

# Nottingham HF Rambling Club Newsletter Oct-Nov 2018



[www.nottinghamhframblingclub.org.uk](http://www.nottinghamhframblingclub.org.uk)

## Club Officers

President	David W	<a href="mailto:president@nottinghamhframblingclub.org.uk">president@nottinghamhframblingclub.org.uk</a>
General Secretary	Jane R	<a href="mailto:secretary@nottinghamhframblingclub.org.uk">secretary@nottinghamhframblingclub.org.uk</a>
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Rambles Secretary	Fred S	<a href="mailto:rambles@nottinghamhframblingclub.org.uk">rambles@nottinghamhframblingclub.org.uk</a>
Newsletter	Jane R	<a href="mailto:newsletter@nottinghamhframblingclub.org.uk">newsletter@nottinghamhframblingclub.org.uk</a>
Social Events	Margaret C	<a href="mailto:outings@nottinghamhframblingclub.org.uk">outings@nottinghamhframblingclub.org.uk</a>
Wednesday Rambles	Eddie G	<a href="mailto:wrambles@nottinghamhframblingclub.org.uk">wrambles@nottinghamhframblingclub.org.uk</a>

## Walks and Social Outings Programme

**Car Rambles.** Circular walks which **start** at the time indicated. Please arrive 5-10 minutes before.

**Coach Rambles.** Unless otherwise stated, the coach picks up at County Hall, West Bridgford at 9.05 a.m., Mount Street at 9.15 a.m., then the Nuthall pub on the A610 at 9.25 a.m. Please specify pick-up point when booking. Fare £10.00. Pre-booking is essential. There is an option for a pick-up in Keyworth/Tollerton (pick-up time 8.40am) but this **must** be requested in advance when booking. In the event of bad weather, please contact the organiser before leaving home.

### Sunday 7<sup>th</sup> October

'L' party: Leader – David R

'M' party: Leader – Teresa M

'S' party: Leaders – TBA

Bookings to David R

Tel: 0115 9282210

### Crich to Wirksworth

10 miles. Crich, Whatstandwell, Alderwasley, Alport Height, Wirksworth.

8 miles. Crich, Whatstandwell, Cromford Moor, Black Rocks Trig pt., Middleton Moor, Wirksworth.

5/6 miles. Whatstandwell, Alderwasley, Wirksworth Moor, Bolehill, Black Rocks Trig pt. Middleton Top, Wirksworth

Picnic lunch for all parties.

### Coach Ramble

### Thursday 11<sup>th</sup> October

Leader: George Z

Mob: 07944 705 670

Email: [233401@gmail.com](mailto:233401@gmail.com)

### Alpaca Walk: Start 11am

The Midweek group have arranged a special event in October.

Following an introductory talk over tea/coffee, each participant will be allocated to their own Alpaca. They will accompany each other on a 90 minute walk around the farm. Alpacas are friendly, gentle, inquisitive creatures, and make entertaining walking companions. There is a cafe for lunch on site afterwards, plus an optional 3 mile ramble later. Details can be found at: [www.puccapaccas.com](http://www.puccapaccas.com) Numbers are strictly limited, but there are a few places still available. We have arranged a discounted price of £20 pp.

**Contact George Z.**

**To book - Mob: 07944 705 670. Email: [233401@gmail.com](mailto:233401@gmail.com)**

### Car Ramble

### Sunday 21<sup>st</sup> October

'L' party: Leader – Warren J

'M' party: Leader – Jane C

'S' party: Leaders – Fred S

Bookings to Barbara G

Tel: 01773 781118

### Wirksworth to Ashbourne

10 miles. Knockerdown, Hognaston, Kniveton, Tissington, Fenny Bentley, Callow Top, Ashbourne.

7.5 miles. am – Middleton Top, Hopton, Carsington, Brassington, pm – Woodeaves Mill, Fenny Bentley, Ashes Farm, Callow Top, Ashbourne.

5.5 miles. am – Hopton, Carsington, Brassington; pm – Bentley Brook Inn, Ashes Farm, Callow Top, Ashbourne.

Coach lunch for short and medium parties at Brassington.

Picnic lunch long party

(After lunch coach drives up to Longcliffe and turns left on to B5056; short and medium parties dropped off at locations along B5056)

### Coach Ramble

**Wednesday 24<sup>th</sup> October**

Leader: Barbara & René L  
 Tel: 0115 9373565  
 Mob: 07985083811

**Stanton on the Wolds Walk** (*variations on a theme*)**Car Ramble**

4 miles, Cars Meet 10.30am, Car park at Stanton Golf Club (*with permission*) GR 629308. Walking from golf course on slightly different route round Stanton on the Wolds parish paths.  
 Lunch available at the Clubhouse (*signed-in by member - no 'torn' jeans*).  
 Allow time for menu choice before start of walk.

**Sunday 4<sup>th</sup> November**

'L' party: Leader – Margaret C  
 'M' party: Leaders – Jane C  
 'S' party: Leaders – TBA  
 Bookings to Margaret C  
 Tel: 0115 9200756 or Mob: 07914210390

**Calke Abbey****Coach Ramble**

10 miles. Repton, Foremark Reservoir, Ticknall, Calke Abbey.  
 7.5 miles. Ingleby, Foremark, Seven Spouts farm, Ticknall, Calke Abbey.  
 5 miles. Shortened version of above.  
 Picnic lunch for all parties.

**Wednesday 14<sup>th</sup> November Hoton**

Leader: Linda B  
 Mob: 07790 596643

**Car Ramble**

5.5 miles, cars meet 10.30 am in the car park at the Packe Arms, Rempstone Road, Hoton, LE12 5SJ, GR SK574226. Approx. 25 mins drive from W Bridgford, off the A60 past the Rempstone Crossroads towards Loughborough, the pub is on the right just after 30mph sign. Easy circular route, no stiles, mostly flat edge of fields, two footbridges, one incline near the end of the walk. Views of Stanford Hall from Hoton Ridge, walk towards Stanford on Soar church and return following Kings Brook.  
 Pub lunch: Please arrive 15 minutes before the start of the walk to make menu selection.

*Non-walkers are invited to join us for lunch. Please advise the leader in advance re menu choice etc.*

**Sunday 18<sup>th</sup> November**

'L' party: Leader – Warren J  
 'M' party: Leaders – Teresa M  
 'S' party: Leaders – Jean W  
 Bookings to Barbara G  
 Tel: 01773 781118

**Monyash****Coach Ramble**

10 miles. White Lodge CP, Monsal and Miller's Dales, Priestcliffe, Sough Lane, Flagg, Monyash.  
 7 miles. am – White Lodge CP, Brushfield Hough, Bulltor Lane, Priestcliffe, Taddington; pm – A5270, Chelmorton, Flagg, Monyash.  
 6 miles. am – Taddington Dale, Brushfield, Bulltor Lane, Priestcliffe, Taddington; pm – Pomeroy, Highstool Lane, Flagg, Monyash.  
 Picnic lunch for long party.  
 Coach lunch for short and medium parties at Taddington. (After lunch coach continues along A6, turning left on to A5270 and then A515 to drop off short and medium parties).

**Wednesday 28<sup>th</sup> November Sawley**

Leaders: David K  
 Tel: 0115 8377719  
 Mob: 07860607228

**Car Ramble**

5 miles - approx. 10.30am for start of walk. – Meal choice / Toilets: 10.15am, Cars meet GR 471312. Harrington Arms side of Trent, 392 Tamworth Road, Long Eaton (Sawley), Nottingham. NG10 3AU.  
 Pleasant walk along river, canal, fields and roads. Flat walk.  
 Last Wednesday walk of the year.  
 Pub lunch.

*Non-walkers are invited to join us for lunch. Please advise the leader in advance.*

**Ramble Requirements**

All members taking part in rambles must be suitably dressed for the type of terrain and weather conditions expected. Stout boots with good ankle support are essential and waterproofs must be worn or carried. Members must carry a small personal first aid kit and a torch and whistle. Members must be confident of having the physical capability to complete the level of walk selected. Any necessary medication should be carried and the leader informed of any special medical conditions which could be a problem. Any member bringing a guest on a ramble is responsible for ensuring they meet these requirements.

## Social Outings and News

### THIRD THURSDAY CLUB LUNCH

Attendances have declined recently at this event, to an unviable level. As there seems to be a lack of interest, I am suspending the arrangement for the time being. I will reinstate it if a sufficient number of members make representations to me that they are still interested in attending. Members may of course attend the Loxley pub on the third Thursday of the month on the off chance that others are there.

**Enquiries: George Z. Mob: 07944 705 670, Email: [233401@gmail.com](mailto:233401@gmail.com).**

### Availability of the Committee Meeting Minutes

It has been decided by the committee of the club that a copy of the latest committee meeting minutes can be made available to any club member on request. Jane R

### High Visibility Jackets for Leaders

There are high visibility jackets available for leaders which can be borrowed for use on club rambles. Please contact Eddie G. the Wednesday Rambles Secretary Tel: 0115 928 1661 or David K: Tel: 0115 8377719

### To All Club Members, Especially New Members

Please make sure that when you choose to go on a walk with the club, either on the mid-week Wednesday walks and particularly the Sunday coach rambles, that you are properly equipped for the walk and have chosen a walk to suit your physical ability. Please visit our website: <https://www.nottinghamhframblingclub.org.uk/> Which has guidance on difficulties of walks or consult with the leader of your chosen walk before venturing forth.

### Club Insurance

All walkers on any of the club rambles including guests, members of the meetup website group or new walkers who have not already joined the club, as well as club members are fully insured for 'Public Liability'. This includes accident or injury on a supervised walk or any damage done by the walkers while on a ramble.

## PAST RAMBLES

### Mid-Week Ramblings

#### Wednesday 11<sup>th</sup> July Circular Walk around West Leake

Innovative new Leading technique pioneered on West Leake ramble. The persistent problem of ramblers going in front of the leader, contrary to club rules, was solved at a stroke by the leader, David K. With one triumphant burst of imaginative thinking, David scattered a number of £20 notes from his rucksack, pretending that it was an accident. After some of them were found, everyone dutifully followed the leader, heads down (see picture) hoping to get rich quick. This is just the sort of creative thinking the Club needs. All leaders should consider using this idea. They will find all their rambles well attended. George Z.



#### Saturday 14<sup>th</sup> July First Aid Course for nine brave souls from HF (all survived)

Our First Aid instructor Darren arrived on time setting out all his equipment which included bare breasted Annie and her two children who in the next few hours we got to know most intimately. One of the students arrived a bit late (no names) but if she tries to give you mouth to mouth when you have only fainted please forgive her, she missed the analysis part of the course. All in all the course was very well done and thanks to Darren, and our two organisers Jane and Eddie. Dave K

### Wednesday 8th August Normanton-on-the-Wolds

A new Leader on the block addressed 16 of us outside The Plough at Normanton in glorious sunshine (not too hot) for a countryside ramble just a few miles from Nottingham City Centre. Your scribe ducked out at Clipston for a Farm Shop visit and then joined Ron in the village while Tony W and his party survived two road crossings to all meet up at the pub (meeting up with Margaret O and her dog Rosie) for a convivial lunch in the garden - what could be more pleasant and in the sunshine too. This enjoyment with our fellow members is only possible due to our volunteer Leaders who do the arranging. An example, please, for other potential new Leaders to follow. Many thanks Tony for this successful day. Eddie G. For pictures by Chrissie go to the link below:

<https://www.meetup.com/Nottingham-HF-Rambling-Club/photos/29148872/>

#### Table Talk at Normanton

After a pleasant ramble we relaxed over a convivial lunch and drinks in the garden of The Plough. The following story was overheard: Two private soldiers on punishment detail were cleaning latrines. One of them mischievously threw a sheet of dirty toilet paper through an open window. The other told him that the window was that of the colonel's office, and that he'd better retrieve it sharpish before they got into serious trouble. The soldier went away. When he returned, he said 'It's too late, he's already signed it.' George Z

### Wednesday 22nd August Hoby Ramble and Boules Match The Third Annual Boules Tournament

After a beautiful walk in the Leicestershire country side. Mr George Zielinski supplied us with the rules of playing boules before the match at lunch time. 16 weary but enthusiastic walkers took off to the boules area. Eventually we were put into teams of 4, and off we went. Some players seemed to have read the rules, others hadn't!!!

After a very keen and hilarious game, where everyone took their turn and joined into the spirit of fun and games. On one occasion George was seen "running" downhill to retrieve a stray boule. Sheila R

#### Sports Results

The smiles on the faces of the players were immediately replaced by looks of grim determination when those same players took their turns in this tense and fiercely fought contest. Having swept aside **The Battlers** in the playoffs the honours went to the all-girls squad **The Fairies**, who edged it by one point from **The Crushers**. The contest for the third place proved another disappointment for **The Battlers**, who succumbed to the relentless pressure of **The Hopeless**. They will surely be seeking to rectify this affront next year. George Z

For pictures go to the link below:

<https://www.meetup.com/Nottingham-HF-Rambling-Club/photos/29187159/>



**The Winning Team, The Fairies,  
plus Umpire (Who is not a Fairy)**

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## EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room on each side.

With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them as long as you can. Try to reach a full minute, and then relax.

Each day you will find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10lb potato bags. Then try 50lb potato bags and eventually try to get where you can lift 100lb potato bag in each hand and hold your arms straight for more than a full minute.

(I am at this level)

After you feel confident at that level, put one potato in each bag.

Josie A

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### Committee Meeting

The next committee meeting is on **Thursday 11<sup>th</sup> October**. If any member wishes to raise a topic for discussion, please let any committee member know.

**Dec '18-Jan '19**

### Newsletter

The next newsletter will be published in mid-November. Items for inclusion should be submitted to the editor **NO LATER THAN 27<sup>th</sup> October**.



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