



# THE ULYSSES TRUST

## *Winter 2019 Newsletter*



### INSIDE THIS EDITION

**MONGOLIAN ENDURANCE:  
EAST OF SCOTLAND UAS TEST ITS  
METTLE IN MONGOLIA**

**SHAMROCK GLACIER: 2 R IRISH  
RESERVISTS ATTEMPT THE  
LEGENDARY MATTERHORN**

**ALPINE ROSE: LONGBENTON AIR  
CADETS EXPLORE THE SWISS ALPS**



**TANIA  
NOAKES  
EXCLUSIVE**

SINCE 1992 WE HAVE SUPPORTED OVER 37,000 CADETS AND  
RESERVISTS TO UNDERTAKE EXPEDITIONS AND  
ADVENTUROUS TRAINING THROUGHOUT THE WORLD



THE ULYSSES TRUST



## Chairman's Comment

Job done – RideLondon 100 completed and much-needed funds, over £1,400, raised for The Ulysses Trust. I am very grateful to all those who supported my venture to complete the challenge. It is the second time I have ridden the event for the Trust and, once again, I have concluded that a hundred miles is not a stroll in the park! Having good weather made a huge difference compared to cycling through the storms last year. That said, on both occasions, there were a worrying number of cyclists lying in the road being tended to by the emergency services; this is perhaps the outcome of an inclusive event involving a large number of individuals cycling the narrow roads over the Surrey Hills. Once again, thank you to all those who donated in support of my ride.

It has been a busy few months for me on Trust business. I attended the excellent Sea Cadet Trafalgar Parade on Horseguards in London and a number of people thanked me for the support provided by the Charity. Moreover, I assisted the Lord Lieutenant of Oxfordshire to present a Ulysses Trust Prince of Wales Commendation to Cadet Force Adult Volunteer Jordan Beecher (ex-Parachute Regiment) for his record-setting row across the Atlantic with Captain Jon Armstrong.



The Chairman about to complete the 2019 RideLondon 100 event in support of the Trust

Finally, I spoke at the ATC Shackleton Expedition Award event at the Royal Geographic Society; again, the Trust was thanked by many people for the support it provides to Cadet expeditions. What is clear is that the Charity is making a significant difference to the lives of many young people.

Top marks to David Benest for the donations he has provided to the Charity with his paper round and engagement on the Trust's behalf. Raising over £10,000 is no small achievement and, on behalf of all the Trustees, please accept a big thank you, David.

Indeed, I am aware that many individuals and organisations have provided financial support to the Charity and without question this will assist the development of young people, help the respective units in terms of improved recruitment, morale and retention, and benefit society at large. So, please accept a massive thank you for your contribution – it is not taken for granted.

AVM Nick Kurth CBE FRGS  
Chairman of Trustees

*"What is clear is that the Charity is making a significant difference to the lives of many young people."*

# Alpine Rose 2019

*Cadets from 2344 (Longbenton) Squadron achieve a massive confidence boost with surprising outcomes after a week's trekking in the Swiss Alps.*



Longbenton Air Cadets swapped their parade shoes for walking boots this summer as they undertook a 100km trek through the Swiss Alps.

The team of seven cadets and two RAF Air Cadets adult volunteers tackled the undulating Swiss valley terrain successfully, and spent their nights in mountain huts.



Before setting off, the youngsters had to undertake a rigorous selection process, which involved completing a series of exercises aimed at testing their map reading skills, campcraft skills, first aid, fitness and leadership skills. On completing these tasks, the final seven were selected for the expedition. The newly-formed team then undertook further training and fundraising initiatives in order to prepare them for their expedition of a lifetime.

During the exercise, the cadets trekked a total of 100km in five days, from Arolla to Zermatt, taking in the magnificent sights of Lac Bleu, 2,090m above sea level, sleeping above the Moiry Glacier (2,825m), and climbing the Unterrothorn at 3,103m above sea level. The team also enjoyed some downtime in Geneva and Zermatt.

For the youngest team member, Will McDonald, 15, it was an unforgettable experience, "We had great weather, on the whole, which meant we could even see the Matterhorn, which looked majestic and colossal. Even though we were over 3,000m above sea level at times, the Matterhorn still towered over us."

*"We knew it wouldn't be an easy task but it was literally breath-taking; climbing the Unterrothorn and sleeping above a glacier is not something you do every day."*

Cadet Gavin Davies | 2344 (Longbenton) Squadron

## OUTCOMES

Longbenton is based in one of the most disadvantaged parts of the UK and over three quarters of its cadets come from low income families. Our support has provided opportunities to those who face significant barriers. Here are two examples:



Rob lacked confidence and was struggling to achieve his Gold DofE. By taking part in the

expedition's training sessions he reached his goal. This boost pushed him on to apply for an apprenticeship with a cruise company, but his doubts lingered. However, given his new-found strength, he overcame his fears and attended an 'outdoors' selection event where he was offered an apprenticeship place. He is now being paid to gain a Masters degree in engineering, whilst travelling the world!



Matt struggled at school. Bullying affected his behaviour and he faced exclusion. Ex: Alpine Rose

was a turning point. It provided him with the opportunity to change. He learnt about leadership, teamwork and responsibility. The effect was transformational. He is now studying Sports Development at college and plans to go on to do a sports-related degree or apprenticeship.

*Read the full report via our website at: [www.ulyssesrust.co.uk](http://www.ulyssesrust.co.uk)*



# Shamrock Glacier

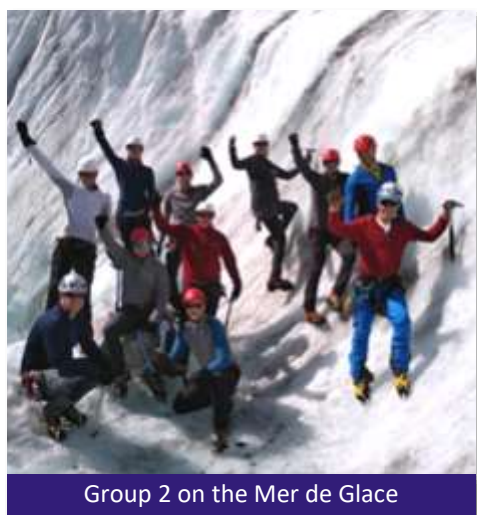
*Reservists from 2 R Irish attempt to summit the notorious Matterhorn. However, the weather decided to make things difficult.*



As the dust settled on the successes of the 2 R IRISH Jun 17 Mont Blanc expedition the vacuum was filled quickly with plans for the next challenge: the Matterhorn.

The plan was to take a team of 20 reservists to the Alps to take part in a range of mountaineering activities. They would be split into 3 groups. Group 1: A team of 3 'enablers' who would look after the camp. Group 2: A team of 10 reservists who would undertake a variety of mountain activities such as ice walking with crampons, ice climbing on the Mer de Glace and an ascent of Aiguille du Tour (3,500m). Group 3: The Summit Team, made up of 7 experienced mountaineers who would attempt to climb the Matterhorn.

During the expedition, Group 2 successfully completed all their goals. However things did not go so well for the Summit Team. As the weather changed, so did their plans.



Group 2 on the Mer de Glace

These abridged expedition diary extracts pick up their story.

*"Monday 19 Aug: The rain comes with a vengeance".* The Summit Team's two days of build-up training on the Vallée Blanche is cancelled.

*"Tuesday 20 Aug: It has rained all night. Tents are leaking, and the rain continues with greater force than yesterday".* The Summit Team take a gondola to Aiguille du Midi at 3,842m for acclimatisation. High winds and lightning force an evacuation and they return to the waterlogged campsite. Here they are surprised to meet the head French guide, Guillaume. He is bringing the worst news about the plans for the Matterhorn.

The weather has resulted in a heavy fall of snow, and rain is forecast. Guillaume is a straight talker and he puts it bluntly; the guides are refusing to go. Seven people have already lost their lives on the mountain this year, four recently from a massive rockfall – a result of warmer temperatures melting ice which holds much of the Matterhorn together. So the decision is accepted as final. The exercise leader breaks the news to the rest of the team who had already suspected the worse. Over a year of planning, training and mental preparation, ruined by bad weather.

A discussion followed to find a suitable alternative. Several options were suggested but none of them satisfied the itch for challenge. For a period, the conversation became quite heated. Then the perfect alternative falls out of the blue, 'Dent du Géant – The Giant's Tooth!' This is a place you could easily kill yourself! Perfect! Dent du Géant is one of the most iconic 4,000m features in the French Alps. It has a similar grade to the Matterhorn and most importantly it will be in condition to climb. Plans are adjusted and the green light is given.



A Summit Team member braves the sheer Ridgeline of Aiguilles Marbrées

At 04:30 on 23 August the Summit Team begin their ascent of Dent du Géant. Following several hours of challenging climbing they finally reach the summit to be greeted by the iconic statue of 'The Virgin Mary'. From here they make a safe descent to return to camp. The team had enjoyed an excellent climbing experience and felt reassured that, had the Matterhorn been in condition, they would have made it to the top.

Read the full report via our website at: [www.ulyssesrust.co.uk](http://www.ulyssesrust.co.uk)

*"Mont Blanc is a hill with snow on it, the Matterhorn is a mountain!"*

Guillaume Thebaudin | French Mountain Guide

# Mongolian Endurance

*Intrepid students from East of Scotland UAS take a break from their studies to ride 680km across the deserts and mountains of Mongolia!*



In August, 11 students and three mountain bike instructors deployed to the remote Mongolian countryside, to cycle 680 km across deserts, steppe, and mountains in an expedition nicknamed Ex Mongolian Endurance.

The team flew from Edinburgh to Ulaanbaatar and spent a day in the capital gathering supplies. From here they flew to the start point, Dalanzadgad, the 'capital' of the Gobi Desert.

## LEG 1: DESERT

This marked the beginning of a three-day ride across the Gobi Desert to the Khongoryn Els sand dunes, the largest in the world outside Africa. The weather was hot and dry, and the terrain rocky and undulating. The ascents and descents encountered provided an opportunity to build the fitness and bike skills necessary for the more technical sections encountered later.

Though the ride was tough, the team had ample time to unwind and enjoy their surroundings, including an evening spent on top of the sand dunes appreciating the surrounding wilderness and unblemished night sky.



## LEG 2: MOUNTAINS

Leg 2 took the team north away from the desert and towards the Arts Bogd mountain range. Not only did the distances increase to around 70 km a day, but the terrain remained equally tough and the heat blisteringly hot. The team cycled by age-old extinct volcanoes, through mountains, dried-out river gorges, and seemingly unending steppe dotted with sporadic nomadic settlements.

Individuals were provided with the opportunity to lead the cycling, making camp and packing away. This rotated each day, so everyone had the same opportunity to enhance the leadership and team skills vital to the success of their unit and for officer training in the future.

## LEG 3: MORE MOUNTAINS

Leg 3 was spent in the Khangai mountains – a combination of rolling hills and a winding river. This was an opportunity for the team to test their mental and physical resilience with long and steep climbs over mountain passes. The distances also increased to at least 85km a day. Starting in the desert yielded dividends in the mountains as it gave the students an opportunity to warm up and build fitness for these tougher and longer days. During this stage the team met with local nomads and were invited into their homes to experience traditional Mongolian hospitality.

The final day arrived quickly and was spent cycling along the Orkhon river valley to the ancient capital of the Mongol Empire, Karakorum. After visiting a Buddhist monastery, the team returned to Ulaanbaatar to commence their journey home.



*"It was genuinely inspiring to see our team work so efficiently together, with empathy on show, and I am so thankful for the opportunity."*

Officer Cadet Fraser Briton | East of Scotland UAS



## Q & A with Tania Noakes

Our ambassador, Tania Noakes, is often climbing mountains, leading expeditions or ski-trekking across frozen wastelands. We caught up with her for a quick Q & A.



Tania Noakes lives and breathes adventure. Last year she became the first British woman to complete the classic Norge På Langs, or 'Norway from end to end'. It was an epic 82 day, 2,533 km ski-trek which Tania undertook to raise funds for the Trust. Now the dust (or snowflakes) have settled, we caught up with her to try to find out what makes her tick.

### WHAT HAVE YOU BEEN UP TO SINCE WE LAST HEARD FROM YOU?

Well, on immediate return I spent some time with my family and friends, catching up with what they had been doing during my three month journey through Norway. Then I had to go back to work of course since I had taken the whole winter off and funded the journey myself - I had to pay the bills!

### WHAT DID YOU LEARN FROM MAKING THIS JOURNEY?

I'm not so sure I learnt these lessons in Norway but my journey certainly reinforced them. To savour every minute because you will never know how many you have, to try to focus on the positive and somehow lighten the negative with whatever tricks you have. That there is something incredible in every day, you just have to notice it. To invite people on adventures more often... and not to take setbacks or rejection too personally.

*"You really don't have to travel the length of Norway to have an adventure..."*

### HOW/WHERE/WHEN DID ADVENTURING BEGIN FOR YOU?

I think I was always active and curious throughout my childhood, but my family really nurtured that and gave me a secure and confident base from which to explore. So I'm really very fortunate for that. I remember lots of little adventures close to home but also long journeys during the school holidays where we would travel in our camper van around Europe... and I guess that really opened my eyes to a world beyond Essex and the UK.

### WHAT ADVICE WOULD YOU GIVE TO A CADET WHO HAS BEEN BITTEN BY THE ADVENTURE BUG?

Perhaps my best advice is that you really don't have to travel the length of Norway to have an adventure... and actually some of the best and most memorable adventures have been small personal challenges which I have conceived and set myself close to home, requiring very few resources. They were primarily ways to test my limits, often physically, but also sometimes in terms of confidence in public speaking, or taking on responsibility or work which stretched me beyond my comfort zone.

An adventure is just a challenge we take on with an uncertain outcome... with some kind of risk-penalty involved. You will have heard the expression "to do something which scares you every day" well, this is in the same line of thought as nurturing an adventurous spirit... that we can somehow become more at ease with discomfort and therefore become an agent for our own growth and development.

### YOU CAN FOLLOW TANIA'S ADVENTURES ON INSTAGRAM @TANIA.NOAKES



*"I love the spirit and attitude of the Trust, that they really believe in the value of nurturing this adventurous spirit."*

# News

## NEW VICE PATRON



We are delighted to announce that James Cleverly has agreed to become a Vice

Patron of the Trust. James has been involved with the Trust for a number of years as the President of our Fundraising Group. As this newsletter goes to press, James is the Conservative Parliamentary Candidate for Braintree and former MP. James has been a Reservist for almost 20 years, rising to the rank of Lieutenant Colonel and currently part of Central Volunteers HQ Royal Artillery, working as a Staff Officer in 1st (UK) Armoured Division. As well as his own involvement with the Volunteer Reserves, one of James' sons is an Army Cadet.

## BIKE RIDE FUNDRAISER



Congratulations to our Chairman, AVM Nick Kurth, for completing the RideLondon-Surrey 100 in July,

raising a over £1,400 for The Ulysses Trust. Nick said, "It was a great atmosphere and cycling on closed roads, particularly through London, is something very special."

## DAVID BENEST RAISES £10K

Another great fundraising effort achieved by our long-standing supporter Colonel David Benest. David has raised a fantastic £10,000 by delivering newspapers to the residents of Pewsey and the surrounding villages. We are extremely grateful to David for this sterling effort and countless early morning starts in all weathers. Thank you David!

## PRINCE OF WALES'S AWARDS

Each year the Trust presents awards for outstanding expeditions - to highlight the very best in leadership, challenge, courage and planning. The 2018 awards were presented across the UK in October and here are the winners:

### CADET CATEGORY

EX: INCAN ADVENTURE

Award presented to Sussex Wing Air Training Corp at Christ's Hospital, Sussex by HM Lord-Lieutenant of East Sussex, Peter Field.



### RESERVIST CATEGORY

EX: NORTHERN AMAZON SERPENT 2018

Award presented to 225 Medical Regiment at Stirling Army Reserve Centre by HM Lord-Lieutenant for Stirling and Falkirk, Mr Alan Simpson OBE.



### UNIVERSITY CATEGORY

EX: GUYAN EMU

Award presented to East Midlands Universities Air Squadron at Northampton Saints Rugby Club by HM Lord-Lieutenant of Northamptonshire, Mr David Laing.



### SPECIAL COMMENDATION

EX: ATLANTIC TRIDENT 2017

Award presented to Jordan Beecher at Pembroke College, Oxford by HM Lord-Lieutenant of Oxford Mr Tim Stevenson.



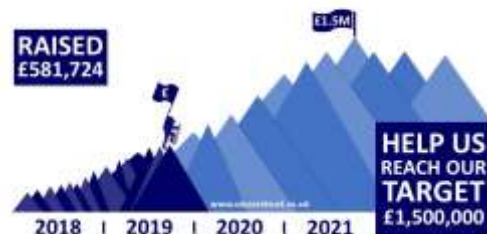
## REGIONAL REP. NEWS



Our Regional Representative for the East Midlands, Colonel Chris Young, was

invested as an Officer of the Order of St John. Congratulations Chris! Chris has also been promoting our work within RAF circles recently. Chris reports that this has been well-received and details of the support we give cadets and reservists will be cascaded out to units. Our Regional Representative for the South East, Dan Tebay, has also been out promoting the Trust at a series of Lord-Lieutenant Award events organised by the SE RFCA. Dan said, "The awards were a chance to see the great work that cadets and reservists are doing in the region. It was also a fantastic opportunity to spread the word about the Trust to lots of different units across the services."

## ANNIVERSARY APPEAL UPDATE



We aim to raise £1.5m through our 25<sup>th</sup> Anniversary Appeal by the end of 2021. The money raised will enable us to double Cadet participation and fund even more expeditions. So far we have raised a fantastic £581,724 thanks to your generous support. Our fundraising climber (above) continues to make good progress to the target, but there is still a long way to go! So please help us to achieve our goal. Overleaf are some suggestions of how you can support the Trust. Thank you for your support.



## Give As You Live

Have you booked your Ocado Christmas delivery yet?

Are you one of those highly organised people who have written their Christmas cards and wrapped all their presents by the middle of October?

Although I think I'd love to be that organised, apart from jotting down a few ideas for presents the reality is that I don't usually get down to the nitty gritty of buying them until December. I'm no longer a 'wander the shops for hours' person so my Christmas shopping is usually a mix of high street, independent traders and, of course, online. If you, like me, are planning to do at least some of your Christmas shopping online then this would be a great time to sign up to Give as you Live (GAYL).

In case you're not familiar with it, I should explain that GAYL is a way of shopping online that doesn't cost you anything but enables you to donate to The Ulysses Trust as you shop. It's really easy to use – you sign up (it takes seconds) at [www.giveasyoulive.com](http://www.giveasyoulive.com) and then simply shop as usual at any of the over 4,000 shops that are registered with GAYL.



Brenda Allanson, Development Director

They will make a donation to your chosen charity (please choose The Ulysses Trust!) – either a fixed amount or a percentage of what you've spent (usually between 1% and 10%).

And, to misquote a well-known phrase, GAYL is not just for Christmas – you can shop all year round. Booking that round the world cruise, insuring your home, doing your weekly shop, to name but a few, can all help The Ulysses Trust to provide life-changing opportunities for young people.

Merry Christmas and happy shopping!

Brenda Allanson  
Development Director

### CONTACT DETAILS

#### TRUST BUSINESS

Lt Col (Ret'd) Ian Orr MBE  
Honorary Secretary  
[honsec@ulyssesrust.co.uk](mailto:honsec@ulyssesrust.co.uk)  
07415 702 685

#### FUNDRAISING

Brenda Allanson  
Development Director  
[brenda.allanson@ulyssesrust.co.uk](mailto:brenda.allanson@ulyssesrust.co.uk)  
07967 481 877

#### COMMUNICATIONS & MARKETING

Paul Randall  
Communications and Marketing  
Officer  
[paul.randall@ulyssesrust.co.uk](mailto:paul.randall@ulyssesrust.co.uk)  
07741 412 371

#### CORRESPONDENCE

C/O Lt Col (Ret'd) Ian Orr MBE  
The Ulysses Trust  
c/o Howard Kennedy LLP  
No.1 London Bridge  
London  
SE1 9BG

[www.ulyssesrust.co.uk](http://www.ulyssesrust.co.uk)

Reg'd charity No 1170600



### SUPPORT US TODAY!



There are lots of ways you can make a gift to The Ulysses Trust to help us support UK reservists and cadets.

Our website provides further details about how you can donate in one of the following ways:

- ✓ Join Give As You Live
- ✓ Make a one-off gift
- ✓ Set-up a direct debit
- ✓ Pledge an annual gift
- ✓ Leave a gift in your Will

*Thank you!*