

# Beachy Head Newsletter September- November 2021



www.beachyheadramblers.com

membership: beachyheadmembership@gmail.com

**‘The time has come,’ the Walrus said,**  
To talk of many things:  
Of poles — and packs — and boot-sealing-wax —  
Of cabbages — and kings —  
And why the Downs are boiling hot —  
and why the paths are muddy-slippery  
And whether ramblers should have wings.’

But wait a bit,’ the Oysters cried,  
Before we have our chat;  
For some of us are out of breath,  
And some of us a little fat!’

No hurry!’ said the Carpenter.  
They thanked him much for that.....

[Many apologies to Lewis Carroll for bowdlerising -and then using his wonderful work.]

But like the Walrus and the Carpenter, the time has come for Beachy Head Ramblers to draw breath and to talk. Although, we have a two splendid summer social events, a picnic at High and Over, which was attended by over twenty, and the informative and entertaining Quiz and “supper on the beach”, which summoned a bakers’ dozen to Seaford.

Our walks programme have been almost full. The walks have included between 4 & 17 ramblers and there have been some new leaders. The weather has generally been kind, including, very annoyingly, on a couple of occasions when walks were cancelled because really bad weather had been forecast.

Fellow ramblers turned up from London, the wastes of Kent, fleshpots of Hove, distant Essex and fair Tunbridge Wells. All came because of such interesting walks. We are delighted that a number of new members of BHR are becoming regular walkers.

**A warm welcome to all.**

Vote in person [not with your feet] at the AGM

Perhaps you have done just that already. But, you are still paying your membership fees. And, we all deserve something in return. Please put the date into whatever passes as a Diary:

**AGM 21 November 2021**

**East Dean, Small Hall, 1230+**

**THERE WILL BE A Lucie-led-walk BEFORE the AGM:**

**10.00 am FROM EAST DEAN Car park**

**IF you want to get in touch, volunteer, want to help out, need information –or want to share good ideas please let us know.**

The AGM 21 November is a chance for everyone to get together. There will be formal proposals and the election of people to the roles required to run Beachy Head Ramblers. So if you are interested please let us know. But until this happens here is: who what why and when.

## Who does what at BHR

|                   |                                |                      |       |
|-------------------|--------------------------------|----------------------|-------|
| Andrew Scallan:   | ascallan@icloud.com            | Acting               | Chair |
| Linda`Bailey:     | lindamindmatters@hotmail.com   | Secretary            |       |
| Suzie`Tomkins:    | suzie339@gmail.com             | Membership Secretary |       |
| Peter`Clich       | clinchpc@gmail.com             | Treasurer            |       |
| David`Fry:        | dfry.architects@googlemail.com | Events&Walks         |       |
| Peter`Slepokura : | peterslepokura@gmail.com       | Newsletter           |       |
| Lucie Thorncroft  | Committee                      |                      |       |



The country behind Beachy Head, East Sussex, seen from the air, looking WNW. The chalk cliffs of Beachy Head are seen in the left-hand bottom corner. Thence the escarpment of the South Downs, bearing chalk grassland, runs across the picture to the right, behind the town of Eastbourne in the foreground, and turning WNW can be traced in a sinuous line broken by two river valleys (Cuckmere and Ouse). Beyond Lewes on the Ouse (right centre) the escarpment runs westwards but is partly obscured by cumulus clouds which also cover the distant landscape at the top of the picture. Except for the Downs almost the whole of the country, which is here very poorly wooded, is seen to be cultivated.

Photograph from *The Times*.

## Next Steps

Despite all the enjoyable walks and activities that have been organised by our dedicated volunteers there is still a sense that our Group is suffering from more than pandemic related disruption.

Your Committee considered a paper from Malcolm Newman at our recent meeting and will include it, together with issues raised by other members and suggested changes, at our AGM. This will be the opportunity to review how things have been in the past year.

**But, even more importantly, to look forward to how we can develop as a group to ensure we provide walkers with the opportunity to experience our wonderful surroundings, make friends and make the most of active engagement with the countryside.**

The AGM will also be the opportunity for members to elect the Committee and stand for election to support the work of the Group.

The Officers who who have indicated that they do not wish to continue are:

Peter Clinch -Treasurer

Linda Bailey -Secretary

Anyone interested in these, or indeed any of the other committee posts, should contact the existing committee members or Andrew Scallan.

## SUSSEX AREA COUNCIL

The Area Council meeting on 14 August included a number of interesting agenda items including:-

-The new interactive way of reporting footpath problems to East Sussex County Council  
-reports from the Footpath and Countryside officers  
- finance and membership reports. Beachy Head's membership stands at 240 with membership of local groups looking like this

Brighton and Hove-663  
Heathfield and District-82  
Rother-294  
Mid Sussex-433  
Arun/Adur-342

If anyone would like to see any of the papers for the meeting do get in touch with Andrew.

### **Christmas Lunch**

Another date for your diary. Bob Breakey has once again volunteered to organise our Christmas lunch. He is undertaking arduous research to select the best hostelry and details will be announced soon. The date has been fixed for **8 December** and there will be a short walk on offer before the festivities begin.

### **Tick Alert.** Be Tick aware

It is a good time to brush up on your knowledge of ticks, rather than brush up against them, with potentially dangerous consequences. Experts from across Europe, including scientists from the University of East London, have combed through all recorded incidents of ticks carrying the bacteria which causes Lyme disease, for the seven years between 2010 and 2017.

Unfortunately, the South of England is one of a handful of areas in Europe where the risks are **severe**. The tick which causes the trouble is called 'Ixodes ricinus'. In The danger zone — covers London, Kent, East Sussex and parts of Essex — is on a par with Northern Italy, Romania, Switzerland and Norway when it comes to 'very high' populations of the blood-sucking critters. Ticks are small arachnids (members of the Spider family), which feed off the blood of birds and mammals, including people. Ticks are most active from May to October, especially in warm weather.

Unfortunately some ticks carry the bacteria which causes the dangerous Lyme Disease. The symptoms of Lyme Disease are similar to those of influenza and anyone having flu-like symptoms, head-aches, muscle pain or joint pain, accompanied by a bulls-eye rash pattern on their skin after visiting the countryside, should talk to their doctor as soon as possible. Please visit [NHS Choices website](#) for more details.

Not all ticks will have the bacteria, although they are still an unwelcome presence on the host and they should be carefully removed with a special tick removal tool, which can be obtained from most vets or pet shops. Don't forget to check your dogs and cats too.

### **You can take simple steps to avoid coming into contact with ticks, such as:**

- wearing long trousers
- check bare arms and legs for pinhead size ticks after all walks
- walking on clearly defined paths, to avoid brushing against vegetation
- avoiding dense vegetation
- wearing light-coloured clothing so ticks are easier to spot and brush off

**Remember to be tick aware.**

More information about ticks and associated diseases is available from [Lyme Disease Action](#) Tagged:

- Lyme disease (Thanks to Sussex Wildlife Trust)

Returning to Eastbourne on Mike's walk 25 August 2021 –17 walkers –lovely day out



Useful links:

Eastbourne Walking Festival 17-26 September

<https://www.visiteastbourne.com/whats-on/eastbourne-walking-festival-p1241611>

Wealdway40 Festival 1-29 September

<http://www.kentramblers.org.uk/wealdway40/>

East Sussex rights of way map

[Online rights of way map – East Sussex County Council](#)

Access to old maps and rights of way claims

Enter 2026 as password

[Project 2026](#)

30 august 8pm RJS rstenson2@mac.com