

# Nottingham HF Rambling Club Newsletter Aug-Sep 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 will inform everyone in the club when we are finally allowed to resume organising group walks and social events and the rules involved according to government guidelines. In the meantime 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.

## Holidays

### **NEW: LLANDRINDOD WELLS COACH HOLIDAY June 2021**

Margaret has booked accommodation at the Metropole Hotel, Llandrindod Wells.

Dates: From Friday 18th June 2021 for 5 nights. Margaret is not sure of the cost yet. **For further information and to book a place contact Margaret C. Contact details at the beginning of this newsletter.**

### **TENBY COACH HOLIDAY June/July 2022**

**You can either transfer your booking from the cancelled 2020 holiday to the 2022 holiday including your deposit (£25) 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.**

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.

### **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.

## Thanks from Doreen M and Ron & Sylvia C

From Doreen: I would like to thank the club for the lovely bunch of flowers which arrived safely and the honour of life membership of the HF Rambling Club. I was so sorry that I wasn't able to join all my friends on 21st March as I was really looking forward to seeing everyone. I do not know what the future will bring and when and how we will all meet up again. I have lunch at Calverton on my calendar on 13th May but that will obviously has been cancelled too. Looking back over the years the club has given me so many friends and the joy of rambling. Thank you, Doreen.

From Ron: I hope you are keeping well. Thank you for my birthday card and the gifts received.

Ron celebrated his 90th birthday in May. And he and his wife Sylvia also received a certificate awarding them life membership of the club thanking Ron particularly for his time as Wednesday Rambles Secretary, in both organising and leading walks.

## PAST RAMBLES

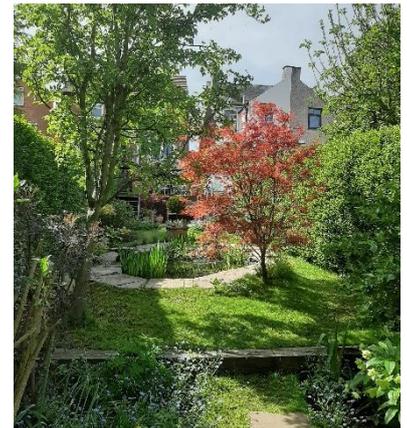
### Mid-Week Ramblings

#### CoronaVirus and Lockdown

Some members have been uploading photos of their gardens and walks they have been doing during the lockdown (on their own or with a friend). **Please see the photos on the link below:**

<https://www.meetup.com/en-AU/Nottingham-HF-Rambling-Club/photos/30875234/>

**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 hard work he has put in finding leaders and leading walks himself. Teresa M**



### Reminder: 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.**

### Results of Club Lockdown Quiz

In the end there were seven entries for the quiz in total plus one late entry. The two joint winners were Hazel C and Roger W with Peter S as runner up. Hazel and Roger have received in the post TWO tokens EACH for a free seat on any Sunday club coach ramble or a club social outing. As runner up Peter S received ONE token. The same conditions apply. Thank you to all those that took part in the quiz and doing it in the spirit in which it was intended.

## RAMBLING BACKWARDS

**Following the tale of the horrendous journey undertaken by an HF group to Austria in 1937 (see April-May newsletter) herewith a few snippets from the issued instructions given to the group prior to travel.**

**Requirements:** Bring an efficient mackintosh or cape and sou'wester. Shorts and skirts can be taken though breeches, plus fours or flannel trousers are suitable wear for men and women for climbing. It is advisable to bring clothing that covers the whole body due to the hot sun. Clothing should be strong but light and easy fitting (no doubt to allow for the 3 hearty meals per day - Ed). A woollen sweater and wind-proof jacket are desirable, two pairs of woollen socks or stockings should be worn with boots. Strong thick-soled well broken in, nailed boots are essential for those desiring to participate in the climbs included in the programme, though very strong nailed shoes can be taken by those prepared to omit the more strenuous climbs. The nailing of boots and shoes can be best done at the resort.

Bring rucksack, soap, towel, bathing costume and electric torch.

**Sports:** Bathing, boating and tennis.

**The resort:** Seeblick, attracts interesting people from many countries and it is hoped that guests will contribute as much as possible to the international life at the Guest House. All meals will be taken at Seeblick together with the social life but guests will sleep in good class Austrian peasant homes.

I would add from my experience going to Austria in the fifties, that one does NOT pick the edelweiss and that the greeting equivalent of Good Morning/Day is Gruss Gott. I stayed in "peasant" houses displaying Zimmer Frei signs which were very good with my first experience of a duvet and proper coffee. **Eddie G**

### Rambling in War Time and Beyond

Written by the editor of the Nottinghamshire Walker in 2009: Ted was rambling during the Second World War when he was a young man working in a reserved occupation and I have to say his exploits really surprised me. I assumed, incorrectly as it turned out to be, that outdoor pursuits ceased during the hostilities due to transport restrictions, rationing and general shortages. However, as you will read, it was amazing how adaptable people were, not only to cope with the situations around them but also to be able to enjoy themselves in times of adversity.

Written by Ted Wright from Mansfield for the Nottinghamshire Walker – May 2009:

My walking career started, oddly enough, on a cycling weekend, during the Second World War, to Castleton where I stayed at the Holloford Youth Hostel. At the time Castleton Hostel was a shed in a field and comprised of a common room and members' kitchen whilst the dormitories were two further sheds in the same field. A girl from Beuchief (near Sheffield) once asked me in the common room where her dormitory was and could I please show her, bearing in mind there was a total blackout and no lights anywhere. When we located it she asked me if I was coming in. Of course I refused since why would I want to go in the girls' dormitory? Ah, the naivety of youth!

It was here, at Castleton, that I met two lads from Sheffield. We walked over to Edale and back to collect my bike and then cycled home to Mansfield. This was to be the start of a friendship that lasted forty years. The previous year, 1941, I had cycled to Tintagel in Cornwall but the journey was made somewhat difficult as there were no signposts (due to the war). I stayed in a Bed and Breakfast at 1, King Arthur's Terrace which cost 4s 6d (22.5p in new money) and had to ask for a tin of beans to be warmed up as rationing was in force.

Walking was very much alive and well during the war. New Youth Hostels opened up and these were fully booked at the weekend. As far as kit was concerned there was always plenty of ex-government gear available such as aertex bush shirts and ex-army packs. To be continued—

## FACTS & FIGURES

The following information could perhaps be of interest to the more statistically-minded member,  
Contributed by **Ray H** to a Club Newsletter Oct-Nov 1992:

- Walking two miles or more is the most popular sport in Britain
- Men and women go walking in approximately equal numbers. Walking is well represented through all age ranges although the greatest proportion of ramblers and hikers are in the 30-60 age range.
- Walking at a pace of 2mph uses 180 calories an hour; at 4mph, 350 calories; and 5.3mph, 620 calories.
- Walking at 4mph up a 15 degree gradient is like running at 8mph on the flat.
- There are 120,000 miles of public footpaths and bridleways in England and Wales and thousands of miles of paths in Scotland.
- It takes 1,700 steps to walk a mile.
- Your body absorbs 250 tons of force every mile you walk.

### Those Early Rambling Days

In summertime, when I was nine or ten  
We went a Sunday walk, if sunny then  
Just Mum and Dad and I, when cousin Kate  
And Auntie Ada met us at our gate  
Quite early on a lovely July day  
Down Wilford Lane we went our well-planned  
way  
At Wilford Village through an open gate  
Where wound ahead a meadow path, so Kate  
And I, could scamper to the ridge  
That stands upon the ancient grey stone bridge  
That spanned for many years the Fairholme  
Brook  
We watched the stream then cried: "Oh come  
and look  
There's minnows by the thousand swimming by."  
Our parents came and looked with this reply:  
"There are a lot! But come we must away  
There's still a mile or so to end the day  
With cottage tea and strawberries and cream."  
We yelled with glee: "Oh what a scrumptious  
dream!"  
We climbed a stile and hurried up the rise  
To Clifton Grove, where trees against the skies  
Stood tall and proud, the ash, the oak, the elm  
Here Kate and I explored the shadowed realm

Sometimes between the trunks and boughs wind-  
bent  
Far down below we saw the River Trent  
Another stile, a little field, a gate  
And there the cottage stood, we were not late  
Our parents close behind; there at the door  
Was Mrs Elliot to welcome us once more  
She was a friend, a local farmer's wife  
She'd dwelt in Clifton Village all her life  
Her garden was the place for us to have our tea  
Where there were hosts of flowers for us to see  
And butterflies and bumblebees... But oh!  
Too soon the time had come for us to go  
We said goodbye and made our friend a vow  
We would return when weather would allow  
How we got home I really do not know  
By bus perhaps, but 80 years ago  
They were quite slow and few and far between  
But we reached home far from the rural scene  
All sleepy-eyed and far too tired to play  
But oh what fun, that Early Rambling Day!

**Written by THEO E** (from the club archive, not sure when this was written – possibly 1955? Or maybe later.)

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Jane R contributed: The Owl and the Fox Poem, see video link below:

<https://www.youtube.com/watch?v=1j4kBhB0D6c>

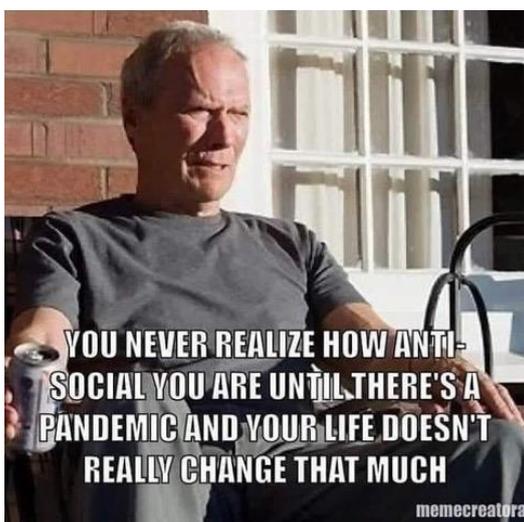
Anca V contributed: An Undulating Chinese Ramble, see video link below:

<https://www.facebook.com/nottinghamhramblingclub/videos/956966431402486>

**A bit of humour contributed by David K:**

Had a painter and decorator round. He's a currently furloughed Virgin Atlantic Pilot.

Made a lovely job of the landing...



**A bit of humour contributed by Josie A:**

- I hate it when I see some old person and then realise we went to the same school together.
- Never be afraid to try something new. Remember amateurs built the Ark, professionals built the Titanic.
- If I was a plastic surgeon .....I would 100% put a squeaky toy in every breast implant.
- Hold your wife's hand in the mall, because if you let go, she'll start shopping, it looks romantic but it's actually economic.
- I went to ASDA the other day. An old lady was looking at the frozen turkeys, she couldn't find one big enough, so she asked the stock boy: "Do these turkeys get any bigger?" He replied, "No ma'am they're dead."

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### Committee Meeting

The next committee meeting is **to be held on July 9th**. If any member wishes to raise a topic for discussion, please let any committee member know.

### Oct-Nov 2020 Newsletter

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



**Better Walking Altogether**

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

**Tel: 0845 470 8558**

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