

FCR RAMBLINGS

Welcome to the inaugural edition of RAMBLINGS which is aimed to be a quarterly Newsletter of the goings-on and events of the Fylde Coast Ramblers (November, February, May and August). It is a trial for the next 2 issues. Your views are important please let me know if you feel its good or bad and what sort of thing should be included. The intention is to have a copy to circulate around the Saturday and Sunday Coaches, and to put a copy on Facebook and the club website www.fyldecoastramblers.co.uk/

COMMITTEE NEWS

Following the AGM the following changes have been made:

Chairman	John Harrison
Vice Chairman	David Wood (filled by co-opting at the last committee meeting)
Treasurer	Stephen Dunstan
Auditor	Clem Pitt
Sunday Bookings' Secretary	Hilda Miller
New General Committee Member	Tony Breeze

MEMBERSHIPS

Every year a lot of time and effort is put in by the Treasurer and Coach Secretaries to get in all the membership subscriptions and chasing the late payers. There are still a substantial number who have not renewed their subscription. You can pay them by:-

Cash on the coach. or

Cheques (made payable to Fylde Coast Ramblers) sent to the Membership Secretary's address which is on the front of the current walks syllabus. or

Bank Transfer (BACS). Just let your bank know to pay our Club's Bank a/c: Royal Bank of Scotland Branch: St.Annes Road West, Lytham St.Annes. Sort Code: 16-30-25 account: 11649443 and for a reference please show your Surname and Postcode. (eg. HunterFY42NS).

or by Bank Standing Order. Forms are available from the coach secretaries. The standing orders will be sent by the Secretary to the members individual banks. You can cancel them at anytime by notifying your bank by phone internet or in person. It will pay your £8 automatically every year on 15thst October.

An annual membership card will be introduced to replace a receipt and every member will be given a new one each year. This will enable them to use the card to get the offered discounts at various outdoor shops. Details of the discounts offered will appear on the website and Facebook shortly.

Have you moved house or your details changed? If they have please contact the Membership Secretary otherwise you may not get your membership card.

LEADERS

We need more leaders. Leaders are the mainstay of the Club. Without leaders we have no walks! If you are interested in becoming a leader please talk to our Coach Organisers who may be able to offer support and encouragement for any aspects of the leadership you feel unsure about. They are full of helpful advice! Currently each walk you lead gives you a free seat on the coach.

BROKEN STILES

We have all encountered broken stiles when out walking and know what a pain they can be and the difficulties they can cause. As walkers in the countryside we have a duty to preserve the footpaths and byways for ourselves, children, and our children's children. Stiles and gates and bridges do not look after themselves. It is the responsibility of the county councils to maintain them. The councils struggle with budgets, we can help by sending them information about repairs that are needed as we come across them. They can then register reported faults and be able to repair them more efficiently. The Ramblers' Association have an App you can download onto your phone which records exactly where you are, what the fault is, and a photograph if you take one. The Ramblers' Association will then send all the details to the correct local authority. You can download the App from their web site at

www.ramblers.org.uk/advice/pathwatch-report-path-features-and-problems.aspx

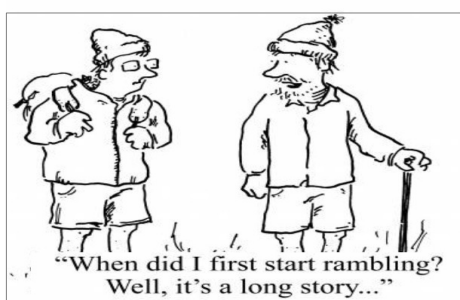
If we all do our bit then climbing over broken stiles could become a thing of the past and preserve the footpaths for all future generations.

DAVID WOOD'S WALK TO THE CALF IN EARLY OCTOBER

Starting from Carlingill Bridge, a few miles south of Tebay, [David Allen](#) and I criss-crossed Carlingill Beck along the sketchy path to the foot of remote Black Force, a waterfall crashing through a deep rocky ravine. We opted to climb up the steep slope on the left side, which near the top took on the shape of an arête. We continued our ascent on the slanting grassy slope to Fell Head and, after lunch, onto The Calf, highest point of the walk.

Descending via Bram Rigg and Swarth Greaves we eventually joined and walked along the Dales Way as far as Crook of Lune. From Lowgill, public footpaths and finally the Roman Road led us back

to the car. 12 miles and about 2,800ft of ascent. More photos in Facebook.



WALK DESCRIPTIONS

John Harrison has started putting his walk descriptions onto Facebook before the walks he leads. Other leaders may do the same. Hopefully you will find this useful; to find out what the walks will be like before getting onto the coach. It will also give members the opportunity to message the walk leader with any queries they have about the walk. Obviously the walk may still change due to weather circumstances etc. but it will give a guide as to what is intended.

BOOKING ON THE COACHES

If you want to book try texting instead of phoning the Saturday (4-7) and Sunday Secretary (5-7). Then you're booked and you can do it anytime – just remember to include your name, bus stop and date you are booking for. The times for telephone contact is restricted to 2 hours a day because the secretaries have lives!

FLAPJACKS

Some walkers like something tasty and nutritious to nibble while they are walking so instead of buying readymade bars why not try some home made flapjacks?

Ingredients

100gms (3.5 oz) Butter
7ml (2.5fl oz) Golden Syrup
175 gms (6 oz) Porridge Oats
50 gm (1.75 oz) Pumpkin Seeds*
50 gm (1.75 oz) Sunflower Seeds*
*or 100 gm (Booths mixed seed packet)
50 gms (1.75 oz) Crushed or rough chopped hazlenuts
60 gms (2.25 oz) dried apricots

Method

Preheat oven to 180 (160 fan) or gas mk 4. Line a 9x9 inch baking tin with greaseproof paper. Heat butter and syrup in a pan over medium heat until bubbling. Take off the heat and add everything else. Mix well. Then pour into the lined tray. Bake for 30 minutes or until golden brown. Allow to cool and cut into 16 squares. Then eat – I like this part best.

If you would like to be the editor of Ramblings or have anything you wish to contribute for example :- opinions, holidays, forthcoming trips for example away weekends or those that you've been on or walks you have done please send your contribution to me at j1.harrison@outlook.com (all contributions gratefully received, the more that is contributed the more it will be interesting and reflect your view – so don't be shy! Come out of your shell - you are important!)