

Question: Oh grand-mama what does a well dressed Meitheal volunteer wear?

Answer: Here's some tips but this extreme case of a little boy who can't grow up doesn't mean everyone needs to look like this!



A suitable old waterproof jacket and trousers - all the better to keep you dry and clean. Ladies may consider using an apron too!

Always wear work gloves - all the better to protect hands and also to keep them warm

A good hat - all the better to keep your brains warm on those chillier days!

Strong arms - all the better to wield the mattock/shovel/spade/crow bar/rake/hazel hoe/pint

Strong boots - all the better to grip on the slippery ground and protect the feet

Not shown - a hose pipe - all the better to let you back into the house again!

CLAIM YOUR BERGHAUS FLEECE! - WHILST STOCKS LAST!



All current paid up members of Mountain Meitheal can claim their **FREE** fleece by volunteering for twenty hours or more - that's only **four full** days for this year. When you have earned one of these luxurious Berghaus garments please make your claim via our website: www.pathsavers.org or contact **Shay Walsh** on 01 821 7216 or 087 238 2581. We have ladies (only a few sizes) and men's (small, medium, large and x-large) in black, grey, navy and cobalt (blue). **Subject to availability.**

NOTICES

Mountain Meitheal AGM 2006 - venue to be confirmed but the date is Tuesday 26 September @ 8pm - please make a note in your diary NOW!

Summer Camp 2006 - by the time "The Mattock" goes to press the annual summer camp will be finished. Mountain Meitheal volunteers camped over the weekend of 7/9 July above Glenmalure in Wicklow. Their task is to build an Adirondack type overnight shelter for walkers on the Wicklow Way. For more information on these shelters do a "Google" search on Adirondack shelters! Better still go for a hike along the lovely Wicklow Way and have a look at ours!

www.pathsavers.org - keep this web address firmly in your minds for up to the minute news and information about Mountain Meitheal. Get the latest dates, programme and news with pictures from recent work days. Also you can have your say via the 'blog' page. This is an important resource - please use it!

The Devil's Ladder Appeal - Mountain Meitheal has invited the Mountaineering Council of Ireland to join with us in launching an appeal to raise €10,000 to assist with the reconstruction work project on the Devils Ladder route on Carrauntouhill in Kerry - which is being lead by Kerry County Council with support from Fáilte Ireland under the National Development Plan's tourism support measures. **WATCH THIS SPACE!**

"Volunteer for Trails" - a DVD has been made for Mountain Meitheal promoting the work we do and the fun that can be had carrying out voluntary trail repairs amongst some of the finest scenery Ireland's mountains have to offer. This short film, made by a volunteer for volunteers, was shown at the Banff Mountain Film Festival in Dublin. A Copy can be obtained by contacting Chris Avison 01 2986085 or avison@eircom.net - price €10 payable to Mountain Meitheal

Quotable quotes: - first from Albert Einstein and particularly relevant to what Mountain Meitheal are trying to do: "Look deep into nature, and then you will understand everything better." Volunteer groups are very important in creating and maintaining quality of life. A sentiment supported by the famous anthropologist Margaret Mead who said: "Never doubt that a small group of thoughtful citizens can change the World. Indeed, it is the only thing that ever has!"