



NEWSLETTER

Here we go again – AGM and all that!

INSIDE THIS ISSUE:

MS/ML training	2
First Aid training	2
Fair weather cyclists?	3
Obituary	3
Stuck in a rut	4

Where has the summer gone? There we were in July promising / threatening to make good use of the long days and spend lots of time on the hills. And did we? Eh, NO!

Not to worry; the new season's about to begin and no doubt we'll have a great turnout for the first walk of the season on Caherconree on 19th Sept.

But first, there's the small matter of the AGM. It's

being held in the Old Ground Hotel on 16th Sept at 8.00 p.m. We look forward to seeing as many members as possible on the night, and we're also expecting a lot of interest from potential new members.

Remember, it's your club, so this is a good opportunity to air your views and make suggestions for the coming season. It's also an opportunity to get

directly involved by volunteering for the committee. We'll need to fill a few vacancies as some members of the current committee are standing down. Thanks to those members who have already volunteered to join the new committee.

Contrary to the urban myth, coming to the AGM does NOT increase your chances of being co-opted onto the committee.

IT'S VOLUNTARY!!

IMPORTANT REMINDERS

- AGM in the Old Ground Hotel at 8.00 pm on Thurs, Sept 16th.
- MSA in Kerry on 20th/21st Nov. Names to Hugh asap.
- First walk of new season on Caherconree on 19th Sept.
- REC 2 course on 25/26 Sept.

National Trails Day, 3rd October

The club is pleased to be hosting the "Black Head Loop Walk" as part of National Trails Day on Sunday, 3rd October. National Trails Day walks countrywide will take place on marked trails and are intended to encourage members of the public to get into the outdoors for a day.

Starting at the beach car-park in Fanore at 10.00 a.m., the route climbs up

through Ballelly, along part of the Burren Way to the Caher Valley and crosses part of Gleinagh Mountain. Many club members know the area well and the loop affords some wonderful views of Galway Bay, the Aran Islands and the Burren.

All members are welcome to come along, and this might be a good opportunity to bring friends who don't get a

chance to come on scheduled club walks during the year.

If the weather is fine, runners will be suitable for the first road section, but boots and the usual hillwalking gear WILL be required on the hills

For more information visit: <http://www.nationaltrailsday.ie/events/clare/>

Mountain Skills/Mountain Leader training



**First and current
Chairs cut the 25th
Birthday cake!**

*Congratulations
to Amanda and
Cliff who tied
the knot and
celebrated in
style on Friday,
26th August.*

Mountain Skills is the entry level course for hillwalkers in Ireland. It provides all the basic skills required to walk safely and competently in winter and summer, when accompanied by people of similar ability. The training does not include leadership skills and techniques. It is suitable for near beginners and those with considerable experience. Topics covered include route planning, equipment, map-reading, navigation techniques, movement on steep ground and coping with emergencies. Typically the training is divided into two blocks MS1 and MS2, each run over a two day period. A basic First Aid qualification such as REC2 is also required before completion of the Mountain Skills Assessment (MSA).

Many club members have completed the MSA over the years. Many others have completed MS1 and 2 but for various reasons have deferred completing the MSA. The club has scheduled an MSA for the weekend of **20th/21st Nov.** It will take place in Kerry and will be directed by Darach Ó'Murchú, an experienced hillwalker, mountaineer and training provider based in Dingle www.inmyelement.ie.

Prior to the assessment, we'll be arranging a one-day refresher course with Darach and night navigation exercise to give candidates an opportunity to revise, practice and prepare for the MSA. All this will take place on **30th October**, and will be followed on **Sunday, 31st** by the scheduled club walk on Cruachán / Bennaunmore.

Anybody interested in doing the refresher course and/or completing MSA should contact Hugh Carthy (086-8055220) before **30th Sept.**

We will also consider arranging a Mountain Skills course in Spring, 2011 if there is enough interest. Any new or experienced members who might be interested should also contact Hugh Carthy.

Finally, we can never have too many Mountain Leaders and all who have successfully completed MSA are encouraged to go forward for the ML award. At least one club member will be doing ML1 before year-end and is looking for company!! Again, contact Hugh for more details.

First Aid training

Waterford Sports Partnership (WSP) will be running a REC 2 course on **Saturday 25th and Sunday 26th Sept.** in De La Salle GAA club in Waterford. Cost is €75 per person.

This is the recommended first aid qualification for MSA, and might suit anybody considering doing MSA in November or in Spring, 2011.

Current Mountain

Leaders who need to refresh their First Aid qualifications should also contact Hugh.

Fair weather cyclists?

While most of us took a break from walking during the summer, the road cyclists in the club were to be seen burning rubber all over the country during the summer months. The season kicked off with the Tour of Sligo in May, followed by the Tour de Burren in June,

the Ring of Kerry in July, the Seán Kelly Challenge in Waterford and the inaugural Étape Hibernia in Clare in August and finished with the Rebel Tour in Cork in September!

Covering anything from 50 km to a whopping 180+ km and spending up to 8 hours in the

saddle, most of us would get tired just thinking about it!

With the dark evenings approaching, it's soon going to be time to dust down the trainers and the exercise bikes in preparation for next season.

Well done to all!



The Dunfanaghy Squadron

John Quinn, RIP

We were all saddened to hear during the summer of the death of John Quinn, a recently returned member of the club. John had previously been a member for a number of years and had taken time out to concentrate on work and business.

His special interest was outdoor photography and he put his hillwalking experience to good use in building up a portfolio of stunning photographs of Irish mountain scenery. He embraced new technology and developed a number of

websites where he showcased and sold his work. He was a regular blogger and had many followers on his Magicalireland Twitter account.

A native of Ballykinacurra near Corofin, John loved his native county and spent a lot of time walking and taking photographs in the Burren. He loved the challenge of the mountains, however, and his favourite place in Ireland was the Reeks in Co. Kerry. Sadly, he died on July 11th following a tragic accident on Corcóg in

the Maamturks. He was laid to rest in Ruan.

John included one of his favourite quotations on some of his websites. It was from Norman Maclean's book "A River Runs Through It", and it seems appropriate here to publish a different quotation from the same book.

"..he was anxious to be on the hills where he could restore his soul and be filled again to overflowing..."

May he rest in peace.

Anybody interested in decking themselves out in a club fleece, hoodie or hat for the new season can place an order on the night of the AGM.

SUMMER PHOTOGRAPHS

Time to update the website photo gallery!

If anybody has photographs of activities, trips, training, events etc. that they would like to share on the Gallery, please forward to the e-mail address below.

Keep it clean and PC!!

Stuck in a rut!

Autumn in the hills and the distinctive bellow of a stag can be heard echoing around the valleys. It's rutting season.

In Ireland we have three species of Deer - our own native Reds and the introduced Fallow and Sika Deer. There also have been sightings of a fourth, the Muntjac Deer but its range has yet to be confirmed.

Red deer are now mainly found in the uplands around Killarney, Donegal and Wicklow. During the months of September and October the stags leave their summer range joining the

groups of females (hinds). At this time they emit deep roars to impress their female counterparts and warn off any jealous males. To attract their mate, both sexes use their version of perfume. They produce an oily scent from a special gland below their eyes. In addition the stags go all out by spraying urine on their bellies to develop an even stronger odour! Stags will fight tooth and nail to stop unwanted suitors taking their group of hinds. They do this by locking antlers and attempting to subdue their opponent by wrestling and pushing him

backwards. These fights may last up to 30 minutes and can leave a stag exhausted. Successful stags gather together as many hinds as they are able to defend. Conception usually takes place in October with single calves born from mid-May to mid-June. Calves do not follow their mothers for the first week, and instead lie motionless in long grass to avoid predation from foxes and eagles. They are fully weaned after eight months. Females can live up to 20 years where as males are unlikely to survive past 12 years of age.

CLARE OUTDOOR CLUB

Web:

www.clareoutdoorclub.net

E-mail:

clareoutdoorclub@gmail.com

Forum:

www.clareoutdoorclub.net/phpbb2/index.php



Bellowing Red stag