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THE ULYSSES TRUST

Winter Newsletter

SINCE 1992 WE HAVE SUPPORTED OVER 20,000 CADETS AND RESERVISTS TO UNDERTAKE EXPEDITIONS AND ADVENTUROUS TRAINING THROUGHOUT THE WORLD.

Welcome to Richard Pattison

The Trust would like to bid a warm welcome to Richard Pattison who has recently been appointed a Trustee, and a member of the Grant Applications Committee.

Richard describes himself as “an unremarkable former soldier privileged to have had some remarkable experiences” who now wants to vicariously reinvest those experiences and encourage others. His early introductions to the outdoors began at home and school and included time as a CCF cadet.



His first major expedition was a 7 week exploration of the southern part of South Georgia. Its effect was profound; it significantly shaped his approach to, and the benefits of, expeditioning and he readily acknowledges that had he been blessed with foresight of what would be asked of him on that expedition, then he would have doubted his ability to complete it.

Coincidentally he was introduced to the philosophy and legacy of Kurt Hahn who famously summed up his own creed with “plus est en vous” and this too has significantly shaped Richard’s approach to the potential benefits of expeditioning and OE. Whilst applauding the sentiment and reason for expeditions as “because it is there”, Richard is also deeply committed to proactively using the expedition experience to highlight and develop transferable life and soft skills that lift participants horizons and life chances.

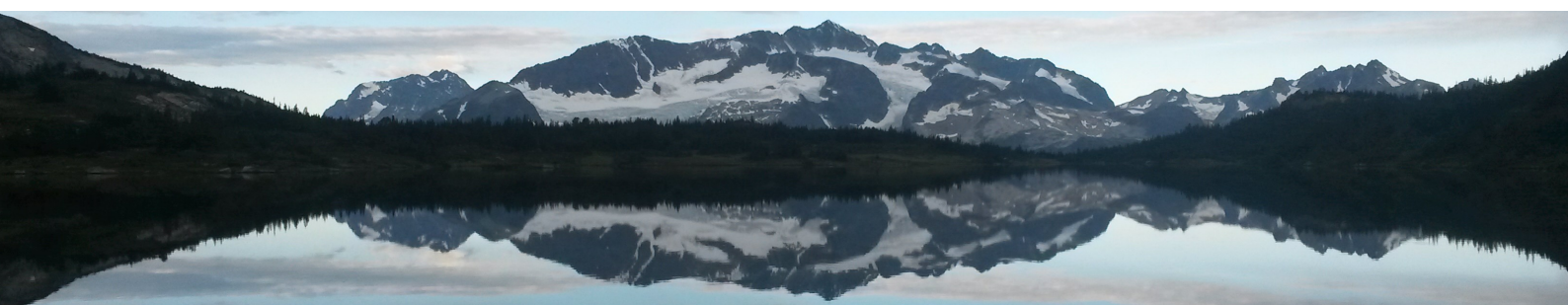
Ulysses Trust Awards 2014

The Ulysses Trust annual award ceremony took place on the 22nd October in the prestigious Long Room of the Honourable Artillery Company to celebrate the adventurous training achievements of Reserve and Cadet Forces over the year.

Awards were presented for Best Expedition to 4 Para for their arduous climbing and trekking expedition to the Lofoten Islands; East Midlands UOTC who saved a man’s life while they were high altitude mountaineering in the Cordillera Blanca; and Gwent & Powys ACF who, from a cold start, in the course of a modestly funded expedition to North Wales laid down some great foundations for future expeditions. The full reports from these award winning expeditions are in the next few pages.



Air Vice-Marshal Nick Kurth CBE FRGS presenting the Best Cadet Expedition Award to Major Emma Davies and Staff Sergeant Instructor Sarah Russell from Gwent & Powys ACF for Ex Snowdonia Start.
Photo: Michael Nolan



Chairman's Comment

The recent Annual Awards' Ceremony for the Charity highlighted all that is great about the outdoors. Whilst the expeditions themselves generated a lot of positive comment at the Ceremony, the longer term lasting benefit was what really came across to those attending. During the evening I spoke to everyone present who had participated in our sponsored expeditions and they all had a great story to tell about the enduring impact it had on them. The outcomes included increased confidence, improved leadership skills and some even gained key cooking skills that received peers' endorsement (just!) It was absolutely fantastic to hear about these benefits and the occasion provided suitable justification - if it were needed - about the distinct value of the support being provided by the Ulysses Trust.

The Trust has been working with the Cadet authorities to see how it can increase the level of Cadet participation in adventurous activities; this follows the extremely useful survey that was conducted earlier in the year on the subject. As a result of this work, the Charity will be increasing its marketing to the Cadet population. Also, the Trust will be looking at putting in place a knowledge sharing forum. Lastly, the Charity is in the process of enhancing its guidance for those seeking grants and completing PXR's. In terms of the Cadet authorities, a variety of proposals have been suggested, which hopefully will be developed in due course.

On behalf of the Trustees, I am very grateful for all the help we receive from a very wide range of supporters - do please continue! Additionally, to those considering an outdoors adventure - you must do it!



Moreover, we wish to support you. Of note, it does not have to be in the wilds of say the Sahara, as there are a great many opportunities closer to home. It is worth referring to Alastair Humphreys' recent book, 'Microadventures', to understand just what is potentially available in our 'green and pleasant land'.

To conclude, I should like to wish you and your families all the very best for Christmas and 2015, and, if you are venturing out in Winter, stay safe.

AVM Nick Kurth CBE FRGS
Chairman of Trustees



PM's Award for Trust Founder

Since our last newsletter, the Ulysses Trust Founder, Lt Col Philip Neame, has been honoured with a Points of Light award by the Prime Minister. The award was for Phil's outstanding contribution to volunteering since the Ulysses Trust's formation in 1992.

Prime Minister David Cameron said "Philip has been instrumental in supporting thousands of reservists and cadets to take up a challenge and be inspired. His dedication and enthusiasm to give something back to the remarkable individuals who serve our country has helped to secure £2 million of grants – an incredible amount – and I am delighted to name him the 86th Point of Light."

Philip commented that he felt very privileged to have been selected for this prestigious award from the Prime Minister, but that the Points of Light award was recognition for all those who have supported the Ulysses Trust over the years either as fellow volunteers or financially.

He then went on to say "We can only continue with their ongoing help. We firmly believe that what we do provides two bangs per buck – it adds another dimension to two proven organisations of real value to our society, but also enables many young people to engage in opportunities for their personal development which might otherwise be beyond their financial reach. For some, these opportunities can be simply life-changing."



THE ULYSSES TRUST

Ulysses Trust Awards 2014

An auspicious event in anyone's social calendar, the Ulysses Trust awards is always well attended, and this year was no exception with senior representatives from all three services, and a number of esteemed individuals in attendance.

The event, compèred by Colonel Rex Stephenson CBE, began with a welcome speech by Air Vice-Marshal Nick Kurth CBE, Chairman of the Ulysses Trust, highlighting the importance of adventurous training to unit morale but also to the development of the individual, and thanking all Ulysses Trust supporters for their efforts without which none of the activities that the Trust undertakes would be possible.

This was followed by two presentations, the first from Major David Larkam and Lieutenant Sam Potts from East Midlands Universities Officer Training Corps who talked about the difference that adventurous training makes to the OTC.



Lady Macpherson in conversation with Rear Admiral John Clink OBE, Flag Officer Naval Reserves, and Richard Pattison, Ulysses Trust Trustee.

The main event was the awards ceremony itself, and Lt Gen Sir Mark Mans KCB CBE DL, Vice Patron of the Ulysses Trust, was our VIP guest who presented the awards for Best Expedition to the three expeditions featured within this newsletter.

The final presentation of the evening fell to Lt Gen Sir Mark Mans KCB CBE DL who extolled the virtues of adventurous training for developing young people. On behalf of the Ulysses Trust, he thanked all the Trust donors and supporters for their ongoing engagement, and encouraged all to continue to support the Ulysses Trust in achieving its ambitious plans of trebling the scale of our support for Reserve and Cadet Force adventurous training in the lead up to our 25th anniversary in 2017.

Our congratulations go to all winners, but a very well done to all others who participated in adventurous training throughout the year. BZ to all!



Major James Cleverly AM, President of the Ulysses Trust Fundraising Group (left) with Colonel Hugh Purcell OBE, Chief Executive of Greater London RFCA.

This was followed by an excellent presentation from Lieutenant James Dyer and Cadet Warrant Officer Sam Huckle from 2427 (Biggin Hill) Squadron Air Training Corps who talked about their experiences trekking across the desert in Jordan following "in the footsteps of Lawrence".

Both presentations were accompanied by some outstanding images of the expeditions, and both were presented with enthusiasm by the young speakers, illustrative of the 2000+ beneficiaries that the Ulysses Trust supports each year.

Colonel Rex Stephenson CBE
announces the main event of the evening.

All photos: Michael Nolan



Winner - Ulysses Trust Best Reserve Expedition Award



Exercise Black Viking took place in, what the Norwegians describe as, the 'Magic Islands' just above the Arctic Circle. The three islands, better known as the Lofoten Islands, Vagan, Vestagoya and Moseknesoya provided an unforgettable place for 4 Para's Summer Mountaineering exercise which tackled peaks on each of the islands.

Twelve soldiers from the 4th Battalion the Parachute Regiment spent two weeks in July 2013 on the Islands. Getting there and back was complicated enough, involving eight flights in all. Logistics once on the islands was a constant challenge simply because of the remote nature of the environment.

The Exercise began on the southern most island – Moskenesoya. Using the wild camping at Ai (pronounced 'ugh' we discovered) as a base of operations the team climbed the awesome Hermmandalstinden over a two day period using Munkebu as a high camp location. The summit was reached mid morning. The cloud inversion which we encountered there over the whole landscape, with the Lofoten peaks poking above the clouds, was an unforgettable sight.

The team then caught the small ferry up the Reine Fjord to Vindstand and established camp on the breathtaking Bunes Beach. An ascent of the exposed west ridge of Helvetestinden focused minds and footsteps. The ascent of Helvetestinden was followed by a traverse of Kamen a neighbouring mountain. The team camped overnight on Bunes Beach surrounded by whale bones and seals.



The group then travelled by bus to the middle island Vestvagoya and, using the campsite at Stormfjorden for accommodation, conducted a twenty six kilometre mountain trek from Hagskadet to Valberg. This was part of the route of the Scandinavian Ultra Marathon and was memorable for it's route finding difficulties and panoramic views of all three islands. Our hosts at the campsite laid on a traditional fire warmed hot tub down by the water's edge and a local liqueur as a little cultural exchange.

The exercise then returned to Moskenesoy in the south in the face of some pretty bad weather over the northern two islands. It was a pleasure to return to the island that could best be described as a little Patagonia, granite peaks rising needle like from the fjords. The team used a small Rorbuer (fisherman's hut) at Fredvang that was warm and dry and used this for three nights. An ascent of Markan was undertaken in challenging conditions and then a trek over the mountains to the beautiful Kvalvika Beach were our mountain activities. A group of seven soldiers then undertook an amazing few hours exploring the fjords in sea kayaks.

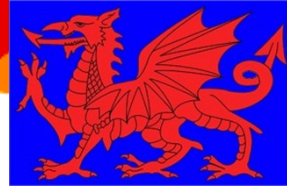
All soldiers then travelled north to the island of Vagan, and camped at the base of an awesome rock route called Gandalf at Festvag. The final climbing day was spent on a very steep ascent of Vagakallen which was sadly curtailed by bad visibility. The stunning mountain scenery of rock towers and fjords would remain etched in our minds eye for a long time to come.

The Lofoten Islands were an excellent place for an exercise of this nature. One of those taking part described it as 'like Skye on steroids'. The terrain was challenging, the navigation never easy, the logistics a constant strain and the remoteness of things meant that those who took part learnt much about summer mountaineering and, perhaps more importantly, themselves. The 'Magic Islands' certainly worked their magic for us.



THE ULYSSES TRUST

Winner - Ulysses Trust Best Cadet Expedition Award



Over two weekends, Gwent & Powys ACF planned to take a small number of adults to Snowdonia with the aim of introducing them to mountaineering or climbing and preparing them for a qualification and, once qualified, to give them Cadet students to teach in realistic situations to introduce Cadets to adventurous training.

After a few weeks with some last minute dropouts, injuries and what felt like herding kittens, the first weekend was underway. Maj. Emma Davies and AUO Jo Sumner were selected for multipitch training due to their previous experience, Lt Jason Till was selected for a Single Pitch Award training session and AUO Jamie Ford and SI Sarah Russell were our potential mountaineers.

The Climbers headed off to Holyhead Mountain via Tremadog - an intro to leading and multi-pitching for some and lots of setting up top single pitch systems for others. Emma Davies and Jo Sumner again visited Tremadog in better conditions and managed a couple of leads on Christmas Curry (Severe) and Yogi (V.Diff).

The last training day for the climbers was in to Idwall slabs, Jo Sumner led Tennis Shoe (Severe) and Emma Davies led Hope (V.Diff). So after some good multi-pitch leads the Climbers now had 4 days to rest and reflect before the Cadets appeared.

Jamie Ford and Sarah Russell were stuck with me for both weekends, so a couple of big hill days was on the cards. Snowdon via Gribbin, (Grade 1 Scramble) followed by Crib Goch was our first big day out. As aspirant ML's they coped well with the exposure and defined the limits of what an ML and an Advanced Summer Leader can do.

Day two continued with Moel Siabod and a descent of the south ridge to a much needed hot chocolate and cake.

The final day of training was on the Glyders, and while the climbers were down in the mist in Cwm Idwall we broke through the cloud on Seniors Ridge for fantastic views of the national park poking out through the cloud.

It was time for the training to be put into practice, and our two multi-pitch climbers headed off to Tanygrisiau with one Student each. Despite the Cadets never having been on a multi-pitch route before and our trainees never having dealt with novice climbers they were instructed to a high standard. The second day took them again to Tremadog where the Cadets again received good instruction. Our trainees completed two routes each up to the grade of Very Severe on the Crag gem of "One Step in the Clouds". Both Glyn and Graham were of the opinion that had this been a Rock leader assessment both would have passed and were well above the standard.

Lt Jason Till spent one day brushing up on his single pitch setting up and is now in a confident position to go for his Single Pitch award.

The Mountaineers spent the first day with two of the more experienced Cadets on the North ridge of Tryfan, Bristly Ridge, and then a descent of Gribbin. Three quality scrambles in one day. Good communication and leadership ensured a safe day for all and our trainees gained invaluable experience.



SI Sarah Russell and AO Jamie Ford were left to plan the next day and decided on the North Ridge of Tryfan.

Lt Jason Till joined us for the last day, as an ML he is also looking to progress to Advanced Summer Leader so practiced some short rope techniques on the North ridge. As it turned out we had a slightly nervous Cadet who had been climbing the day before on some big routes, Jason protected him well giving confidence and a tight rope when it mattered.

To summarise we took five adults and six Cadets to Snowdonia and now have a very good chance of training up two Rock Leaders, and soon after they can progress to Rock Climbing Instructors. Two very good aspirant MLs who can gain more experience before attending a mountain leader Course. One Mountain Leader who can attend an Advanced Summer Leader Course and after a bit more climbing can attend a Rock Leader and Single Pitch award Assesment. We also managed to introduce 4 Cadets to Scrambling and 4 Cadets to multi-pitch Climbing, two of which we have identified as being possible Adventure Training instructors of the future.



THE ULYSSES TRUST

Winner - Ulysses Trust Best UOTC Expedition Award

In August a team of nine OCdts from East Midlands Universities Officers Training Corps led by 2Lt Sam Potts RE set out on an ambitious expedition to climb Huascarán Sur 6746m – Peru's highest mountain.



After acclimatising with a trek along the Salkantay Trail, which crossed the Salkantay Pass at 4600m on the way to Macchu Picchu, together with summits of both Ishinca (5500m) and Copa (6189m) with 14 of the 15 team members summiting both, the team felt ready for the attempt on Huascarán.

Huascarán is a huge massif with the North and South peaks separated by a large col called 'The Garganta'. The team plan went perfectly with a walk from Musho to the Don Bosco Huascarán Refugio taking about six hours. The next day was a complete rest day in the Refugio to aid acclimatisation. From the refuge, the team had an easy 3hr ascent to Camp 1 on the glacier at 5300m. The following day was a difficult climb through a steep and heavily crevassed section known as the 'Canaletta' to get to high camp at 5900m. After a few hours climbing and approaching high camp, we were approached by two Ecuadorean policemen seeking urgent medical attention for their Ecuadorean guide. He was some distance higher, so we steadily approached him to see him in the tent he had been placed in. He was very ill, incapable of standing, incoherent and panicking about his condition. Major Tolan taking his signs and symptoms found he had severe HAPE (High Altitude Pulmonary Oedema) and developing HACE (High Altitude Cerebral Oedema). His pulse was weak and he had an O2/SAT of 52% – against a team average of 80-85%. Fortunately, we had altitude drugs and after consultation with a medical

handbook, he was treated with Nifedipine and Dexamethasone for the HAPE/HACE. After nearly an hour with him he was recovering and was well enough to be carried down the mountain by the policemen, our Peruvian guides and porters. This intervention

undoubtedly saved the guide's life. The team meanwhile set high camp and rested.

After a few hours sleep the team set off at 2am for Huascarán. Initially, crossing the hugely crevassed Garganta and then the ascent of Huascarán Sur. The route here rises steeply through some steep ramps before easing as we neared the broad convex summit dome. This took longer than it appeared due to the many false summits. It is surprising how much harder the going was over 6000m, and this reduced the team to a slow and breathless pace, eventually reached the summit after 7.5hrs climbing. Here we saw 12 out of 15 on the summit of Peru's highest mountain – a tremendous achievement. Conditions were perfect so we had a lengthy celebration / photo session.



The going through the Canaletta was hard in the deep snow, and one of our porters slipped and got a severe wound from the adze of his ice axe through his cheek. He was treated and dressed by Major Tolan and then evacuated for urgent medical treatment. Once through the Canaletta, the team made fast progress to the Refugio where we celebrated with a good meal.

The return to Huaraz was straightforward and the team celebrated an outstandingly successful expedition. Every team member had climbed at least two of three high peaks and were in good health. Peru is a great country for high altitude mountaineering with the logistics easy to set up. Huaraz has a very professional Casa De Guías with UIAGM qualified guides. The expedition could not have taken place without the excellent support of the Ulysses Trust, the AMA and Support Command. It enabled the team to fund our guides, get better quality accommodation and food which all led to the strong health and condition of the team and therefore such strong summit success.



Having summited, the team made their way back to high camp, taking extra care and doubling up rope teams over the fragile snow bridges of the Garganta. In good shape and beaming, the team had an early meal and a well earned nights rest. Overnight, there had been a large snowfall so we set about a quick withdrawal back to the refuge.



THE ULYSSES TRUST

Who Do You Think You Are?

This edition we ask Colonel Rex Stephenson CBE some searching questions...

What is your role within the UT?

I am a Trustee with special links to the Reserve Forces' and Cadets' Associations (RFCAs) having been the Deputy Chief Executive of the Council of RFCAs for 12 years. This experience and my earlier links with the Reserve Forces and the Cadet Forces enables me to ensure that the close ties between the UT and our customers is kept strong and ensures that the RFCAs support us both financially and practically. The importance of maintaining regional links is vital for the UT and I have had the privilege of arranging the presentations of the Annual Expeditionary Awards at various Lord Lieutenant Award ceremonies. I am also a member of the Fund Raising Group with special interest in marketing and promotion. I have also helped in arranging the Annual Receptions, the last being in the HAC in October 2014.

What is your favourite adventurous training activity?

Previously I was a crazy canoeist mainly white water/slalom but also sea canoeing/surf. I have done the Devizes Westminster Canoe Race twice with my highest placing being 20th. I was an Army Canoeing Testing Officer and participated in many Inter Services white water events. I instructed and tested for much of my early Army career. As I got older and more water logged, I have increasingly taken to walking, sailing and body surfing.

Who do you admire and why?

David Attenborough. Because of his commitment to wildlife and his utter



Col Rex Stephenson CBE, paddling his way to freedom

professionalism for so many years.

If they made a movie of your life, who would play you?

Bill Nighy because he is so laid back!!!!

List the five others you would like to see at your supper table?

Mick Jagger, Field Marshal Wavell, Picasso, Samuel Taylor Coleridge, Dame Judy Dench and/or Meryl Streep.

Beer or Champagne?

A difficult call but I cannot resist a cool, crisp, flute of dry champagne.

White water canoeing or slalom?

White water descent canoeing can often be more challenging and is much more of an expeditionary pastime, taking you to some stunning places. It is therefore more fun than slalom which is a more technical and sporting event which requires different skill sets and attitude.

What do you do in your spare time?

I enjoy live music, theatre and the arts. I read and paint very badly. I enjoy gardening, walking and wildlife (of the feathered variety). But when I am stressed I enjoy drumming (something from my past which I cannot get rid of).

And finally, if you could be any fictional character in a film or book, who would it be and why?

Hornblower. Like me, a love of the sea but also a boyhood hero and leader that has stuck (like Nelson and myself he was also sea sick!!!!).

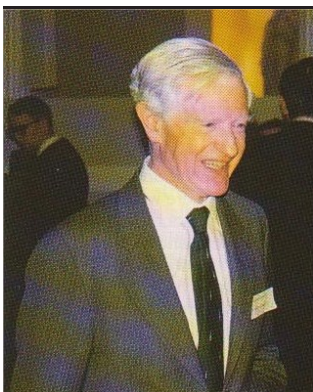


Thanks very much, Rex. You're free to go.



THE ULYSSES TRUST

Sir Tommy Macpherson



It is with great sadness that we record the death of Sir Tommy Macpherson. Sir Tommy had been a vice-patron and great supporter of the Ulysses Trust from its inception in 1992. His involvement

actually started before then, with his help in raising funds for the 'DARC STAR' TA attempt at the first British winter ascent of Everest in 1992.

Tommy was then chairman of the National Employers Liaison Committee for Reserve Forces, and threw his support wholeheartedly behind the venture. The training expedition to Mt McKinley in Alaska the previous year hung in the balance: with coffers empty, the expedition's bank had promised an overdraft provided it was matched by actual donations or sponsorships; a national daily paper had indicated they would provide the matching funds but suddenly seemed to have cash-flow problems. In stepped Tommy, who found and provided the matching funds from sources that just seemed unable to resist his smile. A natural adventurer and entrepreneur, he understood instinctively that a little early support was as valuable as, and essential to spring, the later larger donations.

It was not just what he did, but also the way he did it, and his irrepressible energy, enthusiasm and confidence was hugely encouraging. When he entered a room, doubts departed and spirits lifted. He was quite simply an inspiration.

He and Lady Macpherson were invited as guests of honour at the Ulysses Trust Awards ceremony on 22nd October this year. Sadly, Sir Tommy was unable to attend due to ill health, however Lady Macpherson attended and she reinforced his passion for adventurous training, particularly as a source of inspiration for young people.

Sir Tommy's life exemplified what it is to be an adventurer. He will be greatly missed by all at the Ulysses Trust.



The Ulysses Trust relies entirely on donations to support Cadets and Reservist expeditions and adventurous training activity.

Without your support many of the expeditions and adventurous training that we have supported simply wouldn't have gone ahead at all, and with this in mind, we would like to thank our funders, including those listed below and many other supporters for their generosity and their enthusiasm to enable young people to be all they can be.

Should you feel that you or your organisation could work with us in making a difference for young people, and particularly in supporting Cadets who often have to scale the largest barriers to participation in adventurous training, please get in touch.

We are grateful for the generous support of our benefactors, including:

Angus Allnatt Charitable Trust
The Worshipful Company of Armourer & Braziers
Army Sports Control Board
The Astor Foundation
The Baltic Exchange
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Wessex RFCA
Westminster Foundation

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£260,000

The funding target
that the Ulysses Trust
needs to raise in 2015.

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to inspire a generation.



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