



EXETER RAMBLING CLUB

Affiliated to the Ramblers Association and HF Holidays



January 2017

Hello everyone, and a very Happy New 2017!

Membership

We have had a few new members join us recently and would like to extend a warm welcome to them. We currently have 53 paid-up members plus 5 'lifers'. New members are always very welcome, so do please do encourage friends and colleagues to join.

Winter Walks Programme

As always, we have another programme of walks lined up for you for February to April. Thanks again to Katherine for her work as Walks Organiser, which is no easy task. During this coldest, bleakest time of the year, it's good to be out and about, taking in the fresh air and the beautiful landscapes we have on our doorstep. Isn't it?

Annual General Meeting: Sunday 26th February 2017

Full details are given on the separate statutory notice that comes with this newsletter. Do remember to make your lunch choice and return the booking slip to Pete in good time.

Our speaker this year is Paul Rendell, otherwise known as 'Dartmoor Paul', who will be giving an illustrated talk on "The secret wildlife on Dartmoor". Paul is a full-time professional moorland guide, author of several books on Dartmoor and editor of the Dartmoor News. You can read more about him by visiting his website: <http://paulrendelldartmoor.co.uk>.

Please note, there will be a vacancy for a new Committee member as Bill will be standing down. If anyone is interested in this position, please contact Christabel before the AGM.

We'll also be holding the now-traditional **BRING & BUY SALE** to raise funds for the annual club outing later in the year. For those who haven't been before, we would greatly welcome donations of used or unused walking or outdoor gear in good condition, any home-made produce or crafts, and any unwanted maps, books or gifts. Just bring them along on the day.



**** A reminder to bring your favourite photos for the pin board.** Members will certainly be interested in your 'best shots' taken on club walks during the past year, with a maximum of two per person please. Please also bring details of when you took the picture, and where. We look forward to seeing classic landscape pictures, close-ups, abstract or anything unusual or humorous.

Proposal to increase annual membership subscription to £10 per person

There has not been an increase in a number of years now. This is something the Committee has been discussing and will be asking the membership to vote on at the AGM. Among other things, an

increase would enable us to continue to meet at least partial cost of the coach for the annual outing. In recent years, we have funded this from very generous one-off donations from previous members.

Advance notice of future walks: two dates to save in your diaries

The following have been proposed for future programmes and are being advertised now so that you can save the dates.

The Templer Way - proposed date 28th May 2017

This is a historic and scenic waymarked route of 18 miles between Haytor on Dartmoor and Teignmouth on the coast. The Way traces the route by which granite was exported from Dartmoor via the unique Haytor Granite Tramway and the Stover Canal and is comprehensively waymarked except on the open moor. The route is named after the Templer family, who built the tramway and canal. The walk offers a wide range of scenery, including open moorland, woodland, river valleys, the Teign estuary and foreshore, together with glimpses of old quays and locks, the old tramway and canal. Four club members completed this walk in October last year and found it was a very enjoyable, easy walk. If you regularly do an 8, 9 or 10 mile Sunday club walk, then the Templer Way will be no problem to you. Walking the route from Haytor to Teignmouth it is mostly downhill. Further details of the walk can be found here:

<https://www.teignbridge.gov.uk/article/2690/Templer-Way>

North Devon Weekend – proposed date 2nd-3rd September 2017

This will be a second attempt at the weekend away (camping or B&B, depending on preference) organised by Andrew and Lesley in 2016, which had to be cancelled due to appalling weather on the Saturday. Full details will follow but will be the same as before: a short walk on the Saturday afternoon followed by supper, and a full-day walk on the Sunday.

What's Your Favourite Item in Your Rucksack? Julia H writes:

"I think after managing to carry and then transport home (including on the bus), a 56" tall, 26" wide teasle plant that Andrew kindly cut down for me on a recent walk (I had only wanted a single stalk that Arthur had already found for me anyway!), I would nominate the fortuitous empty space in my rucksack. Andrew had to carefully help me negotiate gates and stiles for the remainder of the walk though. So thank goodness for that empty space that allowed for the storage and safe arrival of the said plant. Mind you, I did get some chuckles and strange looks from passers-by as we walked the whole length of the promenade on Sidmouth seafront on that busy Sunday afternoon. Mothers were grabbing their young childrens' hands in horror as I approached them with my apparent 'triffid' plant seemingly attached to my back. What larks!"

More Walkers' Tales, first from Helen: "Snodder's Bottom to Emsworthy Mire"

"Having seen an article in The Devon Wildlife Trust magazine recently, Judy and I decided to explore the possibilities of a walk around the nature reserve. Yes, it really is called Snodder's Bottom! We headed off one day in October and when we arrived at Haytor there was mist all around, so we decided that a coffee break was in order before we set off. There was a National Trust Park Home Portable Cafe parked at Haytor that supplied our needs, selling coffee and cakes (we didn't try the latter, but they looked lovely). When we had finished our coffee the mist had miraculously disappeared and we could proceed. We parked about a mile beyond Haytor, at the first car park beyond SaddleTor and just before Hemsworth Gate. We were merrily putting our boots on when we had two unexpected pony visitors who wanted to peruse our lunch and see if anything we had was to their liking. We eventually managed to shoo them off before we eventually started our planned walk. Just beyond the car park there is a gate on the right, which leads to the reserve and we walked through and down the hill. The route has recently been waymarked with

yellow arrows that helped enormously, and there are board walks on the wettest parts, but even so we managed to get our footwear very muddy. There were also maps of the reserve on some of the gates that showed us where we were. We walked around in a circle directed by the arrows, then headed off along Becka Brook, where we sat in glorious sunshine to eat our lunch (minus the ponies). We retraced our steps and then completed the original circle back to the car park. During our walk we saw many birds including a flock of starlings and some redwings feeding on the abundant hawthorn berries. According to the article, the best time for a visit to Emsworthy Mire is in Spring, when it is covered in bluebells and cuckoos can be heard. But I feel it is well worth a visit at any time of year."

... and a second tale from Sue: **"The Greater or Lesser Spotted Runner"**

"Cafés and tea rooms in Devon have been warned to be on high alert, after two members of a local walking group (not un-associated with Exeter Rambling Club) were seen attempting to do a runner from a tearoom at a garden centre, after having partaken of a hearty afternoon tea. Café managers have stated that if there are any further sightings of the greater or lesser spotted runner they are willing to show clemency, as they feel an element of dementia is in the air and may, in part, be responsible for the oversight of payment, rather than a deliberate act of felony on the part of this normally law-abiding creature."

**Rambling Notes in association with D.Mentia, A L Zheimer et al, 2016. Cognitive Press, Mindfulness Publishers Inc.*

... lastly, a Walkers' Tale of another sort

For anyone who wasn't aware, poor Clive has had a bad fall, a few days before Christmas no less, and consequently had to be hospitalised for a hip replacement operation. We asked Clive to give as an update on his recovery. He says:

"In early December, I headed to Suffolk for a short stay and family celebration to mark my mother's 90th birthday. What happened next was really a bizarre accident but could be seen too as a rotten sense of timing. Fate decreed that instead of joining my family for a celebratory meal at a nice restaurant, I was to spend several days in hospital instead. On arriving in Suffolk and for no obvious reason, I fell and fractured my right hip. This actually happened on the day of the special birthday! After six days (and wonderful care) in hospital, I was brought home with a full hip replacement and plenty of advice on do's & don'ts for returning to fitness. I'm currently trying to do physio exercises at home and awaiting being able to do a little more than at present. Life has been in the slow lane recently, and realistically it will be some months before I'll be 'allowed' to come out properly on Sundays. But before this, I hope to start circulating again (starting with the AGM) and perhaps also turning up one Sunday afternoon when I may masquerade as needing tea and cake when more worthy souls arrive for their refreshments after a day out walking. I must also say how much I've appreciated the kind personal messages I've received. These have been very touching. It is really one more example of what a friendly supportive group we belong to and why it is so important to us."

Note from your co-editor, Janet: How to make falling, breaking your hip and having a full hip replacement seem quite alright really. Just one of those lumps in life's bowl of porridge! So "good luck to Clive", and we can all take heart he is going to try and make it to the AGM.

'Ask Arthur' Corner

Whilst out on one of our many delightful walks, a few of us remarked that a couple of cows in a field had their two back legs chained together via a 'manacle' on each leg, located just above the hoof. Our "go-to" man on the ground, Arthur (who has been a herdsman in a previous life) was

called upon to give an explanation. He explained that they can be used to stop a cow kicking out at other cows. Some cows are, well, 'cows' to others! A kick from one of them can cause a huge amount of damage and being shackled helps prevent this, without splitting away the offending animals from the herd. This method is known as 'hobbling' and the hobble is the device which limits the motion of the legs. We thought this only happened in Ben Hur, certainly not in the fields of Woodbury in Devon!

Useful Websites

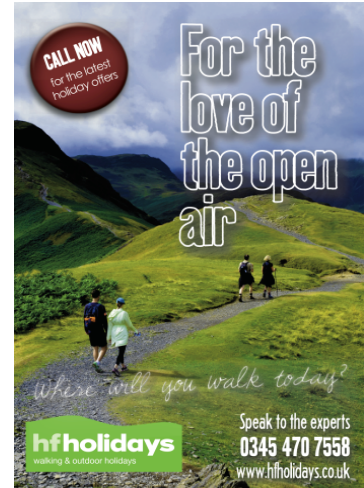
For general information about UK events, <http://rambleon.org.uk/> OS maps are available from the Millets website with 40% discount and free delivery. A very good offer and there is a large selection to choose from: <http://www.millets.co.uk>

Announcement

We are sorry to learn that Kit Cozens, who was Treasurer of the Club for many years, recently passed away.

Would you like to contribute an item of news or advertise an event in a future newsletter?

If so, please send suggestions to your editors, Janet or Julia H, at julia.rambling@outlook.com



A reminder about our club sponsors

Our club relies on generous annual donations from several sponsors. These businesses in turn rely on your custom.



If you are booking a Ramblers UK or worldwide holiday, please look out for the Walking Partnership logo. Our club is eligible to receive a contribution each time one of our members (including friends and family) books a Ramblers holiday: £10 for UK, £20 for short-haul and £30 for long-haul holidays. Remember, you do have to ask for it, but it's a simple process - please do so!!

SOS - Support Our Sponsors whenever you can!