

YORK GROUP COACH RAMBLE

SUNDAY 22 May, 2016 to Malham



The coach will pick up at:

08:25 Hospital Fields Road (Join coach at Ingleby's Depot at the bottom. Parking along road).

08:40 Memorial Gardens

08.50 BP Garage Great North Way near the A1237 Nether Poppleton roundabout

PLEASE BOOK USING FORM BELOW. COST £11 per person.

Cheques should be made payable to RAMBLERS' ASSOCIATION but please note that cheques will not be cashed until after the ramble. Please assume that your seat is booked unless you are told otherwise (please supply email or phone number).

SUNDAY 22 May, 2016

COACH RAMBLE BOOKING FORM

NAME(S).....

PICK UP AT.....

CHEQUE ENCLOSED FOR.....

Email.....

Or telephone number.....

Although you can make your final choice on the coach, it would help the leaders if you would indicate which walk you are likely to join

Please send your completed form and cheque to Vera Silberberg, 41 North Parade, York YO30 7AB

N.B. FOR NOTICE REGARDING THIS COACH RAMBLE:

A walk:	11 mile	Avis Strudwick
B walk:	8 mile	Malcolm Dixon
C walk:	6 mile	Doreen Felton



YORK GROUP NEWSLETTER

MARCH 2016

Coach Ramble - see

separate notice

AGM

The Group A.G.M. will be held on Thursday November 24, at the Bay Horse, Marygate starting at 7.30 p.m. Pub meals available from 6.15 p.m. Further details in September newsletter.

September Walking

Festival

A nationwide Ramblers' walking festival will be held September 3 – 11. In addition to the usual programme, the York group has arranged other walks, of varying length, in order to try and promote the Ramblers, so that there is at least one walk on each day. See the new programme for details: this will be a good opportunity to encourage your non-rambling friends to try a walk. If anyone would like to offer an additional walk on any of these days, let us know, as there will be general publicity nearer the time.

Ramblers' Holidays

Ramblers Worldwide Holidays (RWH) is currently embarking upon a recruitment drive for new leaders for their walking and sightseeing tours throughout the world.

We should be very interested to hear from you if you are a Walk Leader or group member, who might enjoy leading for RWH, initially on a voluntary basis.

As a volunteer leader you might only wish to commit to leading for just one week of the year, perhaps leading a party made up of your own group members, or you might prefer to lead several parties over several weeks.

We are particularly interested in hearing from individuals who have a command of a foreign language.

We can offer training and mentoring.

When leading for RWH the cost of flights, accommodation and meals is covered and we can also negotiate a discount on the tour price for an accompanying partner.

If there is any member who has taken

www.yorkramblers.org.uk

early retirement or who would like to volunteer whilst on leave from their usual employment, please use the following link:

www.ramblersholidays.co.uk/page/become-a-leader

If a group member would like an informal chat about becoming a tour leader, I should be very happy, in my role as a long-term leader for RWH, to speak to them over the telephone. My contact number is **01457 851511** and I am happy to return the call.

Yours sincerely,
Karen Groenewald

Ramblers Holidays Leader, Ramblers
Worldwide Holidays

Email:
kareng@ramblersholidays.co.uk

A Message from Vera Silberberg, York Ramblers Group Secretary

After 22 years I've decided enough is enough, and to quit while the going's good. This should give you all plenty of notice to think about a new group secretary, either yourself, or to twist someone else's arm!

The following is a summary of what I currently do – and don't do, but feel

free to ask me or any other member of the committee about the responsibilities – or even come to a committee meeting to observe.

General administration:

- Send out agendas for committee meetings
- Check minutes [there is a minutes secretary who writes them] and circulate to the committee
- Book coaches for the coach rambles, venue for the A.G.M.
- Write reports for Area Council, and the Annual report for Area A.G.M.

You are the first in line for mail/email/telephone calls from Central Office, other organisations and enquiries about membership or walks. Usually it's then a case of passing on the information/requests to the appropriate people.

Area Council meets about 5 times a year. Group chairs and secretaries are ex officio members [although groups can send others], and attendance helps to know what is going on.

I no longer:

- Receive membership lists [we have a membership secretary]
- Write/edit the newsletter [we have a newsletter editor]
- After May will no longer receive coach ramble applications [the treasurer will do so]

Walking for Health

You may be aware that the Ramblers are one of the sponsors for this programme, which has been running over much of the country for some time. The walks are fairly short, but are a good introduction, and are an important part of our organisation's aim to promote walking, which we are all aware keeps us healthy! In fact, I have read articles describing how walks can be 'prescribed' to help both physical and mental health.

What you may not be aware of, however, is that City of York council will no longer be co-ordinating the programme in this area after March 31. They are currently looking for someone else to take over the admin, but you may be able to help by:

1. Suggesting a group – charity or community – which might be interested in hosting a coordinator. Walking for health could well fall within the aims of health or sport or community leisure groups.
2. Offering time/expertise to actually do the admin – mainly I.T. skills and spare time required! More details available on request.

In addition, it would be good if the Ramblers could offer a programme of intermediate/"stepping stone" walks, perhaps just 5 miles long, for people who have been doing the health walks, but might consider something more. Anything over 5 miles would look a bit daunting, especially involving a bit of countryside, but could encourage others. The Ramblers are offering a membership deal to health walkers wanting to join, but there have to be walks on offer. I'd be happy to coordinate a programme of shorter walks – morning, afternoon or summer evening are all possible, and so the sooner the better – any number of walks can be offered!

If you can help or are interested in either of the last two articles contact our secretary at vera@silberberg.org.uk

