

# Nottingham HF Rambling Club Newsletter June-July 2020



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

## Club Officers

President	David W	president@nottinghamhframblingclub.org.uk
General Secretary	Jane R	secretary@nottinghamhframblingclub.org.uk
Treasurer	Anca V	treasurer@nottinghamhframblingclub.org.uk
Rambles Secretary	Teresa M	rambles@nottinghamhframblingclub.org.uk
Newsletter	Jane R	newsletter@nottinghamhframblingclub.org.uk
Social Events	Margaret C	outings@nottinghamhframblingclub.org.uk
Wednesday Rambles	David K	wrambles@nottinghamhframblingclub.org.uk

## Club Policy and the Corona Virus Situation

We have cancelled all rambles and social events until further notice. A decision on when we resume group walks is dependent on the changing health situation and government policy.

## Holiday Cancellations

**TENBY COACH HOLIDAY 7th-12th June 2020 - 5 nights HAS BEEN CANCELLED  
IT WILL HOWEVER BE REBOOKED FOR 2022 AT ABOUT THE SAME TIME OF YEAR  
IF YOU WERE BOOKED ON THIS HOLIDAY FOR 2020:**

**You can either transfer your booking to the 2022 holiday including your deposit or have a refund.  
There are some spare places if you wish to make a completely new booking.**

**Either way please contact Margaret C. Contact details at the beginning of this newsletter.**

If we do we will be staying half/board at the Clarence House Hotel on the south beach and walks will be along parts of the Pembrokeshire coastal path and one day inland on the Preseli Hills. The approximate cost will be £370 pp including the coach fare.

## SPANISH HOLIDAY WITH HF Holidays - October 2020

**WE ARE NOT SURE WHETHER THIS HOLIDAY IS STILL GOING AHEAD  
WE ARE AWAITING A DECISION BOTH FROM HF HOLIDAYS AS WELL AS THE GOVERNMENT AS TO  
WHAT THEIR POLICY WILL BE ON TRAVEL TO SPAIN IN OCTOBER**

The chosen destination is Andalucía- walking in the Sierra Nevada approx £999 – levels 2 & 4. The price quoted is Per Person sharing a double room, half board and include flights and are based on 2019 prices. We would hope that we could get a discount of some sort if we go as HF group. There will be extra costs for single rooms and transport to the airport. **If you wish to go on the holiday you will have to arrange your own travel insurance and overnight stay on the Friday at the Premier Inn Gatwick North.**

**For further information contact Margaret C. Contact details at the beginning of this newsletter.**

## Nottingham HF Club Membership 2020

It was mentioned at the committee that Black's (Millets) and Cotswold Outdoor give discounts to Nottingham HF club members on production of their membership card.

## PAST RAMBLES

### Mid-Week Ramblings

**Wednesday 11th March: Nuthall Area**

**Click on the link below to see photos:**

<https://www.meetup.com/Nottingham-HF-Rambling-Club/photos/30825350/>

This was the last walk of 2020. Lets hope it won't be too long before we can resume our walks programme. The walk was lead by David K and I think even he was surprised when 23 people turned up on the day. We walked along country paths, old railway tracks and crossed footbridges. Along the way we walked through woods (although we were to early to see the bluebells). On our way back to the Three Ponds Pub we passed the Old Blanchard's Bakery now Hovis. The meal at the pub was enjoyable and although it took a little longer to arrive than anticipated it gave us time to catch up with friends.



**On behalf of the Wednesday Walkers I would like to thank David K who is stepping down from his post as Wednesday Rambles Secretary for all the hardwork he has put in finding leaders and leading walks himself. Teresa M**

### Vacancy for the Club Wednesday Rambles Secretary's Job

**It is with regret that Dave Knight, for health and personal reasons, has announced that he is resigning from his position as Wednesday walks secretary. If anyone would be willing to take on the responsibility of this job, particularly a regular leader or attender of the club Wednesday rambles, we would be very grateful. I am sure anyone taking on the job will get support from other leaders and members of the club. Please contact David K or Jane R in the first instance. Contact details at the beginning of this newsletter.**

## RAMBLING BACKWARDS

### Curious Stories and Facts Collected from the Walker's Pocket Companion

All articles contributed by Mal T

#### Mad For Walking

Colonial Jack left Portland, Maine, on June 1<sup>st</sup> 1908, on an attempt to walk around the border of the USA, all the while pushing a wheelbarrow. The journey measured 9,000 miles in total; it was Jack's aim to complete the odyssey in 400 days (not including Sundays), covering an average of 22.5 miles a day. Starting from Portland, Maine, he walked along the Canadian Border to Seattle, Washington, descended the Pacific Coast to Los Angeles, California, crossed the southern border and coastline to Jacksonville in Florida, and finally returned to Portland along the Atlantic coast. He finished the walk in 357 days, averaging over 25 miles per day. Colonial Jack is rightly remembered as having accomplished one of the greatest walking feats in history.

#### By Name, By Nature

In 1944 an HM Treasury survey found that 'Walker' was the 12<sup>th</sup> most common name in England and Wales. The name was originally an occupational alternative for a 'fuller', a person who cleansed and thickened cloth, often by using their feet. In medieval England 'fuller' was the preferred term in the South, while northerners opted for the more straightforward title 'walker'. The name is most common in cloth producing areas, such as Yorkshire. Early 'Walkers' included Richard le Walkere from Warwickshire (c1248) and Robert le Walker from York (1260).

#### Walk Like An Animal

Basilisk Lizards are part of the Iguana family. They have the nickname 'Jesus Christ Lizard' because when fleeing from a predator, they can run on top of the water. Basilisks actually have large hind feet with flaps of skin between each toe. The fact that they can move quickly across the water, aided by their web-like feet, gives them an appearance of walking on water.

## Walking and Bras

The Platex MoonWalk is an annual event organised by women around the world who power walk marathons in their bras in aid of breast cancer charities. The first UK MoonWalk took place in 1997, and has taken place, at night of course, annually ever since.

## Unusual Waymarkers

*Many long distance paths have imaginative waymarkers designed to prevent ramblers wandering off course.*

### The Donnington Way

Top of the list has to be this marker, simply featuring an enticing mug of frothy ale. The sign speaks for itself – thirsty walkers would be well advised to follow the route through rural Gloucestershire that links 15 pubs of the Donnington Brewery. Starting in Stow-on-the-Wold, the path ends 62 miles later in the same town.

## Mad for Walking

Emma Gatewood lived most of her life on a farm, where she raised eleven children and four grandchildren, worked her fields and planted flowers and vegetable gardens. Her life changed at age 71, when, on seeing a National Geographic article about the Appellation Trail and discovering that no woman had ever hiked the entire length, Grandma Gatewood began her adventure. Her first attempt ended soon after she had started when she broke her spectacles and was forced to return home. In 1958, however, she successfully completed the full length of the trail from Georgia to Maine, only to repeat her achievement in 1960 and then again in 1963. Grandma Gatewood never brought with her the expensive paraphernalia that is so beloved of the modern hiker. She would always travel light carrying a blanket, plastic sheet, first aid kit, raincoat and a change of clothes. And there were no freeze dried meals for her. Her meals consisted of dried beef, cheese and nuts accompanied by any food she might find along the path. Fans have ensured that her achievement is remembered by naming parts of the Appellation Trail after her.

## Weather Lore for Walkers

*Beware the oak, it draws the stroke.*

*Avoid the ash, it courts the flash!*

*Creep under the thorn. It will save you from harm.*

A German study in 1900 found that one beech would be struck to six spruce, 37 pine and 60 oaks. An English study in 1935 found that 13 poplar were struck to 26 ash, 32 elm and 61 oaks. Tall trees in open ground, on woodland borders and on sandy soil are more likely to be struck; smooth barked trees are less of a risk than rough barked species; like the deadly oak.

## The Early Days

Early man is thought have originated in the Horn of Africa. But remains have been found very far from there – proving that our ancestors have walked a long way:

Dmanisi skull, 1.75million years old found in Georgia.

Java Man, 700,000 years old found in Indonesia.

Peking Man, 420,000 years old found in China.

## Mad for Walking - British Version

(Contribution by Warren J)

Hamish Brown - first person to climb all the Munros in one continuous walk: 1639 miles, 449,000 feet of climbing, 112 days. In total Hamish Brown has completed 6 Munro rounds. More recently Hazel Strachan has completed 9 rounds and Steve Fallon 15 rounds. John Merrill - first person to walk around coast of Britain: 7000 miles. Over the last 49 years John has walked over 225,500 miles - more than ten times around the world, wearing out 136 pairs of boots, 47 rucksacks, and more than 1,700 pairs of socks in the process.

## TWO POEMS TO LIGHTEN THE MOOD

### A Well Known Poem Contributed by Jo K

Uplifting and look forward to the next walk with HF Club!! 🧑🏻👤 Soon. Jo

1. I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

2. Continuous as the stars that shine  
And twinkle on the Milky Way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.  
The waves beside them danced; but they

3. Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed—and gazed—but little thought  
What wealth the show to me had brought:

4. For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.  
– William Wordsworth (1815)

### HF CLUB HOLIDAY – HOTEL EUROTEL – VILLARS 1992

Poem by: Pauline C, Margaret O, Linda B

1. It was four in the morning, what fun!  
As the HF set off in the sun.  
The coach and the plane  
And the lovely Swiss train,  
Carried us up to Villars- sur- Ollon.

2. 'Twas wet when we came-  
We got used to the rain,  
We were eager to be on our way.  
With brollies and shorts,  
We set out on our walks,  
To Bex, Bevioux and Bretaye.

3. There were cowbells and mud  
And almost a flood,  
But beautiful flowers all around.  
With true British grit,  
And the aid of a stick,  
We slithered not far from the ground.

4. We were told by Doreen  
There were views to be seen.  
She said that Mont Blanc would appear!  
We soared to the heights  
In search of the sights,  
And ended up wearing wet gear!

5. As Carl led the 'longs' up and down,  
They followed with never a frown.  
They went on their way  
Even on his birthday,  
This man is a man of renown!

6. There were decadent points to be scored  
On days when the walkers just toured.  
There was chocolate and cheese,  
And a feeling of ease  
As they aimed for the highest award.

7. With café–au-lait  
Or a beer at Bretaye,  
A great time was had by all.  
With our thanks to Doreen Miles  
For being so keen,  
WE REALLY HAVE HAD A BALL!

## A BIT OF CORONA VIRUS HUMOUR

I'm in isolation, it's now my 6th week (A poem by Josie A)

1. I'm in isolation, it's now my 6th week  
At first I quite enjoyed it so to speak  
Things to catch up on, some jobs overdue,  
But oh dear there's so many, I thought just a few.

2. I'm trying to eat healthy, it isn't a chore  
Eat what I'm used to, never a bore  
I look for my cereals, there's none there  
The cupboards almost empty, I stand and stare  
I reach for some cake and it tastes so good  
Shall I have a second slice maybe I should.

3. I've been doing my Tai Chi as best as I can  
But everything's in the way, I'm in a jam  
Knocked over a chair kicked the cat  
Got in a mess and fell on the mat  
Think of something else I tell myself  
Picking some chocolate off the shelf.

4. I'm not on the scales I know I'm not weighty  
But maybe I am with the food I've ate lately  
So come back the times when I can go on a walk  
Meet up with friends and have a good talk.  
Back on the bus and off for the day  
"Peak District" we'll soon all be back on our way.

---

Joke contributed by David K: Second hand toilet paper for sale apply within (bottom prices).

Joke contributed by Jane R (from Facebook): Recycle toilet paper – use Tippex!!

Joke contributed by Mal T: Things are getting really bad, even traffic wardens are working from home.

Wonder where they got that toilet roll from? (Picture from Josie A)



Coronavirus parody. Imagine (there's no bog roll). Click on link below to see and hear video.  
<https://www.youtube.com/watch?v=P7GAn7s3c0k>

A Bit of Ozzie Humour from David K. Click on link below to see and hear video.  
Don't forget to turn on the sound.  
<https://www.facebook.com/479293115440685/videos/1367431436778088>

Picture from Facebook page, see below— Jane R



---

### Committee Meeting

The next committee meeting is **to be announced**.  
If any member wishes to raise a topic for discussion,  
please let any committee member know.

### Aug-Sep 2020 Newsletter

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



**Better Walking Altogether**

**[www.hfholidays.co.uk](http://www.hfholidays.co.uk)**

**Tel: 0845 470 8558**

For details and brochures, contact: HF Holidays  
Catalyst House, 720 Centennial Court,  
Centennial Park, Elstree, Herts WD6

---