



Dungarvan Hillwalking Club

Walks Schedule

MARCH 2011

*****PADDY'S DAY WALK SLIEVENAMON*****

Meet 1300hrs Park Hotel Dungarvan / 1330hrs Credit Union Carrick on Suir
FULL DETAILS BRIAN WICKHAM tele: 087 2791170

DATE	CAR POOL FEE	GRADE	TIME	LOCATION	LEADER
06-03-2011	€5	B	0930hrs *****	GALTEES	Kevin Moore 087 7690308
	€3	C	1300 hrs	BARRACREE MOUNTAIN	Margaret Kirwan & Cecilia Carelse 087 2934274

Chairperson Peter Mangan tele: 058 41248

13-03-2011	€3	B	1000hrs	KILROSSANTY	David Haworth 087 7437446
	€3	C	1300 hrs	MELLERAY	Michael Hanrahan 058 41686

7-03-2011 "PADDY'S DAY WALK" SLIEVENAMON (see above) BRIAN WICKHAM

"B" Walks contact Club Secretary Tom Walsh tele: 058 42347

C" Walks contact Brian Wickham tele:058 42338 / Norman Graham 051 386250

0730hrs Start Saturday "A" Walks: contact John Neylin tele: 058 42405

20-03-2011	€3	B	1000hrs	MAHON FALLS	Robin Atkinson 087 9158736
	€3	C	1300 hrs	THE VEE	Peter Mangan 087 2308857

Thursday Afternoon Walks: meet outside Park Hotel at 13.30 pm

Contact: John Browne 058 42224 Jenny Richardson 024 91775 Peter Mangan 058 41248,

27-03-2011	€3	B	1000hrs	COMERAGHS	Tom Fitzgerald 087 9860495
	€3	C	1300 hrs	BAY LOUGH	Bernie Murphy 087 2747428

Membership Secretary Reenie Palmer tele: 058 54828

03-04-2011	€12	B	0900hrs *****	MANGERTON	Tom Meehan 086 2581071
	€3	C	1300 hrs	CRUACHAN	Eddie Hill 087 2259225

Meeting point for walks is the TSB Car Park, 10 minutes before walk time listed unless stated.

Next Club meeting at 8pm 05-04-2011 at the Tudor House, Mary Street, Dungarvan
Next Committee meeting at 8pm 22-03-2011 at the Tudor House, Mary Street, Dungarvan

Dungarvan Hillwalking Club March 2011 Newsletter

SEMRA "Safety on the Hills" Night Tuesday 1st February in the Tudor House

At the Monthly Club meeting a very informative talk & presentation was given by Micheal Power & Ray Bradfield from SEMRA. A good attendance by leaders and club members was recorded. Michael outlined the hazards out on the mountains while Ray gave a photo presentation of the Rescue Helicopter service provided here in the South East and how to assist them when there is an emergency. We were delighted to see SEMRA back to inform and educate us and we admire the voluntary work they undertake. The Club does have a close relationship with the Mountain Rescue service and hopefully will never have to use them in the future, only for club presentations etc, no rescues please.

In saying that, its good for us to know that they are at the end of a phone call if ever the need arises.

Great Turnout in February for our Fun Table Quiz for SEMRA at Dungarvan Soccer Clubhouse

Friday 4th February at Dungarvan Soccer clubhouse saw a huge turnout for the fundraising FUN Table Quiz for SEMRA. A fantastic night was enjoyed by all with 12 tables being recorded. Norman Graham set the questions very fairly and some answers given were hilarious especially the suggestion of a "Chop Dance". €409 was collected on the night and will be handed over to SEMRA to assist them in their weekly running.

Dungarvan Hillwalking Club wish to thank the following for making the night so successful:

Norman Graham Table Quiz Designer extraordinaire who set the questions very fairly.

His very elegant and helpful assistant Dearbhla.

Cecilia Carelse who was the scrutineer.

Ticket sellers during the short interval selling prize winning tickets for the raffle.

Dungarvan Soccer Club who provided the venue on the night.

For everyone who attended and participated on the night.

Anyone who generously gave in prizes for the raffle.

And just in case I've left anyone out of the thank you list, to anyone involved in anyway that helped make the night a great success.

We in the committee of Dungarvan Hillwalking Club thank you from the bottom of our hearts and know that SEMRA appreciates everything that the club does to assist in the cost of its necessary work out on the hills.

Hillwalkers Tip of the Month

Stay Hydrated. Almost all non-alcoholic drinks will prevent dehydration but try and minimise tea and coffee. Water is the most popular as it is cheap, accessible and very effective. Isotonic drinks can help re-hydration after serious exertion. However, try and avoid drinks such as cola, lemonade and high energy drinks that contain 10 or more grams of carbohydrates per 100ml as these drinks tend to take longer to be absorbed, starving the body of the fluid it needs. Here are some simple dehydration checks:

Check urine colour - clear urine is good; dark urine is bad

Check weight over 7 day period - stable weight is good; losing weight fast is bad

Check weight before and after walk - small or no weight loss is good; major weight loss is bad

Drink more water if you fail any of the checks above

Great Attendance Recorded

On all Walks over the month of February a good attendance was recorded and it is hoped the March Walks will also be well attended by all grades of walkers. Thursday walks are going strong for anyone that just wants to escape the house for a few hours. Walks leave opposite Teagasc offices near Park Hotel in Dungarvan at 1.30pm every Thursday and most walks have light refreshments and tea after. It's a great sociable way to meet so many great people and get the all needed exercise. For phone details for the Thursday walks see overleaf for contact numbers of co-ordinators.

DATES FOR YOUR DIARY

Leenane 2011

Reminder that Dungarvan Hillwalking Club are planning a 4 day Hillwalking trip back to beautiful Leenane, Co. Galway on Friday 13th, Saturday 14th, Sunday 15th & Monday 16th May 2011, having stayed at the beautiful Leenane Hotel before and have made a special deal for Club members for accommodation. For further details and adding your name on the "interested in this trip list", please contact: Reenie Palmer 058 54828 / 087 1224040

Full details of this trip and any other future happenings can be seen on our website www.dungarvanhillwalking.org

B Walks are usually 4 to 6 hours. C Walks are about 3 hours. Inclement weather is likely to extend the time of all walks Hillwalking is an adventure sport and not devoid of an element of risk. To minimize risk, be prepared: waterproof boots, rucksack, waterproofs, a packed lunch, hot drink, warm hat, gloves etc. Mountaineering Ireland (MI) recognizes that participants in Hillwalking should be aware of and accept any risk and be Responsible for their own actions and involvement.

Remember: No Boots, No Walk