

BARNARD CASTLE RAMBLERS

NEWSLETTER

Spring 2018

Chairman's Chatter

As I sit here writing this the snow is gently falling and winter definitely feels to be here. Yet in a month or so's time the first signs of spring will be showing. Already we have seen, whilst walking, the first lambs of the season, catkins out and daffodils well in bud. Are you ready for a new year of walking? Although we still need more leaders to lead our walks I am confident that we can put on some really cracking walks for members with varying interests and abilities.

You have a skilful committee of varied abilities who work together to produce a varied programme of events. In this newsletter you will see the range of events we propose to put on – walks, as many as possible, social evenings, holidays both UK and Europe, coach or car trips further afield for variety, and slide shows. We are hoping too to provide a Walk Leaders training day again which we hope will encourage members to start leading walks themselves. It is easy, other members will help you get started, and with experience you will gain an invaluable skill which can be used time after time and in different situations. That is how Jenny and I got started, with Walking for Health walks and Ramblers. Incidentally there are opportunities to assist and lead health walks for County Durham in Barnard Castle.

On the national level the Coast Path is well underway and should be complete by 2020. What a fantastic achievement. We already use some sections of it but there are plenty more to be explored such as Northumberland and even our own county. One of the next campaigns Ramblers is hoping to mount is for greater access to woodlands. Your participation is invited even if it is just a survey of opinions. At our own level the group hopes to participate in the annual litter pick. Details should follow and it is a good way of each of us doing a little bit for the environment.

I have “rambled” on sufficiently but I do hope that you will make use of the group's activities through the year and enjoy. If you feel there are other things we should be doing please talk with a committee member or myself. New ideas, new places, new walks will help to keep us all fresh and the group a lively, interesting and hopefully friendly community. Thank you for your support.

Gordon

Out for a Days Walk?

Imagine you are going on a day walk of about 10 miles starting from Barnard Castle. What equipment would you put in your daypack?

I would hope to see at least a map, compass, whistle and 1st Aid kit.

Clothing? I assume you would at least be wearing a comfortable pair of boots, comfortable walking socks, (woollen/woollen mixture are preferable for warmth), quick dry trousers, which are preferably windproof (*not* jeans or heavy cotton), a quick dry shirt or blouse, and a rainproof jacket. But what else should you take? Waterproof trousers. Use the layering principle always. So extra body layers: either more base layers and/or a fleece. You may need as many as 3 base layers and possibly a fleece in addition. If you have an incapacitating accident and need to await rescue you need to be able to remain warm while waiting for help to arrive. A down jacket is useful in extreme conditions.

Gloves. Use the multi layering principle again. I carry 4 pairs: a liner pair, a pair for most cool conditions, an insulated layer and finally a waterproof layer. Keeping hands warm at any time is tricky.

Hat. You may need a variety. A fleece or woollen hat, possibly a water proof cap, possible a sunhat in summer.

First Aid Kit. This can be made up to suit your own needs. But I would suggest it contains at least plasters for cuts or grazes, plaster and /or muslin and micropore tape for blisters. A disposable triangular bandage. A bandage for wrapping up cuts. Painkillers. Antiseptic cream. Sanitising wipes. A pair of scissors can be useful. I also carry an ankle support for sprain injuries.

Emergency survival bag. These can be a thick plastic bag (but heavy) or a multiple use emergency survival bivvy which is light and occupies very little space in your bag (70-100 gms).

Food and Drink. Make sure you have sufficient food with you for all day and some more! Useful slow release carbs are banana and energy bars with lots of oats in them. Carry a spare bar just in case. Warm drinks are particularly good in cold weather. Equally cold drinks are good in warm weather. In very warm weather you may need up to 4 litres of liquid but generally two should be sufficient.

Other useful items. Mobile phone. A torch. Head torches are very useful but tend to be expensive. There are now small light LED torches at reasonable prices. Spare boot laces. A penknife. Notebook and pencil/waterproof pen. Spare batteries for the torch. Waterproof bags to keep all your equipment dry!

Weight of my bag is normally about 2.75 kg. Or 6 lbs. Without food and drink.

AND DON'T FORGET YOUR **ICE CARD!**

Gordon

Walks Leader and New Potential Leader Training – Saturday 9th June

On the 9th June in Cotherstone Village Hall we will be holding training for walks leaders provided by Steve Owers, focussing on new and potential new leaders, providing them with the skills to feel confident out on the hills.

Starting at 10.00 (tbc), the training will be in two sessions:

Indoor session – map feature, Basic Contours, introduction to GPS

Then after lunch:

Outdoor session on the local moor – Navigation practice including tick and catching features, pacing, timing. The training can be for up to 10 people and if interested you need to pre-book by contacting Lynda on 01833 640258 or lyndabares@gmail.com

While all are welcome we very much hope that our more experienced leaders will be happy to give up a place for less experienced Barnard Castle members if necessary. We hope to have a practice session on the Sunday after.

Lynda

Austrian Trip for 2019 – are you interested?

Well we tried to get a trip sorted for this year but we were just too late organising it – some hotels and times get full very early on, leaving the more expensive options. In order to get ahead of the game for next year I am aiming to organise a trip in summer next year to Obergurgl.

Anyone interested please contact me Lynda on 01833 640258 or lyndabares@gmail.com **by July this year** so I can contact you directly and we can move quickly. Again we will use Inghams, and it appears they start booking as early as August for next year!

Lynda

Social Evenings

The social evenings are continuing on the first Tuesday evening of each month at 7.30. Just turn up for a drink and a chat, and bring a friend too if you like.

The next few venues are as follows:

- 6th March - The Cross Keys, Gainford
- 3rd April – The Spotted Dog, High Coniscliffe
- 1st May – The Countryman, Bolam
- 5th June – The Blacksmiths Arms, Mickleton

Slide Shows

The first Slide Show of the summer will be on **Wednesday 16th May at 7.30** in the Methodist Hall, Barnard Castle. Joan and Ian will talk about their attempt to climb Kilimanjaro followed by their visit to the Ngorogoro Crater.

On Wednesday 11th July Gordon and Jenny will talk about Walking in the Canadian Rockies.

Further slide shows on the next programme - anyone like to volunteer to give one? or have you any suggestions as to who we might ask? Ideas to Pauline on 01833 638020.

We are very grateful to Joan and Ian for the years during which they have turned up early to set the room out and bring the tea, coffee, milk, etc., to Maureen for her delicious scones, and to all the people who serve the drinks and wash up. But Joan and Ian would appreciate some help in putting out the chairs before the meeting as well as stacking them away afterwards. Just turn up at 7.00 if you can help! Thanks.

Durham County Big Spring Clean

On Sunday 25th March between 10.00 and 12.00 am Barnard Castle Ramblers will do our bit by litter picking in Gypsy Lane (real name West Pasture Lane), between the Jersey Farm and Stainton Grove. DCC will provide the equipment including High Vis clothing; best to wear some old boots and gloves! Meet by the back entrance gate to the Jersey Farm on Gypsy Lane. Please let Pauline know if you hope to be able to be there, as she will confirm if it will be alright to park inside the Jersey Farm gate: pvfawcett@tiscali.co.uk or telephone 01833 63802

Barnard Castle Ramblers Book of Walks

The 50th Anniversary Book of Walks produced by Joan, Ian and Richard has now sold over 700 copies! There are 17 walks of varied length in Teesdale, all with detailed description and map, which provide brilliant ideas for all aspiring new walks leaders. Members can buy one direct from Joan Martin for £1.50 - telephone 01833 637825, or they are on sale for £2.50 in various outlets - Teesdale Mercury shop, The Witham, Curlews, 54 Degrees North, Bowlees, Conduit café in Middleton – (reopening under new name)

North Yorks and South Durham Area of the Ramblers Association

As reported at the our last AGM the NY&SD Area is currently in abeyance due to its inability to appoint a chairman and secretary. In November Gordon and Pauline attended a meeting of the NY&SD groups with Richard Sharp (Area Support Manager) and Diane Simcoe (Area Support Officer – North).

The first part of the meeting was taken up with discussions about group successes and group issues. The second part was about the NY&SD being in abeyance. Below is a summary of the meeting. The groups are running successful walk programmes with interesting trips and holidays. Group volunteers are working hard to keep the groups running; they have successfully recruited new treasurers and are keeping all other roles filled as needed.

The difficulties the NY&SD groups face, e.g. recruitment and falling membership, are shared across Ramblers nationally; there is a need to find both local and national solutions.

Reinstating an Area could help with some of these issues and also provide guidance and support for groups to develop if they wish. However reinstating an Area relies on recruiting an Area Chair and Area Secretary in the first instance, then filling other Area roles such as finance officer.

Dates for your Diary

And we are organised as far ahead as the Autumn programme !

Barnard Castle Ramblers AGM will be on Saturday 10th November

The Annual pre-Christmas Lunch will be on Saturday 8th December.

More details of venues, times and morning walks will be in the next newsletter.

Looking forward to seeing you all at the walks and events on the new programme!