



CLWB MYNYDDA GOGLEDD CYMRU THE MOUNTAINEERING CLUB OF NORTH WALES

Volume 63

Issue 1

Technology. Love it or hate it.

Well, Covid might have been your top of your thoughts for the past 18 months, but technology has been the issue for our communications lead. So to start with, an apology from the committee for the delay in getting this bulletin out as it has been severely hampered by many computer issues.



However, technology has at the same time allowed the committee to conduct regular meetings and hold our best attended AGM for some years, thanks to online meetings. Something as a committee we hope to continue and for the AGM we will look at how to integrate both face to face and online so even more of you can attend.

Two chairs for the MCNW (hip hip....!)

What's the outlook for MCNW in 2021/22?

Lockdown, of course has presented its challenges for us all, but after a strong AGM, reported elsewhere, your new committee start their year at full strength and with a healthy combination of young and old within it. We are in a good place to make the most of a post-lockdown year. And the committee is chaired by not one, but two; Aileen and I will share this role, and the club will benefit hugely from her added value, as she brings her

experience and gifts to our table. Oh, and on the subject of chairs, we most grateful to Terry Reese for replacing much of our old stock of chairs in the hut, on top of his faithful duties as treasurer, with other roles thrown in too; thanks Terry!

Please stay in touch with us, your committee, with any ideas, plans, complaints; all our contact details are included in this newsletter. We look forward to seeing you in person, too, on a meet, be it at home or away, or on a hut working party – which are always great fun. I am looking forward to a great year in the great outdoors, able to raise three cheers for the MCNW, not two!

Paul – co chair with Aileen.

Welcome back to the hut!

It had been a long time coming and I'm sure you're all as thrilled as I am that visits to our charming hut are now possible again. We are following BMC and government guidance (both English and Welsh) on re-opening and therefore the booking process is slightly stricter than previously.



If you wish to visit the hut, please

Contact me on georgie204@hotmail.co.uk and book your stay before you go.

I will need to know the names of everyone who is visiting and get a contact number / email for the group.



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I will try to ensure that there is 48 hours between visits (longer where possible) and would ask all visitors to ensure that they do a thorough clean-down before they depart.

If anyone has any questions, please don't hesitate to ask me.

Georgie

Hut update

Although the hut has been empty for a considerable time during the various bouts of restrictions, it has fared well. Internally we have seen some damage to the plasterwork on the ceiling of the common room, but we have not had the feared infestation of wildlife and the water supply after some good flushing though is all back in working order. Outside the path had become very overgrown along with the various ditches surrounding the hut. Most members to the hut this year have given some of their time to clearing these and the process continues. One large task which has been completed this year is to repair the fencing surrounding the car park which in the words of Meurig was a good job.

The only real issue which has been dealt with was the failure of the lock on the main door, which necessitated a lock smith to attend site, drill out the

old lock and replace with a new one. Quite funny when we lock back at it but not so for those who had to break into the hut and then travel home again.

Under 18s staying at the hut.

We are pleased to announce that our rules on under 18s staying at the hut have been revised. It has to date been the case that only children of our members over 12 could stay at the hut but given the guidance by The BMC and others that huts like our cannot be gold standard child friendly environments, we have adopted a new rule which hopefully provides some new opportunities for our members and better reflects what might have happened in the past unofficially. Our new rule;

As an affiliated club the MCNW follows BMC guidance on child protection policy. Under 18s may stay at the hut when either.

- MCNW members bring their own children over the age of 12, the parent member must be present at all times;
- MCNW members may bring other children over the age of 12, in loco parentis and the member must be present at all times;

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- Guests may bring only their own children over the age of 12, and the guest must be always present.

and

- If in loco parentis, a consent form has been duly completed prior to the hut visit and sent to the meet coordinator/committee.

No one under 18 may stay at the hut in visiting outside groups.

For in loco parentis visitors, prior to the visit a Parental Consent form must be completed by the responsible member and the child's parent. The meet leader must be advised, and the form will be stored for one year from the date of the visit. A copy of the form can be found on our website.

Neil

My 68th Year Challenge

For my 68th birthday I set myself the challenge of walking 68 kilometres on the Pennine Way, unsupported, over two days. But my 68th year had already been quite a challenge.

My emotional health was in a fragile state when lockdown set in, and in fact had been the reason I had to step back from my role as chairman of the MCNW in 2019. But when lockdown hit I was prevented from going into prison, as an offender support worker, and that was tough, that job being very fulfilling, then a very good friend of mine died of Covid. This knocked me sideways and I found myself in a major depression.



Every possible strategy was needed: friends, fresh air, meds, counselling, and my faith. But it was fresh



air and friends that was great fun and moved me forward massively. Alan Butterworth, a good friend from church, challenged me to join him in a weekly fitness regime of weekly weight

measurement and rigorous hill work. Multiple sessions up and down Rivington Pike, in particular, plus great times on Kinder Scout. In six months I had lost two stone and my headspace was begin to improve significantly. Thanks Al!

Other friends, Lawrence and Ian, pictured here, joined me in a WhatsApp Walking Group, which I set up, and Ian then invited me to join him on a walking holiday in the Teesdale Valley. Thanks Ian! I am so grateful for the strong friendships which grew over the year and the huge progress I made in my health.



I chose to write about mental health here, because, it seems to me, we too easily hide this subject and that isn't helpful. There are no simple fixes for depression, but the outdoors and good companions combine to form a powerful prescription. At the time of writing this, it is Mental Health Awareness week, the theme of which, this year, is Nature. Apparently more than half of uk





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adults say that being close to nature improved their mental health. Mountain lovers have always known this, I am sure.

So, my Birthday Challenge, in late September was to do the first 68k of the Pennine Way, Edale to Stoodley Pike, near Hebden Bridge. I caught the train to Edale and set off early. The weather was great and I was moving well. Ian came to join me on Bleaklow and stayed with me across the Longdendale Valley to Crowden and even half-way up to Black Hill. A huge encouragement! Then the weather changed an hour or so before dark. My headtorch wasn't a lot of use in the driving rain. I had to complete the long climb up Black Hill and then about 10pm, just past the trig point on Black Hill I dropped into a hollow and climbed into my bivvy bag. Somehow I slept, and in the morning I opened my eyes to a beautiful sunrise. What joy!



The next day was hot and I was understocked with drink, so I had to ease my pace so I could last the day. But, as light was beginning to fade, I was in sight of Stoodley Pike, with more than 68km under my belt, and so descended into Mankinholes. I had a slap up meal in a pub, The Top Brink Inn, who were coping brilliantly with Covid conditions. I caught a taxi to Hebden Bridge and a train to Manchester, then a tram to Eccles, getting home just before midnight. And I managed to raise a good stack of

funds for The Message Trust, the charity I work for in prison. A satisfying two days.

Paul Newbould

AGM feedback

We held our successful but slightly different AGM 65 on the 17th April with 17 members in attendance via Zoom. The minutes of AGM 64, 13 April 2019 were accepted as a true record with no matters arising and it should be noted there was no AGM in 2020 due to the global Covid crisis. Reports were provided by the various committee members, details of which can be seen in the AGM notes. Although there had been very little activity at the hut and only limited meets the club finances were sound but are not sustainable in the long term unless hut bookings can be re-established in the not too distant future. As for the hut a recent eventful visit to check the state of things found that the front door lock had failed, a large piece of plaster had fallen from the ceiling but generally everything was OK. Subsequent to the meeting a locksmith has fitted a new lock, and everything is working again.

The great news is that we now have a full committee again with some new volunteers and have had four successful and productive committee meetings since.

Dates	Lead / Contact	Location
24-25 Oct	Angie Polkey	Tal y braich
20-21 Nov	Neil Weatherley	Tal y braich



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MCNW Finances 01/01/2020 – 31/12/2020

	2020	2019
Opening balance	4,615.66	
INCOME		
Subscriptions	1,200.00	1,172.00
Hut Meets	475.00	779.62
Outside booking (excl deposits)	60.00	1,512.00
Hut deposits	140.00 ¹	490.00
Donations	0.00	5.00
Away Meets	10.00	0.00
Return deposit	100.00	0.00
Power Rebate	110.31	0.00
Total income	2,095.31	3,958.62
EXPENSES		
BMC Affiliations	769.50	641.25
Admin, training & donation	56.44	55.54
Equipment	0.00	99.79
Hut maintenance	72.33	2,926.04 ²
Hut insurance	491.46	918.05 ³
Electricity	396.00	529.00
Away Meets	110.00	0.00
Hut deposit & outside booking refund	130.00	560.00
Total Expenses	2,025.73	5,729.67
Carried forward from 2019	4,615.66	
Income from 2020	2,095.31	
Total	6,710.97	
Expenses 2020	2,025.73	
Balance carried forward to 2021	4,685.24	

¹ £70 of the hut deposits has been carried over to a rescheduled booking in June 2021

² the new kitchen accounted for 2019 costs for the hut

³ Covers two years due to timing

embroidered on. They have a very wide range of clothing available so if you have any specific requests, please let me know. However, I am suggesting the below options to start with. The prices are based on the vague levels of interest I've had so far, however these may change a bit dependant on who wants what.

This also doesn't include postage as I will need to send your orders to you once I've received them. Obviously if you order multiple items the postage will only be charged once.

If you would like to make an order, please could they send your requests (along with size and colour preference) to georgie204@hotmail.co.uk.

Please send all requests by the end of November (if you have commented on the Facebook group but not emailed me, please do so!), and I will confirm final prices before completing the order.

Men's/Women's Polo Top £12.50

Men's/Women's Full Zip Fleece £24.00

Beanie Hat £8.00

Badges/patches are also available, and prices will be confirmed with final orders.

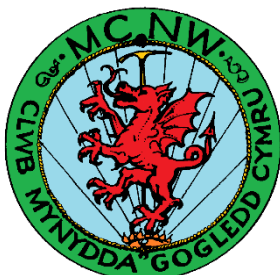
Hope to hear from you 😊

Georgie

Club Stash / Embroidered Clothing

Would you love to own a comfy fleece, snug beanie or smart polo with our beautiful club logo on!?

I'm in the process of putting together an order for members from a company called Motif Wear UK with our logo tastefully





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Peak District Climbing Trip 24-25th July

After over a year of delays due to Covid, we finally managed to run our away climbing meet in the Peak District. Attendees were Angie Polkey, Aileen King, Charlie Cave, Matt Powell, Emmy Yatagai, Ed Taylor, Lizzie Handley, Georgie Weatherley and me. Any level of experience was welcome; the idea being for everyone to share their skills and knowledge to help each other become safer and more competent on the rock.

We all arrived at the well-equipped Hathersage Scout Hut on the Friday, looking forward to the next two days and enjoying the fact that we could finally all meet together.



Stanage Popular

On Saturday we headed to Stanage Popular, a classic crag with hundreds of routes and a perfect, friendly place to learn. Some of us headed off to get more leading practice and others learning how to top-rope, belay and become familiar with the equipment. A blessing of Stanage is the variety of lines that you find next to each other which made for a very social day. At the end of a good day cragging, we all headed back to the hut for a few beers and fantastic curry courtesy of Charlie (he can come again!).



Saturday Night meal at Hathersage Scout Hut

On Sunday morning we tidied up the hut and headed to Burbage, another classic crag of the area. Some of the group went bouldering for a few hours and the rest of us progressed onto leading, lead-belaying and the use of protective equipment.

After several more routes and another good day (and a merciful weather forecast), everyone had learnt lots, become more confident and had lots of fun. It was a fantastic weekend and hopefully the skills learnt will translate to make us all safer and more proficient in the mountains.



Lizzie getting to grips with hand jamming on 'Twenty Foot Crack' at Burbage

We will be running more climbing meets in the future. So, if you want to get into climbing and learn the ropes (pun intended), or if you're already proficient and want to meet other climbers, watch this space for news of future meets.

Ed Walker and Georgie Weatherley.