



Expedition Newsletter

Welcome to the tenth of our regular news letters. As always If you discover anything of interest and want to share it (links, articles etc), let us know and we'll include it.

Well at least I managed it

OK so it took me to nearly 11pm! but I finally finished my piece of Yaks cheese. The "slow scraping" technique seemed to work better than "the soften it by sucking" technique that others were employing. Phil was the only one I saw still going at it as we left. Why was it dried? How else do you preserve food when you don't have fridges, cannery's etc. Food here used to be preserved that way the luxuries of modern life have allowed us to forget that. Thanks to Alex's colleague for taking the trouble to bring it back to the UK for us to try.

Diary Dates

Expedition meetings

Thursday 19th October - Nepalese Cooking
Tuesday 21st November -
Thursday 21st December - Day ramble
Shalford to Dorking. (Train back)
Thursday 25th January - Coping with altitude,
Dr Piper (Parents welcome)
Tuesday 20th February -
Tuesday 20th March - Pre-departure meeting

Exercise Rambles

Sunday 5th November - 09:00 - 15:00 Meet at
Newlands Corner, bring a drink and a snack.
Sunday 7th January - TBC
Sunday 4th February - TBC

Ripley Farmers Market

The Market organisers have given us approximately 800 shopping bags (Jute re-useable type) which we can sell at £2 / unit. All proceeds going to the expedition. This is a wonderful gesture on their part and I would like to extend our sincere thanks to them.

Market dates:

14th October
11th November
9th December

We have the rota full, but any extra help is appreciated so feel free to just turn up.

In Brief

Outline points for the talks you will be making to the Colony's, Packs, and Troops should be with this newsletter. The aim is to let everyone else in the district see what we are up to and get them to sign a prayer flag.

If you were wondering where James was on Thursday. I can now tell you he was undergoing major surgery. The result has turned out fine and his surgeon is confident that he will be fit to go to Nepal. Apparently he has a mega-scar just under his ribs!

I'm sure everyone will join me in sending him our best wishes and reminding him there's an even bigger mountain waiting to be climbed next Easter.



News Spotlight

The Next Expedition team meeting will be held on **Thursday 19th October 2006** Venue Merrow HQ Starting 19:30.

At our next meeting we should be joined by Prasun a member of the Kathmandu Rotary club. Who hopefully will have some pictures of Nyapati for us to see.

173 days to go and counting



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Paul Rimmer has been whiling away his journey time to work reading and sends us this book review:

To get into the mood for a Himalayan adventure, you could do worse than read "The Ascent of Rum Doodle" by WE Bowman (who lived in Guildford in his later years). Never in the history of heroic adventure has there been a story like this. Standing at 40,000½ feet, Rum Doodle had defied all attempts to climb it until, inspired by Sir Hugely Haverling's advice that 'it will go', an intrepid band of adventurers set out to conquer the mighty 'Queen of the Snows'. Some might say that the team suffered more than its fair share of navigational, personal and culinary mishaps, even that it was a miracle they reached London docks, let alone the Himalayas. Yet, it reflects the true spirit of British pluck and courage, as the following short extract demonstrates:

"I was within two yards of the edge [of the crevasse] when I stopped...But it was a desperate situation...unless help came there was no hope for us...It was surely all up with us now. I was suddenly seized with an overwhelming sense of the pathos of it all...we were to perish miserably in this stern country, far from home and dear ones.

It was so sad that I could not hold back the tears. The tears froze immediately and I found myself stuck to the glacier by two icicles and in an even worse state than before."

Happy reading!

Photo Corner *(There's loads more on [http://sar.ece.ubc.ca/nepal/.](http://sar.ece.ubc.ca/nepal/))*



For shopping there is the Market or the "Supermarket"



Park Entrance

