



The Gwydyr Mountain Club Newsletter.

November 2022

Edited: Chris Harris

Coming soon: (details on meets list on GMC website)

15 December	Thursday Walk: To be arranged - Dave Edwards
23 Dec-2 Jan	Christmas and New Year Meet
2023	
7 January	Clwyds - Dave Edwards
19 January	Thursday Walk: Dave Antrobus
20-22 January Hut	Weekend: Burn's Night

Articles this Month:

- 1) Pete Mann - Dave Gray
- 2) Chapel changes - Chris Harris
- 3) First Aid Course, 8-9th October - by Melinda Kinsman
- 4) Bonfire Night 5/6th November- by Chris Harris
- 5) Wine Tasting 26/27th November- Chris Harris

1) Pete Mann

It was a bit of a shock to hear of the death of Pete Mann this month. Pete was an active member for many years and made a great contribution to the GMC. I asked Dave Gray to write a short article about Pete which he has kindly done.

Pete Mann – An Appreciation

The recent unexpected death of our former Chair, Pete Mann, has saddened and shocked the GMC people who knew him. Chris has asked me to write a few words in appreciation of Pete, who was in the Club from 1995 until he moved to Broughty Ferry on retirement a few years ago.



'Full Tartan Sofa' – John Simpson and Pete, GMC Dornoch Trip 2018

Pete was born in the Central Belt of Scotland and was the son of a coal miner. His Dad lived to a good age and Pete was a loyal and caring son despite living far from home. Pete was rightly proud of his Scots heritage but wore it lightly and with humour too, for many years he was 'Haggis Addresser in Chief' at our Burn's Night suppers. Burns' poetry had deep meaning for Pete. He was great fun and a great laugh, and loved a celebration with or without Robbie Burns!

His life was one of big achievements. He served in the Royal Navy as a qualified diver, and then furthered his education so as to go on to work as a lecturer himself, in leisure and tourism management. Firstly in further education in Sheffield (where he was a member of the Castle Club) then on the Wirral, and finally at university



close to his family and to the Highlands, and the company of new friends not least in the Dundee MC. He came south from time to time and joined us on Club events. All round, a great guy.

Dave Gray

2) Chapel Changes - Chris Harris



We have bought some reclaimed railway sleepers to mark the edge of the car park. They will be better placed and secured, hopefully in the near future (volunteers?). Meanwhile, they will act as a visible edge to the drop to the garden area. They are extremely heavy so if you do touch them with your wheels you should feel resistance.

Nicky has installed a handrail on the steps up from the car park (sorry, no picture). So along with the salt dispenser the steps should be a bit safer now. However, in icy conditions it is recommended that you avoid the steps and walk to the hut via the car park exit and the front of the cottage.



Window Locks: I've noticed a couple of times that some of the windows have been left unlocked when the chapel is unoccupied. Please check they are all locked before leaving the chapel. When locked both latches will be to the left hand side "**LEFTY LOCKY**"

3) First Aid Course, 8-9th October (arranged by Bill Morrison) - by Melinda Kinsman

I realised the First Aid course wasn't going to be quite what I was expecting when I caught sight of our instructor, Allan Shaw, dragging a car boot full of "bodies", dressed in various outdoor kit, in through the front door of the hut. The "gang" were shoved into half the drying room, to await CPR training later...



The "gang" of CPR bodies



Tom and Chris get to grips with bandaging a head wound



Allan gets Glenn into the recovery position



The CPR circuit

I was nervous that I'd never done any sort of real first aid course before, and that most of the other club members there had - but Allan assured me that this wasn't going to be a problem.

Things began fairly gently, with cards of first aid questions to match up with answers and to discuss.

We soon started to realise and to appreciate how many years of outdoor experience Allan had, and how knowledgeable and passionate he was about first aid. Every scenario or condition we discussed was brought to life by Allan's real life examples, mostly from his own experiences.



Finding out what's in those Defib boxes

We soon found ourselves merrily passing around "dud" epi pens to have a go at jabbing them against each other's legs, and grappling with bandages and first aid dressings to try to dress terrible wounds on mannequin heads and pink foam limbs. We were even able to try the famous "Heimlich maneuver" on someone choking - with the help of strap on vests to mimic a human windpipe with an obstruction in it.

I thought it was great that the course had so much practical content. I felt this, combined with Allan's many colourful real life anecdotes, made everything much more likely to stick in our brains.



Doug and Zahida after the machete attack!

We discussed dressings and what to put in your first aid kit. (If you're strapped for cash, try wrapping gaffer tape around a screw top bottle filled with sanitary towels and tampons!) We discussed "catastrophic bleeds", and tried out lots of different tourniquets. We learned about recognising and treating hypothermia in the mountains, and how to make a human burrito! In fact, having seen foil blankets as useless for years, over those 2 days I discovered 2 very good uses for them.

Outside the hut, we frequently assessed each other as unconscious casualties, to drill in that particular skill, and we learned easy ways to get someone into the recovery position. We also did CPR on the many different dummy "gang" members, and learned to use a wide variety of defibrillators.



Tom looking a bit worse for wear

On day 2, things got even more “real”, with Allan setting up realistic accident scenarios - complete with gory “props”. Doug’s acting skills (as a machete victim with his guts hanging out), came a close second to Chris’ performance as the drunken friend of an unconscious Tom!

To be honest, the huge amount of information Allan passed on to us during the weekend left my mind spinning, but I now feel inspired to want to read more from the booklets and links he left us with.



Gory props up close

The most important nugget of information I came home with after the course was not to be scared of doing my best and “having a go” as a first aider if someone’s life is at risk and no one with better medical knowledge is available to help.

All in all, I felt I learned a huge amount from the course, and I highly recommend it to other club members if another one is arranged for us.

4) Bonfire Night (organised by Kev and Vanda) - by Chris Harris



Well, Bonfire night was a very wet affair but with a full hut, 3 campervans and 4 in the cottage there was a great turnout.

The Saturday forecast was for heavy rain and strong winds so there was one walk to Dolwyddellan, (no.4) kitted out in full waterproofs from start to finish.

Arriving at 1150am, half of us had lunch in the bus shelter and the others in the Spar while we waited for the Gwydyr Hotel to open, where we were able to partake in a drink(No.1) in front of the not very warm logburner. Making the soggy slog back to the hut the same way as outward to the hut.

Meanwhile, Kev, Vanda, Son Chris and daughter in law Laura had spent the day preparing an amazing feast for the evening



After a week of rain and a very rainy Saturday the bonfire was not a great success but Kev had planned for this with a gazebo and fire pits.

However, the Tyn -y new owners went overboard to make an impression. The bonfire was massive and they spent over £1000 on fire works.

Sunday saw many take a walk to the Siabod Cafe (No.13) for breakfast, while Nicky, Fiona and Simon managed a wild swim in Siabod Lake(No.12)



In case you are wondering what the numbered bracket's are for - they are the numbers relating to Sue and Margaret's fiendish 50th Anniversary challenge.

5) Wine Tasting weekend 27/26 November (arranged by Richard Smith) - by Chris Harris

A great weekend organised by Richard. The theme of the wine tasting being " same grape different price - which is best".

Another wet and windy day at the chapel meant that most of us went to the Climbing wall in Caernarfon.



Sunday was forecast wet in the afternoon so Richard led a walk around Llyn Idwal and we did get surprisingly close to the top of Devil's Kitchen.



Descent from the "bottom" of Devil's Kitchen



Llyn Idwal - Surf's up