

# Ramblers Gems



A Spring Vale Rambling Class Publication

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### Evening Walking

We are quickly approaching the longest day and now that the weather is improving and becoming warmer it is an ideal time to take that evening walk. The evenings are now light enough to walk well after nine o'clock and if you are slightly concerned over safety then walk with a friend or family member.

Many of us are fans of a morning walk and there is a great joy and health benefit in doing so. However, those who take morning walks regularly tend to let go of the idea of evening walks. They feel that their body has had sufficient exercise as far as jogging and brisk walking are concerned.

Evening walks have their own set of plus points. Here are a few reasons why that evening walk can be a great option. If you are not an early riser and hence unable to take morning walks, then a walk in the evening would be a help to you.

You probably would not like to miss the opportunity to have a good night sleep after a long day at work. Taking an evening stroll induces better sleep at night. Try going for your walk at the same time daily. Going for a walk would mean taking out some alone time for yourself, away from personal and professional tensions. This would help you soothe your mind and bring you to peace. Apart from anything else, taking evening walks would also make you tired enough to have a sound and deep sleep.

Ever thought of having some alone time, exclusively catering to yourself? Going on evening walks would ensure that this happens. This time in the day would give you a chance to relax as you stroll or stride out, be it in a park or in your locality. Taking an evening walk would have a very calming effect on your nerves giving you a chance to deliberate over the happenings of the day or to ponder ideas to help make a decision.

People with high blood pressure should try to include a half hour evening walk into their routine, this will help relax your body and mind, hence reducing your high blood pressure levels. If there is some family member at your home suffering from high-blood pressure, make it a point to take her/him out for evening walks.



Glenda B

## Coronation & Hay Time Meadows

Wild flower meadows are one of the rarest habitats in the UK and we have lost 97% of our wild flower meadows since the 1930s. Losing our wildflowers has a real impact on the food we eat.

Meadows are a habitat created by centuries of traditional farming practices. Meadows and species-rich grasslands can support a huge range of wildlife including wildflowers, fungi, bees, flies, beetles, spiders, moths, butterflies, reptiles, amphibians, small mammals, bats and birds.

Since WW1 development of land for property and changes to farming methods have both contributed to this decline in wild flower meadows. Since WW1 the development of land for property and changes to farming methods have both contributed to the decline in wild flower meadows. Our gardens used to be pollinator friendly, full of food, herbs and medicinal plants. The decline of our meadows is due to modern, intensive agricultural practices and the conversion of pasture to arable land.

40% was lost during WWII, when six million acres of farmland were ploughed to make cereal and to feed a population cut off from traditional supply routes. Farming then became a lot more intensive, and pesticides were introduced.

A selection of common plants you might see when you are out enjoying meadows



All is not totally lost. A few farmers still manage a part or all of their farm in more traditional ways and on these, hay meadows in all their glory will still be found. It is possible to recreate or restore wild flower meadows, where they once existed. A problem with this, is restoring areas to low fertility where they have been heavily fertilised. Meadows, as old ecosystems, are complex areas and it takes a great deal of time for a stable meadow ecosystem to be restored.

The Bowland Hay Time project has restored meadows since 2014. HRH The Prince Of Wales had an idea for Coronation Meadows in 2012 – a meadow in every county to celebrate the 60th anniversary of the Queen’s coronation. In Lancashire we have Bell Sykes Farm Meadows, Slaidburn; Land at The Inn at Whitewell; Skelshaw Meadows Newton in Bowland; Meadow at The Stables, Ellel and [Wolfen Hall Estate, Chipping](#)

In May of 2012, the Forest of Bowland AONB joined forces with the Yorkshire Dales Millennium Trust (YDMT) to deliver a Hay Time hay meadow restoration project in Bowland, funded with help from the Lancashire Environment Fund. They used green hay and brush harvested seed, as well as plug planting on several sites. The ancient skill of cutting grass by using a scythe has all but died out in recent times, with some people still remembering the art, and others keen to revive the skill. In July 2012, as part of this project, I did a scything course at Stephen Park Gisburn Forest and at Bell Syke I took part in seed harvesting.



July 2012

Barbara on a scything course at Stephens Park, Gisburn Forest.

This year's National Meadow Day is at the western side of Bowland at the Gathering Fields, Over Wyresdale and is running over the weekend of 2nd to 3rd July. You can book tickets [HERE](#). Saturday is for guided tours in the meadow, meadow plant school, scything and hay time demonstrations, herbal tea and herbal essences, range of local craft stalls and demonstrations, local meadow plug plants to purchase, music and more! On the Sunday you can enjoy watching the Northern Scythe Competition, with lovely Lancashire grass to mow, a large practice area, individual and team comps with lots of medals!

**Barbara S**

## Butterfly Conservation

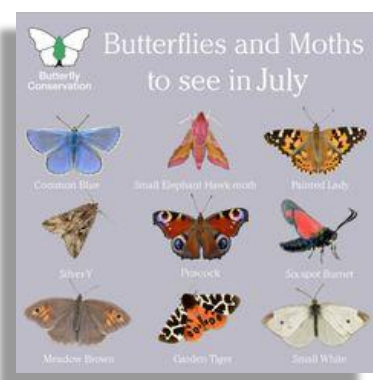
It's June! Look out for these butterflies and moths in your gardens, local green spaces and whilst out on your walks with SVRC. We need to increase the flying insects visiting our gardens.

Wildlife charity Butterfly Conservation is warning that time is running out to save some of Britain's best-loved insects, with the latest Red List assessment of butterflies published 25<sup>th</sup> May 2022, revealing a 26% increase in the number of species threatened with extinction. Gardens are important places for moths, especially as intensive agriculture is limiting the number of suitable habitats in the countryside. There are likely to be over a hundred species in just an ordinary urban back garden! So the way you manage your garden can really help moth conservation. Links to [Gardening for Butterflies](#) and [Gardening for Moths](#). Free Download: Alan Titchmarsh's [Pit Stops for Pollinators Guide](#)

Sign up for their monthly E-newsletter to discover more species to look out for with tips on how you can attract them in June and July. Website - <https://butterfly-conservation.org/>



[Butterflies and Moths to see in June](#)



[Butterflies and Moths to see in July](#)

Jean G

## A SPRING DAY by Margaret Munroe

Now comes the merrie, merrie May,  
The birds are singing, singing;  
The very air seems glad to-day,  
Wild flowers are springing, springing.

Even in busy, smoky town  
The sweet spring sunshine lingers,  
And thro' the din comes floating down  
Faint echoes of the singers.

So all thro' life, day follows night;  
When life is dreary, dreary,  
There comes a shaft of sunshine bright,  
Reviving hearts a-weary.

And words of love, in wintry days,  
May set the heart a-singing,  
As thro' the "homely household ways"  
Hope sends her bright thoughts winging.

### WALL-FLOWERS

The sweet wall-flowers in their homely dresses  
Adorn our garden-paths once more;  
Each passing breeze their petals caresses,  
And the birds seem singing "Grim Winter is o'er."

To the passer-by their fragrance flinging,  
Even in crowded city streets;  
To careworn faces some brightness bringing,  
As the generous flowers send forth their sweets.

Ah! other flowers may be brighter, fairer;  
The lily with statelier grace may bend,  
The rose's scent may be richer, rarer,  
Yet the wall-flower comes as a dear old friend:

A friend that will stay when others leave us,  
In its dear old dress of sober hue,  
Like a trusty soul,—when others grieve us,—  
With a helping hand and sympathy true.

So, dear old friend, I must sing your praises  
In country garden or city street,  
With the gladsome lark who his song upraises  
To the Giver of all things good and sweet.

And when is ended Life's voyage stormy,  
And I calmly sleep in earthy bed,  
May you, dear wall-flowers, then nod o'er me,  
And over "God's acre" your fragrance shed.

*Margaret Munro, though of Scottish parentage, at one time attended the National School at Rishton.*



Pesto Cenorr



## The Bronte Church Walk

The second of our Platinum Plod walks in celebration of the Queens Jubilee set off from the small hamlet of Leck. We departed from the little carpark adjacent to the small hillside Anglican church of St Peters. The churchyard contains the nineteenth century "fever graves" of three girls from the Clergy Daughters' School at Cowan Bridge. We followed Leck Beck down to the main A65 road and stopped here to discover the history of the buildings close by, retold our leader, Jane.

A row of cottages is all that is left of the Clergy Daughters School, the original education and dormitory block have long since been demolished. The buildings are famous for the Bronte sisters having attended school here in 1824-25. In 1823 two generations of the Picards resided at the property but the house was purchased by Rev. William Carus Wilson in order to establish the Clergy Daughters' School



Rev. William Carus Wilson was a wealthy evangelical clergyman and landowner who was a firm believer in the value of education. He understood that the income of the poorer clergy was insufficient to allow them to properly educate their daughters (at the time priority would always have been given to providing any sons with an education); he therefore resolved to establish a school for girls that would be affordable to the poorest clergy families.

The syllabus was to include history, geography, grammar, writing, arithmetic, needlework and "the nicer kinds of household work" as well as French, drawing and music being offered as extras.

Patrick Brontë himself brought his two eldest daughters Maria and Elizabeth Brontë to the school in 1824. Several epidemics, particularly typhus hit the school which afflicted both Maria and Elizabeth Brontë and indeed Emily and Anne a number of years later. Maria returned to Haworth on 14th February 1825, but

died 6th May 1825; Elizabeth returned to Haworth 31st May 1825, died 13th June 1825; Charlotte and Emily were removed from the school on 1st June 1825, and went back to live at the vicarage in Howarth with their father.

In 1847 Charlotte Bronte published *Jane Eyre*. The 'Lowood Institution' in chapters 5 – 10 was largely based upon her recollections of the time she spent at the school.

Our route now followed by the side of Leck Beck and after crossing lush field paths we soon reached the small church of St John at Tunstall. This was another opportunity to explore and discover the Bronte connection. But first it was lunch. This church was where the Bronte sister attended every Sunday, along with the rest of the girls from the school. They would attend both the morning and afternoon services and have their lunch within the tiny room above the porch. The room was also used as a classroom where religious education was studied between services.

Our route back to Leck allowed us to pass by the Roman fort of 'Calacum'. Excavations have revealed roads and earlier buildings with herringbone foundations. The south gateway of the fort was originally a double gateway, reduced in Roman times to a single portal. The east wall of the fort lies under the existing building of Burrow Hall. We walked past the fort but no evidence on the ground exists, so we all had to imagine the Roman sentries looking out from this secure defensive fort.

Our final journey involved further field paths and a short stretch along the Leck Beck to arrive at the Cowan Bridge Tea Rooms where we had arranged to enjoy a celebration tea and cake extravaganza.



Michael C

## My Legs are Burning

After a day's walking have you ever experience a burning sensation in your legs and have put it down to lactic acid.

Well Lactic acid isn't to blame- in fact it's doing you a whole lot of good. Here's what you need to know.

Lactic acid has been blamed for tired painful legs for decades, but scientists are now increasingly thinking that we've got it all wrong. They have discovered that lactic acid isn't produced at all during exercise. They found that 'lactate' isn't a waste product that stings your poor muscles but is a nutrient that they desperately want.

Muscles working at intense levels do naturally become more acidic, which interferes with their ability to 'fire' and do their work. Lactate doesn't cause the acidity, it alleviates it, serving as a fuel for the muscles, reducing acidity, delaying fatigue, and preventing injury.

Walking produces lactate, and when you've more than your muscles need, it spills over into other parts of the body. Among its uses, lactate limits inflammation following injury, and during rest becomes a form of fuel for the healthy heart which actually improves its function.

Lactate is your brains fuel of choice- preferred because it can be directly consumed, unlike glucose which has first to be converted. New studies have revealed that brain fuelling with lactate improves clarity of thought, long term memory formation and neuron production.

And it doesn't stop there, raised levels of lactate from walking cause the body to adapt in very scientific ways and is very good for your health. Or so the scientists say.

Next time your legs are stinging don't blame it on Lactic Acid, it is most likely due to a lack of oxygen in the blood starving the muscles of their much-needed fuel.

**Glenda B**

## What's that Growing?

As we walk through growing cereal crops we often wonder just what is growing. This simple guide should give you a clue.



### Wheat

The king of cereal crops, its grains come in triplets, clustered in 'ears' (spikes) at the stem tips, which turn golden-brown when ready for harvest. It has shorter bristles than barley or rye.

### Barley

It is easily distinguished from wheat by the whiskery awns growing from its ears-which unlike wheat will bend downwards as it ripens.



### Rye

This cereal crop is most likely to be seen in the south and east of England. It is hard to tell apart from the bearded ears of barley, apart from being slightly longer and thinner.



### Oats

This hardy and nutritious crop grows on tall stems in multi-branched 'panicles' instead of spikes. It is a staple of our breakfast tables and is easy to distinguish from other cereals.



**Eleanor**