



East Yorkshire & Derwent Area Ramblers

Area News

April 2011



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www.ramblers.org.uk

WORKING FOR WALKERS www.eastyorkshireramblers.org.uk

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Area AGM January 2011

At our Area AGM, the absence of Dennis Parker, one of our most prominent and long-standing members, was keenly felt, many of us having attended his funeral the previous day (see obituary page 7).

Our Chairman, Peter Leese, stood down but fortunately most other Area officers were able to continue in post. Chris Bush took on the role of Chairman for one year only. Ray Wallis was elected as Area Vice-President and Dany Włodarczyk as Vice-Chair. It was agreed that Les Atkinson, Chris Bush and Peter Ayling would represent our Area at the Ramblers' National Council in April. Following the formal part of the meeting, Robert Peel from the Ramblers' Board of Trustees spoke very succinctly about current Ramblers campaigns and activities.

A Message from the Chairman

'It was flattering to be asked to succeed Peter Leese who has steered our activities over the last few years. On your behalf I offer our thanks for his work.

My current reading matter is "Wolf Hall", a novel about the role played by Thomas Cromwell in managing Henry VIII's affairs, not least to secure a male heir to the throne. We too need to look for successors in some key Area roles in the not too distant future.

Job opportunities!

Malcolm Dixon, our hard-working and hard-pressed secretary, came to us from Sheffield and intends to move back there in a year or two. It is a truism to say if you want a job done, find a busy man. This is certainly the case with Malcolm. But we have known for a while now that he must be replaced and this would seem a good time to get a new team started.

Dany Włodarczyk and Paul Rhodes have developed our Area News from a black and white paper to the colour publication you get now. After five years, Paul has decided to step down. We offer Paul our thanks and best wishes to him for the future. Dany would like to hear from anyone interested in helping out with



Shirley Dalby and AGM Speaker Robert Peel during the raffle for prizes generously donated by Dennis Parker and Rohan, Beverley branch,

Area News and the position of Area Publicity Officer also remains vacant

I could extol the virtues of all those who work hard on your behalf as Area officers. We remain fortunate to have a team of really supportive people – Ann Laing and Peter Ayling to name but two. Please do not be put off from taking on a task. If you can volunteer for an Area job, you will know that there is back up in the form of advice and experience – as well as scope to develop a role as you see fit. It is, as the job adverts say, a challenging opportunity to progress from an excellent base.'

Chris Bush

New Walks Guide

Open access walks North Yorkshire

This booklet was written and devised by local ramblers and published by North Yorkshire County Council with some financial contribution from Ramblers. It is now obtainable free of charge from Tourist Information Centres throughout North Yorkshire.

Ten walks across the Yorkshire Wolds and the Pennines outside the National Parks, are described. Accompanying each walk is a 1:25,000 OS Explorer map showing the route, detailed directions and a miscellany of additional information including the history, archaeology, geology and natural history of the area visited.

Wherever possible, routes have been devised to take advantage of the new opportunities afforded by the recent designation of open access land. The booklet will be associated with a website: www.yorkramblers.org.uk/access/.

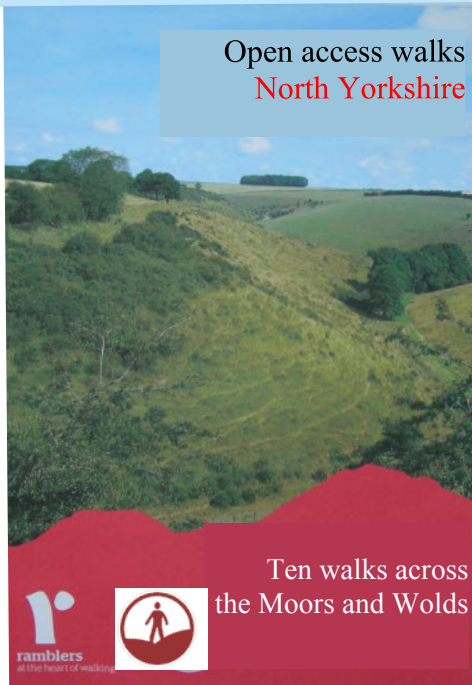
Tom Halstead

"It looks a splendid publication. The walks are beautifully described and illustrated - a great way to promote the use of access land, and open it up to people who might be a bit nervous of leaving the trodden path. There's also lots of local detail, covering history and geography. I'm hoping to be able to join the Area on one of the walks."

Congratulations to Tom Halstead and the team."

*Tom Franklin
(Ramblers' Chief Executive)*

Open access walks North Yorkshire



CONSULTATION PAPER ON LED WALKS AND AREA/GROUP STRUCTURE

A consultation paper *Liberating Led Walks* and an accompanying survey questionnaire for Ramblers' members and volunteers was circulated in February with responses required by 8th May. To obtain a copy of the document and give your views, please contact Gemma Petty, Group Walks Development Officer, Tel: **020 7339 8500** or email: gemma.petty@ramblers.org.uk

NEW WALKS PROGRAMME BOOKLET

Together with this copy of Area News you will have received an updated version of our walks booklet. It now includes details of the many extra summer walks which have been arranged. In future, our programme will be published every six months.

Whitby Abbeylands Walks

The Whitby Abbeylands by John Eckersley and Roger Pickles describes a walk along the 55-mile boundary perimeter of the Whitby Abbey estate according to the medieval *Cartulary. As well as this longer route, the authors have also devised 13 circular walks of 8-10 miles, each taking in part of the boundary. Most of these also have shorter alternatives.

Each walk description is followed by a couple of pages of illustrated notes prepared by the Friends of Whitby Abbey, the publishers of the book. The walk descriptions also suggest parking places and public transport options. Careful reading will give warnings of

steep ascents or descents but it is, of course, advisable to carry an O.S. map even though excellent sketch maps are provided. All the descriptions include points of interest to look out for in the form of a treasure hunt, answers being given at the back of the book.

This book provides much more than walk descriptions. Very readable, it is good value at £7.99. Any profits will be used to publish a DVD of the Cartulary. Perhaps one of our Groups might consider a monthly walk, to cover the whole perimeter in a year?

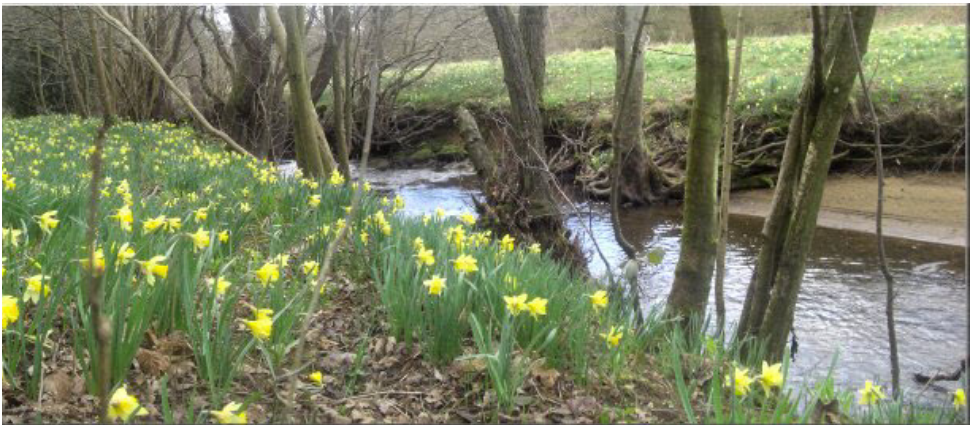
Vera Silberberg

*Register-book of a monastery

Lowna Daffodil Walk

Most people will know the almost too popular 1½-mile daffodil walk upstream from Low Mill to Church Houses in Farndale. An alternative 7-mile walk avoiding the crowds (but involving 350m of ascent) can be started further downstream, where parking is available on the bridleway verge at Lowna Bridge, SE 685 910. Chris Bush will be leading this walk for us at 11.00 on Wednesday, 13th April. The route is also described with a printable map on two excellent walks websites:

www.yorkshirewalks.org/diary09/diary288
www.walkingenglishman.com/northyorkshire



Daffodils near Lowna, photo courtesy of Frank Firth

Dennis Parker 1920 - 2011

In Dennis, we have lost one of our leading lights whose enormous contribution to the work of the Ramblers Association was recognised in 2008 by the award of Honorary Life Membership.

Dennis was born in Scarborough and attended the Quaker school at Ackworth. During the war he served in the RAF, engaged in photographic interpretation including vital preparations for the D-Day landings in 1944. Eventually, his career as a chartered surveyor brought him back to this area.

Dennis completed a number of challenge walks, amongst them the gruelling 55-mile Fellsman Hike on several occasions. He created the High Hunsley Circuit, a local 25-mile one-day challenge walk which he used as a training circuit for longer routes. He shared his love of walking by leading hundreds of local walks, particularly for the Market Weighton Monday Walkers, generously donating his college lecture fees to the Ramblers. He constantly fought for better access to the countryside and was a legendary letter writer.

Dennis played a key role in our Area from the 1970's onwards. He served as Area Chairman from 1973 to 1995, Area President 1998-2002, and subsequently Vice-President, Countryside Secretary

1995-2005, and as a member of Area Footpath Committee until 2011. He was a founder member of Beverley Group, serving as its Chairman from 1982-2006, and as Chairman of the Group Footpath Committee from 2002-2011

Dennis was diagnosed with an incurable illness last summer, but he bore it with great dignity. He organised celebrations at Thixendale for the Ramblers' 75th anniversary last October and, just days before he died, collected and donated raffle prizes for the recent Area AGM.

Former Area President, David Rubinstein writes: 'Dennis gave us four decades of outstanding service. He was always willing to undertake work, he was always present at our events, he was always meticulously well-prepared for speeches or presentations he had to give. His actions belied his years, he was evergreen. We had hoped and expected that he would go on for years to come. He was also extremely congenial and excellent company. I have a thousand memories of him. He will be sorely missed.'

Dennis's wife, Angela, shared his love of walking and supported him in all he did. We offer our heartfelt condolences to her and to Dennis's family.

Peter Ayling and Dany Wlodarczyk

AREA PUB LUNCH WALKS

The walks are about 6 miles long starting at 9.30 and the pub lunch (optional) is usually at the end of the walk. Details are circulated by email or phone near the time of the walk. To be included in the mailing list please send your email address to marilyn@marilynskilton.wanadoo.co.uk or phone **01347-824520**.

DATE	PUB	PLACE	PARKING	LEADER
Tues 12 April	The Royal Oak	Gillamoor	Pub Car Park	M. Waind
Tues 10 May	The Highwayman	Sheriff Hutton	Public Car Park	P. Poskitt
Tues 12 July	The Triton	Sledmere	Pub Car Park	P. Leese

Dates for the June, August and September walks have not yet been finalised.

What Comes Naturally

Many nineteenth-century memoirs include vivid descriptions of a childhood spent, whenever possible, 'in the fields and lanes culling the flowers, chasing butterflies, hunting after birds' nests, sitting by the brooksides watching the waterflies or angling for minnows that glanced in the sunlight like streaks of burnished silver'.

These accounts are found even when the writer came from a poor family, where work began early and often in atrocious conditions. Joseph Gutteridge, quoted above, was born in Coventry in 1816 into a family which was certainly poor, though many lived in worse conditions. Despite having to earn a precarious living as a silk-weaver, he built on his early interest in wildlife to become known as a respected amateur naturalist.

The frequency of such accounts owes much to the fact that until the later twentieth century most people thought it was natural for children to be out of doors whenever possible. Elizabeth Grant was born in 1797, daughter of a Scottish laird. One of her earliest memories was of summers spent on the family's highland estate where she and

her sisters and brothers spent the whole day outdoors with a nursemaid. At the other end of the social spectrum, the children of labourers in Flora Thompson's "Lark Rise" in the 1880s were put outside by their mothers and told to 'go play' rather like, as she later described it, foals turned out to grass.

Yet even when families did not encourage children to find a life of their own outdoors, the urge to explore the world was often more powerful than parental disapproval. Another self-taught naturalist, Thomas Edward, born in 1814, grew up in Aberdeen and became a shoemaker. Not even being tied to the furniture prevented him from wandering off, returning eventually with an unwelcome cargo of unprepossessing wildlife.

As far as the history of rambling is concerned, the important thing is that until the later twentieth century, children often, even usually, grew up with the assumption that the world outside their homes was there to be explored by them, alone, with adults or other children, and almost always on foot. Rambling really was what came naturally. When they



What Comes Naturally (cont)

became adults 'going out for a walk' was already established as, at the very least, a normal way of spending free time. This was obviously encouraged by the ease with which walking combines with changing interests, whether it is botany, physical fitness, courting, or just getting out of the house.

Things are very different today. The countryside is further away, more rigidly enclosed and there are fewer birds, flowers and butterflies to attract a child's attention. The world also seems a more dangerous place. Small wonder that so many children stay indoors, explore via television and the internet, talk to friends by mobile phone and assume leisure activities involve being driven somewhere and picked up afterwards. In modern society going out for a walk for interest, fun or relaxation is less likely to develop naturally, a matter of concern to all ramblers.

Ann Holt

BLUEBELL WOODS

Thanks to local ramblers who have told us where to find a bluebell wood, e.g Bratt Wood, (Nunburnholme) Hagg Wood, (Dunnington) Stittenham Wood (NE of Sheriff Hutton) and Sutton Wood (Sutton-on-Derwent). For further details and bluebell walk suggestions, see FAVOURITE WALKS on our website: www.eastyorkshireramblers.org.uk/walks

The Daffy Caffy
High Mill, Farndale
Open 9.00 - 5.00

every day in March and April.
May to September Fri, Sat, Sun
Enquiries 01751 430363

Tophill Low Nature Reserve

This 300-acre site is one of the best kept secrets in East Yorkshire with easy access from the A164 near Watton south of Driffield.

MONTHLY WILDLIFE WALKS

Join the Warden at 10 am on the **first Saturday of every month** for an informal two hour guided walk to see the best the reserve has to offer through the year. **No booking necessary**, all ages and experiences welcome – just boots and binoculars.

Tuesday 26th April

Pond dipping – Join a warden to see what lurks in the depths of Tophill Low's ponds in this family friendly event.
1pm – 3pm, book in advance.

Saturday 9th July

See a barn owl – join the Warden to look for the ghostly barn owl. Success depends on good weather. 7pm till late, book in advance .

Sunday 10th July

Moths and butterflies – See the diversity of UK moths as we empty the moth traps, and then participate in a guided walk to study the reserve's butterflies. *Success depends on warm sunny weather.* 10am – 12.30pm, book in advance.

All events are strictly book in advance only unless otherwise stated. Ring the reserve on **01377 270690** to book. All events are free with standard admission unless stated otherwise. Children should be accompanied by an adult. Admission £2.80 adults, £1.20 concessions. Sorry no dogs permitted.

For more events and current blog see **www.yorkshirewater.com/tophill**

WATCH OUT! TICKS ABOUT!

It is from April to October that we are most likely to be bitten by a tick, some of which carry a bacterium which is the cause of Lyme disease. This can be very debilitating if not treated promptly.

Ticks carrying these bacteria are present throughout the UK but are particularly likely to be found on the **North Yorkshire Moors, in the Lake District, Exmoor, the New Forest, the South Downs, parts of Wiltshire and Berkshire, Thetford Forest and the Scottish Highlands.**

Lyme disease is becoming more prevalent in the UK. There were over 700 reported cases last year, but it is thought that many cases of Lyme disease are misdiagnosed as ME or chronic fatigue syndrome. Ticks can be as small as a full stop, and the bites are painless. They may go unnoticed so prevention is important.

PREVENTION

- Wear long trousers and long sleeves when walking through bushy areas, tall grass and densely wooded areas.
- Pull your socks over the outside of your trousers to prevent ticks from crawling up inside.
- Keep your shirt tucked into your trousers.
- Wear light-coloured clothes so that ticks can be spotted easily.
- Spray your clothes with insect repellent.
- Check your clothes and skin frequently while in the woods.

After returning home:

- Remove your clothes and thoroughly inspect all skin surface areas, including your scalp.

- Some ticks are large and easy to locate. Other ticks can be quite small, so carefully evaluate all black or brown spots on the skin.

- An adult should examine children carefully.

Tick Removal

- Do it as soon as possible.
- DO NOT squash the tick as this may cause it to regurgitate its saliva and stomach contents into you.
- Use tweezers, or better still, a tick removal tool, to ensure you remove all the tick.
- Avoid getting any tick fluid onto bare skin and dispose of the tick down the sink.

SYMPTOMS

Flu like symptoms appear 2 – 30 days after the bite and include extreme fatigue, muscle, tendon or joint pain, stiff neck, headache, and disturbances of sight, hearing, the digestive system or sleep. See your doctor if you develop these. A Bull's Eye rash may occur. If so, take a photographic record.

Lyme disease is treatable by antibiotics: the sooner these are given the better.

Useful websites:

www.LymeDiseaseAction.org.uk

www.northyorkmoors.org.uk/safety-284/

Pauline Hakeney

Area Mailshots

If you would prefer to receive mailshots electronically (i.e. Area News, your Group Newsletter, the Annual Report and the Rambles Programmes) please inform the Membership Secretary by emailing **areamembers@hotmail.co.uk**

Volunteer Profile - Jackie Glew, Ambles Co-ordinator

For many years, Alan Clark co-ordinated the York Group's Wednesday Ambles, a programme of weekly 6-8 mile walks with York as its hub. When Alan stepped down four years ago, Jackie agreed to take over.

Jackie continues: 'Alan did such a good job not only in creating popular programmes of walks but in setting the cohesiveness and warm and sociable style of the group. I offered to take on the job with some trepidation and with help from others, Margaret Green in particular. Other members support the social aspect of the group – such as organising the Christmas dinner and making cakes to mark special occasions.

When planning the programme we try not to repeat walks within 3 or 4 years, which is something of a challenge - but we are helped by having such a diverse countryside, a long history of tried and tested routes, and members who frequently contribute new ideas.

Willing Volunteers

We are fortunate in having around 20 people who are willing to lead walks and others who contribute or recce routes, or act as back-markers. Any member is encouraged to try leading with the support of someone more experienced.

About six weeks before a new programme is due in, Margaret and I get our heads together and, with map in front of us, look over the past programmes. If someone has led a particular walk before, we ask if they would be willing to do so again or if they

have new ideas. Then we ask around for suggestions to fill any gaps. When the programme is complete, we check the grid references on the Internet and send the information to Roy Hunt to put on the Walks Finder.

Challenges

If we have any challenges, they are to do with the size of the group. If you have 51 people on a walk (as we did in Hovingham recently) you have to hope



that there aren't too many stiles! And parking can be an issue – car sharing is popular, but attempts to encourage people to use public transport have not been terribly successful.

There are around 90 people on our mailing list of whom about 35 walk very regularly with us. Members from other groups also join us depending on where we are walking. We have a website where people who walk with us regularly are invited to upload photos and participate in discussions.

'Ambles' are walks at a gentler pace than the main York Group's walks. We start at 10.30 and are usually back around 2.30. The walks are now included in the new programme booklet. Why not come along and see what we do?'

Jackie Glew

Goxhill Annual Church Service for Cyclists and Walkers

This year's service will take place on
Wednesday, 20th July at 7pm.

Group and Club News



43 members enjoyed Pocklington Group's 5th September 2010 coach ramble to Settle in the Yorkshire Dales. Walking through panoramic scenery was made all the better by warm sunshine and ending with a restaurant meal. Photo courtesy of Tony Corrigan

HULL CHA RAMBLING CLUB

The club was formed in 1911 so celebrates its centenary this year. Ann Paulls, General Secretary, writes:

'To mark the occasion a booklet has been produced depicting the club's history. We have also published a Centenary Walks leaflet which will be available from Hull and East Riding libraries and Tourist Information Centres. We have already printed and sold a specially commissioned 2011 club calendar, showing pictures of our favourite walking areas.'

HULL AND HOLDERNESS GROUP

Group Secretary Chris Barker's email address is: **barkerp24@yahoo.com**

Talks are taking place with all interested organisations concerning the right of way along Alexandra Dock which would be affected by the Siemens project.

18 evening walks are planned for the summer, most of which finish near a pub! The final walk will be a ghost walk, led by Paul Schofield so come along and enjoy yourselves. All welcome.

Hull and Holderness Committee

*Seen on a Hull Group
walk near Seaton .
The sign reads*

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DIVERTED
FOLLOW
WAYMARK**



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Group News



Howden and Goole Group enjoying sunshine and early spring flowers on their walk from Millington Church on Saturday, 12th February, 2011. Photo courtesy of Marian Thomas

YORK GROUP WEBSITE

Well worth visiting (and re-visiting often) because new items are being added regularly. Among other things, it has walking routes of recent Wednesday walks, also photos and current topics of interest to walkers.

It's an easy address to memorise:

www.yorkramblers.org.uk

SCARBOROUGH GROUP WEBSITE

Our new website maintains an updated list of walks, and, whenever possible, includes files of the route, suitable for display on mapping software such as Memory Map and Quo and for use with GPS devices. Find us at:

www.scarboroughramblers.co.uk

Rohan

John, the Store Manager, would like to thank East Yorkshire and Derwent Ramblers for their custom at the new **Rohan** store at 22, Butcher Row, Beverley.

Our new spring range is now in. 10% discount is offered on all items on production of your membership card.

Contributions to Area News should be sent to : Dany Wlodarczyk , 49 Pasture Terrace, Beverley, HU17 8DR. Email danywlo@yahoo.co.uk The deadline for the next issue is: July 15th 2011

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