

PATHWAY

Issue no 66 Autumn 2020: Newsletter for Wycombe District Ramblers

“Bits & Bites” from our Chairman – Pat Endacott

Hi everyone,

I hope you've all been able to make the most of the summer this year in spite of Covid-19! We have had some wonderful weather which has made life more bearable I think - even with a stormy late August we're on track for one of the best.

Sadly we're still not able to restart our full walks program yet. Feedback from our regular leaders has been that leading more than 6-10 people is just too much and too risky under current circumstances - understandably - so we will have to wait a while longer. However I know many of you have developed your own groups of 6 or so and are walking regularly - well done.

Even extending these groups from 6 to say 10 at the moment, as has been suggested by some, would mean adhering to the RA rules/guidelines on group walks - more information on that below as there's extra admin to do.

If you'd like to start a small group that's really good - I'm hoping to get on with the longer Sunday walks in late September. Angela Shipley has volunteered to take information, communicate and advertise as appropriate, but each group leader would need to be contactable and deal with responses as otherwise it's too heavy an admin job for one person. Let's keep everything crossed that a vaccine will be developed soon so life can return to some semblance of normality.

In the meantime keep walking and stay safe and well.

Pat Endacott, Chair



We welcome the following new members to our group and are sorry that you have been unable to join us on any walks so far.

We all look forward to meeting you all soon.

Colin Fielding

Daniel Love

Anthony West

Carole Workman

Nikki Yate

A Belated Thank You

We are all more than aware this year than ever before of what can happen to “our best laid plans,” and I am no exception. In the great scheme of things the impact of the cancelled walks programme and with it my intended walk for August 9th is miniscule but it was to have been a special one for John and I and with it a lost golden opportunity to say thank you to all of you. We joined the Ramblers Association (Wycombe Group) for the second time in 1998 having been briefly members of the Amersham Group way back in the 70’s when we were in our twenties, abandoning our membership when the children came along. Along the way, John did 5 years as Group Secretary followed by 4 years as Chairman and I am still currently hanging in there as Membership Secretary of 16 years but with still some way to go to match my predecessor.

There are few moments of genuine, pure delight in one’s life but in February I opened an email from Pat Endacott giving details of the Group’s latest gate dedicated to John and I in acknowledgement of those years on the committee and I want to thank her and the rest of the committee for the secret scheming that it must have involved to get it into position without either of us becoming aware. It came as a complete surprise and we couldn’t have been more pleased if we had won the lottery, but tinged with disappointment that we could not share it with you all immediately. Lockdown and some bad weather prevented us from seeking it out for a few weeks but eventually we set off on foot to locate it and it was an emotional moment to see our names on a gate which will be there to be read long after we are gone.



We will keep its location a mystery for now, except to say it is up hill and down dale from our house and one day we will lead you on the 6 mile round trip to view it when we can walk freely again. Some of you may stumble upon it before then but the rest of you had better get into condition as it really is a hilly adventure. Until then, please know how grateful we both are.
Angela and John Shipley

New Website manager required

Please note that Ivan Rutter is unable to continue managing the technical side of our website due to eyesight problems for which he is receiving treatment but which will take some time to improve. This is now imperative.

If you can’t do it yourself, do you have a son/daughter/grandson/granddaughter with an interest in technology or who wish to enhance their CV? Perhaps they could pick this up - in return for a small fee even - in order to keep our ability to log our walks online - ready for when we start again.

Contact Pat Endacott if you have any ideas.

New Chairman required

I would like to remind everyone that I'm planning to step down from this post as of November this year when I will have completed the 5 years I committed to. [I expect to continue walking and leading of course.]

Any onerous work of running the group is really done by the Membership Secretary, the Treasurer and the Walks Coordinator, alongside the Secretary and Footpath Secretary, so the Chairman's job can be as much or as little as you want almost.



I've chosen to get more involved in what's going on in Ramblers Association by attending Area meetings and General Council (AGM) as well as organising the weekends away and other social events - now with our Events Manager (Alan Williams).

We currently hold three Committee meetings per year and the AGM usually in November - the Chairman will chair these of course.

Please contact me if you are prepared to step forward to take on the role - you'll find the other Committee members as above are very supportive.

Pat Endacott

Snippets...

I asked what has been important, entertaining, relevant or even frustrating to you in relation to walking /outside/ Ramblers during these strange times. I had these replies:

Learning to plan walks and to map read has been exciting and rewarding... Joined Viewranger to keep on track!" *Roselle Beard*

"In lockdown it has made me appreciate the natural world more enjoying the peace and quiet on my walks". *Sue Clarke*

"Often walking alone, or with John a little way behind, I have learnt the language of skylarks, followed the flight path of swallows and been mesmerized by the wave pattern of ripening cereals. What's not to like?" *Angela Shipley*

'Pain in lower leg and an uncomfortable bum when driving. Have had my bottom massaged!' *Malcolm Stone*

Chilterns Walking Festival

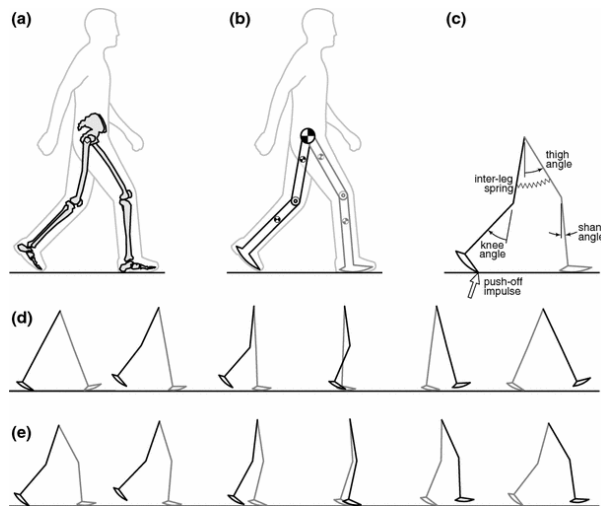
The autumn Chilterns Walking Festival will take place on **17th October to 1st November 2020**. The programme will include over 40 guided countryside walks, activities and events including routes centred around nature reserves, Iron Age hillforts, farms, churches and filming locations. All led by knowledgeable guides and taking in the beautiful Chilterns landscape. **The programme will go live early September** for updates.

Please note: All walks will be risk assessed and Covid-19 safety precautions adhered to, including maintaining a 2m social distance and limiting numbers. Booking is essential for all events and participants will be asked to provide telephone and email details for purposes of contact tracing. For further information go to <https://www.visitchilterns.co.uk/walkingfest.html>

Knees up...

Once upon a time there were two knees that used to walk with a local ramblers group. The walking was lovely over many years, but slowly as the years advanced the pace was very slightly faster than was obviously comfortable. The two knees did not know this, so they just kept walking on and on and on. Sometimes the walking was more like regimental marching and no one was really allowed to stop and look at anything. The two knees never gave it any thought even when sometimes after 4 to 5 miles they would complain by sending shooting pains through the legs attached to the knees - sort of like walking on glass. The owner of these knees thought "well they are just becoming older knees, having clocked up few hundred thousand miles the suspension joints are obviously going".

Then one day due to Coronavirus the owner of these two knees asked the owner of a pair of female knees to come for a walk, so now there was four knees walking, all of a sudden at a very slightly slower pace, but also with very slightly more stops to look at the views. All the knee pain seems to have gone, although the distance is further as the pair of female knees is on a serious mission to walk round the world, (route currently being worked out).



There is a moral to the story somewhere here but I am not sure where. Every persons' knees have their comfortable cruising speed and it does help a great deal when four knees are walking along in tune, they are not being pushed beyond their intended design maximum speed limit and they have a breather when going up steep hills – just like an old car really.
Simon Hildreth

From the archives: twenty years ago this month

With thanks to Ivan and Colin, I have been able to access some old editions of *Pathway* and Issue 6, published in Sept 2000, included the following:

Fifteenth Anniversary of the Group

The Issue reports that we started in June 1985 with our inaugural meeting at Bassetbury Manor. John Esselmont (the only active founder member I think?), described that for the 5th anniversary there were three walks of differing length all converging for a picnic on West Wycombe Hill. The 10th anniversary coincided with the Association's 60th and both were celebrated by a 60 mile walk around the district in 10 six-mile stages. John reports that he led a 15th anniversary walk taking in Kings Mead, Flackwell Heath fringes, Sheepridge and back via Bloom Wood and Keep Hill.

THIS MEANS WE BECAME 35 YEARS OLD THIS SUMMER!

It is sad that we haven't been able to commemorate this yet, but I hope that some readers will come up with some imaginative ways in which we might do this through the autumn? Please do give thought to this and contact Pat (chair) or Alan (events) soon.

The Chiltern Heritage Trail was reported as nearly complete.

This 52 mile circular trail was originally established as a millennium project by Chiltern District Council, with the help of Ramblers. The Chiltern Society now have it listed on their website and a book and map of the trail is available from them, <https://chilternsociety.org.uk/the-chiltern-heritage-trail/>



An alternative energy source to the “banana break” was this recipe for “Rambling Bars”.

8 oz finely chopped apples
(likely to be plentiful in 2020)
6oz dark brown sugar
4 oz peanuts

4 oz currants
4 oz raisins
3 oz butter/marg.
6 oz oats

3oz	75 g
4oz*	100g
6oz	150g
8oz*	225g

*Yes, I know they don't add up, but grams are very forgiving.

Mix apples and sugar and leave overnight to draw out the apple juice; add the dried fruit and leave to swell. Mix oats and fat together and add, with peanuts, to the fruit and mix very well. Press into well-greased lined tin – the mix should be half an inch thick. Bake in low oven until firm and dry. Makes 10 bars.

Past editions

I now have copies of the following editions: 1-13, 16-31, 33, 34, 38-39, 45, 46, 48-50, 53-current. I plan to scan the hard copies and upload them all onto a memory stick to pass on to the next chair/editor in due course. If anyone has any of the missing numbers – ie 14, 15, 32, 35-7, 40-44 47, 51 & 52, please could you send them to me – preferably electronically, but if you send hard copy I will return them if requested. Thanks. *Sheila*

The current Committee to November 2020...
We need additional & new people going forward through 2020-21



Chairman	Pat Endacott
Secretary	Mick Magdeburg
Events Manager	Alan Williams
Footpaths	Jeff Smith
Newsletter	Tony Wells/Sheila Draper
Membership	Angela Shipley

For contact details please go to:
<https://wycomberamblers.org.uk/contacts.html>