



Ogwen Valley Mountain Rescue CIO

Newsletter February 2025



Team Chairman's Report January 2025 - Chris Lloyd

2024, *The 59th. Year*

I write this article in the first week of the New Year and already with six Call Outs on the log for 2025. Team Leaders fielded 176 calls for assistance in 2024, one of our busiest years. Many of these were for serious injuries and there were 9 fatal incidents. Many should not have been Call Outs had the people taken the advice of being prepared with the necessary skills, kit (including torches) and experience. Fortunately, our skilled Team Leaders do manage to guide some of these people to safety over the telephone. And occasionally, the Team Leaders bat back the call to North Wales Police to state that the incident is on another team's patch or that the incident is not for the volunteers of a Mountain Rescue Team. (We do not drive people's cars down country lanes just because the cloud level has dropped to below the level of the car!).

I am pleased to report that our 333 Supporters Group continues to go from strength to strength and thank their Committee and regular assistants for such a varied and inspired programme of events in 2024. A Musical and Choral concert, an Auction of Promises, The Ogwen Odyssey (a walk around the magnificent Cwm Idwal) to name but a few. The Team was represented by 333 at a number of fetes, galas and carnivals. The merchandising has been another great success. (Watch out Amazon, 333 is on the way!) Once again, John Rowell and Alan Green had the difficult task of assembling and choosing from photographs submitted by our supporters and produced another very professional looking calendar..



This valuable support enables the operational team to be at the forefront of Mountain Rescue with training and equipment. The 45 operational team members train in a number of skills. This training is generally "in house" as there are a number of rope technicians on the team, a number of swift water rescue technicians on the team, a number of medical professionals on the team and a dozen trained equipment inspectors to check well over 2000 items every six months. There is so much more to Mountain Rescue, than just Rescue.

In addition, we benefit from several team members who are skilled in IT, both the software and hardware. We have a project to upgrade the whole system at Bryn Poeth, aka Oggie Base.

Another scheme on the books is to install solar panels and batteries to Bryn Poeth. A team member works for a company who has designed the scheme. We await permission from the owners of Bryn Poeth, which is taking some time. The scheme will save on electricity and gas bills and may even provide an income on the numerous sunny days in the Ogwen Valley. Even better, we have a grant to install the whole system.

Throughout 2024, our Transport department has been looking at replacement vehicles. So far, they have yet to find something to replace our aging Land Rover Defenders and that will fit in our garages. All vehicles have become wider since the garages were built!

The UK thrives and survives on "volunteers". I thank all of those people who volunteer their time to train and to rescue people (and animals including a parrot) from mountainous and inhospitable places; I thank members who maintain our Base at Bryn Poeth, who specify, purchase, log, inspect ten of thousands of Pounds of kit. I thank those who obtain logs, split them and bring them into the building, I thank our regular cleaners who every week give Bryn Poeth a good one-over. And the list could go on. Keep up your good works.



SheUltra - Jenny Davies



I live in Capel Curig and will be running the SheUltra on the 12th April fundraising for OVMRO.

This will be my first Ultra marathon, and it will take place on the picturesque Llyn Peninsula. I wanted to raise money via sponsorship for a cause that means a lot to me. Several of my close friends and family enjoy outdoor activities, and as a local who often walks and runs in the area, it is so reassuring to know that the Mountain Rescue are there, should anything go wrong.

I live on a farm with a campsite, and many of the guests who stay there are walkers and climbers who visit the area for Eryri's mountain ranges. A lot of our campers have talked to me about the importance of having this amazing service close by. OVMRO have also been really involved in local events that I help organise, and I wanted to support them and make a contribution in any way possible.

Running an Ultramarathon will be a step up for me. I have taken part in many local triathlons and races - but never anything on this scale. Living in Capel Curig means I am lucky enough to have trails on the doorstep, but the winter weather has been a challenge. I love running anyway, but when it's raining and cold outside it is very motivating to have OVMRO in the back of my mind to get me out there training!

You can donate to Jenny's JustGiving page here - <http://tiny.cc/02v7001> or by scanning the QRCode



Member Profile - Charlie Beale, Team Member since January 2016



Q. Why did you join the team?

A. When we moved to Betws y Coed in 2015, I wanted to give something back to the community, living amidst the mountains of Eryri, and with my skills and love of the area, Mountain Rescue seemed like the obvious choice for me.

Q. What was your background before joining the team?

A. I joined the Army at 18 as an infantry soldier and became a regimental chef, then went on to become a chef in the civilian field. I attained all my outdoor qualifications through the Army and Cadets and wanted to put those qualifications to good use. I spent a lot of time in Eryri training over the years, so knew the area well, which helped with my wish to join Mountain Rescue.

Q. How long did it take you to become a full team member?

A. I completed my initial hill day in January 2016. My first call out was on the same day, I remember being scared, excited and nervous all at once! I attended approximately 40 call outs in my first year as well as achieving all of my core skills. It was a busy 15 months before I completed my final hill day. One of my most memorable moments in that time was spending a

long time in a helicopter, hovering over Carnedd Llewellyn, following reports of dogs barking on the cliffs, and leading to fears for the safety of the dogs' owner. Following an extensive search, two dogs were spotted, but no human was found and the dogs could not be caught.

Q. What do you enjoy about being in the team?

A. We work really well as a team when we come together either for a call out or for training. The camaraderie and banter on a call out helps us to support each other, particularly during difficult or challenging times.

Q. How do you fit being a team member into your life?

A. As a freelance instructor and Emergency Care Assistant, life can be very hectic and unfortunately, it is not possible to just drop everything when I am working, so I attend call outs whenever I can, around my work schedule. It can be very frustrating when I am unable to attend a callout, but I do what I can. I am regularly volunteered to help out at fundraising events, I enjoy telling people about the team and the kit that we use, as well as highlighting the importance of continuing to raise money to keep the team on the mountains.

Q. How has Mountain Rescue changed your life?

A. All of the training I have done with the team has enhanced my work and personal life, making me an even safer and more reliable instructor on the hill and in the water, as well as giving me the confidence to study in my own time to progress into the world of urgent care frontline ambulance work.

Q. What advice would you give to anyone interested in joining the team?

A. Being a team member is a big commitment for both you and your family, so support from your family members is essential, along with a keenness to be part of a great team of enthusiastic people who want to help people in difficulty in and around the Ogwen Valley.

My Experience of OVMRO - Roger Baker

On the Wednesday of the October half term 2001 I went with my son, James to Snowdonia with the objective of planning a high-altitude weekend for the Explorer scouts for early spring the next year. This weekend would be one where the car is left on the Friday night and we would not return until Sunday evening, trying to spend as much of the weekend as possible between 2 and 3,000 feet. I was planning to give the scouts an intensive navigation exercise and develop their lightweight camping skills.

We arrived at Llyn Ogwen at 10:30pm. It was clear and starlit, although the weather forecasts had predicted thunderstorms were possible. We headed up into the hills walking along the waterworks road that climbs steeply into the heart of the Carneddau range. After about 90 minutes we arrived at Ffynnon Llugwy which sits 1700 feet above the valley. It was calm and clear and we quickly made camp and retired for the night.

Next morning we awoke to dry and cloudy conditions. The wind had freshened and was giving my tent a bit of a hard time. After a quick breakfast we broke camp and set off. The plan for the day was to climb to the top of Carnedd Llewellyn (3rd highest peak in Snowdonia and over 3000ft) then down to a mountain refuge and on down to a small lake where an old Cold War plane (a Canberra) had crashed into the side of the mountain. There is still wreckage spread over the area and I thought it would give the scouts some extra interest for their trip.

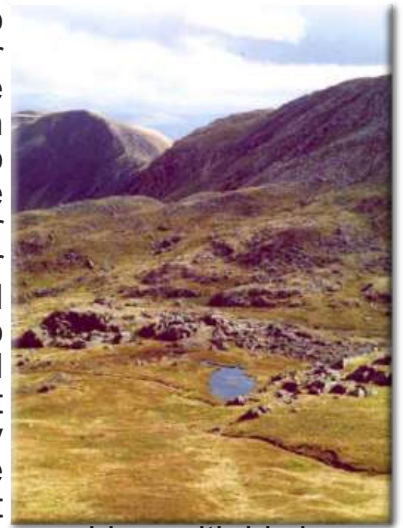


As we climbed the wind became stronger as we eventually came onto a ridge about 1000ft from



the top. We were in the clouds and were finding it difficult to walk in the wind. There is a steep drop on the east side of the Carneddeu (1500ft of cliffs) so I decided to walk a good 100 yards away from the edge as the wind was blowing us towards the drop. Just before the summit there is a short scramble, nothing too difficult for us even though we were climbing with full expedition packs. James has climbed Crib Goch before in worse conditions. Eventually we got to the summit of Llewelyn at 12:00.

I had planned this to be a lunch stop but because the wind was so strong and rain was just starting, I suggested that we continue on our route and go down to the mountain refuge 1.5 km away and in the lee of the wind. We set off. I had shown James how to stand up in a high wind and how to withstand a sudden gust by standing with your back to the gust and bending forward to reduce the frontal area caused by the large rucksack. He coped fine. The top of the Carneddeu is a boulder field and the rocks had become very slippery with the fresh rain. 2 or 300 yds after leaving the summit an exceptionally strong gust caused me to adopt this brace stance. As I turned, I saw James lifted clean into the air and carried 10 yards or so. He hit the ground hard and tumbled over and over. I rushed over to him. He was crying out loud. I thought he had banged his head and I could see his Gore-Tex jacket was badly ripped on his elbow. He didn't complain of either of these but said he had landed hard on his knee and cracked it on a rock. He was in a lot of pain; I could see the shock and the pain in his face. James has had a problem with his knees for several years (bi-partial patella) and I was concerned for him.



I was also very aware of the worsening weather conditions and how exposed we were. I managed to get him to stand once the wind had died down a little and he limped down the slope weaving between the rocks and using me as a human crutch. While I was doing this, I could not conduct the map reading so after about 5 minutes I stopped and stood James next to a large man-sized boulder so I could check the map and my GPS to make sure we were on course in the low cloud. It was now raining hard. As I checked my map James was blown over again!

The situation was becoming desperate. I quickly realised that I would not be able to get James to the safety of the refuge which was now only about 1km and 500m below on my own. We had only seen one other walker all day and the chance of seeing anyone else was extremely unlikely. I had to make the best of this situation. I sat him down just away from where he fell and started to get my gear organised. First, I lay out a Karimat to sit on and put the tent bag behind his back to make a back support. Then I got my emergency bivouac shelter out. A bright yellow breathable nylon shell big enough for 4 people that I had made myself several years ago. We sat on the one side and pulled it over us and I tucked it under our feet. The gale was still blowing and the rain continued hard. I pulled out my phone and tried to dial 999 - no signal! I then tried James's phone and got through to the 999 call centre and was connected to the police only to lose my signal. This happened twice, I was starting to get anxious. The only options I would have if I could not raise the alarm from there were to either leave James and walk back down (about 4 hours there and even longer back in the dark in very bad conditions) or wait and hope that someone passed by.

I looked at my own phone again and saw that I had a signal. I tried 999 again and I got through. Once through to the Police I gave them all the information I had; the number in party, the injury details, the grid reference and what action I had already taken. They took down my phone number and the number of James's phone and said they would ring back A.S.A.P.

While I waited, I took a look at James's knee. I gently rolled his gaiter down and trouser leg up. His knee was gashed in 2 places and it was swollen to about the size of a large grapefruit. I was becoming more and more concerned for him. The phone finally rang after about 20 minutes. It was the Ogwen team. They asked me to tell them all the same questions I had already been asked by the police but they also asked me to describe in detail where I was. From the questions that followed I knew that they knew the area very well, almost every boulder. My GPS is accurate to 5 m so I was confident that they could find us. Finally, he said that the call out had been given but it would take at least an hour to muster the team and then it would take at least 2 hrs to get

to us. I already knew that it would probably take longer than this due to the appalling conditions. They said they would call back when they had more to tell me and asked me to leave my phone on and not to call anyone else. Now knowing the timescale and having been reassured that help was on its way I made James more comfortable, putting extra layers on and elevating the foot as best as I could. Then I activated one of those self heating cans of coffee and shared out some food. The wind continued to blow and the bivy-bag flapped fiercely, so much so that where it chafed the rocks holes were starting to appear. I had to hold the bivy-bag down with one hand whilst I wrapped my other arm around James for comfort and extra warmth. The phone rang again and it was the team; 2 teams of 6 had been set off from 2 different locations. They should be with us in 2 to 3 hours as they had to walk in carrying a stretcher and all the gear. The weather conditions were too windy for a helicopter rescue.

As I sat there for the hours that followed, I found it truly remarkable in this time of terrorism and hate that there were 12 people on the mountain intent on only one thing; saving someone they did not know and putting themselves at risk at the same time. It restores your faith in mankind.

4:00pm came and I could feel the first deep shivers in my stomach. A symptom I recognised all too well (1st stage hypothermia). I worried that James would be getting the same but he said he was fine, although I still was very concerned. I had not heard from the team for over 2 hours and it was only 1 hour to nightfall.

I started to rummage in my rucksack and told James I was getting ready to move once the team arrived. I had just finished when I heard the most welcome words I have ever heard "Mountain Rescue, we've got you!". Boy was I glad to hear that.

They told us to stay under the bivy-bag while they pulled a bigger version over us. They then pulled back the bivy-bag and 5 smiling faces greeted us (the leader remained outside in the rain to stay in radio contact with the other team and Ogwen base. The Medic, Adam, started to check James out, cutting this trouser leg all the way up the front. He gave James some gas and air to mask the pain of the examination and he confirmed my fears of a suspected fractured knee cap. A special splint constructed from a nylon bag with polystyrene beads in it was first pumped up with a little air. Adam manipulated the beads around James's leg, strapped the bag together and

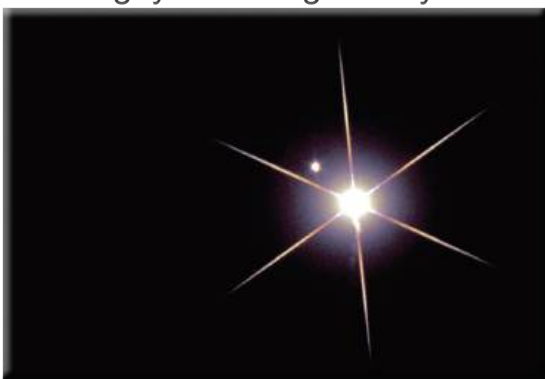


Archive photo. © Chris Lloyd

then pumped the air out of the bag. This made the splint become rigid. They said they had to wait for the other team who were coming up from Ogwen before they could carry James off and that they should be with us in about 30 mins. James was put into a large mummy bag with full waterproof cover and we lifted him up while the others slid the stretcher under him. Six straps were then attached (3 to each side) and we sat and waited. The wind was still blowing a gale. The team's shelter had fared badly with it ripping into tatters. All of the guys just laughed and pulled my shelter back over us and they just sat outside in the rain while we were in the dry. These guys were special, very special.

The day light was just fading as they other team arrived and soon the carry was on. Although the stretcher was constructed of aluminium it was heavy with James, a large sleeping bag and a gas bottle strapped to it. Lifting the thing was hard enough but walking down an uneven gradient of slippery rocks with a howling gale was extremely difficult. God those guys are tough! They would not let me help and asked me to walk with the pathfinders out front. As we proceeded down the mountain the wind and rain subsided and the last glimpse of sunlight could be seen once we came out of the clouds. The carry team had to stop every 100 yds or so to swap sides and take rests.

As we were nearing the refuge, the pathfinder I was walking with, shouted over to me and signalled over his shoulder then gave a circular motion with his fingers. I knew instantly what he meant. In the distance I could see the bright light of a Sea King helicopter from RAF Valley approaching. Things



happened so quickly, the helicopter went straight overhead then banked sharply to U-turn back into the wind and hover on the ridge. The noise and the down draught were amazing. I was told to join the stretcher and that I would accompany James to Bangor hospital. I helped with the lift to the helicopter that had now set down. James was slid into the chopper and I was grabbed by the scruff of the neck and hauled aboard. The winch man signalled me to strap in and put some headphones on. Once the headphones were on the noise of the helicopter disappeared and I could hear the crew talking. The pilot said "Let's get the hell out of here before we're blown to Liverpool!" and he lifted off. As we moved forward over the edge of the ridge the chopper shook then plunged violently and we surged forwards and down the steep side of the ridge. I could see the team members disappearing into the cloud just before the winch man closed the fuselage door.

Through the observation window I could see the mountains and cliffs flashing by. After only a few minutes this changed to fields and then to the outskirts of Bangor finally landing at Bangor helipad next to the hospital.

Soon James was in A&E being seen to. Once out of the sleeping bag and his wet gear they checked his temperature. He was only $\frac{1}{2}$ a degree below normal but was still put in a warm air tent for 30 mins. The Sister then turned to me and asked if she could take my temperature. "I'm fine" I replied, but she insisted and took my temperature. I was colder than James! After a cup of sweet tea and a blanket wrapped round me for a while I soon recovered. James went off for X-ray whilst I had to go and answer some questions from the local Police. They just wanted some details for their records.

James was now back from X-ray and he had fractured his left kneecap in 2 places. He was then sent to the plaster room and plastered from ankle to thigh prior to being admitted to a ward. As James was 15 he went to a children's ward and I was also offered a bed for the night in the ward. Just after we had got to the ward, I had a phone call from A&E to say the team had come to pick up their stretcher and could give me a ride back to Ogwen to pick up my car. I can't believe how helpful they were. I took up their offer and had a Land Rover ride back up the valley. All of these guys are volunteers but give their time so willingly. I finally got back to Bangor with my car at just before midnight. James was fast asleep and I followed very soon after.

The next morning James had to wait to be seen by the doctor. Once seen he had the temporary plaster removed and light-weight fibreglass one applied. We were now able to go home. He had to keep the plaster on for 6 to 8 weeks (8 weeks would be 2 days before Christmas).

What an experience! Not one I would want to experience again. On reflection, I should have turned back when the wind got so strong, however the refuge seemed to be the best place to head for being the closest shelter. I should have left a route plan with someone as an insurance policy. If I had been unable to get hold of anyone via phone and too late to walk off they could have raised the alarm. The equipment I had was a lifesaver especially the emergency bivouac shelter, the mobile phone and the GPS. Had I not had those then things could have been a lot more serious. Most importantly the experience confirmed to me how important the mountain rescue organisation is. Set up by mountaineers for mountaineers without any funding other than that funded by their members and supporters. I soon joined the OVMRO 333, but I will never be able to give back as much as they gave to James and I.

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Helping the Team - Andy Mercer

I'm a self-employed Painter & Decorator, originally from Llysfaen which overlooks old Colwyn in the Conwy area. I took an interest in the mountains at the very early age of 8 when Ken, a Youth leader from Llysfaen, who loved the mountains himself regularly organised summer walks up to the Foel Grach from the Eigiau valley. This bug has followed me to this day and I still love being in the mountains now.

Moving forward to the last 10 years, I've followed my love of the Eryri mountains and added a love of the Lake District where I completed the 214 Wainwrights and am now half way round for the second time. I am now on the journey to achieve my Mountain Leader Award, with my Assessment booked in June in the Lake District.

Over the years I have watched and read about our Mountain Rescue Teams and what they do. I

decided I would like to give some time to them as a volunteer, but I knew I couldn't commit as a volunteer on the mountains.

Initially, I volunteered to help with painting jobs around Bryn Poeth, OVMRO's team base, as a way of giving back to them for what they do. At the same time, I joined up as a 333 Member as I felt that yearly membership was another way of assisting towards the team's funding goals.

Now I feel that I have still more to give and seeing what 333 does has inspired me to help on the social and Fundraising side of things, assisting at events around the area.

Oggie Winter Training in the Cairngorms - Adam Jones-Hayes



Early January, some of the team headed north to the Cairngorms for our winter training, and as always, we encountered a wee dose of wild Scottish weather. While there wasn't as much snow as in previous years, there was still enough to mimic the winter conditions we're likely to see here in North Wales – Plenty of ice, wind, and enough snow to make things difficult.

Keeping our winter skills sharp is essential at this time of year, and training in these tough conditions not only builds our mental resilience but also helps to improve our communication and teamwork when things get challenging.

We were able to focus on a wide range of vital skills needed for the winter conditions. We practiced avalanche scenarios and searches, using transceivers, shovels and probes, working on pinpointing and recovering "Buried Casualties", as quickly and effectively as possible.

Refreshing our personal skills was also on the agenda, getting the practice in with crampons and ice axes, while moving safely across icy slopes. It's a good reminder of the basics—if we can't move safely, we can't rescue anyone! The highlight of the weekend was a full technical rope rescue exercise. Working together on a snow compacted and slippery crag, the team successfully lowered and recovered a "casualty" (two kit bags in a stretcher) from steep terrain over a couple of difficult edges. Exercises like these are brilliant for building trust, improving communication, and making sure we can operate smoothly when it really counts.



This kind of training is only possible thanks to the support of our members and donors, and we're so grateful for every contribution that allows us to keep honing our skills. Your support truly makes a difference—it helps us stay ready to respond when someone needs us the most.

Thank you for being part of our journey and for keeping us going. Stay safe this winter!



OVMRO Shop Heather Beale - Fundraising Coordinator

Please pop over to our shop to see what exciting merchandise we have to offer:

Our pint and half pint glasses are bilingual and have a lovely sketch of Tryfan, designed by George Manley.

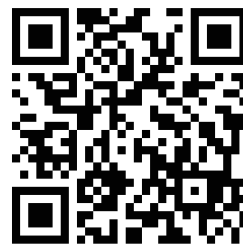
We have very limited stock of t-shirts and yellow neck wraps. Once they're gone, they're gone!

All merchandise is available by post or collection can be arranged from Tregarth or Gaerwen. We will do our utmost to arrange a convenient collection point.

If you are buying more than one item, please email merchandise.officer@ogwen-rescue.org.uk for personalised postage prices. Our shop has limited postage options, but we are happy to adjust. Otherwise, excess postage will be treated as a donation, with thanks.

We have some exciting ideas in the pipeline for new merchandise in 2025 - watch this space!

<https://ogwen-rescue.org.uk/shop/>



333 Committee Meeting

Well, our fantastic enthusiastic new committee met for the first time at the end of January and wow, what an event! Every person on the committee has something unique and exciting to bring to the table.

We are developing a brilliant social media presence on multiple platforms with all sorts of exciting insights into the team and events planned for 2025, alongside other local partners represented in the national park.

We have new expertise in the area of legacies and trusts and grants which we are also excited to explore, alongside putting together a fundraising strategy to keep us focused.

The OVMRO Committee have been asked to put together a wish list of items that supporters may wish to buy to help the teams, this will include items such as teabags, toilet rolls, bin bags, all those necessities that are needed to keep base running smoothly.

Our first event for 2025 is lined up for the evening of 8th March 2025, at Plas-y-Brenin and further information will be sent out via email, on social media and on our website. In the meantime, Keep the Date! This will kick off the 60th Anniversary celebrations of OVMRO!

We are planning to run our ever popular Ogwen Odyssey event in August this year, as well as having a 333 representation at Ogwen Cottage a couple of other times through the summer holidays.

We hope to be out and about at local fairs and carnivals in the community once their dates are announced we will share this information so that you can come along and say hello!

Thank you so much for your ongoing support of the team and 333, we are very grateful to you all.

2026 Team Calendar Alan Green

The 2025 OVMRO Calendar sold out before Christmas 2024. Once again the photographs were chosen by means of an open competition. Despite a lower than usual number of entries, we produced a high quality calendar.

The 333 Committee has decided to go ahead with production of a 2025 Calendar and run another competition to choose the photographs. We are looking for photos taken in the Eryri National Park through all the seasons of the year.

We can't use photos of spectacular snow-covered peaks for every month. Images of the OVMRO operating area are preferred, but photos taken a bit further afield will be acceptable. Historical photos as well as new ones will be considered.

Eryri is not just mountains. The lakes, rivers, forests, fauna and flora, and industrial archaeology all provide valid subjects.

For several years the photos have been chosen by John Rowell of the Soul of Snowdonia Gallery. John has kindly agreed to judge the competition again this year. If you are interested in seeing John's own work, look at <http://www.chasingthelight.co.uk/>.

The competition is open to all: amateur or professional; OVMRO and 333 members; and non-members. Entry to the competition closes at midnight on Monday 31st March 2025. For a chance to have your work featured, please submit your photos by email to

photo.competition@ogwen-rescue.org.uk

Please include your name and contact details, and the month during which each photo was taken. The latter is of great help to the judges when choosing suitable photos to illustrate the calendar.

No postal entries can be accepted. Posting your photos on the OVMRO or 333 Facebook page is NOT acceptable as a means of entering. All entries will be acknowledged by email. The competition organisers are busy people so this may take a few days. Winners will be notified by email after the judging process is finished.

As a prize, each competition winner will receive a copy of the calendar. Only one prize per winner will be awarded. No other fee will be payable.

Photos must be in jpeg format. They should be at least 1654 x 2339 pixels (A4 print at 200 dpi) and preferably 2480 x 3508 pixels (A4 print at 300dpi). There will be an upper limit on the file size determined by the email attachment size limit. Sending large files by means of file sharing web sites is acceptable but not the most convenient for the organisers.

The size of the calendar will be A4 landscape, i.e. proportions of 7 wide to 5 high. Photos with significantly different aspect ratios, e.g. wide panoramas or portrait format, will be rejected.

Photos must have been taken by the individual submitting them, and by entering the competition, permission is granted to OVMRO to reproduce the photos. The chosen images will be credited to the photographer, with a statement that the photographer owns the copyright to the image. Photographers' web addresses will not be printed on the calendar. This is a charity calendar in aid of a voluntary organisation, not an advertising platform for a business.

Where photos include recognisable people, it is the responsibility of the photographer to obtain their permission for their image to be reproduced and sold. This applies in particular to photos of the Rescue Team.

Photos of people involved in actual rescues are unacceptable on grounds of casualty privacy and confidentiality.

Drone shots are welcome provided the drone is not flying over land owned by the National Trust.

Entries are limited to three photos per competitor. If you send in more, only the first three to be downloaded will be forwarded for judging.

The calendar will be bilingual Welsh/English.

Please note it costs the team £240 to send out the paper copy of this newsletter. The printed newsletter is a cut down version of the full newsletter to save costs. The full version can be read online at <https://ogwen-rescue.org.uk/about-us/newsletters/>

Please help us save money and go electronic if you can

OVMRO used to collect old stamps to raise funds for the team. Unfortunately we no longer have an outlet for used stamps. We thank all of you who have carefully collected and sorted stamps over the years but unfortunately we can no longer sell the stamps. Many thanks

Please consider <https://www.recyclingforgoodcauses.org/stamps/>

