

East Yorkshire & Derwent Area Ramblers



Area News

and

January
2012

ANNUAL REPORT 2010-2011



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www.ramblers.org.uk
WORKING FOR WALKERS
www.eastyorkshireramblers.org.uk

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WHO ATE ALL THE PIES?



Two Ramblers did, but only in the name of quality assurance. Whilst other walkers were busy choosing a variety of food from the menus on the 2011 monthly Area Pub Lunch Walks, Tony (Corrigan) and Neville (Kirkpatrick) didn't have to waste time deciding what to eat. It was invariably steak pie. Sometimes steak and kidney, occasionally steak and ale, even including a mushroom or two now and again, but always with the vital ingredient of **steak**.

Desperate Dan and his Aunt Aggie would be delighted to know that the cow pie tradition is alive and well in certain parts of Yorkshire.

You've heard of Michelin stars for outstanding food. Well, Michelin was unable to join us each month, so these pies were given Ramblers' Rosettes instead for overall quality.

The crust had to be not too thick, not too soggy, and of an appetising golden colour. The gravy had to be full of flavour, not too thick nor too thin, and of a deep rich colour. To score a high number of Rosettes it was essential for the steak filling to be tender, well-cooked, plenty of it, and in enough gravy to make it moist.

Bearing in mind that this was not a representative sample, having only two researchers who were piling on the pounds each month, you may want to do your own research to see whether you agree with their findings, but here comes the result:

Whilst a couple of pies came a very close second and third, the outright winner was The Royal Oak Inn at Gillamoor. The fact that this pie came in a rich **red wine** sauce has absolutely no bearing on its winning place. Allegedly!

Marilyn Skelton

Snowdrop Sundays at Londesborough Park 19th and 26th February

The Wilderness will be open to the public. Refreshments will be served in the Reading Room from 11.00 till 5pm with books on sale. Proceeds go to the church which will also be open.



AREA PUB LUNCH WALKS 2012

The following table of walks may change slightly nearer the time, so please ensure that you check the Area website under 'Area Walks' or send your contact details to 01347-824520 or email marilyn@marilynskelton.wanadoo.co.uk
Walks start at 9.30am, usually from the pub car park, and are about 6 miles long

DATE	PUB	LEADER
13 Mar	The Triton Sledmere (meet at Eleanor Cross)	Peter Leese
03 Apr	The Malt Shovel Hovingham	Judith McCreery
01 May	The White Swan Thornton le Clay	Jane Preston
12 June	The Horseshoe Inn Levisham	Tony Corrigan
03 July	The Moors Inn Appleton le Moors	Alma Sykes
07 Aug	The Stone Trough Kirkham Abbey (t.b.c.)	Roy Hunt
04 Sept	The Hambleton Inn Sutton Bank	Marilyn Skelton
02 Oct	The Wolds Inn Huggate	Ros Thompson

Programme amendments

If unusually severe weather should lead to any walks having to be cancelled or amended, Group Secretaries or Rambles Secretaries are reminded to follow the procedure outlined on the WALKS page of our website if they need to change any details on the Walksfinder.

Walkers should consult the Walksfinder for up to date information by going to the WALKS page of

www.eastyorkshireramblers.org.uk

Buggy Walks

If any leaders are planning to offer a walk in the next programme which is suitable for parents with children in buggies please would you indicate in the notes that it is family friendly (FF).

If you can recommend possible routes for independent buggy walkers, please contact the editor so that these can be publicised on our website.

Hull & Holderness Group

Thank you to members of other local groups who have helped with leading the increased number of walks for Hull & Holderness.

Keep a look out in the walks book for our Saturday walks. We are also looking for more members who might be willing to lead a walk in the next programme. Keep walking everyone.

Chris

Next Walks Programme

Groups will soon be starting to prepare our walks programme for April-September, including the very popular evening walks . If you can offer a walk, please contact your Group Secretary or Rambles Secretary as soon as possible.

If you have not led a walk before, how about co-leading with a friend?

Walks from Welton

Walks leaders are reminded to use the car Park near the A63 footbridge as a meeting place instead of the church to avoid congestion in the village.

Walking for all

For most people reading this, “going for a walk” means at least a half day out and five or six miles under the belt; for many of you it will be considerably more. We hardly think twice about a 20 or 30 mile round trip by car to access the variety of rural scenery on our doorstep.

How very fortunate we are! For the many millions who live in our great cities, things can be very different. You may not own a car and, especially if you are on a modest income bus and train fares to get you “away from it all” can be prohibitive. Perhaps there are some extensive city parks or interesting canal side routes nearby, but you may not feel confident enough to get out and explore them by yourself. A holiday break may be out of the question too.

Get Walking Keep Walking

Our Ramblers Central Office and local volunteers have been working with councils, community groups and the Health Service to find innovative ways of getting people walking regularly, especially people from deprived inner city areas who aren't already active, including children. Pilot schemes known as *Get Walking, Keep Walking*, have been running successfully in several cities, amongst them Sheffield.

GWKW is a Ramblers initiative to promote walking to insufficiently active people as a great way of improving their health and well being, with a range of projects across the country. The programmes are different in many respects from the *Walking for Health* schemes which have also been running successfully for many years.

Promoting walking

In 2012 *Get Walking Keep Walking* will be delivered in Birmingham, County Durham, Leicester & Swindon - and there's potential for many more locations.

13,000 people have already taken part in the twelve-week programmes since 2008 and 1,500 walking routes have been created. Many of the groups carry on after the end of the initial programme. These are some comments from participants:

- 'It gets me out of the house.'
- 'I've got to know new people.'
- 'I've gained in confidence.'
- 'It's one of the best things that's happened round here for ages.'

Ramblers' leaders who get involved often find the experience of leading complete beginners in many ways more rewarding than leading their regular five or ten mile walks.

A short video about the Sheffield *Get Walking, Keep Walking* scheme is now available online on the Ramblers website - follow the link at the bottom of this page. You might also check out Charlie Walduck's incredible story on the Internet

It is envisaged that in the future there could be closer links between GWKW, *Walking for Health* and Ramblers groups allowing easy transition between them. Our Groups are asked to consider whether they can offer suitable walks for people “graduating” from the health schemes.

The Area Council would also be interested to know how many of our members are already participating in or leading *Walking for Health* walks. If you do, please contact the editor, Dany Włodarczyk.

www.getwalking.org/get-walking-keep-walking-video/

Ramblers aims

Promoting walking Protecting rights of way
Campaigning for access to open country
Defending the beauty of the countryside.

Change the Landscape in Diamond Jubilee Year 2012

Garden Trees

The Woodland Trust wants you to get involved in the Trust's ambitious plans to plant a million garden trees. You can be part of this nationwide transformation by pledging to plant a tree. They will help you choose your tree and once it is planted you can add your story to their new Royal Record – history in the making!

Diamond Woods

The Trust now has 35 confirmed diamond woods. That's over 1.5 million trees that will be planted as part of the Jubilee Woods project so far. They are well on their way to their target of sixty Diamond Woods but still need help to achieve this. See what you can do here:

www.woodlandtrust.org.uk

Leaders' Advice Corner **How to deal with the person who walks too fast:**

1. Put them on a lead
2. Fill their rucksack with bricks
3. Put nails in their boots
4. Don't tell them where you are going
5. Let them carry on walking until they have disappeared
6. Blindfold them
7. Go another way when they are ahead
8. Don't even take them along
9. Shoot them in the foot

The above was sent to us by the family of the late Jack Straker, who found it amongst some of his walking maps. It would have been very useful in the days before the invention of the Walk Leaders' Checklist!

DIARY DATES

Stuffing Evening

Tues January 10th at 7.30 pm
Friends Meeting House, Beverley

Area AGM

Saturday 28th January at 2pm at Welburn
preceded by a walk at 10.30
Guest Speaker - details on page 5
All welcome

Area Council

Monday 27th February at 7.30pm
Wetwang Village Hall

Stuffing Evening

Monday 19th March at 7.30 pm

Beverley Group Coach Ramble

Sunday, 13th May to Pateley Bridge
Cost £13 If interested,
email courtvd@fsmail.net

Driffield Show

Wednesday, 18th July

Rohan

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Dear Editor

In the September edition of the RA Area News you asked if the Pied Piper could be identified. This may be the answer, but others will know better.

In January 1976, I went on my first walk with the RA as a response to a piece in the Hull daily Mail inviting the public to join a walk from Welton. On arrival the village was found to be swarming with people, who were organised by a rather extroverted bearded gentleman (later identified as Geoff Eastwood) shouting 'Follow him!' while pointing a stick at some one (later identified as Richard Kenchington).

I suspect that Richard is the poetic Pied Piper, especially as a stile census taken on the walk revealed 208 human and four canine participants who all ended the day by walking down the then hotly disputed path along Welton Dale. For a number of years Welton was the first ramble of the year, which could be Nora's 'Annual Welton stunt'.

By the way, Nora refers to 'Farmer Leason'. My recollection is that Mr. Leason was the occupier of the cottage on the canal side at Driffeld, who tried, sometimes physically to prevent people using the path, although ending up in the canal himself on one occasion. There was a protest walk there too, and a large number of Driffeld residents and RA members walked the path, although the cottage curtains were drawn presumably so the occupier could spare himself the dreadful sight.

Best wishes,

Alan Killick

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A Favourite Place

A blood red sun rises over the mountains; its reflection shimmers on the calm crystal water of the lakes.

It shines through the forest canopy casting shadows on the dry leaf covered floor, which seems to dance as the trees sway in the cool morning breeze.

Waking to the chorus of sparrows, finches, tits and blackbirds which flows through the air like a wave of pleasant music.

Looking out of your bedroom window in wonder, as you stare across a meadow of golden corn, to a forest of emerald green pine trees.

Walking up Scafel Pike taking in every image of beauty and immaculate greatness this place seems to offer.

The wind in you hair and the warm sun on your face. You stand there and wonder, could there be a more perfect place.

by Tom Longhorn

(Nora Straker's eldest grandson)

Walking - a spiritual act?

Nicolas Sarkozy's passion for jogging has been criticised as un-French. "Le running" is considered a suspiciously American activity and Sarkozy added insult to injury by doing it in sunglasses and an NYPD T-shirt.

The celebrated philosopher Alain Finkelkraut went on state television to beg Sarkozy to take up the more dignified habit of walking, like poets Rimbaud or Baudelaire. "Western civilisation, in its best sense, was born with the promenade," he said. "Jogging is management of the body. Walking is a sensitive, spiritual act."

Just looking....

Reading a biography of the blind man who became the world's greatest traveller led Ann Holt to consider whether the gift of sight might blind us to our other senses..

Ours is a visual culture. It's the look of things that matters, and when people or houses have makeovers it's all about clothes and cosmetics, or paint and stylish furniture. And often we can't watch the world go by without there being a television or computer screen somewhere in our field of vision, so that we can keep an eye on another passing scene, somewhere else.

All this is the result of reading the biography of James Holman. Born in 1786, he was forced to retire from the Royal Navy by ill-health, aged 25, and spent much of the rest of his life travelling the world.

He was no mighty walker, pounding the miles away and discoursing learnedly on the best cure for blisters. To get from place to place he used whatever affordable means of transport was available. But he did walk a good deal, from choice, even though he was blind and suffered from rheumatism. Either condition would discourage most people, yet when Holman sprained his ankle in Montpellier, his main complaint was that it 'abridged materially' his 'usual pleasure of walking'. An independent-minded type, he did not want to be treated as if he were a '*package of glass*' labelled '*keep this side uppermost*', but to rely on his own resources.

What Holman wanted was the raw experience of travel and nothing provides that as intensely as walking. When he and a friend climbed Mount Vesuvius they could have ridden part of the way but 'in order that I might acquire a more correct idea of

the nature of the road, we gave the preference to walking'.

What intrigued me particularly was how his experience might differ from that of a sighted person. He mentions 'a delightfully refreshing breeze' at the top of a mountain near the Italian town of Viterbo and does not seem to have felt deprived of the 'most magnificent view' which gratified his companion. But then perhaps we, the sighted, are distracted by looking for views. If we paid more attention to it, the sensation of a fresh hill wind might be just as exhilarating. Dominated by our eyesight, we must miss all sorts of nuances in our other senses.

One more example: crossing the Saint Bernard pass, Holman's party came upon some white rock. The sighted members of the party assumed it to be marble.

Holman, accustomed to rely on his sense of touch, picked some up, examined it carefully and concluded his companions were mistaken. It was 'of closer texture and heavier and harder than any marble' he had met with. He was quite right, a sample he took with him proved to be 'a peculiarly hard sulphate of lime'.

The next time we are out walking, it might be worth experimenting. Let's concentrate less on what we can see and more on our other senses. The results might be surprising and enriching.

Ann Holt

A Sense of the World by Jason Roberts is published by Simon and Schuster

ISBN 0-7432-3966-0



Ramblers Accommodation Finder

The Ramblers' online accommodation finder provides a usefullist of walker-friendly accommodation including bed and breakfast, self-catering, hostels and holiday cottages.

Search by national park, county, town, place or postcode at:

www.ramblers.org.uk/info/accommodation.

or email us at

accommodation@ramblers.org.uk



Top Tips

If you have muddy boots and need to put on your overtrousers, put a plastic carrier bag over your boot. Your overtrousers will then slip on without becoming muddy.

The leader was sure no-one would turn up for Beverley Group's walk near Tibthorpe in late November. But 23 members braved the fog and were rewarded with sunshine later in the day. A bemused passing tractor driver claimed to have seen "hundreds of walkers" out that morning!

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