

Medex Newsletter September 2013

[Annual Dinner 23th November 2013 at the Old Dungeon Ghyll](#)
PLEASE BOOK WITH SALLY@MEDEX.ORG.UK NOW!



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At last a Medex Newsletter! Very many apologies to all those who have been waiting too long – sometimes life's just too busy!

Despite the dearth of newsletters we are still very committed to the Medex Manaslu Expedition Spring 2015 and I know Jamie has been beavering away in the background in his capacity as Research Leader. This amongst his other life events – he married his fiancée Sally last weekend. Very many congratulations to them both.

The Expedition Newsgroup and Medex Facebook page have been somewhat inactive too so I'm keen to be injecting new life into both of these media and to encourage everyone to do likewise. Please post your summer's adventures on the Medex FB site – it will be visible only to members so don't worry too much about privacy.

The year started on a sad note with the death of some members and relatives of members. Rimon Than was tragically killed in an avalanche in the Cairngorms and Kathleen Tattersall lost her battle with cancer in January (whom many will have met at the Old Dungeon Ghyll) which was shortly after both Sally's Mum and Mary Morrell's Mum died.

On a happier note several members have either retired or taken early retirement this year. Three of them were able to join us on board our boat Shimshal for some summer cruising on the West Coast of Scotland which was great fun. Mark Howarth and Geraldine Boocock went on to climb Mont Blanc and a couple of other 4,000m peaks in the Alps within a few weeks of retiring. Denzil Broadhurst had an epic multisports adventure tour of New Zealand. So it looks like they are all going to be pretty active in retirement!

I've lost track of what others have been doing in the hills so it would be great if people could update the Medex Facebook page with plenty of photos. I will make a start with some pictures of our recent stunning trip to the Dolomites and the Austrian Tirol. I know Zoe Smith and Emma Lloyd Davies have been regularly posting fabulous photos of their various exploits in the Alps and New Zealand. It looks like they are both having much fun.

On a nostalgic note we met up with Roddy Kirkwood (Everest, 94) and his entire extended family during his visit from New Zealand to Scotland in July. His personal account of the ongoing devastation in Christchurch was quite disturbing. We almost (but not quite) met up with two other members of that Everest team whilst we were in the Alps as John Sanders was climbing Cima Grande in the Dolomites and Ronnie Robb was doing a trans Alp cycle ride through the Tirol. Ronnie, incidentally, is now

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re-married and living in North Germany and in the midst of a cycling world circumnavigation in stages punctuated by guiding trips to the Himalaya. He's obviously enjoying retirement too! It's the 20th anniversary of our Everest trip next year so we are going to 'try' to co-ordinate a reunion although it's not easy with members spread over 3 continents.

Diploma

The Diploma in High Altitude Medicine continues to prosper. There are now 163 Diplomats registered on the Medex Website http://medex.org.uk/diploma/diploma_holders.php and very many more in training. David Hillebrandt, after 10 years of herculean efforts, is reducing his commitment and I know the succession planning is all very well organised. We visited Plas y Brenin during the Spring Diploma Course and it was a delight to see so much enthusiasm amongst both Candidates and Faculty. It seems to me that the Diploma is in robust health.

The Book

Travel and High Altitude Medicine, the Medex book, continues to be very popular and is available from our website http://medex.org.uk/medex_book/english_version.php in 13 languages! Work is currently being done on a Danish translation.

Porters' Progress UK

As some will know Mary Morrell and Denise Prior became very involved in Porter's Progress when they were inspired during the Medex 2003 Hongu Expedition. They have tirelessly promoted Porter welfare issues over the last decade and have now collaborated in the building of a fabulous new Porter's Shelter at Gokyo. Please visit their website and see what they have been up to <http://www.portersprogressuk.org/news/>. They also collaborated with Medex on a Porter welfare study which was published in High Altitude Medicine and Biology <http://www.portersprogressuk.org/our-projects/medex-research-project/>

Social Events

With the next Expedition just 18 months away we are planning a much more active Social Programme for Medex over the coming year.

[Annual Dinner 23th November 2013 at the Old Dungeon Ghyll](#) Lake District – This is the long established (23 years!) annual event that sees up to 50 or 60 Medex Members meet in stunning surroundings to discuss future plans and to reminisce about the past. Typically it's attended by a mix of both long standing and new members who spend much of the weekend inspiring each other. If you haven't been to the ODG then do make the effort. If you have been before then you will probably need little encouragement to return. All are welcome to the dinner and bookings are on a first come first served basis with places limited to 50 so please book by sending a

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cheque or a bank transfer for £30. sally@medex.org.uk will send you the bank details and the postal address is at the top of this Newsletter. Please make your own arrangements for accommodation either with the ODG directly or with nearby B&B's and campsites.

New Year on the West Coast of Scotland December 29-Jan 1st 2013/4

Sally and I have been doing quite a bit of work to our place in Scotland over the last 2 years and those that have been before will probably struggle to recognise it. It should be finished this autumn in time for an "Open House" over the New Year period. Please contact sally@medex.org.uk for further details. We do have plenty of beds and floor space as well as camping for those hardier souls!

Spring Meeting in mid Wales March 29th & 30th 2014

The Pinfold will be well known to many as a superb area for mountain biking, walking and chilling out. The one year countdown to the next Expedition will start on this weekend so this will be an important planning weekend. A few beds are available but there's plenty of floor space and room in the garden for camping so please come along and join us.

Medex Manaslu 2015

This trip will be in the same mould as our previous Expeditions with a mixture of trekking, research and mountaineering. Something for everybody. From what we can deduce the area is stunning and will certainly be new to us. We are aiming to spend as little time as possible in Kathmandu and instead, as we did in 2008, use Pokhara as our main portal to and from the mountains. Some of the route will follow the much trodden Annapurna trail but most of the time we will be well off the beaten track to the north of Manaslu with our research camp at around 5,000 metres. Edi Albert will be leading an assault on Manaslu itself (8th highest mountain in the world). This has the makings of a fabulous trip and there is already a groundswell of enthusiasm for it. This autumn we will be firming up prices and itineraries with our Nepalese Agent (once again we will be using Sherpa Brothers Pvt.). We plan to start taking bookings from March 29th 2014 (the mid Wales Meet). Those coming will need to organise their own flights and it's usually a good idea to do this a year in advance as Kathmandu flights will be very busy in the Spring season. If you are interested in participating in this Expedition then please come along to one or more of the 3 meets mentioned above so that you can see what it's all about.

Keeping up to date

Please also sign up to the Facebook group and the Newsgroup so that you are kept in the loop as I hope that these media will help us all communicate better during the run up to the trip. My Facebook name is simoncurrin so if you drop me a line (friend invitation) on FB I'll sign you up to this "members only" group.

Sorry that I have been less than diligent in keeping up with everyone's news. This is a brief resume but I promise to do better next time!

Simon