an outline of the training courses, and Booking Form are available on the Mountaineering Ireland website, [www.mountaineering.ie](http://www.mountaineering.ie)

## New Wicklow Rockclimbing Guide

Mountaineering Ireland have published a new rockclimbing guide to Co. Wicklow. Edited by Joe Lyons, this new guide is an update to the 1993 edition, and offers comprehensive route listings for all major climbs in the area.

The areas covered include Glendalough, Luggala, Lough Dan, Carrigshouk,

Mall Hill (Glenmacnass), Glenmalure, Hollywood, Bray Head, Lover's Leap (Enniskerry), Rocky Valley (Kilmacanogue), Dunran (The Bishop), Green Lizard Crag, Barnbawn (The Rock of Garryduff), Carrick Mountain and Barnacullia.

Also listed are new routes and selected winter climbs.

The guidebook is now available, and retails for €20 (MI members) or €22 (non-members). To place your order, contact Mountaineering Ireland by telephone on (01) 625 1115 or e-mail [info@mountaineering.ie](mailto:info@mountaineering.ie).

*Congratulations and Best Wishes to Aisling Barry and Padraic Ward who recently announced their engagement!*

## Club Walk Sign-in sheets

Safety is always the first priority on Club walks, and thankfully we have a very good record in this regard. However, given the nature of adventure sports, there is a possibility that accidents will occasionally happen

and we must be prepared to deal appropriately if they do.

We've therefore introduced a Sign-in sheet that we'll be asking everybody to complete prior to each

walk. It will ensure that walk leaders will have your up-to-date ICE number available in the event of an accident or emergency. See Page 3 of this Issue for details of the ICE programme.

## Winter in Scotland

At time of writing, two groups from the Club have confirmed their intentions of heading for the snow in Scotland in the New Year.

One group sets off for the hills around Glencoe straight after Christmas and will be tailoring their activities to weather conditions and whatever post-Christmas bodies can manage!! Ben Nevis (1,343 m.) and the Grampian Mountains should provide some interesting challenges for this group.

A second group will be taking a little more time to

recover from Christmas excess and heading further east to Glenmore Lodge in the Cairngorm Mountains for some winter mountaineering training.

Glenmore Lodge is Scotland's National Outdoor Training Centre, and offers a variety of courses. Club members will be doing Winter Skills, Winter Mountaineering Skills and Introduction to Winter Climbing courses. The facilities at the Lodge are excellent. Course fees include all instruction, accommodation, meals, and packed lunches, hire of any specialised

equipment that might be required, and best of all, a brilliant drying room for gear!

For anybody who might be interested in going to Glenmore Lodge, this group will be starting there on 15<sup>th</sup> Feb. Full details are available at [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk) or from Hugh Carthy at 086 8055220.

Both these trips are self-organised and not part of the Club Calendar.



## The ICE Programme

ICE (In Case of Emergency) is a programme started in 2005 by a British paramedic, Bob Brotchie. Having had to deal regularly with emergency situations where he and his colleagues found it difficult to identify or communicate with accident victims or to get vital medical information about them, he suggested that a uniform, widely promoted system for

storing emergency contact details might help to save lives. Since most people now carry mobile phones, what better place to store this information than in peoples' mobile phone Address Books?

The idea is that everybody should store a contact called "ICE" in their mobiles. When First Responders encounter an accident victim who is unconscious and can't communicate and they

need to find out whom to contact, they simply search for "ICE" in the victim's mobile and make the call.

If you haven't already done it, it might be a good idea to put an ICE number in your mobile phone. Some mobile phones may already have the contact name "ICE" stored, in which case you only need to enter the number.

Do it NOW!

*The COC Forum is up and running. Keep up to date and keep other members informed by registering as a user. There's a link on the back page of the Newsletter.*

**COC 2010 Calendar**

While we're on the subject of calendars, Eimear Duggan will shortly be publishing a new calendar for 2010. Including some stunning photographs of Club activities during the year, it promises to be even better than the current edition.

To order your copy, contact Eimear directly at 087 2513192

## New Year, New Logo, New Calendar

2010 will mark the 25<sup>th</sup> Anniversary of the foundation of Clare Outdoor Club. The Committee is very pleased to announce that we have a number of initiatives in the pipeline to celebrate this milestone.

First up, we'll be taking the opportunity to launch the brand new **Club logo** at the Christmas Party.

It's been designed specially for the Club to help reinforce our identity and give us a brand that we can be proud of as we embark on our next 25 years. We'll be using the

new logo on the website and on all Club correspondence and publications. Most of all, we hope that club members will be proud to identify with the club, and so we'll be including the logo on a range of fleeces and hoodies that we'll also be introducing at the Christmas Party.

We'll have samples of fleeces and hoodies with the logo available at K2, and we'll be taking orders during the weekend.

We'll also be launching the new Club Events calendar at the party. It

includes the first of the **special series of events** planned for the anniversary year. You'll have to wait till the party to find out more!!

The Club is now so busy that preparing the calendar can be a bit of a struggle, and the committee is very grateful to all the leaders who give freely of their time to make sure that all bases are covered and that the calendar is as varied and as interesting as possible for all members.

**CLARE OUTDOOR CLUB**

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## Merry Christmas! Crăciun Fericit! Fröhliche Weihnachten! Joyeux Noël! Prettige Kerstdagen! Feliz Navidad! Nollaig Shona!

*As this will be the last Issue of the Newsletter this year, the committee would like to take this opportunity to send Season's Greetings to all club members. We hope you've had an enjoyable year on the hills, cliffs, roads, rivers, lakes and seas in Ireland and abroad, and that we'll all be back again in 2010 for more of the same!*