



**CLUB WEB-SITE - [www.fdhwc.btinternet.co.uk](http://www.fdhwc.btinternet.co.uk)**

## **President's Column**

Dear Members,

I'm writing as the sun reaches its lowest point in this, so far, very gloomy winter. I can't remember such a wet and dark winter. After the promise of hard days to come with deep snow on the hills.

It's encouraging to see that attendances at meets and meetings have picked up in the last 6 months - including two buses running at near capacity. And lots of new faces too. I must apologise to those who attended the Crianlarich meet in October. That day, it was apparent to me after the walks that people had not chosen the appropriate option for their walk. At the committee meeting a few weeks ago, a grading system for walks was discussed and will be implemented in the New Year. This new grading system will provide members with more information regarding the difficulty of the walk (e.g. shortest does not always mean easiest). Members can then judge whether a walk is suitable. The meet secretary will advise and can overrule based on conditions, experience, fitness etc. This is not meant to be perceived as a "Big Brother" approach by application of strict rules

but rather as guidance to members to assist them in making the most of their day in the hills while maximising the safety of the group overall.

The 40<sup>th</sup> anniversary is only 9 months away. The committee would like to celebrate in style. You will find a questionnaire attached to this newsletter. Please take some time to complete and return to a committee member. Even negative replies will help us in planning our programme of events. I remember well our last anniversary celebration (30<sup>th</sup>) in October 1993 on a clear crisp day on Creag Megaidh when we were joined by a few previous members and shared a big cloutie dumping.

Well, I hope to see some of you on the festive meets. May I wish you and your families a *Guid New Year*. Here's to Tannahill's poetry (expertly sung by Dougie Mclean) - *Gloomy Winter's Noo Awa*.  
*Colin*

### **Christmas & New Year Meets**

Contact Frank and John for details or follow the updates on the web site. On 27<sup>th</sup> December, Cairn o' Claise/ Cam Tuirk has been mentioned as a possibility with an 8am start at the Myre. A shorter day out may also be organised - see the web site.

### **High Tea Meet Edzell 19<sup>th</sup> January**

Names for High Tea to Bob Railton (01307 462628) as soon as possible. Last High Tea meet in Edzell was preceded by the infamous meeting with the game keeper on the way to visit our first adopted trig point on The Crannell.

### **Change of venue**

Note that next month's open meeting on Wednesday January 8<sup>th</sup> will take place in Forfar Guide Centre, Myre car park at 7.30pm. Following the open meeting there will be a short session on navigation followed by the showing of the winter training video.

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### **CONTACTS**

*Colin - 01241 852928*

*Bob - 01307 462628*

*Frank - 01382 370474*

### **In Brief:**

- ◆ **WE WANT YOUR E-MAIL ADDRESS --**  
*Please send me your e-mail address and help keep costs down, mail the editor at [angusspence@tiscali.co.uk](mailto:angusspence@tiscali.co.uk)*
- ◆ **40th Anniversary of the Club - Your chance to have a say !**
- ◆ **Your items for the next newsletter urgently required**
- ◆ **ENJOY THE HILLS IN SAFETY**

During May the club long weekend ventured over to the Knoydart Peninsula. A drive over to the ferry at Mallaig, a spectacular run in itself, but made all the better by good weather. This was the beginning of a weekend of weather that we've not seen again, not in Angus anyway. The ferry over gave us a taste of what was to come, a calm clear deep blue sea and a sky to match. We were met by the teams from the various hostels and taken to the accommodation; some of us took the opportunity to walk. We were housed in the Kilchoan Farm House which proved to be excellent all round, with the exception of the water supply which failed on two occasions. There were no complaints from anyone about our accommodation. The Friday evening was spent sampling the local bar and the food. The Saturday walking was mixed and a very long day lay ahead of all the groups. We joined a group going up Ladhar Bheinn and unfortunately poor communications meant we lost two of our number before we started.

This is an area during weekends that really needs to improve. We must re-introduce a central meeting time and place so everyone has the opportunity to join the various groups, everyone knows where everyone else is going, and the general 'club' feel is maintained. The day was a long day of eight hours plus and other groups added an hour or two on top of that. The weather was spectacular, the views magnificent and the walking was tough but rewarding. The Saturday and Sunday evening meals were in the alternative restaurant and were of a better standard and the service was very good also. Some groups took their bikes over and enjoyed the challenge of the area. During the Sunday we hired bikes and followed the coastal route around Inverie. During the weekend I think the following hills were climbed - Ladhar Beinn, Luinne Bheinn, Meall Buidhe and a few corbets also. The whole area just has a magical feel about it and it is an area we must return to in the future.

Your weekend meet co-ordinator is:

Angus Spence  
5 Muirlands Court  
Lunanhead FORFAR  
Tel 01307 465644  
Mob 07941 843082  
E-mail: [angusspence@tiscali.co.uk](mailto:angusspence@tiscali.co.uk)

**WEEKEND NOTES:-**

Deposits for weekend meets should be sent to Angus with cheques made payable to "Forfar and District Hill Walking Club"

**GLEN FESHIE MAR 28 - 29 2003 - Fully Booked**

An old favourite has been booked, Mill Cottage. Camping by arrangement only (up to 8 persons at £3 per person per night), please let me know if you wish to camp. DIRECTIONS - A9 North, turn off between Kingussie & Aviemore for Kincaig. Track to Mill Cottage signposted to Forestry Commission car park and to Invereshie Hotel. OWN BEDDING REQUIRED.

**£12 per person for the weekend.**

**ARRAN MAY 2-5 2003 - Fully Booked**

From the National Trust we have reserved Shore Lodge at Brodick Castle. Shore Lodge has four bedrooms, each fitted with bunk beds, sitting room with wood burning stove, fully equipped kitchen and dining room. Drying room, four WC's with wash basins and three showers. DIRECTIONS - Ferry from Ardrossan to Brodick. Head for Brodick Castle on arrival. Reservations call Cal Mac on 08705 650000. Current timetable Friday departures 12:30, 15:15, 18:00. Monday departures Brodick 13:50, 16:40. Cost £40 per car, £6.40 per passenger 5 day return ticket. NOTE: Check before May for updates, current to 1st April. BEDDING SUPPLIED.

**Cost £30 per person for the weekend.**

**GLEN NEVIS JUNE 20 -21 2003**

The Inchree Centre is our location for this weekend. 16 places have been reserved (22 available at time of printing). DIRECTIONS Head West to ForWilliam on the A82. Onich is 7 miles South of Fort William, and five miles North of Glencoe, at the north end of Onich village, just off the A82 main road. On the A82, cross the Ballachulish Bridge, and drive through Onich, turning right at Inchree junction. Continue up the lane for 200 metres until the Centre entrance is reached. Good facilities, Bistro and Bar on site, comprehensive menus in Bistro. BEDDING SUPPLIED. **Cost £20 per person for the weekend.**

**WEEKENDS—A different way of thinking ??**

The most recent weekend to Arrochar was not very well supported by club members and as a consequence the club funds had to pay £126 to settle the bills ! When we are on a weekend meet, we don't force people to actually hill-walk. The areas we go to are selected for potential hills of course, but they are also areas of interest for all activities. Have you considered joining us for a weekend to explore some of Scotland's finest locations? Inverary for instance was a super old town with lots of interest, lochs, hills, tourist interest. This could have been an ideal spot for bird watching, fishing, painting or just general tourist activity. A few of our weekend walkers now walk only on a Saturday and explore the area on the route home on a Sunday. The accommodation standard is now very high and the days of sharing alpine beds are gone, generally most places we go have smaller rooms and bunks of perhaps 4 or 8 to a room. We usually eat out on the Saturday night at a local hotel and of course enjoy a drink or two on the evening. Hopefully we will see you on a weekend walk in the near future.

## HILL WALKING PROMOTES HEALTH?

Growing evidence supports physical activity to promote and manage both physical and psychological health.

### BENEFITS

<p><b><u>PHYSICAL</u></b></p> <ul style="list-style-type: none"> <li>▪ Bone Density Tone in muscles</li> <li>▪ Joint Mobility</li> <li>▪ Cardiovascular output</li> </ul>	<p><b><u>PSYCHOLOGICAL</u></b></p> <ul style="list-style-type: none"> <li>▪ Freedom from Stress Challenge of a hill</li> <li>▪ Self awareness</li> <li>▪ Achievement</li> </ul>	<p><b><u>SOCIAL</u></b></p> <ul style="list-style-type: none"> <li>▪ Meet new people</li> <li>▪ Communication</li> </ul>
<p><b><u>EDUCATIONAL</u></b></p> <ul style="list-style-type: none"> <li>▪ Learn new skills</li> <li>▪ Re-acquaint to nature i.e. flora and fauna</li> <li>▪ Navigational skills</li> <li>▪ Geographical skills</li> </ul>		
<p>Come along to the monthly meetings and hill-walks and renew fellowship and friendships. Meetings are held 1st Wednesday of the month and 2nd Sunday of the month for walks</p>		

## Friends of White Haugh Association

For details of membership contact, Colin or Bob

### Revised Winter Programme

8 <sup>th</sup> Jan	Forfar Guide Centre	7.30pm	<i>Navigation, Winter Training video</i>
5 <sup>th</sup> Feb	Kingsmuir Village Hall	7.30pm	<i>Wind River Ranges, Wyoming. John Rogers</i>
5 <sup>th</sup> Mar	Kingsmuir Village Hall	7.30pm	<i>A.G.M.</i>
16 <sup>th</sup> Apr	Kingsmuir Village Hall	7.30pm	<i>S.N.H. David Downie</i>
14 <sup>th</sup> May	Forfar Guide Centre	7.30pm	<i>Mountain Safety, Roger Wild</i>

### **Cheese & Wine /Quiz night**

Well attended. Photos by John D. Slides by Colin. Winners: The Coull and Norrie team.

### **26 October 2002 New Munroist**

Club member Bill Mill (76), Arbroath completed his Munros on Saturday 26th October on Beinn Challum. Eleven club members and two friends joined Bill on the summit. Bill provided the traditional whisky and cloutie dumpling, taken in blizzard like conditions on the summit. The president presented Bill with the customary tankard on behalf of the club. Weather was showery with lots of snow above 2000ft. Bill intends to keep walking and promises to attend more club meets now that his work is done. The scroll has been updated with Bill's name.

### **We're online!**

The club's web address given in the last newsletter was incorrect. The correct address is [www.fdhwc.btinternet.co.uk](http://www.fdhwc.btinternet.co.uk). The site is still being constructed but currently gives news of forthcoming events, meet reports, calendar, and winter programme. It is hoped to add an archive of past newsletters, the information for potential members, an application form to join the club, weekend meet details as well as links to local clubs and mountaineering bodies. Future newsletters will be fully HTML compatible and could be printed straight from the web site.

## 40<sup>th</sup> Anniversary Preparations

Yes, the club will celebrate its 40th anniversary in October 2003. The subject of what to do has been discussed briefly at the November and December open meetings and at the December committee meeting. Lots of ideas have been coming in and the committee feel that they would like to solicit some information from the members on how they might support these ideas in terms of attendance. Please find below a brief survey. Please complete and return to any committee member or email to any committee member. (See address list for emails or use the web site to send an email to a committee member).

	Yes, I would be interested	No, Not Interested	
Foreign Holiday (one week in October)			
If Yes to foreign holiday how about these destinations			
	Mallorca		
	Corsica		
	Mainland Spain		
	Crete		
	Alpes Maritime		
	Other (specify)		
Repeat of first walk			
Gathering with past members			
	If Yes to gathering, what would you support/prefer		
	Ceilidh in village hall		
	Cheese & wine		
	Dinner dance		
Any other ideas , please specify			

Some Contacts -

President - Colin Sinclair  
 Treasurer - Raymond Campbell  
 Secretary - Bob Railton

11 Craig Place  
 20 McCulloch Drive  
 The Toll House, Arbroath Road

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 Forfar  
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