

BIGGA's Membership Services Officer, Tracey Maddison, would like to welcome almost 80 new members to the Association and offer the opportunity for members to win some fantastic prizes

Be a BIGGA winner!

Impress your other half by winning a weekend break to Dublin, York or go on a spending spree with Marks & Spencer Gift Vouchers. HOW? It's easy! All you have to do is to introduce at least two new members to the Association, make sure your name goes on their application form as the person who referred them, and leave the rest to us! The draw will be made at BTME 2001.

Here are three great reasons why you should recommend a colleague to join the largest greenkeeping association in Europe...

Reason 1

You could win two return flights to Dublin plus two nights accommodation for two people in a centrally based hotel, all courtesy of BIGGA. The city of Dublin is a thriving, modern centre, home to a million people and rich with a variety of attractions ranging from culture, history, heritage and the Arts, to

sports, shopping, concerts and nightlife. Enjoy exploring this colourful city of fine Georgian buildings and extremely welcoming pubs! One of the oldest areas of Dublin is the maze of streets around Temple Bar, now home to numerous restaurants, pubs and trendy shops.

Reason 2

You could get away for a weekend break, for two, to the historic city of York. You could be in the first class company of the Monkbar Hotel, which holds an unrivalled position in this historic city, close to the city walls, which date back to Roman times, and by Monkgate Bar, one of the main entrances to the city. The impressive York Minster is only 300 metres away, with the many attractions being only a few minutes walk away. The bustling market with its many stalls is a timely reminder of York's role as

BIGGA welcomes...

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|--|---|--|--|--|
| Scottish Region | Thomas E Kaye, N West John Kelly, N West Stephen N McKie, N West Jon McMullen, N West Keith Riley, Sheffield | John P Craddock, Midland Ian Curston, Midland Barry J Gardner, BB&O Daniel Green, Mid Anglia Brian Jefferies, Midland Gary L Jenkinson, Northern Peter T Johnson, Midland Stuart J Langhorn, Mid Anglia Robert J Leach, Midland Jordan Roman, East Midland Wayne Tysoe, Mid Anglia Scott Whale, Midland Andre Woodings, East Midland | Paul Esterhuizen, Surrey Shane W Hulme, Surrey Matthew Keech, London Paul A Merriman, London Simon R Need, Kent Mark Paxton, Essex Colin D Peddieham, Surrey Gary Wiggins, London | Associate Members |
| Joseph Baxter, West Patrick Bonneyrd, Central Thomas Cornerford, Central Christopher Docherty, West Mark Geddes, Central Kevin Kirkpatrick, Ayrshire Boyce G B McLaren, North Gary McLay, West Donald J Meldrum, North Dale W Norquay, Ayrshire Alan T Purdie, Central Craig A Purdie, Central Gary Thomson, Central | Nicholas Robinson, Northern Guy W Stokes, N East Stephen Swindall, Sheffield Darrell Tinsley, N Wales John M Ward, N East James J Waters, N West Nick J Wild, N West Lae C Williams, N West Richard Wood, Sheffield | | | Alex J Miller, E Ian L Wall, Surrey Martin J Beer, South Coast John Lindsay, Northern Inland |
| Northern Region | Michael Brennan, N West Paul Charnock, N West Stephen Edwards, Northern Richard Joyce, N East | Midland Region | South East Region | Student Members |
| | Daniel Brown, East Midland Chris Clarkson, Midland Luke Collins, BB&O Richard W Cosby, Midland Herbert T Cox, Midland | Ross Anthony, E Anglia Scott Bailey, Surrey Alfred R Collier, E Anglia Simon Collingridge, London Justin L Dunstan, Sussex | S West & S Wales Region | Ian Morrison, N West Glynn Parkinson, N West Jason Rainbow, E of England |
| | | | Northern Ireland | Check out July's edition for May's new members! |
| | | | Samuel Hall Alistair Logan Alan W McKee William Smith William S Walker Gavin J White | |

a shopping centre. Your stay will situate you in one of ninety-nine rooms – all with en-suite facilities, colour TV, hairdryer, trouser press, welcome beverage tray and direct dial telephones.

Reason 3

You could win vouchers from Marks and Spencer, to be redeemed in any one of their many stores. Choose

from their fabulous range of clothing, home furnishings or food and wine.

So come on, to be in with a chance of winning start introducing those new members, and they could soon be benefiting from the many benefits and services BIGGA membership offers.

Please note: The weekend breaks are subject to availability and exclude Bank Holidays

Mountain King

You may recall a short article in the magazine last year describing the preparations and fund raising activities of Stephen Jack, of The Buckinghamshire Golf Club, for a trip to the Himalaya's in aid of Whiz-Kidz. Well, he's been and now reports back on his trip and what it was like to survive 12,000 feet up a mountain.

I could probably write a book about my whole expedition – if I had the ability that is! However I will try and describe my experiences briefly and keep them general. The expedition as a whole

is definitely the most overwhelming, extraordinary and vivid experiences in my life. Although it is now five months since arriving back, so much of what I saw and did remains clear in my mind. The place, people and atmosphere is very special indeed and I believe it cannot be fully understood unless you see and feel it for yourself. Pictures are good but truthfully do no justice and simply don't capture the atmosphere, spirit and characters of the people. There is an amazing culture and equality and happiness in the people that I've never seen before – especially happiness, you

can see it in their eyes and their smile

The two main experiences are when I arrived and my first experience of altitude. You don't realise how big an area the Himalaya's are. It is a vast with mountain after mountain. The scale of things is completely different eg. Kathmandu is at 3,000ft (1,000ft short of Ben Nevis!) and you by no means feel you are high up. I remember standing outside the airport looking around me in amazement and probably a daze to what was surrounding me – beyond belief.

The day we started our trek, started with an eight hour bus journey to our

starting point, which was at 1,000ft – So no we didn't get a head start!

Altitude sickness can be fatal and affects everybody differently. There are many symptoms. The only thing you can do is take things slower the higher you go up and be aware of the symptoms. Altitude can become a problem at generally 10,000ft, which is the highest we camped, but climbed to 12,500ft. This part was optional and some people didn't make it. Luckily I felt okay and made the 12,500ft point which was a platform to view the real sharp pointy mountains with snow. This is where the picture is taken - Manaslu south face in the background. Manaslu is in the top ten highest in the world – about 24,000ft, (Everest is 29,000ft!)

At one point, shortly after leaving camp at 10,000ft I didn't think I could make it any further. The few seconds it took for me to drink some water left me gasping for air!

I'll leave you with a thought! Each day we were given a bit of philosophy from the great Bhuda, one was – "Do nothing in haste, look well to each step and from beginning think what may be the end."

If there is anyone interested in doing the same challenge, they can contact me. Alternatively they can contact Tamsin Cowie at Whizz-Kidz on 020 7233 6600. www.whizz-kidz.org.uk

