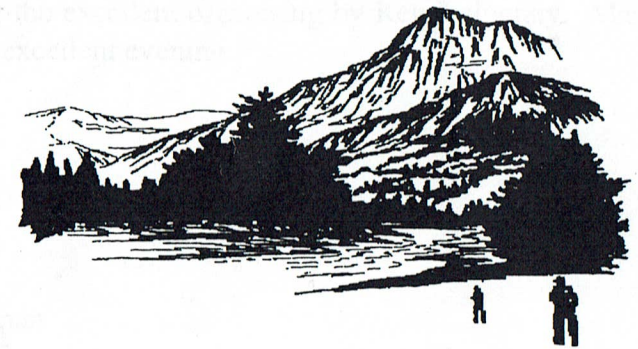


The Trekker



EDITORIAL

Recently a group of seven members of the Trekkers took off for the day on a scouting trip to the Cooley Peninsula in County Louth. As a result three walks were mapped out and these will take place in May.

The Cooley Mountains is an area of great scenic beauty with magnificent views across Carlingford Lough toward the Mourne Mountains. I highly recommend our members make the effort to come as you will be rewarded with a day to remember.

Further on in the magazine Paddy O'Duffy outlines the history of the area.

In mid-February we held our Annual Dinner in the Royal Marine Hotel, Dun Laoghaire. This was a most enjoyable night, made even more so by the excellent organising by Reg Halpenny. Many thanks Reg for an excellent evening.

Brian Brennan
Editor

TRIP TO COOLEY PENINSULA, CO. LOUTH ON 10th MAY, 1997

In order to stimulate interest in the planned trip to the Cooley Peninsula, Shaun Trant asked me to do some "research" on our legendary Irish hero, Cúchulainn, who had strong links with the peninsula.

This account of events in his life quotes extensively from Daragh Smyth's book "A Guide to Irish Mythology" (first published in 1988). Some editing was necessary because of our "mixed group"! I also used Daragh's spelling or Irish words.

One petty comment. Daragh did not refer to the well-known hurling skills of Cúchulainn in his youth - he was nearly as good as the renowned Bold Thady Quill, who hurled "in the Park on the banks of the Lee" in Cork City at the start of this century.

Paddy O'Duffy

Cúchulainn

Cúchulainn lived in the first century B.C. He was the son of the King of Cuailgne in County Louth and his mother was the sister of Conchobar Mac Nessa, High King of Ireland. As a boy, Cúchulainn was known as Setanta and he went to Emain Macha to train with the Craeb Ruad, the Red Branch Knights.

It was the custom for warriors to train with the female warrior, Scáthach (the shadowy one) on the Isle of Skye in Scotland. On reaching her, she gave Cúchulainn his three wishes - to teach him, to allow him to wed a daughter of Scáthach and to foretell his future. Cúchulainn then trained under Scáthach and later, fighting for her against Áife, a warrior princess, he seized Áife, "took her on his back like a shoulder load and bore her away."

Medb was then Queen of Connacht, while Cooley Peninsula was in Ulster. The Táin Bó Cuailgne (Cattle raid of Cooley) credits Cúchulainn with the killing of a hundred of Medb's men and according to the King of Connacht, "that is not the first abomination he has wrought us." Medb, learning that a sleeping illness affecting all the Ulster warriors except Cúchulainn was wearing off, sent three witches and three wizards to assail him. Cúchulainn killed them.

A number of notable single combats are recorded. One of these is that between Cúchulainn and Fergus Mac Roich, in which Cúchulainn eventually mounted his chariot and fled. However, the fight between Cúchulainn and Calatín Dána and his 27 sons was a different matter. Each of them was endowed with a poisonous quality, which also applied to their weapons, causing death to their opponents as

soon as they drew blood. Cúchulainn, helped by one of Medb's scouts, defeated the sons of Calatín Dána.

It had been Medb's custom, in previous duels with Cúchulainn, to offer warriors bribes to fight on her behalf. These bribes included land, bondswomen, her daughter Findabair in marriage, plus, if desired, Medb's own "gentle thighs"!

Fer Diad had been Cúchulainn's fellow pupil under Scáthach. Medb using the promise of Findabair as a wife and, perhaps more effectively, the dread of satire, persuaded Fer Diad to challenge Cúchulainn. Using the famous weapon, the Gaé Bolga, Cúchulainn pierced the heart of Fer Diad. Cúchulainn retrieved the weapon and hit Fer Diad a second time so that the weapon protruded through his body.

Cúchulainn died in the battle of Muirthemne in the year 12B.C. in modern County Louth. The death was inspired by revenge for the deaths of Calatín, Curoí Mac Dáire (the King of Munster) and the King of Meath. After the fighting, exhausted and dying, Cúchulainn "drank his drink and washed himself and came forth to die, calling on his foes to come and meet him." Wishing to die standing up "feet on the ground, eyes facing the foe," Cúchulainn went to a pillar stone and tied himself to it. At first, his enemies were afraid to approach. But then seeing a bird settle on his shoulder and pecking at his eyes, they realised that Cúchulainn must be dead and went up to him. Lugaid, avenging the death of his father Curoí Mac Dáire (King of Munster), cut off Cúchulainn's head after arranging his hair about his shoulder. Then they went away, bringing with them Cúchulainn's head and also his right hand. [The pillar stone can be seen at Knockbridge near Dundalk in County Louth. There is also a monument to this event in the GPO, Dublin.]

The death of Cúchulainn was avenged within 24 hours by Conall Cernach, with whom Cúchulainn had had a pact. His death marked the end of a dominant influence of the Red Branch Knights and their power based at Emain Macha but, as a central figure in Irish history/mythology, Cúchulainn "remains a major force in the Irish imagination."

Best wishes for a Speedy Recovery

During the course of a recent walk Tom Gillan sustained an injury to his foot. We wish him a speedy recovery, and look forward to his return.

The Sitka Spruce

The Sitka spruce is not a native of Ireland. It comes from the North Western coast of North America where climate is very similar to our own. No wonder the Sitka spruce does well in Ireland, in fact, it is the most common tree in Irish forests. It grows very quickly in wet windy conditions and produces excellent timber suitable for very clean work.



SITKA SPRUCE



NORWAY SPRUCE



Norway Spruce

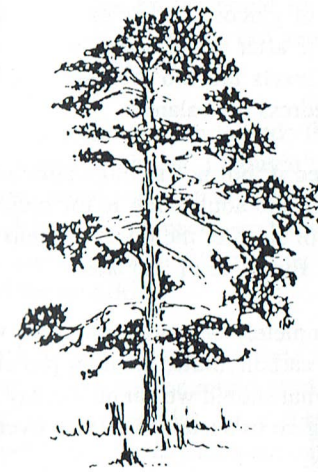
This has many of the good qualities of Sitka Spruce but is does not grow as quickly. The Norway Spruce has one very good advantage however, it can tolerate frost quite well so it is planted lower down the valleys where frost pockets form. Its wood is sold as white deal and is used for building, boxmaking and furniture.

The Douglas Fir

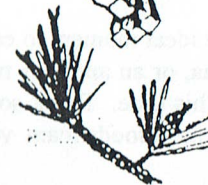
This tree is not as suitable to our climate as Norway and Sitka Spruce. It does not grow well in wet windy conditions or on limey soil. In dry sheltered places Douglas Fir can produce very good quality timber suitable for transmission poles. The lower branches must be pruned to avoid knots in the timber.



DOUGLAS FIR



SCOTS PINE



Scots Pine

The Scots Pine grew in Ireland about 5000 years ago but it died out with changes in climate. About 250 years ago it was re-introduced. Its wood called "red deal" is excellent for building purposes and transmission poles. Scots Pine needs plenty of light and a sheltered position. Only 4% of the trees planted each year are Scots Pine.

KEEPING YOUR ENERGY LEVELS UP ON A DAY'S WALK

Energy is the vital ingredient needed to keep us going on a six hour hike. But where do we get our energy? In a word - Carbohydrates. These are the sugars and starches we are all familiar with, and an ample supply will keep our energy levels well up. We must distinguish, however, between good quality carbohydrates, such as fruit and vegetables, and refined carbohydrates like those found in cakes, biscuits, pastries, chocolate and sugary drinks. In most circumstances, these raise sugar levels too quickly. They give a sudden burst of energy but the natural body reaction causes this to fade rapidly followed by a considerable loss of energy. In addition, they deprive the body of important vitamins and minerals.

If you need an energy burst, a better source is dried fruit which releases energy more slowly and sustains it over a longer period. Packages of mixed dried fruit, some with nuts can be bought in health stores or supermarkets.

It is traditional for mountaineers to carry a supply of glucose sweets or chocolate for emergencies. Such an emergency may arise if after a prolonged period of severe climbing or other strenuous activity, sugar levels fall too low and fatigue sets in. In this situation some glucose will help to redress the balance.

You may be wondering about protein. Yes we need it, but not in huge amounts, and not during the walk. The function of protein in the adult body is for muscle repair, so a low-fat protein eaten in a meal an hour or so after the hike will help to rebuild the muscles fatigued after such a long walk. But more of that later.

The level of energy we have for the day is not completely dependent on what we eat that day, but on our diet in general. So a high carbohydrate, medium protein, low-fat diet will keep our energy levels high. But what should we eat on the day of the hike itself? Obviously, we need food that will give us sustained energy over a period of six hours or more, so let's take a clear look.

For breakfast, eat fruit - either freshly squeezed juice or the whole fruit itself: oranges, pears, grapefruit, whatever juicy fruit you like. You can follow this with dried fruit to give that fuller feeling. If you like, eat a wholegrain cereal after this. Most of the packaged cereals are highly processed and denatured and are of little value. Go for a wholegrain porridge, or if you don't like that, a slice or two of wholegrain brown bread with some (not a lot of) butter. Such a meal will start releasing its energy slowly, and the effects will last for about three hours.

The first break of the hike is a "topping up" time. This is the ideal moment to eat a quick release energy source - a starchy fruit such as a banana, or an apple or two, or even some dried fruits such as dates or figs are ideal at this time. Drink some water too, but do avoid sugary drinks here - they enter the bloodstream very

quickly, giving a surge of energy which makes you feel good for a while, but which is not sustained, and drops off after half an hour or so, making you feel even less energetic than before you drank it.

By lunchtime, we're definitely in need of a boost, and this is where a good combination of foods will stand by you. Ideally a salad is called for here, but a mountainside is not a salad bar, so we have to compromise! I find a filled pitta bread or a brown bread sandwich is great here, but it should be filled with salad vegetables - lettuce, cucumbers, celery, peppers etc. Avoid meat and cheese in this filling - you're combining a starch (bread) with a protein (meat or cheese) and they just don't go well together. Digestion does not take place and fermentation of the food will occur. You could also try raw vegetables cut into sticks, and a flask of hot vegetable soup, or even a potato salad! Potatoes sprinkled with lemon, sesame seeds and a little salt are delicious. Or how about this - a wide-necked flask filled with hot, mashed potato and butter. That's tasty too.

The afternoon break should be about two hours after lunch, by which time we're not particularly hungry, but another banana or apple will give us that extra energy to make it to the end.

Then it's into the pub to undo the good we've done all day! Yes I know everyone likes their drink, and I wouldn't deny anyone the pleasure, but just be aware of the facts - beers, wines and spirits are fermented and cause fermentation of whatever food is in the stomach - so the value of the previous meals is totally lost. This can be largely avoided if there is an interval of two hours or more between the last meal and the first drink.

An hour or so later, it's time for a protein meal, so eat a good quality, low-fat source - chicken or round steak or white fish with vegetables, or even beans and rice with vegetables, or a dish of nuts, lightly roasted, with salad or cooked vegetables. Again watch combinations. Don't eat potatoes or rice if you're having meat or fish - eat a salad or cooked vegetables with it so that the protein will be digested properly, and can carry out its role of rebuilding and repair.

So that's it - a day's eating for great energy. Enjoy your next walk!!

Carol Behan

WALK LEADERS 1997 - 1998

Walks take place on the 2nd (Grade "A" and "C") and 4th Saturdays (Grade "B") of each month.

It is in the interest of making it easier to contact people, by dividing and lessening the number of telephone calls to be made by an individual, that 2 leaders have been appointed to the "A" and "C" walks and 3 leaders to the "B" walks. The first named leader will be responsible to co-ordinate the responses from members so that he/she can come up with a final figure for transport requirements.

The "A" and "C" walks to be arranged so that they finish up in the same place at near enough the same time.

If you are not available on your allotted day please arrange to swop with another member and notify Dick Needham accordingly.

Walk leaders should advise Kevin Beegan by Tuesday preceding the walk of the number of walkers so that he can arrange transport.

<u>DATE</u>	<u>WALK</u>	<u>GRADE A Leader & Tel.</u>	<u>GRADE B Leader & Tel.</u>	<u>GRADE C Leader & Tel.</u>
1997				
13/9	A/C	E Logan 2852548 F English 2804363 H 4597704 W		J Moore 2855035 B Lane 3859259
27/9	B		C Behan 2805610 A Brennan 2836595 F Trant 2853979	
11/10	A/C	D O'Hegarty 2808335 F Molloy 2855614		K Trant 2827591 J Brett 2853358
25/10	B		P O'Duffy 2804789 K Pierce 2829606 D Brennan 2855700	
8/11	A/C	J Furey 2893045 H 8385527 W C Furey 2893045		K Beegan 2851698 6676881 M O'Duffy 2804789
22/11	B		L Walsh 2982042 M Dorgan 2858170 J Sexton 2300486	
13/12	A/C	S Trant 2853979 V Ryan 2858243		N O'Reilly 2809929 W 7644815 Fitzpatrick 2856502
1998				
10/1	A/C	M Tinsley 2852126 B Brennan 2855700		R Halpenny 2855976 M Beegan 2851698

<u>DATE</u>	<u>WALK</u>	<u>GRADE A Leader & Tel.</u>	<u>GRADE B Leader & Tel.</u>	<u>GRADE C Leader & Tel.</u>
24/1	B		R Kirker 2840784 C Mangan 2852668 C Brandon 2859563	
14/2	A/C	B McKean 2819717 H 6684181 W T Gillan 2985377		I Thompson 2854797 A Keegan 2854682
28/2	B		J Brandon 2859563 B Lane 2859259 C Ryan 2855493	
14/3	A/C	W Hannon 2858251 F Trant 2853979		F Molloy 2855614 J Langan 2854843
28/3	B		M Armstrong 2852434 W McEntee 4580892 088-543987 N Boyne 2683984	
11/4	April Weekend		R Needham 2849571	2801130/2808074 W
25/4	B		D O'Hegarty 2808335 C Furey 2893045 D Brennan 2855700	
9/5	A/C	D Kirker 2820971 H 2808441 W K Pierce 2829606		P Furey 2956682 J Needham 2849571
23/5	B		E Logan 2852548 F English 2804363 H 4597304 W V Ryan 2858243	
13/6	June Weekend		R Needham 2849571	2801130/2808074 W
27/6	B		K Beegan 2851698 H 6776881 W J Moore 2855035 M Lynch 2850910	

BEING A FIRST AIDER

The first aid you learn from a manual or course is not quite like reality. Most of us feel some apprehension when faced with "the real thing" - even doctors have qualms when faced with difficult cases. By facing up to these feelings, we are better able to cope with the unexpected.

Doing your best

First aid is a skill based on knowledge, training, and experience. It is not an exact science, and is thus open to human error and circumstances beyond our control. You must accept that however appropriate your treatment, and however hard you try, a casualty may not respond as expected, and may even die. Some conditions inevitably lead to death, even in the best medical hands. Providing you do your best, and what you believe to be correct, your conscience can be clear.

Weighing up the risks

While following the golden rule, "First do no harm", you must also accept the principle of the "calculated risk". Even if there is some risk, it is right to apply a treatment that should benefit the majority of casualties. You must not, however, use a doubtful treatment just for the sake of doing something.

Being criticised

First Aiders often express fears of doing something wrong, and even being sued. The "Good Samaritan" principle supports those acting in an emergency (though it will not protect those who stray beyond accepted boundaries). If you keep your head, and follow the guidelines laid out in this book, you need not fear any legal consequences.

LOOKING AFTER YOURSELF

Giving first aid can be dangerous. Always be watchful for your personal safety. Do not put yourself at risk by attempting heroic rescues in hazardous circumstances.

First Aiders may also be anxious about the possibility of picking up serious infectious diseases from casualties. It is reassuring to note that there are no cases on record of the virus infections hepatitis B or HIV being passed on through giving mouth-to-mouth resuscitation, despite there being a small theoretical risk. However, you must be aware that such conditions may be spread by blood-to-blood contact.

Responsibilities of a First Aider

- To assess a situation quickly and safely, and summon appropriate help.
- To identify, as far as possible, the injury or the nature of the illness affecting a casualty.
- To give early, appropriate, and adequate treatment in a sensible order of priority.
- To arrange for the removal of the casualty to hospital, to the care of a doctor, or home.
- To remain with a casualty until handing him or her over to the care of an appropriate person.
- To make and pass on a report, and give further help if required.

Seeking immunisation

If you become concerned that you might have caught something after you have given first aid, contact your doctor. Regular First Aiders should seek medical advice about immunisation against hepatitis B. Protection by immunisation can also sometimes be offered following exposure.

Coping with Unpleasantness

The practice of first aid is sometimes messy, smelly, and distasteful, and you may be afraid that you will not be able to cope with unpleasantness. In the event, such fears are usually groundless, and most people perform very well. Taking a first aid course will, however, greatly improve your confidence and self-reliance. The thorough training you will receive will help you to control your emotions, and carry you through many difficult situations.

Taking stock after an emergency

Having given first aid and handed your casualty over, take stock of your own feelings. These may well have been put to one side as you took action, but assisting at an emergency is a stressful event, and it is not uncommon for a "delayed reaction" to strike the First Aider some time afterwards.

Hopefully, your feelings will be of satisfaction, or even elation, but it is not uncommon to feel upset, particularly if you have assisted a stranger and you may thus never know the outcome of your efforts.

Above all, never reproach yourself, or bottle up your feelings. It will often help greatly to talk over your experience with a friend, your doctor, or your first aid trainer.

GIVING CARE WITH CONFIDENCE

Every casualty needs to feel secure and in safe hands. You can create a beneficial atmosphere of confidence and assurance by:-

- Being in control, both of yourself and the problem.
- Acting calmly and logically.
- Being gentle, but firm, with your hands, and speaking to the casualty kindly, but purposefully.

Building up trust

Talk to the casualty throughout your examination and treatment:

- Explain what you are going to do.
- Try to answer questions honestly to allay fears as best you can. If you do not know the answer, say so.
- Continue to reassure the casualty even when your treatment is complete - find out about next-of-kin, or anyone else who should be contacted about the incident. Ask if you can help to make arrangements so that any responsibilities the casualty may have - for example, collecting a child from school - can be taken care of.
- Do not leave someone whom you believe to be dying. Continue to talk to the casualty, and hold his or her hands - never let the casualty feel alone.

Telling relatives

Though informing relatives of a death is the job of the police or a doctor, it may well be that you have to tell family members that someone has been taken ill, or involved in an accident.

Always check first that you are speaking to the right person. Then explain, as simply and honestly as you can, what has happened, and, if appropriate, where the casualty has been taken.

Do not beat about the bush, or exaggerate; you may cause undue alarm. It is better to admit ignorance than to give misleading information.

Coping with children

Young children are extremely perceptive and will quickly detect any uncertainty on your part. Gain an injured or sick child's confidence by talking first to someone he or she trusts - a parent if possible. If the parent accepts you and believes you will help, this confidence will be conveyed to the child.

It is important that a child understands what is happening and what you intend to do - explain as simply as you can, and do not talk over his or her head. Do not separate a child from its mother, father, or other trusted person.

TÁIN ADVENTURE CENTRE

The Táin Adventure Centre is situated on the shore of Carlingford Lough overlooking the Mourne Mountains.

Accommodation - Self-catering and Full board. 2/4/6/8/10 person rooms. Central Heating, Male/Female Showers, Camping Area.

Extensive leisure facilities; Swimming Pool, Steam Room, Jacuzzi, Seminar Meeting Room, Big Screen TV, Football and Basketball Area. AFAS Approved.

Activities:

Company Team Development Programme, Multi-activity breaks, Canoeing, Hillwalking, Orienteering, Archery, Banana-skiing, - Families, Schools, Youth Groups.

Prices:

Week - Full Board

7 B&B/ 7 Lunches/ 6 Dinners 248.00/199.00*

Weekend - Full Board

2 B&B/ 2 Lunches/ 2 Dinners 74.00/60.00*

Mid-week - Full Board

3 B&B/ 3 Lunches/ 3 Dinners 112.00/90.00*

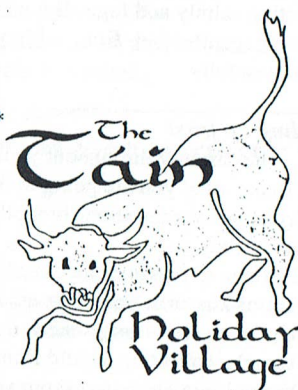
* Denotes children's rates.

Prices for Self-catering & Camping available on request

The Táin Holiday Village, Carlingford Lough, Co. Louth

For bookings and further information

Telephone: Dundalk 042 75385 Fax: 042 75417



GUIDELINES FOR WALK LEADERS

- Navigation** Work on this. Be prepared to find your way in bad weather over unfamiliar ground.
- Route** Put some thought into selecting a route that will suit the experience and fitness of the group. Pay attention to:-
(a) distance involved,
(b) amount of climbing,
(c) special difficulties; i.e. rivers,
(d) time required for walk.
- If possible check out the route.
- Daylight** Pay close attention to the amount of daylight available. Avoid the dangers of getting caught out on an open mountain after dark.
- Group** Keep the group together, taking into consideration the various strengths of individuals.
- Agree a leader and a sweeper.
- Nobody to walk in front of the leader or behind the sweeper.
- Rivers** Beware of rivers that must be crossed. A stream can become a torrent after a short spell of heavy rain.
- Whistle** Always carry a whistle. Do not hesitate to use it in order to keep the group together.
- Compass** Always carry a compass and be able to use it.
- Steep Ground** Steep ground is often best avoided. It is more dangerous descending steep ground than ascending it.
- Route** Leave notice of the route with a map showing the route marked (an A4 size photocopy of the relevant section of the map is easiest) with a responsible person at home. We should also give a copy to the bus drivers as they will be the first people to know that we are late at our final destination (i.e. the pub in Glenmalure.)
- We already give the bus drivers an ETA (for collection purposes). We should also give an ETA for our arriving home.

Weather

Get the weather forecast and judge how it will affect the walk. In winter months especially, if possible, look/listen at/to the forecast on Thursday & Friday for the Saturday. Also listen to 0755hrs radio forecast on Saturday morning.

Escape Route

In winter months especially, it is important that we have an escape route in case we are caught out on the mountain in severe weather or some other problem/emergency arises. We must also be prepared to use the escape route if necessary. Here the leaders of the day will make that decision and the group must abide by it without dissension. We cannot split up the group under any circumstances. The leaders should not hesitate, if they so wish, to ask for advice in this matter from the more experienced members of the group on that day.

Position/Direction

Involve other members of the group as the need arises to check your position and direction.

First Aid

Always carry a basic first aid kit in your bag. Any members who have had first aid training are invaluable to the group as a whole. If anyone is in a position to receive first aid training or a refresher course they should avail of the opportunity.

Equipment

Our club should consider having some important equipment on each walk i.e. mobile phone, kishu, bivui bag, torch.

Emergency

In the event of an emergency where we require outside assistance we use the following procedures:

(1) Dial 999, ask for AMBULANCE, MOUNTAIN RESCUE

(2) 6 blasts of a whistle)	repeated with
or)	one minute
6 flashes of a torch)	intervals

(3) Where it is necessary to send someone for help it is advisable that 3 people should go in case the party going for assistance should get into trouble themselves.