



BIGGAR RAMBLERS

Walking in Clydesdale

www.biggarramblers.co.uk

NEWSLETTER June 2018

The Chairman's Bit

"Didn't we have a lovely time" starts a song which we know well, and that phrase seems so appropriate for our time on Mull. Let me be the first to thank Pam for organising a good hotel with very tasty food, excellent staff and a bar to match! And I'll give her credit for all the sunshine while we were there. It will be a hard act to follow next year. On to this year's Summer and a new Walks Programme with some walks which were cancelled from the last programme due to the weather; again thanks to all concerned. But a new item has arisen which is the General Data Protection Regulations (GDPR) and I have given an outline below as it concerns all of us and I hope we will still be able to stay in touch with you.

Brian

And the Winners are.....

As you know, three times a year one of the highlights of the Rambling world takes place, viz. the winners of the Biggar Ramblers Walk Leaders finals are announced to a waiting world. There is always fierce competition from across the whole walking spectrum to get one's name on list. Famous explorers, expedition leaders and hikers from around the globe fight for the privilege of being named as a Biggar Ramblers leader. *(sadly we can't identify them due to GDPR - Ed.)* Well, the expert judging panel (i.e. John) has made its choice and the lucky winners are listed on the enclosed prog. together with the strange and fantastic walks which they plan to lead. Let us hope that they are rewarded with lots of sunny weather and big parties.

Protecting Your Information, part one: GDPR – the lowdown

The General Data Protection Regulations will apply from 25 May 2018 when they supersede the UK Data Protection Act 1998. Significant and wide-reaching in scope, the new law brings a 21st century approach to data protection. As well as the big companies and organisations it also applies to Biggar Ramblers! Basically, those holding a position in our Group have a responsibility to retain only the minimum information about you, to use it only for Biggar Ramblers activities and to keep it secure. Ramblers HQ hold information about you and they are the principal organisation in this matter, but they pass on to us only what we need to be able to keep in touch with you. For example, they hold bank account details if you pay by direct debit, but that information is not passed to us. However they will not know if you are willing to be a walk leader or serve on the Committee when your name and other information (e.g. contact details) may be published. Therefore we need your consent locally to know we can continue to produce the walks programme and inform you of our own activities. To this end, we include in this mailing a Consent Form which we ask you to complete **as soon as possible** and return by post to Lesley Glidden, The Granary, Main Street, West Linton, EH46 7EA or hand it to a Committee member. These will be held by us and used **only** for the purpose of informing you about our activities. If you wish to know more about GDPR and the Ramblers, go online at www.ramblers.org.uk and enter GDPR into their search box. *(I did, and I lost the will to live after 5 minutes - Ed.)*

Wait, there's more.....

Protecting Your Information, part two: In Case of Emergency

In recent years we have asked walkers, at the start of a walk, to complete a Walk Register with their emergency contacts. Now, with the new GDPR law, we are not allowed to hold information about non-members, i.e. your emergency contacts. So the Register has had to be modified and will contain less information. All walkers are now advised to carry a fully completed "In case of emergency" card. If you did not get one at the AGM or have lost it or need another, please contact our Secretary or a Committee member. You can download a copy by going into the Ramblers website, enter 'emergency' into the search box and the link to the card will be shown. But it's best to get a proper one as they're waterproof and tough.

(Many thanks to Brian (yes, we have his permission) for this clear explanation of how GDPR affect us. But what will GDPR mean for your favourite publication? I hear you ask. The Editor (who cannot be identified) will not be permitted to mention you, know who you are or wave to you in the street without your written permission signed in front of a Notary Public. Otherwise he or she risks being thrown into jail and hit with a 500,000 Euro fine. We can still publish gossip, rumours, fake news etc; just can't mention your name - Ed.)

By the way, has anyone else noticed a sudden absence of cold calls? Every cloud has a silver lining!!

But now for something completely different.....

A Jolly Jaunt to Mull

The peace and tranquillity of the Western Isles was rudely shattered over the weekend of 27-30 April when 24 Biggar Ramblers invaded the Isle of Mull, with boots at the ready, determined to explore and stomp all over this attractive island. They settled in the Isle of Mull Hotel (and Spa!), at Craignure, where they encountered excellent food, friendly and helpful staff, a swimming pool (with sauna!) and superb views over the sound of Mull to the mainland. However they weren't there to enjoy themselves and soon the business of walking had to be addressed. On Friday afternoon, proceedings got underway with a pleasant 3 mile walk in Scallastle forest accompanied by the sound of a cuckoo and some brief showers.

On Saturday, 8 hard walkers, led by Brian, started from Dhiseig on Loch na Keal to ascend the challenging Ben More, still with snow on its NE side. On the way up, a golden eagle flew past giving the party a majestic display gliding in the wind. After crossing Abhainn Dhiseig, the ascent steepened and the summit was eventually reached. From here, there were wonderful views all over the island and beyond. The party were able to identify the Cuillins, the Eive hills, Paps of Jura as well as Staffa and the the Treshnish Isles.

Meanwhile the rest of the group enjoyed 2 nice walks near Tobermory, led by Jan and Bernard. In the morning, in lovely sunshine, the party headed along the coastal path to Aros Park with excellent views over the colourful town and its harbour. The walk circled Lochan a Ghurrabain before descending to the pier, an excellent viewpoint for photographers. After lunch at Tobermory, the party walked to the lighthouse, with stunning views across the water. Rhum and the Ardnamurchan Peninsula could be seen amongst other places.

On Sunday, Jason led an interesting coastal walk down by Lochbuie. Starting at the old post office, (now a shop), the track led first to St Kilda's Church, then on to Moy Castle, built in the 15th century by the Macleans and now a ruin. Continuing around the headland, the party reached the mausoleum of the Lochbuie Macleans where a stop was made for lunch with good views over Lochbuie. Returning to the castle via the beach, the party caught some light showers. At this point a detour was made, past Lochbuie House and some holiday cottages, in order to see the stone circle. This is an impressive group of 8 stones about 2 metres high. However the approach to the stones was severely boggy and muddy and at least one member got stuck and had to be dug out. The party plodded back to the old post office/shop for very welcome tea and cakes.

All agreed that the weekend was a great success, with a nice hotel, great walks, fine weather and, of course, good company. Our thanks go to Pam for arranging it all and to those who led the walks. Well done everyone.

The Medical Bit

As members of the Ramblers and regular hill walkers, we are of course bursting with fitness and energy and we're almost certain to live forever. However unpleasant things can happen to the best of us and one of these is 'Cardiac Arrest', which means the heart stops beating, and is completely different to a heart attack. It is a sad fact that less than 10% of people suffering cardiac arrest outside hospital survive, because other people just don't know what to do. Anyone suffering CA on a walk needs to be resuscitated immediately regardless of anything else. The way to do this is by using CPR (Cardiac Pulmonary Resuscitation). We advise all walkers to "google" it and find out exactly how to carry it out. For the men, there's a nice video of Carol Smillie doing it in time to the Proclaimers' song "500 miles". But the ladies might prefer to watch Vinnie Jones showing them how to do it. But it's vital that it's done immediately, done hard and done continuously until help arrives. Of course, it's also necessary to call the emergency services straight away. If you cannot get a signal, it is possible to use text which often gets through when a voice signal cannot. You need to ensure that your phone is registered to use text for emergency calls. Text 'register' to 112, read their auto reply and reply with the word 'yes'. Google 'Lyle Brotherton 112' for a clear explanation of using 112 in an emergency. Once you get through, it is important to accurately describe the location. The leader should carry an OS map so that they can give a map reference - remember eastings then northings - and identify nearby landmarks. Also it is useful to give the postcode of the nearest road access. All cottages, farms etc, have a postcode and this can be found online and then marked on your OS map prior to the walk.

As we head into Summer, now is a good time to remind ourselves about the dangers of ticks and Lyme Disease. Ticks tend to live in places with damp vegetation with lots of small animals and birds they can feed on. They climb a leaf or stalk and wait for an innocent rambler to pass and then they hook on with their front legs and stab through the skin to feed on your blood. Not all ticks carry Lyme Disease, but if you get a rash or feel ill soon after a tick bite, see a doctor straight away. Lyme Disease can be very serious, can last for years and must always be treated. Keep arms and legs covered when walking in woodland or similar places. Insect repellents containing DEET or Picaridine will help keep ticks away. For more info, go to www.lymediseaseaction.org.uk and also see www.tickcard.co.uk.

Walkies Lesley's doggy walk at Roslin in May was a great success. There were 8 walkers with 5 dogs and all behaved themselves very well. Lesley plans to do it again, so keep an eye on the programme.