

Ramblers Gems



A Spring Vale Rambling Class Publication

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For further information or to submit a contribution email: svrcramblers@gmail.com Web Site <http://www.springvaleramblers.co.uk/>

INSIDE THIS ISSUE

- 1 **Now Recruiting.**
- 2 **An Unkindness of Ravens?**
- 3 **What Colour is the Wind Daddy? / On the Jubilee of Queen Victoria (1887)**
- 4 **Litha.**
- 5 **A Walk in the Dales.**

Now Recruiting

People may not be fully aware of the benefits that can be gained by joining a singing group. They think that by singing you are just enjoying singing with others but are not aware of the many and diverse number of positive ways that this pastime can aid the individual.

It is a form of exercise that stimulates circulation. It improves your posture overall, expands your chest cavity as well as aligning your back and shoulders. It helps with sleep by strengthening throat and palate muscles thus helping to stop snoring and sleep apnea.

By making you feel uplifted and happy it creates an immediate sense of pleasure and it isn't dependent upon how good the singing is. It lowers stress levels and improves mental alertness which has led the Alzheimer's Society to establish a "Singing for the Brain" service. It can widen your circle of friends, boost your confidence and communication skills.

But actually singing can burn those extra calories depending upon how you do it. Good singing requires you to use several different muscles in your neck, abdomen and chest so it can work your core as well as burning calories and if you get really creative it can turn into a full fat-burning session.

Just humming or singing quietly either standing or sitting burns about 50 calories per hour. Rehearsing or singing your heart out whilst seated burns 100 calories in an hour. Singing emotionally whilst standing can burn between 150 to 200 calories per hour. If you really put your body into singing with gestures, walking and some dancing it can take it up to 300 calories per hour. As this is a cardio workout it will help to loose weight across your whole body over several months.

You may not be aware, but we have a fantastic, friendly group of our rambling friends who are all members of the very talented Walk This Way Choir. Whatever your musical range, whatever your ability or gender there is a place for you. There is no audition required, you don't even need to be able to read music. Just a desire to want to enjoy yourself in a friendly and warm atmosphere amongst friends. They are led by a very capable Choir Director; Emily and she continues to move the group from strength to strength.

They rehearse every Friday night between 19:00 21:00 with a 20 minute break with tea, coffee and biscuits thrown in and all for just £3:00 a session. They meet at the Spring Vale Church, Watery Lane Darwen. BB3 2 ET. For more information, please contact Lynn Bourke on 07895760045.

Glenda B

An Unkindness of Ravens?

At least that is one of the names given to the jet-black birds with the dubious reputation. They might be unkind enough to steal eggs, but ravens are deemed to be highly intelligent and socially aware. Rising above the earth and soaring through the skies, birds have been symbols of power and freedom throughout the ages. In myths and legends, birds have been used as symbols representing human life, the connection between heaven and earth, as well as good and bad omens linking the human world to the divine or supernatural realms that lie beyond ordinary experience.



Birds assume a variety of roles in mythology and religion. They play a central part in some creation myths and frequently appear as messengers of the deities. They are often associated with the journey of the human soul after death. Birds also appear as tricksters and oracles.

In general, all birds symbolize freedom because they have the ability and the freedom to roam the earth and fly in the skies. People often believe that seeing a certain bird either in real life or in their dreams is a message from above. The bible also uses bird symbolism to represent different meanings through its parables. When Elijah was a fugitive in the wilderness, God supplied his basic needs by sending ravens with food (1 Kings 17:4-6).

Ravens and other species that feed on carrion, the flesh of the dead, may be symbols of war, death, and misfortune, as well as mediators between humans and the supernatural world. Other birds represent strength, love, and wisdom. Raven appears in Northwest Coast and Arctic story cycles as a trickster who is responsible for assisting humankind. He is responsible for bringing light to the dark world, creating and transforming of parts of the earth, naming plants, and teaching animals.

Raven is also known for being deceptive and untrustworthy. They feature in Irish and Welsh mythology and Cornish folklore.

Ravens scavenge for their food, often from rotting, dead meat. They are also all black, their eyes tend to seem like they're always watching and following you and they have a disturbing deep hoarse croak. Some people believe this means that the raven has a negative connotation; however, not all people agree with this assessment because it is seen as a messenger when talking in dreams. Ravens are known to hide their food, communicate with one another about what's happening around them and have been known to mimic human voices.

Ancient Romans and Greeks believed that the raven meant wisdom and light. They often associated the raven with Athena, Apollo, and the sun – despite the dark feathers. Chinese and Japanese cultures also associated the raven with the sun, but they believed the raven to be a messenger. Intelligence, intuitiveness, and intelligence were all attributes given to the raven in Norse mythology. Huginn (Old Norse: "thought") and Muninn (Old Norse "memory" or "mind") are a pair of ravens that fly all over the world, Midgard, and bring information to the god Odin. Many African cultures believe the raven to be a guide or a giver of guidance.



There is a group of at least six captive ravens resident at the Tower of London, at all times, to prevent disaster. Their presence is believed to protect The Crown and the Tower lest both Tower and Monarchy fall. When viewed as a bad omen the raven represents sickness and death. When viewed as a good omen the raven represents communication, guidance and wisdom.

Jean G

What Colour is the Wind

Daddy? By CHARLIE LANDSBOROUGH

A Poem for Father's Day

What colour is the wind, Daddy
Is it yellow, red or blue
When he's playing with my hair, Daddy
Does he do the same to you
When he's dying does his colour fade
Is a gentle breeze a lighter shade
Just like his friend the sea
The wind feels blue to me

When the blackbird starts to sing, Daddy
Do the flowers hear him, too
When he's pouring out his heart, Daddy
Tell me, what do roses do
Do they cast their scent upon the air
And is fragrance just a rose in prayer
Giving thanks to God above
For the blackbird's song of love

CHORUS:

Blow, wind, blow
Wild and free
My Daddy says
You're a lot like me

I know each colour
Its shape and size
I've seen them all
With my Daddy's eyes

I know that grass is green, Daddy
I've touched it with my toes
And snow is purest white, Daddy
I've felt it with my nose
But my favourite colour has to be
The colour of your love for me
And Daddy, I've been told
That love is always gold

This Inspiring song is about a blind child talking with his dad about the colour of the wind and relating it to his life. Charles Alexander Landsborough is a British country and folk musician and singer-songwriter. He started singing professionally in the 1970s, although his major success did not come until 1994 with his song "What Colour is the Wind".

Pesto Cenorr

On the Jubilee of Queen Victoria (1887)

Poetry of Alfred, Lord Tennyson

The first 6 of 11 Verses

I.

Fifty times the rose has flower'd and faded,
Fifty times the golden harvest fallen,
Since our Queen assumed the globe, the sceptre.

II.

She beloved for a kindness
Rare in fable or history,
Queen, and Empress of India,
Crown'd so long with a diadem
Never worn by a worthier,
Now with prosperous auguries
Comes at last to the bounteous
Crowning year of her Jubilee.

III.

Nothing of the lawless, of the despot,
Nothing of the vulgar, or vainglorious,
All is gracious, gentle, great and queenly.

IV.

You then joyfully, all of you,
Set the mountain aflame to-night,
Shoot your stars to the firmament,
Deck your houses, illuminate
All your towns for a festival,
And in each let a multitude
Loyal, each, to the heart of it,
One full voice of allegiance,
Hail the fair Ceremonial
Of this year of her Jubilee.

V.

Queen, as true to womanhood as Queenhood,
Glorying in the glories of her people,
Sorrowing with the sorrows of the lowest!

VI.

You, that wanton in affluence,
Spare not now to be bountiful,
Call your poor to regale with you,
All the lowly, the destitute,
Make their neighborhood healthfuller,
Give your gold to the hospital,
Let the weary be comforted,
Let the needy be banqueted,
Let the maim'd in his heart rejoice
At this glad Ceremonial,
And this year of her Jubilee.

Pesto Cenorr

Litha

Litha (also known as Midsummer) is a pagan holiday occurring on the summer solstice, June 21, and it celebrates the beginning of summer. Most ancient cultures celebrated the summer solstice in some way.

The name, Solstice derives from the Romans' observation that during a solstice, the sun's position in the sky at noon didn't seem to change much throughout the day, but instead appeared motionless.

According to Pagan folklore, evil spirits in particular may walk the earth more freely at this time, and in order to ward them off, people wear protective garlands of herbs and flowers. One of the primary protective plants against fairies is the 'chase devil', also known as St. John's Wort. It is in full flower in mid-June. Saint John's Day was established by the Christian Church in the 4th century A.D., in honour of the birth of the Saint John the Baptist. In the Gospel of Luke, certain verses imply that John the Baptist was born six months earlier than Jesus.

In ancient Greek calendars, the Summer Solstice marked the start of the New Year, and began the one-month countdown to the opening of the famous Olympic games. The Romans celebrated the Vestalia, a religious festival to honour Vesta, goddess of the home and hearth. Before the rise of Christianity, Slavic, Germanic and Celtic tribes celebrated the midsummer with bonfires, believing that they would boost the sun's energy and guarantee a good harvest. It was believed that bonfires could also help banish demons and evil spirits and in Denmark they still light bonfires. Many traditions have celebrated the Solstices — Ancient Egypt, the Aztecs of Mexico, Chinese, Chumash Indians of California and in North America, many Native American tribes held ritual dances to honour the sun.

The solstices certainly held importance for Neolithic humans, who may initially have started to observe the Summer Solstice as a marker for planting and harvesting crops.



Bodowyr Burial Chamber

In June 2021 I visited Anglesey combining rambling with visits to many Neolithic monuments. Anglesey was the sacred home of the druids. On the 21st June a coastal walk took us to a cliffside location where we visited Barclodiad y Gawres ('The Giantess's Apronful') and got a glimpse into the lives of our ancient ancestors while modern Druids were visiting the site.

The next day saw us exploring Lladwyn Island and Newborough Forest but later we went to Bodowyr Burial Chamber. This is most likely a passage grave used for communal burial. However, the site has never been excavated so exactly who or what is buried here remains a mystery.

Day 3, Bryn Celli Ddu – the Mound in the Dark Grove. This 5,000 year old burial site is probably the best-known prehistoric monument on Anglesey, and is one of the most haunting archaeological sites we visited. Like other prehistoric tombs on Anglesey, it was constructed to protect and pay respect to the remains of the ancestors.



Bryn Celli Ddu

Din Lligwy hut circle is an ancient village. The origins of the settlement may well go back into the Iron Age and it was probably a small farming community. When you hear the foghorn of South Stack Lighthouse you know not to visit the late neolithic hut circle on the west side of Holyhead Mountain! Next time...

Get outside! Take advantage of the longest day and go for walks (preferably without your mobile phone) to the beach, to any park, forest or nature reserve. Explore a botanical garden or neolithic site. Try yoga or meditation or take a mindfulness walk. Decorate your garden or house with fresh flowers, preferably white, yellow or orange.

Barbara S

A Walk in the Dales

Spring Vale Ramblers have undertaken this 7 mile walk several times, but at this time of year is one that can be quite spectacular. Starting from the tiny village of Hebden, only a couple of miles out of Grassington, but on a midweek day provides better parking than the busy Grassington. The name Hebden may be derived from either heope, Old English for a rose-hip or heopa, Old English for a bramble. An Iron Age or Romano-British settlement has been tentatively identified on the banks of Gate Up Gill on the moors to the north-west of the village. There is no documentary record of the area until a mention in the Domesday Book of 1086, in which the settlement was referred to as Hebedene held by Osbern d'Arques, of Thorpe Arch. During medieval times, an important east-west droving route used to move sheep between winter pastures around Fountains Abbey and summer pastures around Malham,

Our path first crosses the B6265 road and follows the old miners track in a northerly direction up the valley and onto the moors, surrounded by a large collection of lead mining activity. Keep to the track all the way.

The first actual record of lead mining on the moor was between 1603 and 1606 when miners were brought from Derbyshire to work the veins. The work took place around Yarnbury which was referred to as the Low Moor. This whole area has been heavily worked from deep shafts driven by waterwheels and horsewhims, however there is still evidence of opencut work and bell pits. An educational walk explores this mining area, and the route is interspersed with detailed information boards. This walk is for another occasion.

Our route eventually reaches Yarnbury Lodge now a Grade II listed building but once the home of Captain Barratt or Stephen Eddy, the Duke of Devonshire's mineral agents during the 1800's. The production of lead peaked in 1850, declining rapidly 1857-77, the end of underground mining in the area.



At Yarnbury the route now passes to the side of the buildings and goes onto one of the old sheep drove roads heading off in a north westerly direction. When the wall on the left veers away from the track we now follow this, into the corner, and climb the stile to follow the easily seen route on the ground in a south westerly direction. This route will take us back into Grassington after negotiating several well-constructed stiles set within the limestone wall that are a feature of this area.

The Domesday Book lists Grassington as part of the estate of Gamal Barn including 7 carucates of ploughland (840 acres/350ha) including Grassington, Linton and Threshfield. The Norman conquest of England made it part of the lands of Gilbert Tison. But by 1118 Tison had suffered a demotion and his lands returned to the king before being given to Lord Percy of Northumberland. Although often described by local people as a village, Grassington was granted a Royal Charter for a market and fair in 1282 giving it market town status. The market was held regularly until about 1860. Now it is a busy thriving town with many tea and coffee shops, a great centre for exploring the many paths that emanate from this location.

The journey back to Hebden follows one of these routes. As you enter Grassington take the road by the side of the Town Hall at the top of Main Street, known as Low Lane. After 50 metres take the road off to the left known as High Lane. This route crosses many gated field stiles but leads directly back into Hebden.

The main point of interest on the return journey at this time of year are the Grassington Park Estate Meadows. The flower rich meadows have been designated a Site of Special Scientific Interest because of the extraordinary variety of plants growing in them.



The whole route back is only a two miles walk but provides some exceptional scenery.

Michael C