

LMC MOUNTAINEERING CLUB

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From the Chairman

LMC Subscription 2023

The BMC have increased their affiliated member fee by £2 so we need to do the same & increase the LMC 2023 subscription to £24. Please make online payment by 31 December 2022 – details provided on request. Remember the 15% Cotswold Outdoor discount you receive by being a BMC affiliated member.

Annual General Meeting

Notice is hereby given, that the 23rd Annual General Meeting of the LMC Mountaineering Club will be held in the restaurant of the **Premier Inn, Marlborough, Salisbury Road, Marlborough SN8 4A on Saturday 14th January 2023**. Please arrive by 3pm for 3:15pm start with a 5pm expected finish. The AGM will follow an earlier day walk so the dress code is walking gear or whatever comfortable.

Motions for debate, & nominations for Committee, must be received by me, at the address above, no less than four days before the meeting. Motions received seven days before the meeting will be published with the agenda & arrangements will be made for all paid-up members to vote on these. A draft agenda is being circulated with this notice as well as the Chair's report which includes a request for attendees to review the LMC website in advance of the meeting.

Chairman's Postscript: Angela has done a stellar job on this as both venues & dining options have proved challenging – hence the mid-afternoon AGM. Once numbers of attendees are confirmed, we may be able to move the AGM to the Roebuck Inn & start at 5:30pm.

If this change is not possible, the evening meal is booked at the Roebuck Inn, London Road, Marlborough SN8 2AJ which is a ½ mile walk away. Please arrive at 6:30pm for our 7pm reservation. The dress code is casual.

Next Newsletter: Please send copy for the next issue by midday on the 10th of the month.

LMC Meets & Events Programme			
Date/s	Meet	Meet Leader	Comments
2023			
Sat 14 Jan	AGM & Annual Dinner	Angela Leaman	
Sat 4-Sun 12 Mar	Crickhowell Walking Festival	[Andy Johns]	Not LMC - NEW
Thu 20-Sun 23 Apr	Pembrokeshire	David Wells	Long Weekend - NEW
Sat 10-Sun 18 Jun	W Bay to S Haven Point	John Blight	SWCP Week 9 Change

Your club needs volunteers to devise & lead walks Owing to the high cost & low availability of accommodation, we are putting more emphasis on Day Walks. If you haven't put your name down to organize one, please consider doing so. **Bob**

LMC Meets Details

Saturday 14th January 2023 - AGM & Annual Dinner / Marlborough – Angela Leaman

I have 16 provisional bookings for the AGM & Annual Dinner in January. The Marlborough Premier Inn currently has vacancies (Flex £68) & dinner will be at the Roebuck pub which is 10 minutes' walk away. There is plenty of space at the restaurant so if you would like to come & have not already been in touch, bookings will be open until Christmas.

Crickhowell Walking Festival – Saturday 4th - Sunday 12th March Andy Johns [Not LMC]

Online bookings for the Crickhowell Walking Festival 2023 are now OPEN. There are over 80 walks plus evening events running over the nine days of the Festival. *This is not an organised LMC activity:* you make your own arrangements & book your own preferred walks & events. For information on cancellations & refunds, please read the 'Terms & Conditions' on the CWF website. For the full programme & further information, see www.crickhowellfestival.com – then make your bookings. Walks can sell like hot cakes: some become fully booked only a week after bookings open.

As usual, the Abergavenny Premier Inn offers handy accommodation (currently from £66 to £112 per room per night, fully flex). If you intend to join in, it is worth making your flexible room bookings as soon as possible before prices rise further (or fix up other accommodation elsewhere, of course).

Thursday 20 – Sunday 23 April - Pembrokeshire – David Wells

The intention of this long weekend (Thursday-Sunday) in Pembrokeshire is to do day walks on the spectacular coast-path & the neighbouring hills. For flexibility, I suggest staying at the

Premier Inn in St Davids - currently showing 3 nights for between £196.50 (standard) to £299 (fully flexible) though this is likely to rise. [Despite being after Easter holidays & before May long weekends, this accommodation will be popular.] Of course, other accommodation in the surrounding area will be available. I will arrange walks & dinners etc for participants. Please let me know if you'd like to come along & where you've booked. Hope to see you there!

Saturday 10 – Sunday 18 June - SWCP Week 9 / W Bay to S Haven Point – John Blight

Due to live firing exercises on the MOD Lulworth ranges, I am having to change the dates for the South West Coast Path final week. It is now pulled forward a week to 10th-18th June, not 17th-25th as previously advertised. This will allow us to walk the Lulworth to Kimmeridge section at the beginning of the week, on the Sunday & then complete the rest in sequence. Ben Wallace [Secretary of State for Defence] sends his apologies for the inconvenience.

Meet Report[s]

Friday 12 to Monday 15 August - West Yorkshire & Yorkshire Dales – Sarah Dixon

On the Saturday, four of us set off by train from Shipley station to Ribbleshead, getting off the train just before it went over the eponymous viaduct. This day was advertised as the 3, 2 or 1 Yorkshire Peaks. Much as the other three meet attendees all begged me to let them climb all three, we limited ourselves to Wharfedale, my favourite. It was a boiling hot day down in the valley, but cooler as we gained height. We had a nice lunch looking over into Dentdale & then circled round to reach the Wharfedale summit, having stopped a while at the Wharfedale tarns to let Buster have a swim. After slaking our thirst at The Station Inn we were happy to relax on the train going home.

Photos of participants at Wharfedale Tarns and at the summit.

That evening we enjoyed a gourmet meal in Holdsworth House, a Jacobean Mansion. Having scaled one peak, we felt we deserved it.

The next day's walk was closer to home, a 10-minute drive to Ogden reservoir & nature reserve, then up over Ovenden Moor & down to Cold Edge Dams with good places to swim. Only Buster took to the water – the rest of us relaxed. We returned via Thornton Moor, visiting en route the Emily Stone with Kate Bush's poem (this is Brontë country) at [Ogden Kirk](#). We then followed the stream down the little valley & through Ogden woods back to the start.

Photo of participants

Dinner was a world away from Jacobean Mansions & wuthering moors - at Mumtaz Indian restaurant. You can't come to Bradford without having a curry.

With no walks in December, unless you send content, there will be AGM info only in the January Newsletters. Ed

Out Walking Reports & / or Photos . . .

Autumn colours somewhere in Hertfordshire



Thanks to John Blight

Other Events / Items . . .

Carry your ICE (In Case of Emergency) details with you when walking

With winter upon us & an increasing number of mountain rescue reports in the media, it seems a good time for an ICE reminder.

Unfortunately, unexpected events can happen at any time. One useful way to prepare for emergencies when you are out walking is to complete an Emergency Contact Form & carry it with you all the time in your rucksack. You should put the completed card or paper inside a waterproof plastic sleeve & store it somewhere like the top pocket of your rucksack where it can be found easily. If something serious happens to you on a walk & you are unable to provide such information orally to those around you, the information contained in an ICE form will help friends & paramedics to handle the situation more readily. The information is only intended to be used when needed. By carrying it with you, you are giving permission to others to use your personal details in the event of an emergency. Besides your name, date of birth & address, you should include contact details for your next of kin, your blood type & any medical conditions plus your doctor's contact details. An example of an ICE form is below, or you can create your own, of course.

Another sensible thing to do is to add an ICE (In Case of Emergency) entry into your mobile phone address book. [Many of you will have done this already.] This will help friends & paramedics to contact your next of kin in an emergency if required. You can have several emergency contacts on your phone, listing them in your phone address book under ICE, ICE1, ICE2, etc. For how to do it & some tips, see:

<https://www.firstresponsefirstaid.co.uk/news/how-to-add-ice-to-your-mobile-phone/>.

Fingers crossed that the above actions, like all good insurance policies, are never needed! **Kirsty**

Personal Details		Doctor Contact Details	
First Name	<input style="width: 100%;" type="text"/>	Doctor Telephone	<input style="width: 100%;" type="text"/>
Middle Name	<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>
Surname	<input style="width: 50%;" type="text"/> <input style="width: 50%;" type="text"/>	Address	<input style="width: 100%; height: 30px;" type="text"/>
Date of Birth	<input style="width: 100%;" type="text"/>		
Emergency Contacts			
Name	Relationship	Contact Number 1	Contact Number 2
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Medical Information			
Medical Conditions	Current Medications	Allergies	
<input style="width: 100%; height: 60px;" type="text"/>	<input style="width: 100%; height: 60px;" type="text"/>	<input style="width: 100%; height: 60px;" type="text"/>	
I do not wish to have the following procedures for religious or personal reasons:			Blood Type
<input style="width: 100%; height: 40px;" type="text"/>			<input style="width: 100%; height: 40px;" type="text"/>

Extra Elements: Books, DVDs, Films, other Walks / Climbs – views & comments . . .
If you've read any walking / mountaineering / travel books which you've enjoyed, please share.

- Extra Elements to Sarah -

LMC Newsletter link to send to *interest future possible members*:
<https://www.hillsandvalleys.co.uk/LMC/LMCdownloads.htm>

BMC: <https://www.thebmc.co.uk/> Newsletter at: <https://www.thebmc.co.uk/newsletters>

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