

Sunday Hikes: January 2003

MEET: Outside old Irish Press Offices, Burgh Quay, down from Spar shop.

DEPART Sundays 10.00 A.M. (or when the bus is full)

COST: Private bus. Cost **€9.00**.

NOTE: The leader has the right to refuse anyone who is not adequately equipped (*i.e. without adequate rainwear, spare clothes, food, torch and hiking boots*). The leader has the right to extend, curtail or alter the route from that described in the program. The leader sets the pace of the hike and walkers are expected to obey his/her instructions at all times.

During winter months it is essential to bring a (head) torch on all Sunday hikes and weekends away. Don't forget to check your batteries and bulb.

Your club membership card **MUST** be carried and produced, if requested on all Sunday hikes. Numbered tickets will be given out on the quays by a committee member. People with a valid membership card and ticket will be given preference on the bus.

MOUNTAIN SAFETY NOTE

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. The Committee requests that anyone who is on medication or with a medical condition inform the leader before the start of the hike.

ENVIRONMENT

Try to reduce the erosion and widening of trails, e.g. do not walk on the edge of worn tracks; walk through the centre of the original track or go several feet into the scruff where the ground is untrodden, walking parallel to but not on the track.

Litter is unsightly and dangerous to animals. Even bio-degradable items like orange peels and banana skins take years to disappear. Bring all your litter home and try to include at least one extra item from each day out. Do not bury litter – animals will dig it up.

WALKING STICKS

In the interest of safety and comfort please keep the pointed end of your walking stick covered, especially when travelling on the bus.

HIKE LEADERS

Jim has asked us to include his email for queries regarding the walking schedule including **offers to lead** and weekend away queries.

Hike co-ordinator email address: jamesab@gofree.indigo.ie

| Date | Route Description | Leader |
|------|-------------------|--------|
|------|-------------------|--------|

5th January Local Bus Walk

Route: Fernhill Tunnel (Stepaside) - Three Rock Mtn - Fairy Castle - Wicklow Way Track - Glencullen - Road - Boranarltry - Knocknagun - Prince William Seat - Ravens Rock - Shop River (185 Bus). *Frank Rooney*

Purchase 1-Day Bus Pass.

Meeting Place/Time: Usual Place on Burgh Quay at 1030AM.

[15km/700m Ascent]

12th January Introductory Hard Hike

Route: Forest Entrance (G.R.955 956) - Track - Sugarloaf - Lobawn - Cavanagh's Gap - Wexford Gap - Table Mtn - Table Track - Stranahely Wood - Knickeen Ford. *Jim Barry*

[16km/700m Ascent]

19th January Route: Ballyknockan Carpark (G.R.011 073) - Troman Brook - Silsean - Moanbane - Billy Byrne's Gap - Mullaghcleevaun Mtn - Glasnaqollum Brook - Glenbride - Garryknock (G.R.037 030). *Donal Finn*

[14km/800m Ascent]

26th January Route: Glenmacnass (G.R.114 030) - Lough Ouler - Spot Height 593 - Tonelagee Mtn - Wicklow Gap - Turlough Hill Reservoir - Camaderry - Glendasan - Glendalough Visitor Centre Carpark. *Tom Kenny*

[16km/750m Ascent]

2nd February Route: Track Gate(G.R.T 082 858 O.S. Map 62) - Farbreaga - Aghavannagh Mtn - Lybagh - Slievemaan - Lugnaquilla - Camara Mtn - Banana Road - Fentons. *Noel Kerley*

[15km/800m Ascent]

9th February Introductory Hard Hike

Route: Oasis(G.R. 101 051) - Carrigshouk Mtn - East Top - Mullaghcleevaun (Optional) - Duffhill - Gravale - Carrigvore - Military Road Carpark (G.R. 138 088). *Jimmy McCullagh*

[14km/800m Ascent]

Important Club Notes

Happy new year folks. Detailed above are a list of walks guaranteed to undo the damage of all that turkey & trifle over Christmas. Please note that this issue of the *Hillwalker* contains important notices relating to:

1. 2003 Membership Application Form
2. Club AGM on January 28th
3. Club constitution
4. Weekends away for St. Patrick's Weekend & Easter.

Please study the details well. We encourage all members to renew their membership promptly and to attend the AGM later this month where we will vote on the newly proposed club constitution.

Winter Season Notice

The hike co-ordinator has asked that we take note of the following points of safety for the late Autumn & Winter walks, especially hike leaders:

All hike participants should carry suitable waterproof torches, reflective armbands or strips and adequate winter attire from the end of October until the end of the winter period. Leaders should insist that all participants are suitably attired and using torches when required. Leaders should plan to finish all hikes between 1700 and 1730hrs (earlier if severe adverse weather conditions prevail). Every effort should be made (without dragging or hurrying the group) to reach a recognised safe track or road way before the onset of darkness. Leaders should slow the pace down when encountering any type of awkward or difficult terrain, steep or slippery inclines etc. Extra vigilance should be exercised during the periods of dusk, darkness, dense fog or mist, snow and icy conditions etc. Walks should be altered or shortened to take account of adverse weather conditions e.g. possible flooding or icy roads.

Club Slideshows

Here is the slide-show schedule for the New Year:

Tuesday, Jan 14th, Prionnsias MacAnBheatha
Rome, Amalfi Coast and Pompeii

Tuesday, Feb 11th Maggie Greany
Cycling in Slovenia

Tuesday Mar 11th Donal Finn
Walking the GR20, Corsica

Tuesday April 8th
To be confirmed

All at 8.30pm, Upstairs Lounge, Palace Bar. Meanwhile, if anyone would like to present a slide show, please contact Donal Finn.

Christmas Party

We hope those who came along enjoyed themselves at this year's club Christmas party in Glendalough. Our thanks to everyone who helped out with hikes, stereos, prizes, crowd control, et cetera. Our thanks also to the musicians who entertained us on the night. Congratulations to Caroline Carswell and Don Reilly for winning the awards for Best Newsletter article and Best Newsletter Photo respectively. Mick Heneghan is also to be congratulated for keeping most of his clothes on. A big thanks is due to the Committee members who gave so much of their time and effort to ensure the success and enjoyment of the weekend (don't worry: the Editor hardly did a tap, so this is not a case of self-congratulation ☺).

Club Notes

1. Bridget (Keenan) left a green walking pole at Glendalough hostel on the weekend of our party. If anyone who knows her is down that way, could they enquire
2. Several of the 121 **email addresses** supplied to me are raising errors. If you have not received your email copy of the newsletter then check your email account is still active and mail me your correct address at warrenl@gofree.indigo.ie. Also if you have joined the Hillwalkers and have email but have not been added to the email list, then drop us a mail if you like.
3. Club member Joe Kavanagh is wondering if anyone else is interested in a skiing trip in February or March. Ring 01-8339563 or 086-8866653.

The 2002/3 Committee

Chairperson: Donal Finn
Secretary: Frank Rooney
Treasurer Prionsias Mac an Bheatha
Editor Warren Lawless
Sunday Hikes: Jim Barry
Acting Membership Secretary: Donal Finn
Membership Secretary: Gerry Walshe
Training Officer: Joe Kellegher
Young Hillwalkers: Dave Rooney

Distribution: *Cyril McFeeney & Pearse Foley*
Webmaster: *Matt Geraghty*

Note: Donal is currently handling membership applications for Ger.

2003 Membership Fees

Please see new application form and AGM notices for 2003 membership. The club intends giving preference to members for places on the Sunday bus, so please be sure to renew your membership now. An application form is enclosed and should be sent to the Acting Membership Secretary at the following address: Mr. Donal Finn, 24 Glenmalure Park, South Circular Road, Dublin 8.

Queries regarding change of address or non-receipt the Hillwalker should be directed to Mr Donal Finn (acting membership secretary).

An Óige Hillwalkers Club AGM

8.00pm, Tuesday Jan 28th, 2003

Upper Lounge, Palace Bar, Fleet Street, Dublin 2

to be followed by slideshow by J. Barry

The AGM will follow the usual format with a brief report from each of the Club's officers (Secretary, Treasurer, Sunday Hike, Training, Editor, Membership, Weekend) followed by discussion.

In addition to the above topics, there will be a number of special items as follows:

New Membership Year

The committee is proposing that the club introduce a new membership year that will run from Oct 1st to Sept 30th. The main reason for this change is to facilitate improved co-ordination with the Mountaineering Council of Ireland (MCI) on membership administration issues. To facilitate this change, the 2003 and 2004 membership years will be as follows:

- Jan 1st, 2003 to Sept 30th, 2003 (9 month transition 'year')
- Oct 1st, 2003 to Sept 30th, 2004 (new 12 month membership year)

AGM Date

In future years, it will be proposed that the annual AGM be held during the month of September. This will allow better integration with our proposed new membership year.

Club Constitution

To date the club has not had its own constitution. A new constitution that outlines the principles and day-to-day running of the club has been drawn up. A copy is enclosed for your perusal. Although this document may appear to rather formal, it is written according to normal guidelines for voluntary organisations. Members will be asked to adopt this constitution at the AGM. Any amendments can be proposed for the next AGM (September 2003). Meanwhile members can communicate any observations on the Constitution to the Club Secretary. Happy reading over Christmas and the New Year !

Outgoing Committee

Ger Walsh, our Membership Secretary is to retire after 6 years service to the club. We would like to thank both Ger and Pauline for all their hard work over the years and wish them the best in the future.

The following members of the committee are happy to serve for one further year (Jim Barry, Donal Finn, Joe Kellegher, Warren Lawless, Prionnsias MacAnBheatha, Frank Rooney), subject to approval at the upcoming AGM.

Incoming Committee

Following the call for new committee members in the November programme, three members have put themselves forward to help with the club affairs. They are:

Tom Kenny: to help with co-ordination with Sunday hikes.

Jimmy McCullagh: to help with the club's training programme.

Barbara Sudrow: to administer the Club membership.

We hope that members will endorse these individuals to come on the Committee for 2003. Meanwhile if anyone else is interested in helping with the Club affairs please contact any Committee member.

Proposed Club Constitution

1 NAME

1.1 The name of the Club shall be "An Óige Hillwalkers Club" hereafter referred to as "the Club".

2 OBJECTIVES OF THE CLUB

2.1 To organise hillwalking events and associated activities.

2.2 To promote awareness of the need to maintain access, conservation and protection of the mountain environment.

2.3 To strive to attain best practice in all organised activities.

3 MANAGEMENT OF THE CLUB

3.1 The Management of the Club's affairs shall be entrusted to the Club Committee, hereafter referred to as "the Committee".

4 MEMBERSHIP OF THE CLUB

4.1 Membership of the Club shall only be open to members of An Óige, the Irish Youth Hostelling Association, who are over 18 years, hereafter referred to as "the Club Membership".

4.2 In addition to 4.1 above, Membership of the Club shall only be open to individuals who accept that hillwalking is an activity with a danger of personal injury or even death. Members shall be aware of and accept these risks, wish to participate in these activities voluntarily and shall be responsible for their own actions and involvement. Members shall accept that An Óige Hillwalkers Club establishes the bounds on its activities

through the constitution and rules of the club and members shall agree to abide by these.

4.3 An annual subscription valid from October 1st to September 30th shall be fixed each year for the purpose of membership by the Club Committee.

4.4 Membership of the club shall be constituted by payment of the annual subscription referred to in 4.3 and by affirmation of 4.2 above by means of a signed declaration on the club's application form.

4.5 Membership of the Club shall cease:

- on receipt by the Secretary of a written notice of resignation of the member, or,***
- on failure to pay the annual subscription within two months of its falling due, or,***
- on the passing by a two-thirds majority of the Committee of a motion of expulsion of a member for conduct unworthy of or injurious to the status or interests of the Club.***

5 CLUB COMMITTEE

5.1 Only members of the Club shall be eligible to hold any office of the Committee.

5.2 The Officers of the Club shall be the Club President, the Secretary, the Treasurer, the Editor, the Membership Secretary, the Sunday Hike Coordinator, the Weekend Coordinator, and if required, a Training Officer and a number of additional Officers-at-Large, giving a minimum of seven Officers, hereafter referred to as "the Officers". These Officers shall constitute the Club Committee.

5.3 Officers shall be elected on either a denominated or non-denominated basis at the Annual General Meeting of the Club and can serve for a period up to but not exceeding five consecutive years. After five consecutive years have elapsed, Officers shall retire from the Committee. Retiring Officers shall be eligible for re-election to the Committee once a period of three years has elapsed since retirement.

5.4 At least one Officer shall retire in rotation from the Committee each year. Should the membership at the AGM fail to elect replacement Officers, then the incoming Committee may invite a retiring Officer or any other Club member to serve for a period of one year.

5.5 The first meeting of the Committee shall be held within eight weeks of the AGM. At that meeting the Committee shall by mutual agreement,

1. select a chairperson from amongst the incoming Committee members to chair regular committee meetings,
2. assign responsibilities to the Officers of the Club who shall hold their positions for a period of one year.

5.6 In the event of a vacancy arising within the Committee due to death, resignation or any other cause, the Committee may appoint a temporary acting Officer pending the next annual general meeting.

5.7 The Committee shall meet at least four times per year. The quorum for any meeting shall be at least four Officers.

5.8 The Committee may invite observers to attend a Committee meeting from time to time. Such observers shall have the right to speak but shall not have the right to vote.

5.9 An Officer of the Club shall have discretion to engage Club members to assist with ongoing Club activities subject to approval from the Committee.

5.10 The Committee shall have the power to suspend any Committee member who in the opinion of the Committee is guilty of conduct prejudicial to the Club. No suspension shall be considered valid or effective unless it is decided by more than two-thirds of the Officers of the Club, present and voting, by secret ballot at a Committee meeting to which due notice of the proposed suspension will have been given.

6. Annual / Extraordinary General Meeting

6.1 The Annual General Meeting shall be held each year in September, of which at least seventy-five (75) days written notice shall be given to every Member. Any two Members may have a motion placed on the Agenda provided written notice of it is given to the Secretary not later than forty-five (45) days before the Meeting. The Agenda shall be issued not later than thirty five (35) days before the meeting and in such cases the motion shall be placed on the Agenda.

6.2 An Extraordinary General Meeting may be convened by the Committee or at the written request to the Secretary by at least ten Members. Seventy-five (75) days written notice of an EGM shall be given to every Member.

6.3 The quorum for a General Meeting shall be twenty Members or fifty per cent of the membership which ever is the lesser.

6.4 Voting at General / Extraordinary Meetings shall be by simple majority save as where otherwise provided by the Constitution.

7. Elections to Committee

7.1 The election of the Officers of the Club shall take place at the Annual General Meeting. Only members shall be eligible to be proposed as potential Officers, or to vote in any election procedure.

7.2 Candidates for Officer must be nominated by two members of the Club and two members of the Committee, in total four members.

7.3 The election procedure for new Club Officers shall be as follows:

1. Seventy five days (75) prior to the AGM, members shall be informed in the club Newsletter of how many Committee places will be available. At this point, nominations for new candidates shall be sought from the membership.
2. Forty five (45) days prior to the AGM, a list of potential candidates shall be presented by means of the Newsletter to the club membership.
3. If the number of candidates proposed is equal to the number of positions, then no election will be deemed necessary, otherwise,
4. A ballot paper in a form approved by the Committee shall be available for eligible electors at the AGM.
5. All votes must be cast in person at the AGM.
6. Each elector is entitled to vote for the number of candidates equivalent to the number of vacancies on the committee. The candidates shall be ranked according to the number of votes received and the highest ranked candidates shall be deemed elected to the Committee. In the event of there being candidates with an equal number of votes for the final place or places, then there shall be second ballot for such candidates, each elector at the annual general meeting have one vote for each vacancy remaining.
7. The counting of votes shall be carried out by at least two scrutineers drawn from the general membership.

7.4 Should any emergency arise which renders the holding of an election impossible at the AGM, the outgoing Committee shall make arrangements for holding the election on an alternative date.

8 RESPONSIBILITIES OF THE CLUB COMMITTEE

8.1 The Chairperson - normally the Club President though not necessarily - will chair committee meetings.

8.2 The Club President will be responsible for, (i) fostering initiatives and furthering development within the club through consultation with members of the club, (ii) establishing club policies and practices by consensus with the Committee, (iii) setting dates for regular committee meetings, (iv) reporting to the Membership at the annual general meeting (AGM) of the Club, (v) representing the club at regular meetings of the Mountaineering Council of Ireland (MCI).

8.3 The Club Secretary shall be responsible for, (i) formulation and preparation of all correspondence relating to Club affairs, (ii) preparing and circulating in advance the agenda for committee meetings, (iii) recording all decisions taken at regular meetings of the committee, (iv) producing and distributing of minutes from those meetings.

8.4 The Treasurer shall be responsible for, (i) all financial affairs of the Club, (ii) maintaining an up-to-date financial record for presentation at all committee meetings, (iii) producing a verified annual financial statement of the club, verification to be carried out by an additional club member who has been nominated by the Committee, and (iv) reporting this statement to the Membership at the AGM of the club.

8.5 The Editor shall be responsible for, (i) producing a monthly newsletter, which will be distributed to all members of the Club, (ii) co-ordinating (and delegating if necessary) the production and management of the web page of the Club.

8.6 The Membership Secretary shall be responsible for, (i) receiving and processing membership applications from applicant members, (ii) maintaining an up-to-date database of all members, (iii) informing the MCI of the membership status of the club on a monthly basis, (iv) production of newsletter postal distribution labels.

8.7 The Sunday Hike Officer shall be responsible for, (i) organising all Sunday hikes throughout the year, (ii) maintaining a database of potential hike leaders, (iii) ensuring that acceptable practices are maintained with respect to all aspects of the Sunday hike programme as recommended by the Committee.

8.8 The Training Officer shall be responsible for, (i) co-ordinating and organising all matters relating to the annual course in mountain skills as

organised by the Club, (ii) ensuring that acceptable practices are maintained with respect to all aspects of the training programme as recommended by the Committee.

8.9 The Weekend Officer shall be responsible for, (i) coordinating all weekend events or extended holiday events throughout the year, (ii) ensuring that acceptable practices are maintained with respect to all aspects of these events as recommended by the Committee.

8.10 The Committee may delegate appropriate additional responsibilities to the remaining Officers-at-Large.

8.11 All Officers and their associated responsibilities will be governed by majority decision of the Committee.

9 RULES OF THE CLUB

9.1 The Committee shall have the power to set Club rules. Such rules shall be in accordance with the articles of the Club's Constitution and the policies of the MCI and can be altered at any time by the Committee.

9.2 The Club shall strive to maintain a positive financial balance at all times and will aim to report an end-of-year balance equivalent to at least 75% of the cumulative annual membership fee receipt.

10 AMENDMENTS TO THE CLUB CONSTITUTION

10.1 This Constitution may be amended by the Committee subject to a two-thirds majority of members present at either the AGM of the Club or, if required, an EGM of the Club. Notice of proposed changes shall be included on the Agenda if received by the Committee forty-five (45) days before the General Meeting.

10.2 This Constitution may be amended by a two-thirds majority of Members present at any General Meeting subject to subsequent approval by a two-thirds majority of the Committee at the following Committee meeting. Notice of proposed changes shall be included on the Agenda if received by the Committee forty-five days (45) before the General Meeting.

11 Club Dissolution

11.1 The Club can be dissolved by two-thirds majority vote carried out in accordance with Article 10 whereupon the Committee will arrange to discharge any assets or liabilities to Feadhmannas na h-Óige.

Weekends Away

St. Patrick's Weekend

Friday 14th - Monday 17th March 2003

Visit to the Beautiful Scenic Walking Counties of East Clare, Limerick and Tipperary

Jamaica Inn Y.H., Sixmilebridge, Co. Clare

Moderate/Hard and Easy Walkers Welcome

Three grades of walk Daily except Monday

Leader: Frank Rooney

Strictly Bus Only Trip

Walking Itinerary to include:

- Lough Derg Way
- East Clare Way
- Slieve Felim Way - Silvermines Ridge
- Visit to Ardnacrusha Power Station
- Social Events

Ordnance Survey Maps: 1:50.000 Discovery Series Sheet 58/59

Notes

Hostel accommodation: Modern Luxury Hostel (An Óige Franchised)

Booking: EUR 60 NON REFUNDABLE deposit to An Óige Head Office by credit card or cash deposit (8304555). Booking facilities available from 1st January 2003.

Cost: EUR 155 (includes 3 bednights & Transport costs)

Meals: available at hostel (included in the price of the weekend)

Food: as above - stopping at local shops for extras etc.

Bring: Suitable Walking Boots, Rain Wear/Change of Warm Clothing/ Sheet Bag/Towels/ Toilet Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars/ valid An Óige membership card.

Departure: Friday evening from Custom House Quay at 4pm/ 1600hrs sharp.

Return: Monday evening /arriving Dublin City centre at 8pm(2000hrs) approx.

Welcome Aboard

Easter Weekend

Friday 17th - Monday 21st April 2003

Visit to the Beautiful Scenic Lake District County of Cumbria, Northwest England

Ambleside Youth Hostel, Waterhead, Cumbria, England

Moderate/Hard and Easy Walkers Welcome

Three grades of walk Daily except Monday

Leader: Jim Barry

Strictly Bus Only Trip

Walking Itinerary to include:

- Northern Fells: Skiddaw and surrounding Peaks(G.R.260 291)
- Eastern Fells: Helvellyn and surrounding peaks(G.R.342 151)
- Southern Fells: Scafell Pike Area(G.R.216 072)

- Southern Fells: Old Man Of Coniston(G.R.272 978)
- Low Level walking facilitated at each of the above locations
- Social Events

British Ordnance Survey Maps: 1:50.000 Landranger Series Sheet 90/97

Notes

Hostel accommodation: Ambleside Youth Hostel, Waterhead, Ambleside, Cumbria

Booking: EUR 120 NON REFUNDABLE deposit to An Óige Head Office by credit card or cash deposit (8304555). Balance EUR 140 to be paid before Monday 1st April as hostel has to be paid in full at this time. Booking facilities available from 1st January 2003.

Cost: EUR 260 (includes 4 bednights, Meals & Transport costs)

Meals: available at hostel (included in the price of the weekend)

Food: as above - stopping at local shops for extras etc.

Bring: Suitable Walking Boots, Rain Wear/Change of Warm Clothing/ Sheet Bag/Towels/ Toilet Gear/ Flask/Torch/ First Aid Kit/Camera/Binoculars/ valid An Óige membership card.

Meeting place/time: Stena Line Departure Terminal, Dunlaoghaire at 10.15am

Departure: Holy Thursday from Dunlaoghaire at 11am sharp on HSS Stena Line Ferry to Holyhead. Then onward by bus to Lake District.

Return: Monday evening from Holyhead on 6.30pm Ferry after bus journey from Lake District to arrive back in Dunlaoghaire at 8.20pm approx.

Welcome Aboard