



NEWSLETTER

For the diary – 25th Birthday party!

INSIDE THIS ISSUE:

Surf report	2
4 Peaks report	3
Common Frog	4

Summertime at last (or not!) and time to mark 25 years of Clare Outdoor Club. We'll be celebrating this important milestone with a party in Doolin on **Saturday, 26th June**.

All club members are invited of course, but this year, in honour of the special occasion, we're also

inviting all past members to come along and renew acquaintances, meet the current crop and, who knows, maybe get the urge to rejoin!

As usual, we'll be lining up plenty of pre-party activities, to be followed by dinner and great entertainment. The

venue is **Doolin Hotel**, and full details of activities, timings, accommodation and entertainment will follow in the next issue and by e-mail.

The cost will be €30.00. To book your ticket, contact Eoin Cleary (086 2572792) or John McDonnell (086 8119001)

MSA booked

We've booked a Mountain Skills Assessment (MSA) for the weekend of **20th/21st Nov!**

The MSA is open to anybody who has

- completed MS1 and MS2 and logged 14 walks

or

- logged 30 walks and gained sufficient experience in a variety of conditions

Any club members who would like to do the assessment in November (there are at least eight who could!) should keep these dates in mind and concentrate on getting Logbooks up to date and working on skills.

We'll be organising a refresher day in the hills closer to the MSA – think of it as a pre-NCT service!!

The refresher and MSA will both be in Kerry.

Special points of interest:

- Kayaking trip – **15th & 16th May**.
- Summer Party – **26th June**. Put it in the diary!
- Evening walks series has started – **check calendar**.
- Briefly highlight your point of interest here.

Summer Alpine Meet

Anyone else interested in joining COC in Ailefroide in July for the 2010 MI Alpine Meet check out this link [COC Ailefroide Forum](#) for information on travel options etc.

Deadline for applications to MI extended to 21st May.

Dudes and Duders – AKAW!! (by Lorraine Hughes)

Hey dudes and duders, it was a totally bodacious and gnarly lesson on Saturday 10th April - a great turnout, factor 50 in the hand, I had the wetsuit on driving out in the car - no time to be lost! Anne O'Brien and the sister thinking they were cool with their wetsuits and knee high boots (I don't think so) and some queer eye if you ask me. But yo, we met our teach for the day - Ben, and he had the fibros and some wettie warmers for those who had come without, but I tell you I stood up way more times than Anne did. And Shane O'Grady was our token zaboob and tori kook for the day and looked more like some medieval soldier than a

komizzie surfer....and there were others too but I didn't notice them dude, cos I was so awesome, I was so wowza, I was shreddin' the gnarl and pumpin' the board.... but if I was to be honest with ye, I was queen of the lull.....and there's a whole lotta lullin' goin' on in Lahinch. But that's a good thing, and it's good to be out in the fresh air speaking in tongues.

And the latest I heard was that Jim Borge is getting board shorts, a wooden bead necklace and some highlights for this summer's surfing season....!

So sign up now to go on the COC Surfing List and

get to talk like this all summer - Yo brah, you're such a zepherr!

To subscribe to the list, send a blank email to: surfing-subscribe@clareoutdoorclub.net

To remove your address from the list, just send a message to

surfing-unsubscribe@clareoutdoorclub.net

To contact the entire group send an email to surfing@clareoutdoorclub.net

Congratulations to Clare, Elaine and Radu on completing this year's Maamturks Challenge in difficult conditions.



No Shane, it's not a guitar!

Wicklow Terror – COC members safe! (by Brendan Daly)

Five members of the Clare Outdoor Club had a lucky escape on Easter Sunday when the restaurant in Co. Wicklow in which they were dining viciously subjected them to the incessant warble of Mr. Michael Bubl .

Staff in the Hollywood Inn started playing Mr. Bubl 's desecration of 'Stuck in the Middle with You' and, inadvertently they claim, pressed the "Repeat" button while the members of the club attempted to eat their meal after scaling Leinster's highest mountain earlier in the day.

It appears that the distraught walkers were forced to endure the brutality of Mr. Bubl 's caterwauling no less than *five* times in succession before staff intervened. It is understood that a Garda investigation is underway to establish if the "Repeat" button was pressed deliberately.

The five members of the club were clearly traumatised by the experience, with some in tears. "You can't use words to describe what they did to us in there. They knew exactly what they were doing. It's unforgivable," sobbed one. Another called the perpetrators "evil scum" who should be "put behind bars" for their actions but then added that the Hollywood Inn's "Sticky Toffee Pudding is yummy...I mean, really yummy."

It was a sad end to a day that started so brightly for the Clare Outdoor Club.

The five walkers started their ascent of Lugnaquilla (924m) before 9am that morning via Camarahill in the course of a 21km expedition – lasting almost 8 hours and covering over 1,000 metres of ascent – believed to have been led by Ms Mary Conway and Mr David Lyons.

Feeling confident as they crossed the snow-covered, lunar-like peak before noon it is understood that the walkers continued on a circuit of the Glen of Imaal via Canno Mountain, Camenabologue, Table Mountain and Lobawn before descending from the Sugarloaf to reach the road 300m from their accommodation at Mountain Venture Lodge.

Conquering the sublime, mythical Lobawn was,



Lobawn – in the bag!

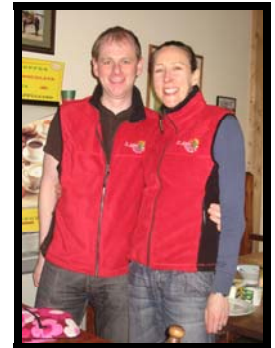
apparently, the fulfilment of a lifetime ambition of club member and former chairperson, Marie-Louise Sheehy. "I've done it! I've done Lobawn!" she cried at the top as she jumped from foot to foot like an excited child. "Now, I can cross that off the list. Next up: Everest."

On the previous day the five walkers – and three additional but, allegedly, less committed members of the club – climbed Ulster's highest peak, Slieve Donard (850m). Ascending to Diamond Rocks by the Trassey Track and onto Slievenagloagh (586m) and Slieve Commendagh (765m), they dropped down to The Castle before a final ascent (270m) to the summit. During the six hour hike they descended by the Brandy Pad to the Hare's Gap and returned to their base in the Mourne, Meelmore Lodge.

It is understood that the weekend trip targeting the highest peaks in Ulster and Leinster was part of events to mark the Clare Outdoor Club's 25th anniversary.

Central to the celebrations was the much-anticipated unveiling of Mr. Dave Lyons's buns. Frenzied speculation as to whether Mr. Lyons would actually reveal his buns meant that expectations among the group were sky-high. Fortunately, he didn't disappoint; if anything, Mr. Lyons's sensational buns exceeded the walkers' wildest hopes.

Best wishes to Cormac as he completes preparations for his forthcoming expedition to Mt McKinley (Denali) in Alaska.



Ash and Pdraig were presented with COC fleeces to mark their recent wedding.

Old photographs?

If anybody has any interesting photos of club activities and/or members from the past 25 years and would agree to make them available, we'd love to display them at the 25th anniversary party in Doolin in June.

Dave Lyons is the contact: (087 2867079)
or
davidlyons21@yahoo.ie

Wicklow Terror (cont'd)

After Saturday's home-cooked dinner, Mr. Lyons nonchalantly sauntered into the common room of the Mountain Venture Lodge and presented his buns for inspection to the rapt audience. "They were exquisite," swooned one female club member. "They're some of the finest buns I've seen in a long time. Supple, sumptuous and delicious – I just wish I could have buns like that." Mr. Lyons's prestigious confectionery collection, which he is believed to have purchased in Belfast the previous day, was polished off by club members before they decided to Carry On Up Camarahill on Sunday.

Earlier in the week, the walkers were frustrated in their attempts to climb Sawel

and Trostan due to the severe conditions but enjoyed the less strenuous delights offered by the Giant's Causeway and the Carrick-a-Rede Rope Bridge.

The walkers were believed to have been in high spirits when they entered the Hollywood Inn on Sunday. After the incident one Clare Outdoor Club member outside the scene of the crime – struggling to restrain his rage – promised to bring vengeance to Mr. Bubl . "I'm going to find him and make sure he gets what's coming to him. You wait and see. I just haven't met him yet."

The Common Frog

At this time of year it's hard to miss the piles of frogspawn found in every puddle, drain and depression as you approach the hills. This is the result of the frogs breeding season, which took place in late January or early February. If at that time you passed a bubbling, churning pond or puddle it's likely an amphibian orgy was taking place!

The male calls to the females from the breeding ponds. When the female arrives she is grasped by the waiting males in a hold known as the amplexus. The female carries the male around "piggyback" style and as she lays her eggs the male fertilises them externally. The eggs or spawn develop rapidly into tadpoles within 10 days and within 12 to 14 weeks they transform into froglets.

A massive percentage of the spawn fails to produce frogs due to drying out and predation by otters, foxes and herons.

Did you know?

- Frogs can lay up to 2000 eggs at a time
- They have been known to live up to 12 years in captivity
- Frogs hibernate at the bottom of ponds
- The difference between frogs and toads is that toads have warty skin, and they walk on all fours rather than hop.

**Common Frog****CLARE OUTDOOR CLUB****Web:**

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clareoutdoorclub@gmail.com

Forum:

www.clareoutdoorclub.net/phpbb2/index.php