



An Óige Hillwalkers Club

October 2011

<http://www.hillwalkersclub.com/>

THE HILLWALKER



*Memories of Italy and Germany
Photos: Mel O'Hara & Viktoria Tishkina*

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HIKE PROGRAMME

October 2011

MEET: Burgh Quay
DEPART: Sundays at 10.00 am
TRANSPORT: Private Bus (*unless stated otherwise*)
COST: €12.00 (*unless stated otherwise*)

2nd pick-up point: *On the outward journey, the bus will stop briefly to collect walkers at the pick-up point. Should the bus be full on departure from Burgh Quay, this facility cannot be offered.*

Return drop-off point: *On the return journey, where indicated, the bus will stop near the outward pick-up point to drop off any hikers. We regret this is not possible on all hikes.*

Sunday 9 October 2011

Leader: Tom Milligan

2nd pick-up point: Beside the pond in Sean Walsh Park on the Tallaght By-pass.

****Different return****

Route: Ballinagee (O:037 021) * Glenreemore * Art's Cross * Three Lakes * Conavalla - Lough Firrib * Turlough Hill * Camaderry * Glendalough Upper Lake * Interpretive Centre.

Distance: 19 km **Ascent:** 800 m

Maps: OS 56, Harvey, East and West Mapping

Sunday 16 October 2011

****Introductory Hard Hike****

---Mournes Mountains---
(*special price of €15*)

Leader: Brian Madden

2nd pick-up point & return drop-off point:

Bus Stop on Swords Bypass GR 185 463
(*located on the By-pass just south of the footbridge which is adjacent to the R106 Swords-to-Malahide road roundabout and very near to the Pavilion Shopping Centre*)

Route: Car Park at GR 293 297 * Meelbeg * Loughshannagh * Doan * Bearnagh * Brandy Pad * Trassey Bridge.

Distance: 13 km **Ascent:** 980 m

Maps: OS 29 & Mourne Country 1/25000

Sunday 23 October 2011

Leader: Dave McCann

2nd pick-up point & return drop-off point:

Beside the pond in Sean Walsh Park on the Tallaght By-pass

Route: Knickeen * Table Track * Table Mountain * Cavanagh's Gap * Lobawn * Captain Bolton's Yard * Donard

Distance: 16km **Ascent:** 630m

Maps: OS 56, Harvey, East and West Mapping

Saturday 29 – Monday 31 October 2011

---(No Sunday hike)---

October long weekend trip to Donegal

Sunday 06 November 2011

****Introductory hard hike****

Leader: Michael Heneghan

2nd pick-up point & return drop-off point:

Beside the pond in Sean Walsh Park on the Tallaght By-pass

Route: Sally Gap * Carrigvore * Gravale * Duff Hill * East Top * Mullaghcleevaun * Black Hill * Lacken

Distance: 19km **Ascent:** 850m

Maps: OS 56, OS 62, Harvey, East and West Mapping

GENERAL HIKE NOTES

PARTICIPATION Mountaineering is an activity with a danger of personal injury or death. Participants should be aware of and accept these risks. People who take part in our club activities do so at their own risk and are responsible for their own actions and involvement.

CO-ORDINATION If necessary, tickets are given out on Sundays to ensure that participants reserve a bus place as they arrive.

LEADER The leader has the right to refuse anyone who is not adequately equipped (e.g., without appropriate boots, rainwear, food, torch, hat, gloves, etc). The leader may alter the route from that described in the program. The leader sets the pace of the hike and walkers are expected to obey the leader's instructions at all times.

EQUIPMENT It is essential to bring good rain gear (both jacket and over-trousers) and to leave cotton t-shirts and jeans at home! Boots must be sturdy with proper ankle support and a rigid non-slip sole such as Vibram.

WALKING STICKS AND RUCKSACKS Remember that walking sticks and rucksacks cannot be brought onto the bus and must be stowed away in the boot during the journey.

★★ *Introductory hard hike* ★★

This hike is tailored for non-members who are considering joining the *An Óige Hillwalkers Club*. It offers the opportunity to sample a typical club hike, as well as meeting club members.

Interested individuals should equip themselves appropriately for a day in the hills: adequate hiking boots, waterproof coat and leggings, hat, gloves, lunch and hot / cold drinks. *In order to enjoy the hike, you need a good level of fitness.*

Membership forms will be available, should you wish to join the club on completion of the introductory hike. *Enquiries: 086-356 3843.*

Please be advised that you should not undertake any club hiking activities: (i) if you have any known medical ailment which may impair your ability to participate in club activities, or (ii) if you are taking any form of medication that will put your health or safety of others at risk. Should you be in any doubt on these matters, a doctor should be consulted prior to undertaking any club hiking activity.

Committee 2010/11

<i>Chairman</i>	Frank Rooney
<i>Secretary/Project Support</i>	Betty Kehoe
<i>Treasurer</i>	Jim Barry
<i>Sunday Hikes Coordinator</i>	<u>Vacant</u>
<i>Weekend Coordinator</i>	<u>Vacant</u>
<i>Training Officer</i>	Dónal Finn
<i>Membership Secretary</i>	Don Reilly
<i>Club Promoter</i>	Barbara Monahan
<i>Newsletter Editor</i>	Simon More
Special thanks to:	
<i>Webmaster</i>	Matt Geraghty
<i>Distribution</i>	Pearse Foley & Cyril McFeeney

AN ÓIGE HILLWALKERS AGM

Teacher's Club, Friday, 21 October 2011, 8pm

The Annual General Meeting of the An Óige Hillwalkers will be held at the Teacher's Club, 36 Parnell Square, D1 on Friday 21 October 2011, starting at 8pm.

A number of vacancies will arise on the committee for the 2011/12 season, including:

1) **The Chairperson** will be responsible for: (i) chairing committee meetings. In his/her absence, another committee member may deputise.

(ii) setting dates for regular committee meetings, (iii) preparing in advance the agenda for committee meetings, (iv) fostering initiatives and furthering development within the club through consultation with members of the club, (v) establishing club policies and practices by consensus with the committee.

2) **The Club Secretary** shall be responsible for: (i) receiving and formulating of correspondence relating to club affairs, (ii) recording all decisions taken at regular meetings of the committee, (iii) producing and distributing of minutes from those meetings.

3) **The Treasurer** shall be responsible for: (i) the financial affairs of the club, (ii) maintaining an up-to-date financial record for presentation at all committee meetings, (iii) producing an annual financial statement of the club, (iv) reporting this statement to the AGM.

4) **The Programme Editor** shall be responsible for, (i) producing a regular

newsletter, (ii) organising distribution of the club newsletter, (iii) co-ordinating the management of the club internet presence.

5) **The Membership Secretary** shall be responsible for: (i) receiving and processing membership applications, (ii) maintaining an up-to-date database of members, (iii) informing the club insurers of the membership status of the club on a regular basis.

6) **The Sunday Hike Co-ordinator** shall be responsible for: (i) organising Sunday hikes throughout the year, (ii) maintaining a database of potential hike leaders, (iii) ensuring that acceptable practices are maintained for all aspects of the hike programme.

7) **The Training Co-ordinator** shall be responsible for organising all matters relating to training within the club.

8) **The Weekend/Holiday Co-ordinator** shall be responsible for co-ordinating all weekend or holiday events organised by the club.

9) **The Social Co-ordinator** shall be responsible for co-ordinating social events organised by the club.

10) **The Club Promoter** shall be responsible for promoting the activities of the club as well as responding to general enquiries.

Nominees for the committee

We invite nominations from all who is interested in serving on the committee. Please use the format below.

All nominees for election to the committee must have the written support of two other club members in the form of a proposer and a seconder. Nominations should be communicated to the Club Secretary in writing at least 24 hours prior to the AGM for inclusion in the AGM agenda.



Format for nominations:

I nominate [name] for the position of Committee Member of the An Óige Hillwalkes Club 2012

Signed.....Proposer

Signed.....Secunder

I accept the nomination.....Nominee

All of the above must be full members of the An Óige Hillwalkers Club.

Two other items:

1. A member may have a motion added to the AGM agenda, provided written notice of the motion is received by the Club Secretary two weeks prior to the AGM.
2. The quorum for an AGM shall be fifteen members as per the constitution.

To all committee members

Please note the date, time and location of the AGM Friday, 21 October 2011, 8pm at Teacher's Club. At this meeting you will be asked to give a report to the meeting on the position that you held this year. Also note under the constitution the outgoing Chairperson will be returned as an Acting Chairperson until the first meeting of the new committee. As such, it is Frank's responsibility as outgoing Chairman to organise the first meeting of the new committee. As he will be going forward to serve on the new committee for the new year but not as Chairman, he intends immediately after the AGM to hold a short committee meeting the Agenda being:

- 1) The selection of the new Committee Positions
- 2) A date for the next Committee Meeting



An Óige Hillwalker's Club

**The Annual General Meeting of
An Óige Hillwalkers Club
Teacher's Club, Friday, 21 October 2011, 8pm**

AGENDA

1. Opening of Meeting (Chairman)
2. Minutes from AGM of 2010 (Betty Kehoe)
3. Treasure Report (Jim Barry)
4. Secretary Report (Betty Kehoe)
5. Sunday Hikes Report (Frank Rooney)
6. The Training Co-ordinator Report (Donal Finn)
7. The Programme Editor Newsletter (Simon More)
8. Membership Report (Don Reilly)
9. Weekends and Trips Abroad Report (Frank Rooney)
10. Promotion and Web Report (Barbara Monahan)
11. Chairman's summary
12. Members Discussion.
13. Election of incoming Committee
14. Motions
15. AOB

The Christmas Party

*****Date for your diary*****

The Christmas party will be held on Saturday 10 December, in Glendalough.

Further details later.

Photo slideshow and talk

Switzerland: Walks and nature, traditions and refreshments
by Na Cnocadóirí

- Club Chonradh na Gaeilge, 6 Harcourt Street, Baile Átha Cliath 2
- Dé Céadaoin, 12/10/2011
- 8.15 pm.

Directions: www.anclub.ie

The photos and talk will focus on the Jungfrau region in Switzerland, and topics will include walking routes, landscape, places of interest to tourists, some flora and fauna, and traditions in the area. Anyone considering a holiday in Switzerland, or with an interest in nature, travel or hillwalking will enjoy this friendly and informal event, which will begin with a wine reception.



AN EILBHÉIS - DÚLRA AGUS DÚCHAS, SIÚLÓIDÍ AGUS SÓLAISTI

TAISPEÁNTAS GRIANGHRAF AGUS CAINT PHOIBLÍ

Taispeántas Grianghraf agus Caint Phoiblí

á eagrú ag Na Cnocadóirí

- Club Chonradh na Gaeilge, 6 Sráid Fhearchair
- Dé Céadaoin, 12 Deireadh Fómhair,
- 8.15 pm.

Ceantar Jungfrau san Eilbhéis a bheidh faoi chaibidil. Déanfar cur síos ar an tírdhreach, bealaí siúil, ionaid spéise do thurasóirí, ainmhithe agus plandaí a chonacthas, agus nósanna na tíre.

Beidh an ócáid seo suimiúil d'aon duine atá ag smaoineamh ar dhul ar shaoire san Eilbhéis, agus dóibh siúd a bhfuil spéis acu san fhiadhúlra, i gcúrsaí taistil nó i gcúrsaí cnocadóireachta

Cuirfear gloine fiona ar fáil ag tús na hoíche.

Treoracha: www.anclub.ie



Digital photography course

For the absolute beginner

Since digital has arrived you no longer have to know all the technical settings on a camera.

To take great photos all you have to do is lift and press.

Automatic works 99% of the time better than if you had manually set the camera.

This simple course will answer all the questions you need to know about digital: Setting the camera for auto-lift and press. Composition – How to see light and take great pictures of landscapes, flowers and animals.

Field trip to put into action what you have learned.

Download your images on the computer.

How to get your images printed.

All you need is a Digital Camera and Instructions.

The course will include 8 Tuesday Evening sessions of two hours duration on the 25th October, and 1st, 8th, 15th, 22nd, 29th November, 6th, 13th December 2011.

Venue: Dublin International Youth Hostel, 61 Mountjoy Street, Dublin 7 @ 19.15 for 19.30 start.

Course cost: €100.00, includes 8 Evening Sessions and Field Trip.

Bookings: It is essential that interested persons book in advance through the An Óige Head Office, Tel: (01) 8826700. Credit Card booking acceptable. No's limited to 10 places.

Course given by: Peter Gallagher, L.I.P.P.A
– Tel No: (087) 2469883.

Membership 2011/12

This is a gentle reminder that your membership fee for 2011/12 is now due.

The membership fee includes:

- *Mountaineering Ireland membership*
- *Mountaineering Ireland insurance cover*
- *Subscription to Mountain Log magazine*
- *Regular newsletters per year by email*
- *Postage of magazine.*

Please see p9 in this Newsletter.

Thanks to our webmaster Matt Geraghty, a mobile phone friendly version of the hikes page is now available to download from <http://m.hillwalkersclub.com/>



Please note that you can also follow An Óige Hillwalkers Club on facebook <http://www.facebook.com/pages/An-Oige-Hillwalkers-club/153861187966138>



Membership Application Form

An Óige Hillwalkers 2011/12

Name (*Applicants must be over 18*)

Address

Were you a member before? Yes, last year Yes, some time ago No

New members: How did you hear about the club?

An Óige Membership Number (*Applicants must be a member of An Óige*)

[Further information at <http://www.anoige.ie/membership>]

Contact Telephone Numbers (*optional*)

Daytime Evening Mobile

Email Address (*required*)

The Club issues a regular newsletter by email. The newsletter is also available through the Club webpage [<http://www.hillwalkersclub.com>].

Please read and sign the following PERSONAL DECLARATION

PERSONAL DECLARATION

I am over 18 years of age and wish to apply for membership of An Óige Hillwalkers Club. (*)

(*) *Please note that personal accident insurance is only available to members between 18 and 75 years of age.*

I accept that mountaineering is an activity with a danger of personal injury or even death.

I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.

I accept that An Óige Hillwalkers Club establishes the bounds on its activities through the constitution and rules of the club [available at www.hillwalkersclub.com/constitution.htm] and I agree to abide by these.

Members should not undertake any club hiking activities if:

- (i) they have any known medical ailment which may impair their ability to participate in club activities or
- (ii) they are taking any form of medication that will put their health or safety of others at risk.

If a member is in any doubt on these matters, a doctor should be consulted prior to undertaking any club hiking activity.

If you agree and accept the terms of the PERSONAL DECLARATION, please sign and date here.

Signature Date

The 2011/12 membership year runs from 01 October 2011 to 20 September 2012

2011/12 Membership Fee €35.00

Please send this form with the membership application fee (cheque or postal order *only*, payable to *An Óige Hillwalkers Club*) to **Don Reilly, Dunany, Santry, Dublin 9**. Please allow two weeks for processing of the membership application.

NB: PLEASE DO NOT SEND YOUR APPLICATION BY REGISTERED POST!