

'Namaste'

An ancient Sanskrit greeting still in everyday use in India and especially on the trail in the Nepal Himalaya.



...because life is 4 living!

Making a difference in the lives of young people with Cystic Fibrosis.

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Happy Christmas



The Finished Banner.

It has taken some doing just to get this far.

Here are my connections.

1. Advance Welding – I have used and recommend their Electrofusion welding equipment.
2. 40 North Foods – I built their website and am their webmaster.
3. Digby Chick – I built their website and am their webmaster.
4. Carrington West – I thoroughly recommend them as the leader in recruitment in the construction industry.
5. ATI – Providers of the best network monitoring equipment that I use.
6. Tunnocks – Unrivalled biscuit production as testified to by my stomach.
7. Langham Industrial Controls- Provider of the Aquamaster 3 digital standpipe – Brilliant.
8. Stornoway Holiday Cottage – If Carlsberg did self catering then this would be theirs !!
9. Anytime Fitness (Bishopbriggs) – A brilliant Gym with exceptional staff.
10. Duncan Mackay and Sons – Former employer, I built their website and am their webmaster. Their MD gave me the motivation to do this climb by saying I could not even climb a set of stairs. Looking forward to wipe the smile off his face.
11. JT Construction – A great bunch of Geordies that I do coffee with on a weekly basis.
12. Scotjet Limited – Providers of anything and everything in the Water / Hydraulic and anything industries.

There is one other who asked that his name did not appear on the banner, that is J&A Growers – my brother.

A Long Painful Journey

At the time of writing there are 11 days to go before I board my flight to Dubai and Kathmandu and everything seems centred around me getting all work completed before I go. This is not easy as temperatures have dropped considerably meaning night time work is considerably harder but at the end of it, the temperature is only -4 degrees and I am heading off to -20 to -25 on Everest.



The support and encouragement along the way has been nothing short of startling from both Sponsors and the public in general.

Without the training Sophie Davies (PT) put me through I would have struggled to say the least. The diet had to change dramatically but as I now try to regain some of the lost body fat, Charlie Barley (Stornoway) Black Pudding etc is back in.

There are too many people to thank for me to do it individually, but you all know who you are – Thank you.

Now the final countdown has started can I ask anyone wishing to donate to two fantastic charities do it via [Just Giving](#). Many of you have offered pledges etc before, during and after the trek so, on behalf of both charities I am extremely grateful



‘The Yeti’

The Yeti on this page has a canny resemblance in its ‘eyes’ to ‘a work associate’. It is in a moment of boredom, and with Photoshop open, what can be done to stimulate the brain. I could end up in trouble over this.

What will happen to the Sponsors shirts after the journey I do not know but possibly given to the local poor for when summer comes around.

**“It’s not the mountain we conquer, but ourselves.”
- Sir Edmund Hillary**

There is one branded shirt that will be unveiled at Everest Base Camp. This is the only shirt I am prepared to strip off all the thermal layers for and stand up in, in -25 degrees. It will come as a huge surprise to many, so keep your eyes peeled.

As for the Banner, I have not decided as yet but rather than leave it there to join the mountain of rubbish left by mountaineers, I am sure it will serve a better purpose elsewhere. Maybe someone would like to start the bidding for it.

Wishing all of you a very Happy Xmas..... Do spare a thought for me on Xmas day. You will be sitting down to a Xmas lunch of turkey, bottles of beer / wine etc, boxes of chocolates, more booze, discussing the 2018 diet etc. I will be sitting down having a conversation with a Yak. Think I have the better deal as the Yak will not answer back hopefully. !!!

Soon to be announced – The 2018 Challenge for Aids Orphans in Kenya.

Please feel free to forward this newsletter on to anyone and everyone and especially your own business suppliers

www.trektoeverest.co.uk

[PLEASE donate via Just Giving](#)