

In this issue:

- ♦ Bits and Bobs
- ♦ Out and About
- ♦ Our Next Social Event
- ♦ Notts Area AGM
- ♦ Walking Poles
- ♦ 2024 Holiday Update
- ♦ Committee News

Hello

This month, despite the constant rain and floods, we look forward to some upcoming holidays and bring you news of our next social event.

Angela reports on our successful hosting of the recent Notts Area AGM, and we take a look at best use of walking poles - very appropriate given all of the mud we have been trudging through of late...

First, a few bits and bobs

- ⇒ In February several of us went to see a very professional performance of Betty Blue Eyes, a musical put on by the West Bridgford Operatic Society, featuring our very own Adrian and Lynne Baldwick on stage. Well done both and thanks to Louise for organising the event.
- ⇒ The national Ramblers website have published advice on what to do in a thunderstorm which you might find useful: [7 top tips to stay safe in a thunderstorm - Ramblers](#)
- ⇒ You might be interested in this series of country pub walks with Bill Bailey, now showing on Channel 4 on Tuesday evenings at 9pm. The first one features a walk in Derbyshire: https://www.channel4.com/programmes/perfect-pub-walks-with-bill-bailey?cntsrc=social_share_ios_perfect_pub_walks_with_bill_bailey

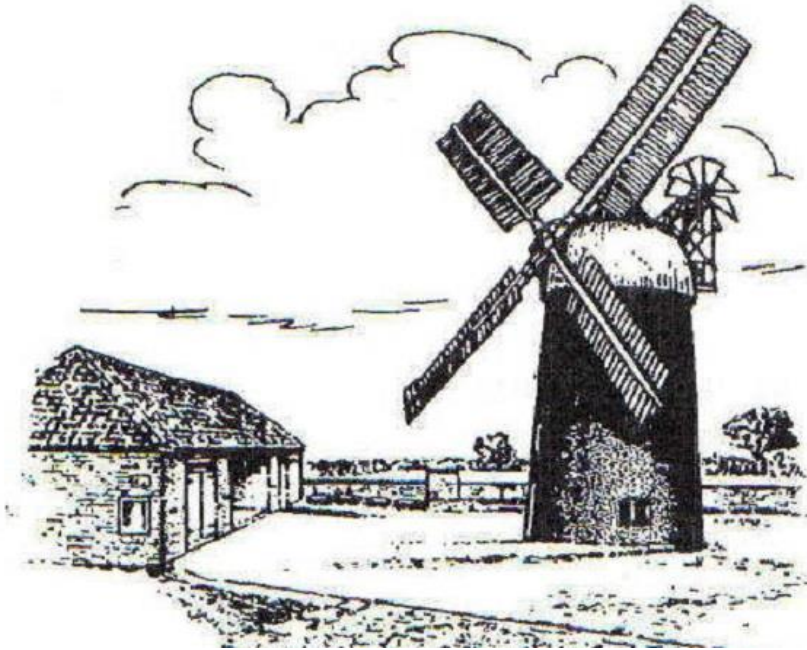


Out and about....



Our next Social Event

Cream Teas and Tour of Tuxford Windmill



Date: Tuesday 21st May 2024

Nestled on the edge of a small town in rural North Nottinghamshire, Tuxford Windmill is one of the finest examples of a traditional working windmill.

Privately owned and operated, the windmill produces high quality stoneground flour the old-fashioned way - using wind power to drive large mill-stones.

We will have a short morning walk in the area around Tuxford followed by a talk by the miller, a guided tour of the windmill, then a cream tea with freshly baked scones using their flour.

The cost will be £17.50 each and produce will be on sale in their flour shop.

Bookings will open in early March.

social.hazel@rushclifferamblers.org

Some of the compliments we have received after our walks, sent to the Walk Leader:

Thank you for a great start to the new year. Twas my first anniversary of rambling walks. I am very grateful for all your efforts. Thank you so much. Wishing you a peaceful and healthy new year x

Thanks for a really great walk today. Lots of laughter and good spirits. We enjoyed seeing a new place. Thank you for all your efforts in organising things. We appreciate it.

Thank you so much for embracing us. We loved being with you all, lots of chat and laughter. Thanks so much x

Thank you for the walk yesterday. Really appreciated your guidance. Happy New Year.

If you would like to lead a walk in 2024, please contact Morag, our Walks Co-ordinator, for advice or more information.

Training and support are available.

Email Morag on programme@rushclifferamblers.org

WHICH CAKE DID YOU CHOOSE?

Rushcliffe Ramblers hosted the AGM for Nottinghamshire Area Committee in early February. This involved us in choosing a venue, organising three walks of differing levels, providing drinks and cakes and ensuring that all members from across the County were looked after.

Fiery Ginger, Tea Loaf, Fruit, Rhubarb, Chocolate

It was difficult finding a venue with suitable parking and good walks but eventually East Leake was decided upon and booked.

Walk leaders were chosen and walks agreed. Alan W took on the task of leading the longest walk, 7.5 miles over the West Leake Hills. I led a 5-mile walk, a shorter version of the long walk, and Joe led a short 3-mile walk that included a history tour of East Leake.



Lemon Drizzle, Coffee and Walnut, Apple, Bakewell, Pecan



Ramblers members came from all over the County with representation from the following groups:

Gedling, Mansfield and Sherwood, Newark, Nottingham, Rushcliffe, Southwell, Vale of Belvoir, Worksop.

Around 25 members joined each of the walks and 75 people and 3 dogs attended the business meeting. One dog was very vocal and joined in the applause. Another dog enjoyed cake when someone, finding it difficult to juggle coffee and cake, put a plate on the floor under their seat. Oops!

Chocolate Fudge Brownies, Orange and Date, Orange and Almond

AGMs can be long and boring but this one was completed in a reasonable time with Paddy Tipping welcoming everyone and agreeing to continue as Area President.

Then came the speaker, Graham Woodward of the Nottingham Civic Society, who gave an informative and interesting talk on the history of canals.

And there was CAKE, plenty of cake. So, which cake did you choose?



Walking Poles - a brief guide to how to use them

Used correctly, walking poles help reduce the forces around specific joints, such as the ankles, hips and knees, by involving the upper body and spreading the load across a larger number of joints. This can be particularly helpful when walking on terrain with big step-ups or step-downs, which place lots of strain on the knees. They also offer extra points of contact with the ground, which may help improve balance and stability, reducing the likelihood of trips or falls. However, be aware that they reduce your ability to use your hands for balance, and may be a hazard to you and others if you do take a tumble.

Many of us use them, especially when it's muddy, but do you know how to use them correctly? Here is a link to a YouTube training video that you might find useful. There are lots of training videos to choose from so you might want to look at others too.

[How to Use Walking Poles Correctly](#)



When carrying poles it is best to be aware of the people around you so as not to cause injury. Please remember not to carry your extended poles in the horizontal position as you could cause injury to anyone walking behind you.

Always put your poles over a stile first, keeping them in the vertical position.

More information on walking with poles was given in an article in the Autumn edition of the [Ramblers Walk magazine](#)

2024 Holiday Update

Spring Weekend to Alnmouth 22-25 March, 2024

Come and join us in Alnmouth in March. There are still a couple of twin rooms available to book, one ensuite and one with shared facilities.

We'll be staying in the HF Holidays hotel Nether Grange which is situated on the coast with views of the sea. The cost will be around £400 each for three nights' accommodation, breakfasts, evening meals, packed lunches on the Saturday and Sunday and the services of HF walk leaders including transport to the start of the walks and in-house evening entertainment.

For more information and details of the walks go to

<https://www.hfholidays.co.uk/holidays-and-tours/guided-walking-alnmouth-3?format=pdf&vid=1327>

Everyone who has been on our holidays and weekends will tell you that we have such a good time, good walking - sometimes a bit challenging but satisfying, good food, clean and comfortable rooms and good company. If past experience is anything to go by, everyone should have a wonderful time in Northumberland. We will have sole occupancy of the house.

To make a booking please email Angela on holidays@rushclifferamblers.org

Autumn Weekend in Llandudno 20-22 September, 2024

For those who have not been on an Autumn break with us before, the format is as follows:-

- Find your own way to Llandudno either through car shares or train.
- Book your own accommodation in Llandudno to include breakfast, and organise your own packed lunches.
- Louise will organise restaurants for Friday and Saturday evenings and will try to find venues in a central location so we can all eat together.
- Walks will be arranged on the Friday afternoon (giving time to travel from Notts in the morning), Saturday and Sunday (leaders will bear in mind this is 'travel home' day) - clearly if you want to extend your weekend, either side of that being organised, then do!

There is advice on choosing accommodation with a list of suggestions on our [website](#).

Please email Louise on Autumn@rushclifferamblers.org to advise your interest in the weekend and also where you have booked to stay, as often single travellers like to book where others are staying. It would also be helpful to indicate to Louise if you will be joining the group for supper on Friday, Saturday or both.

****** Please could any walk leaders who would like to come on the weekend and lead a walk also let Louise know. Without you, it will be an interesting weekend! ******

Finally, any questions please contact Louise on Autumn@rushclifferamblers.org and she will try to assist.



News from your Committee

- ⇒ We are still looking for people to take over organising our weekends away as Louise will step down following our trip to Llandudno in September 2024, and Angela will step down after the 2025 spring holiday to Sedbergh.
 - ⇒ The organisation for autumn starts the year before with a vote amongst those attending the previous weekend (i.e. at Llandudno).
 - ⇒ Planning for the spring 2026 weekend starts with a vote at Alnmouth for two years' time and is then picked up 12 months before departure when a date is agreed with HF.
- ⇒ We are very flexible about how these trips are organised in future so please come forward if you are interested and talk to Mike or a committee member.
- ⇒ The Notts Area Secretary sent an email thanking us for hosting the Area AGM:
"A formal thank-you from Nottinghamshire Area Ramblers for the excellent arrangements made by the Rushcliffe Group for the Area AGM yesterday. The Hall was perfect with a good sound system and plenty of space to set up the displays. People spoke highly of the walks and the improvement in the weather must have been a relief after the walk leaders had put in so much effort. Rushcliffe is well known for the quality of its cakes and the standard was very high. The ladies providing the refreshments, doing the washing up, etc deserve particular thanks - an essential, if not very glamorous job."



Check our website for up-to-date news including details of upcoming walks:

www.rushclifferamblers.org