

MOURNE RAMBLERS NEWSLETTER

FEBRUARY 2018

A message from the Editor

Welcome to the latest edition of the Mourne Rambling Group newsletter. In this issue I hope you will find articles and items of interest to you including:

- NEW MEMBER UPDATE
- 50TH ANNIVERSARY 2019
- TERESA GAWLEY – AN OLD FRIEND
- SLIDESHOW
- CONNEMARA TRIP
- USE OF WALKING POLES
- YOUR HELP WOULD BE APPRECIATED
- WICKLOW TRIP
- NOTICEBOARD
- LIST OF PAID-UP MEMBERS 2018
- ABOUT YOUR MEMBERSHIP OF UFRC

Vincent Trainor, Editor

New members since the last newsletter (November 2017) **(up-to-date as at 27 February 2018)**

James Aitken, Philip Appleton, Andrew Blair,
Hugh Casey, Olwen Herbison, Patricia Kelly,
Catherine McAuley, Elaine McFarlane, Yvonne McDowell,
Danny Rice, Marion Walsh, William Walsh

We are delighted to welcome these 12 new members since November 2017. A special warm welcome back to Yvonne.

50TH ANNIVERSARY 2019

We are moving forward with plans to celebrate the 50th Anniversary of the Mourne Rambling Group in 2019. A sub-committee has been formed and will be meeting regularly to organise various events. We would like to have as many members as possible – old and new – involved. Please let people you know be made aware of the upcoming 50th Anniversary. More information will be provided in the next newsletter in July 2018.

Teresa Gawley – an old friend

Teresa Gawley was one of the early stalwarts of the Mourne Rambling Group. She will be fondly remembered by many of our long-standing members. While she was not a founder member of the group she was certainly a member from the early nineteen-seventies. She was a very enthusiastic walker back in the days when there were no A, B, C or D groups – everyone walked as one group.

It was Teresa who encouraged me to ‘go for a walk’ with the Mourne Ramblers back in August 1976. Eventually I did and my love affair with the group began with my first walk which started at Kinahalla Youth Hostel. On that day some of the members present were Clarence Cheney, Teresa, Dr. Ruth Pallin, Betty Green and Jim & Christina Mackle. We walked up Cock and Hen on a very wet day and I had second thoughts about whether the Mournes would ever feel the weight of my boots again. However, I did return on a day when the weather was much kinder and I never looked back. Teresa was also the lady who introduced me to my wife-to-be Anne whom she had also encouraged to ‘go for a walk’ with the Mourne Ramblers.

Many Ramblers have contacted me to express their sympathy on Teresa’s passing. One of the nicest messages was from Sarah Newell which I quote:

“Teresa introduced me to the Ramblers. Shortly after we moved back to Glasdrumman I joined an upholstery class in Kilkeel Tech and Teresa was there. She told us of the walk she had been with on the previous Sunday and it sounded so interesting I met up with her for my first walk at Trassey led by Billy Jardine! Many walks with Teresa and the fun was great.”

Teresa loved the Mourne Mountains and the Mourne Ramblers. She walked well into her seventies. When the time came when she was no longer able to walk she would have met me every week with the words, “Well, where were you last Sunday?” When I outlined what the group had done you could see that she wished she had been there. At that time all she had were her memories. She lived to the age of 91.

Vincent Trainor

Mourne Ramblers Slideshow

There was a good turnout of members and guests to the Annual Slideshow which was held at the Burrendale Hotel on Sunday the 18th February.

There were six excellent presentations.

- Joe McKnight spoke on his walk around the Mont Blanc Massif with 5 other members of the Mourne Ramblers during September, 2017.
- Slides on the trip to Kerry led by Andrew McKibbin and Ray Gray in May 2017 were introduced by Ray.
- Harry Goodman introduced slides of ‘The Belfast Hills in Winter’ which included some spectacular snowscapes of the hills and cityscapes of Belfast in winter.
- Bert Rima showed us slides of his walking trip to Slovakia.
- Peter McGowan introduced slides on the trip to Donegal in August, 2017 which he led.
- John Taylor spoke to slides of his trip to China last year and his visits to the Great Wall and Beijing.

Our thanks to the speakers who shared their slides with us and particularly to Harry for organising an excellent and interesting evening.

Joe McKnight

Connemara Trip

25-29 May 2018

Arrangements are well in hand for the Connemara trip.

So far there are 21 names on the list. Of these, 18 are booked in at the Leenane Hotel. The remaining three people have made their own accommodation arrangements.

I am organising and leading walks for the C group and I now have a short list of walks to choose from. Three of us have arranged to visit the area during March to do a recce just for C group walks. I have mentioned to a few of the C walkers that it may be possible to do extra half day walk(s) on the Friday and/or the Tuesday. There seems to be some interest for this idea.

As it looks at present there seems to be an even split between A/B and C walkers. We can take a few more in addition to the 21 already booked but additional walkers will need to make their own accommodation arrangements.

If anyone needs any further information please contact myself, Ray Gray (079 2940 1817) or Andrew McKibbin (028 9039 7745).

USE OF WALKING POLES

Many people find walking poles a boon to their walking – both by lengthening their walking career through protecting their knees, and for the great assistance they afford when walking on tough terrain.

However, you should be careful with your walking poles; although they can be of great benefit to people in terms of balance and support, they can also be a dangerous weapon in the wrong hands.

Some points to consider:

- **Be Aware** – Make sure you are aware of walkers both ahead of you and behind you. If you're carrying your poles, carry them with the tips forward to avoid accidentally stabbing others.
- **Keep your distance** – Make sure there is a safe distance between walkers. If someone is crowding you, step aside and let them pass.
(People walking alongside pole users should also be aware of the above, and give the pole user more space.)
- **Put Away** – If there is a section of the route where you don't need your poles then pack them away.
- **Don't Wave** – This may be stating the obvious, but try not to wave your poles around in the air needlessly.
- **Don't Drag** – Try not to drag your poles over stiles or fences because there is the danger of poking someone in the eye. Instead, push them through or over the stile or fence and collect them on the other side.
- Walking poles are a great benefit to many hikers, but users should be careful that they don't make them a hazard to others!

YOUR HELP WOULD BE GREATLY APPRECIATED

please read on

On Saturday, 14th April some young people involved in an award with the St. John's Ambulance Brigade will be taking part in a walk using the trails within Tollymore Forest Park. The walk will be 5 to 8 miles long and take 3 to 5 hours. Maggie Pridgen, who will be in overall charge, has asked for volunteer/s from the Mourne Ramblers to accompany each group – it should be a pleasant and happy day out for all concerned. Each group (about 5 young people) will also have at least one adult St. John's Ambulance Brigade member. Hopefully, you will be interested in helping – if so, please contact Maggie Pridgen (07745791620) or George Acheson (02893340642).

Wicklow Trip

10 – 13 August 2018

16 walking members have decided to go on the trip to Wicklow on the above dates. 14 of these are booked in to Lynham's Hotel in Laragh, 2 have made their own arrangements.

The walks are for B and C group walkers. It is planned to have walks on Saturday 11, Sunday 12 and a shorter walk on Monday 13 August after which we will head for home. I am liaising with Mary Conlon of the Irish Ramblers and Mary has agreed to provide leaders from the Irish Ramblers to guide us on our walks. We are very grateful to Mary and her colleagues for their assistance. I plan to visit the area beforehand to gain some insights in to where the planned walks will be.

It is still possible for members to put their names down for the trip. I would be happy to have 4 or 5 more. If you wish to be included, on a first come, first served basis, please contact me by email trainorvj@yahoo.co.uk or mobile 078 3512 8564. Please be in touch no later than Friday 09 March. Should there be any takers, I will contact Lynham's Hotel re accommodation.

Vincent Trainor

NOTICEBOARD

- Sincere thanks again to Robert Roulston for printing the annual programme of walks for 2018
- The annual club picnic will take place at Meelmore Lodge on Sunday 10 June. Last year we organised an invitation walk on the day of the picnic and it is hoped to have a similar event again this year. More details will be given nearer the time
- An up-to-date list of paid up members is appended at the end of the newsletter. It is a very good sign that there are so many new members. They are a real asset to the group
- An article entitled 'About your membership' has been added to the end of the newsletter as a page you may wish to keep for reference. It is provided by the Ulster Federation of Rambling Clubs as an information sheet of various outlets which provide discounts to members of Rambling Clubs affiliated to UFRC
- The next issue of the club Newsletter will be in July 2018.

MEMBERS 2018

The list below contains the names of all members who have paid for 2018 (up to and including 27 February 2018). Please check to see that your name is on the list. If your name ought to be on the list and has been omitted, please accept our apologies. Please contact the Treasurer on 078 3512 8564 for clarification.

(124)

Acheson, George	Gribbin, Reynold	McClelland, Michael	Patterson, Wendy
Agnew, Joseph	Gunn, Philip	McComish, Domnall	Patton, Norman
Aitken, James	Hamilton, Joan	McCreery, Gordon	Pridgen, Maggie
Appleton, Philip	Hanratty, Patrick	McDowell, Yvonne	Proctor, Ian
Beck, Patricia	Herbison, Olwen	McGinley, Mark	Quiery, Pamela
Blair, Andrew	Hoeritzauer, Marie	McGivern, John	Quinn, Carmel
Browne, Gary	Hughes, Seamus	McGowan, Peter	Reid, Ken
Browne, Geraldine	Hughes, Teresa	McKenna, Gerry	Rice, Danny
Calvert, Joan	Hughes, Thomas	McKenna, Vincent	Rice, Noel
Carragher, Anna	Hulme, Joan	McKibbin, Andrew	Rima, Bert
Carragher, Fionnuala	Hussain, Rafia	McKnight, Joseph	Roulston, Robert
Casey, Hugh	Kelly, Patricia	McLean, Bernard	Russell, Trevor
Cauley, Irene	Keown, Ann	McMahon, Hilja	Scott, Barry
Connolly, Patricia	Knox, Victor	McManus, Owen	Shields, Jonathan
Connolly, Raymond	MacDermott, Dermot	McMillan, Marlene	Sloan, Elizabeth
Corcoran, Bernie	MacFarlane, Elaine	McParland, Alice	Smyth, Hazel
Coyle, Loretto	Mackey, Francis	Moore, Anne	Smyth, Raymond
Cummings, Thomas	Magowan, Reg	Moore, Bernie	Sochor, Cecilia
Dean, Liam	Magowan, Rodney	Muller, Janet	Stewart, Derek
Doran, Marie	Magowan, Terry	Murphy, Shelagh	Stuart, Ian
Farrington, Gerry	Marshall, Robert	Murray, Kevin	Taylor, John
Fawcett, Laura	Martin, Laura	Newell, Sarah	Taylor, Toni
Forsythe, Anthony	Matson, Neill	O'Connor, Damian	Templeton, Helen
Franklin, Roisin	Matthews, Jim	O'Connor, Nuala	Thompson, Kingsley
Gibson, Christina	Matthews, Lynn	O'Dea, Mary	Trainor, Vincent
Gilmore, Seamus	McAllister, Catherine	O'Hagan, Joan	Tumilty, Pat
Goodman, Harry	McAuley, Catherine	Oldfield, David	Tweed, John
Gray, Raymond	McCauley, Gabriel	Osborne, Robert	Wales, Jackie
Greaney, Ellen	McCavera, Dora	Overend, Martin	Walsh, Marion
Green, Doreen	McClay, Monica	Papafio, Nancy	Walsh, William
Green, Wilfred	McClelland, Gillian	Parkinson, Alan	Webb, Donna

ASSOCIATE MEMBERS 2018

Ciaran Hanna, Maire Hanna, David Reid, Anne Trainor

HONORARY MEMBER

Christina Mackle, President

About your membership

Discounts

Membership of UFRC enables you to get discounts for outdoor clothing and other gear. All you need to do is show your affiliation card at any of the outlets below.

The UFRC Committee works strenuously each year to secure discounts for clubs at outdoor pursuit stores across the region. If you know of a store in your locality that would be happy to offer a discount for UFRC members then please contact UFRC.

Belfast

Cotswold Outdoor	15% off (also online)	Boucher Retail Park & Castle Lane
Trespass	15% off	Boucher Retail Park
Jackson Sports	10% off	High Street
Ecco	15% off	Castle Lane
Discover Outdoors UK	10% off (exc Gortex)	College Square East

Antrim

Mountain Warehouse	10% off	Junction One
---------------------------	---------	--------------

Ballymena

The Great Outdoors	10% off	Broughshane Street
---------------------------	---------	--------------------

Bangor

Surf Mountain	10% off (exc sale items)	Main Street
----------------------	--------------------------	-------------

Banbridge

Crory's	15% off (exc sale items)	Bridge Street
Downshire Camping	10% off	Newry Road
Mountain Warehouse	10% off	The Outlet

Coleraine

Lindsays	15% off (exc sale items)	Ballyrashane Road
-----------------	--------------------------	-------------------

Cookstown

Sperrin Outdoors	10% off	William Street
-------------------------	---------	----------------

Dungannon

The Sports Studio	10% off	Linen Green
--------------------------	---------	-------------

Hollywood

Mountain Trail	10% off	High Street
-----------------------	---------	-------------

Letterkenny

Wet'n'Wild	10% off	Ballyraine Retail Park
Mountain Warehouse	10% off	Forté Retail Park

Newcastle

Hill Trekker	15% off	Central Promenade
---------------------	---------	-------------------

Portadown

Head2Toe	10% off	Carlton Street
-----------------	---------	----------------