

EALING  
OUTDOOR  
CLUB

2021 – ISSUE 1

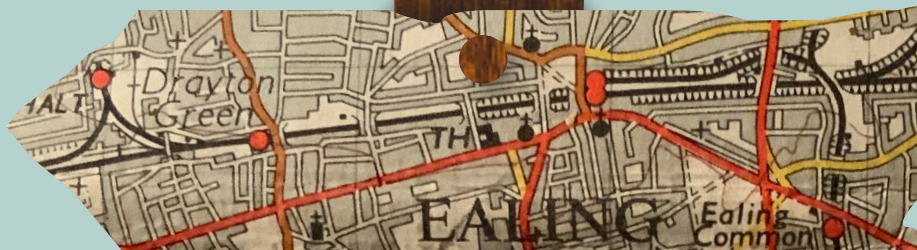
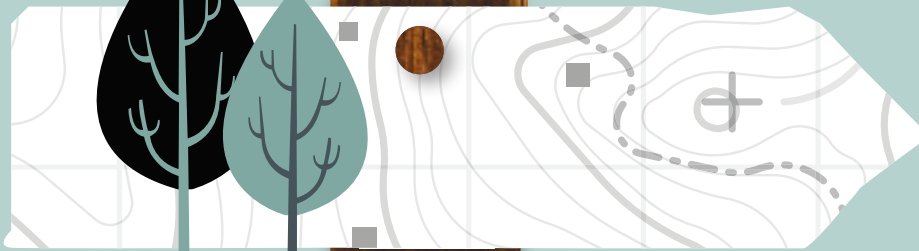
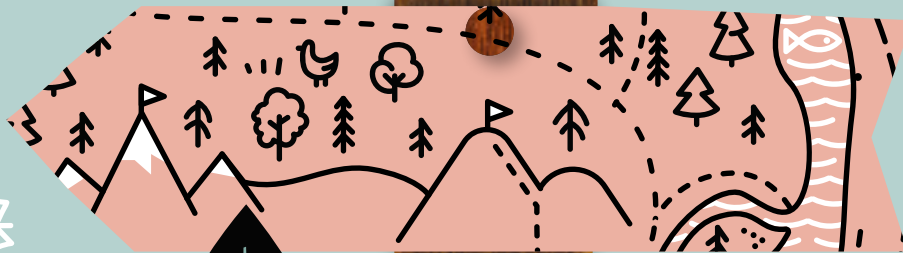
# NEWS

## 80/80 Goals!

Achievable Ways

## Walk Report

The Ruislip Circuit



**Outdoors Recipes**  
Snacks to Go!

**Records of  
Our Formation**  
The EOC's history

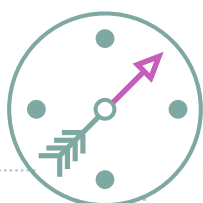


**Welcome** to the first edition of what we hope will be a monthly newsletter. The idea is to try and improve communication within the club, at the same time giving members a forum to share favourite walking routes and other information. Please send in any interesting articles, recipes, photographs, walking routes that you have. During the last year, with the Covid restrictions, many of us have been doing walks local to where we live. Perhaps you have discovered a new route. Why not publish it in the newsletter so that others can walk it too?

3 Latest News



5 Hola a todos!



Share your photos...

7 Records of our formation

Part One of EOC's 80 year history.

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40s Outdoor Essentials

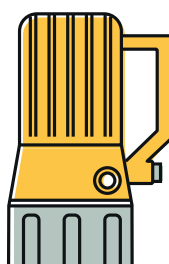


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Route Report  
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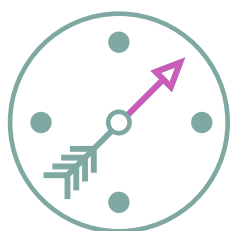
Outdoor Wordsearch

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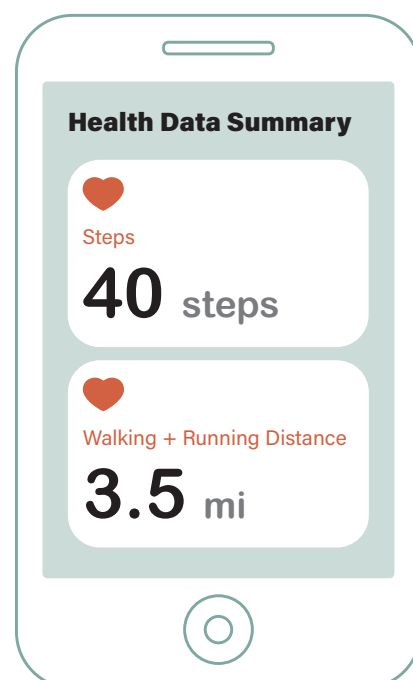
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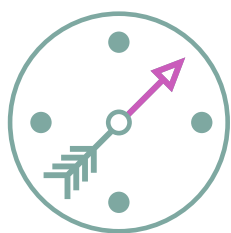


## 80/80 goal!

**Next year** is the 80th anniversary of Ealing Outdoor Club. The very first meeting was held on July 24th, 1941. What better way to mark our 80th year than to walk 80,000 km? This sounds like an enormous, impossible task but if we break it down it suddenly seems manageable and achievable. There are 62 club members and 365 days in the year. If we can each walk 3.6 km, every single day, then we will reach the goal. 3.6 km is 2¼ miles or, if you prefer, about 6,000 steps. As a comparison, the distance from Ealing Broadway tube station to Ealing Common tube station is 1 km. In the early years, our club had a cycling section so let's allow cycling, too. I know that two of our members recently cycled 20 miles in a day. This is 32 km each, or 64 km which would be added to our total. On a recent club walk, seven members each walked 11 miles. This makes a grand total of 120 km. Here are some targets for us individually to aim at, assuming that all club members buy-in to the challenge:

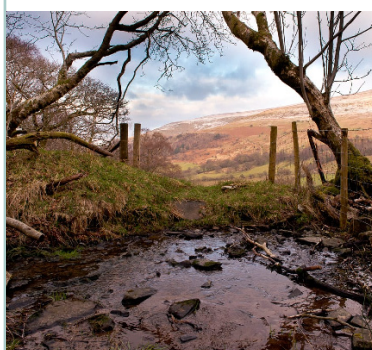
Most of us live in Tier Four. Group walks are no longer allowed, but we can arrange to meet with one other person and walk with them. Why not call a fellow member, arrange to meet, walk for an hour and watch those kilometres rack up? It doesn't even have to be a "formal" walk. Going down to the corner shop to buy a bottle of milk can be added to your total, too. The steps that you walk at work can be added to the total. What about a virtual walk? Get in contact with a fellow member, arrange a time to walk and then Zoom them afterwards to discuss your walks over a cup of tea and a piece of cake.



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## BRECON BEACONS UPDATE

The committee took the decision to cancel the Youth Hostel booking for Brecon Beacons. This trip was scheduled for February, but with Wales in lockdown and London in Tier 4 travel was going to be extremely difficult. As well as



this, not all hostel facilities are open at the moment (e.g. drying room, lounge, self-catering kitchen). The booking for Truleigh Hill on the South Downs at Easter is still being held, but the situation will be monitored carefully.

LINKING UK  
WALKING ROUTES

During lockdown an organisation called “Slow Ways” was formed. It is aiming to create a network of walking routes across the UK, linking all towns and cities. By the end of January a new web-site should have

been launched that will contain these routes. They are free to browse and download. The organisation will also be looking for volunteers to “test” the routes. If you are interested, the address is: [www.slowways.uk](http://www.slowways.uk)



SLOW WAYS







## Hola a todos!

I am Guada. I joined the club four years ago and have been a general member of the committee for two years. Before I joined the committee, I used to organise cinema nights out at the Watermans centre.

There are many things I love about EOC. One of them being it offers its members not only an opportunity to take part in a variety of outdoor activities but also a great way of getting to know interesting people and socialising. And it is all run by volunteers!

At a more personal level, it has allowed me to develop skills like reading maps or leading walks and I will always be grateful to those who contributed to it.

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SHARE  
YOUR  
PHOTOS

Why not share your  
'Countryfile' Calendar  
potentials and e-mail  
over some photos for  
us to include in our  
next issue please?

Our issue two  
theme is 'Animals'.

Photo theme  
FOR ISSUE TWO:  
**'ANIMALS'**

Please e-mail your photos to

[jm.crowther@outlook.com](mailto:jm.crowther@outlook.com)

OR

[ealingoutdoorclub@hotmail.com](mailto:ealingoutdoorclub@hotmail.com)



## Club History: Part One

Over the past few weeks I have been passed several documents relating to the formation of Ealing Outdoor Club. It is such an interesting story, I thought it should be shared with all members...



# A RECORD OF OUR FORMATION



by **John Crowther**

**Left: The Hayes EMI Research Laboratory, the birthplace of the Ealing Outdoor Club.**



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NEXT PAGE

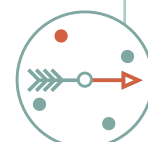
## A RECORD OF OUR FORMATION



A gentleman called Ron Clayden was working at the EMI Research Laboratory in Hayes. In 1935 he met a colleague by the name of Reg Chasmar who, at some time, introduced him to Youth Hostelling. Another colleague, Francis Thomson, encouraged Ron to form a Youth Hostelling group in Ealing. To this end, Ron cycled out to the YHA office which was based at the Kemsing Youth Hostel near Sevenoaks. He spent

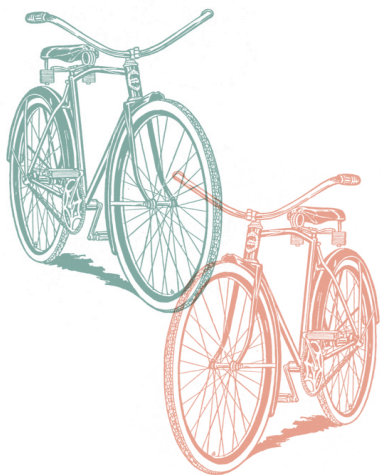


the weekend laboriously reading their records and collecting all the names and addresses of members who lived in the Ealing area. He had some leaflets typed up and duplicated, before delivering them – mainly by bicycle. The leaflet invited people to attend an inaugural meeting, held at the Congregational Church Hall, Uxbridge Road, Ealing





## A RECORD OF OUR FORMATION

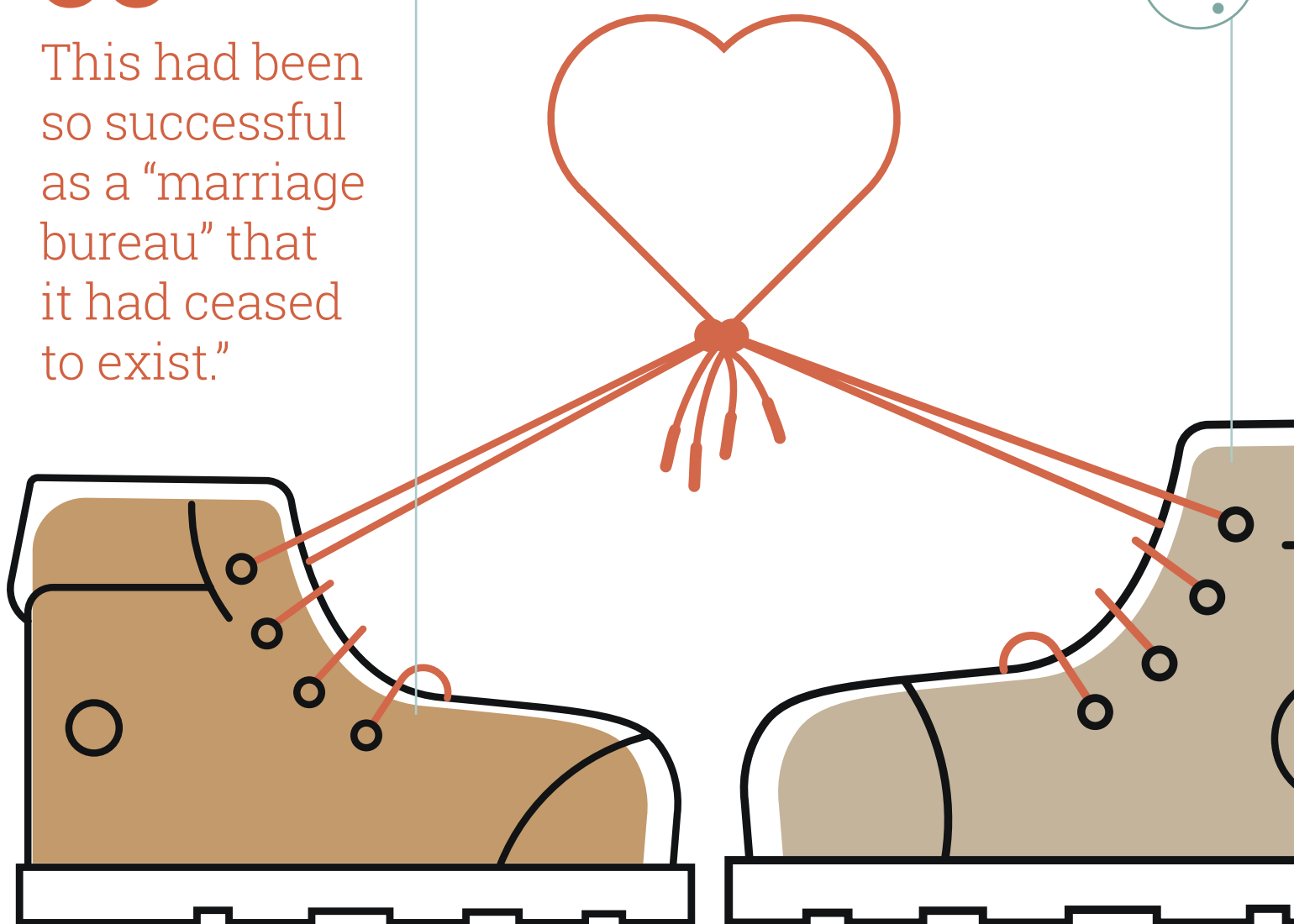
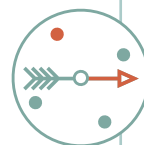


on July 24th 1941. Attendance at this meeting was better than Ron expected, most people arriving by bicycle. Ron acted as organiser, chair and secretary of the meeting. In his address he referred to a previous rambling club in Ealing. This had been so successful as a “marriage bureau” that it had ceased to exist. It was Ron’s hope that the same fate would not befall the new group and he appealed to it to continue recruiting new members.

“

This had been so successful as a “marriage bureau” that it had ceased to exist.”

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## A RECORD OF OUR FORMATION

At this first meeting there were several offers of help, resulting in the following appointments:

**Chair:** Tom Bradley

**Treasurer:** John Moore

**Secretary:** Ron Clayden

**Joint Social & Outdoor Secretaries:**

Ken Morrel & Dicky Higgins

**Committee Members:**

Elsie Bradley and Hilary Clayden.

Thus, the Ealing and District YHA Group was formed.

### Early notable dates were:

#### 1941

Sunday August 3rd

First cycle ride – Surrey

Sunday August 10th

First walk – Gerrards Cross

Thursday August 16th

First social evening

A talk about hostelling, attended by 40 people

September 27-28th

First hostel weekend  
Bucklebury

December 20-21st

First Christmas Party  
Boulter's Lock Youth  
Hostel, Maidenhead

#### 1942

Thursday April 9th

First AGM



EOC 40s  
ESSENTIALS  
PAGE 11





# EOC 40s essentials

1941 saw The British government's need to reduce production and consumption of civilian clothes to safeguard raw materials and release workers. So consider a January 'Make Do and Mend' restyle...



## 'Instructions inside'.

The Woman's Weekly Pull-Over Cable-Stitch blueprints.

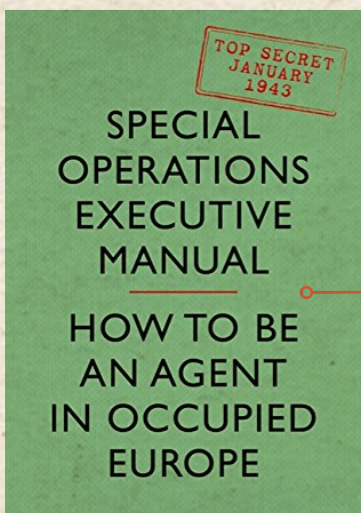
Prepare for those early spring Mean temperatures and pack a Brown & Green Fairisle Tank Top. Authentic style with deep bottom welt.



## Evening at Questors?

Then Nurse White Perforated Oxford Red Cross Shoes (far left)...

...or want a heavier gauge for Sunday AM? Then pull on a pair of oiled 'rough out' kip type WW1 Ruff-Lander's styled leathers.



## Two east of Blighty

**essentials:** SOE's Executive Manual (left) is the post-Brexit, need-to-know green book - from planning & compliance, WTO Methods of Valuation, AEO cover stories, Certificates of Origin/Non-Preference/Preference??, How to live off the land and Interrogation! (Right) Find the exit with this **Double Sided Silk Escape Map** France right, Ealing top left.







## ROUTE REPORT

# The Ruislip Circuit

A November 2020 walk from West Ruislip Tube Station around the woodland tracks of Ruislip and Harefield, just before the December 2020 Level Four Lockdown.





**Date:** 1 November

**Start/Finish:** West Ruislip Station

**Walk leader:** David Cross

**Distance covered:** 12 miles

**Weather:** Grey and drizzly

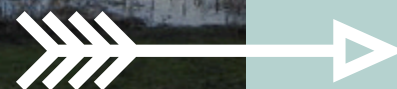


**After** leaving West Ruislip Station we crossed the B466 and up 'Clack Lane', where our footpath temporarily angled parallel with the muddy ditches around 'Crows Nest Farm'. The ground – yes wet, then gooey – mainly long grass, sticky like. And then we deviated through the alleyways and cul-de-sacs that trimmed the back gardens of west, West Ruislip and followed a misfit ditch up to the shiny A4180 Duck's Hill Road'. Looked left and right. Over to the oaks and hornbeams, dogwalkers and then Ruislip Lido, beside the railings beneath the trees. No breeze. Masks on. Toilet break. "Cappuccino?" Undecided – so yes.

Skirt Metroland beach. Miniature Railway is on our right. It should be on our left. Security mesh fence curves our walk and terminates us at 'Poor's Field'. Laminated graphics on frayed edge board read: 'ancient semi-natural woodland... some parts are a remnant of the Wildwood that once completely covered England after the last ice age, about 8,000 years ago...'. Family shout for 'dog's name' and apologise, as British do.



**Ruislip Lido**





Sandy with rain drop indents. 55m above sea level. A Finger Post: SSE 'Hillingdon Trail'. We turn our back NNW up 10m to Copse Wood entry point. Fenced off, but with pathway marked. Uphill woodland. 18 mins, and then at 85m turn SSE where Hillingdon Trail reunites us to 'Duck's Hill Road'. Across to 'Mad Bess'?, 'North Riding'? or? My watch recommends 'Young Wood' and slices off a 'Grand Union' return. It's November not June.

Dripping woodland to Warren's Farm corner and find exit.

We trot across Breakspear Road North. Always oncoming traffic. Carpark. Council branded signage informs: 'There's 585 species of fungus...'. Decide to choose canal straight tyre tracks on the right, which could be a bridleway. Mud takes over and blots out 'straight' and widens path expansion around the trees. Left side or right? Doesn't really matter. 15 minutes at slow then Bayhurst Wood is all to our left and now fencing channels the potmarked clay into a one way only.

Finally we leave the woodland across a stile. Wetland is to our right. I like the idea of Ancient Britain's bogland, but acoustics – M25? or A412? – not wind or rain – distract. Slip then grip with side-on and climb until 80m high. Alternative picnic venue is recommended. Yes, graveyards usually have something solid to sit on, so I agree.



Bayhurst Wood







**Nearly there!**







Fields edged with hawthorns angle us on a polygon route NNE, N, ENE, E and down to a gravel track with a Labrador ready 4x4 parked up. Then South Harefield's war grave's church yard for lunch. Buzzards entertain, circuiting slate roof for 40 mins.

Return mileage is possibly more than I promised. As straight as possible I decide. Park Lodge Farm – glimpsed briefly. No gates anymore. Hedge's clipped – extended by the modern tractor. We cross a concrete lane and then nettles sting. They feel advanced – next generation. Everybody else is fine. Leggings donned.

There's a digital dotted diagonal on my OS, that I make known to the group, which enters Bayhurst's SW point. Eventually find a close as. Stile, clay pitched paths, onto planks and across a ditch and circuit a pond. I point out 'we should be the other side of...', but then the path seems friendly. Out, woodland gone. Digital points across a field. Confused my phone has a SSW path that's not here any more. But find alternative, around 1980s conifers, that pull back a field to our left, scattered with 10m mesh cylinders. Corrosion looks unhealthy. JCB behind. Probably means to be buried – no questions!

'Newyears Green'. 'Keep to public footpath', bolted to polished stainless, over an over-generous cylinder, pierced with a left, right arrow-tipped finger pointer. We adhere. Square pond, ditches with currents and traffic with lights. 'Crows Nest Farm' and Clack Lane and across to tube. **That was it for 2020!**



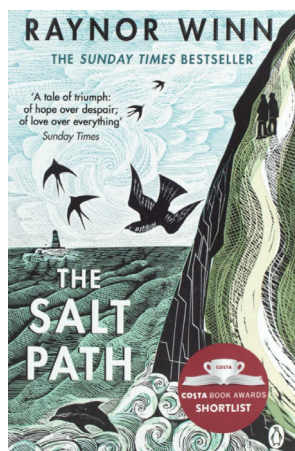


## BOOKS FOR LOCKDOWN

It's safe to say that reading can change your life for the better, and the importance of reading is undeniable and it's a great conversation starter for future walks, so send in any book reviews that you would like to feature. We have added three for a starter.



## The Salt Path by Raynor Winn



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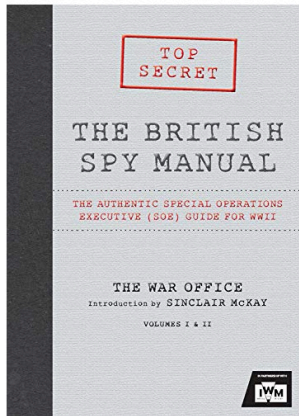
if you are going to sit at a café and expect a pot of hot water to be served free of charge, you can't really complain if they then refuse to fill your water bottles from the tap.

**I'd heard** quite a lot about this book from various people, so when I saw a copy at home I decided to read it. A middle-aged couple, with two children at university, suddenly find themselves homeless, with no jobs and no income. To make matters worse, Raynor's husband Moth has just been diagnosed with a terminal, degenerative medical condition. So, they use some of their meagre savings to buy a tent on Ebay and two thin sleeping bags. A friend helps them travel to Minehead and they start walking the South West Coastal Path. Other than a copy of Paddy Dillon's guidebook they don't seem to have made many plans. They hope to survive by wild camping and using their £48 weekly benefit for food and ferry crossings. It was surprising that two people who had until recently lived on a small-holding in Wales, presumably with lots of outdoor time and manual work, were struggling to carry their backpacks and walk "decent" mileage. Moth, though, wasn't well and it could take him most of the morning to get going. The descriptive passages of the book disappointed me. Having walked several sections of this path I was looking forward to comparing their experiences with my own. Rather than discuss the path itself, Ms Winn prefers to focus on things that could have been avoided or at least predicted:- lack of food, the weather, being treated as outcasts, poor mobile phone signal. And if you are going to sit at a café and expect a pot of hot water to be served free of charge, you can't really complain if they then refuse to fill your water bottles from the tap. The lack of fore-sight at times was breath-taking. The walk was lived day-to-day with little thought given to what might be encountered over the next few days. When a cash point was reached and the benefit money transferred to the purse, much of it seemed to be spent on luxuries, such as chocolate fudge bars and chips, rather than essentials. The survival instinct was evidently strong as the couple seemed to move from one calamity to another, always coming out the other side. At times, I had to put the book to one side as my frustration rose to a dangerous level. "Why on earth did you make that decision?" is a question I asked myself of them on many an occasion.

About half-way through the book the narrative seemed to change, becoming almost poetical at times. The cynic in me wonders if the author suddenly realised that the experiences might make a book and that she changed her style accordingly. Despite all these short-comings, I found the book inspirational. Strip away all Ms Winn's rantings and the story is one of hope. Just don't expect it to be a guide to the South West Coastal Path!

**Review: J Crowther**

## The British Spy Manual Imperial War Museums



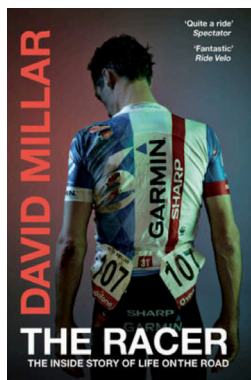
**The 1940s** cloak and dagger 'how-to...' guide book for those Special Operations Executives. Everything's covered: techniques in camouflage, setting up communications, eating outdoors, eye contact. The original text book for heroes learning to ply their trade.

This is Imperial War Museums' reproduction of the classroom dossier that all secret agents being trained for missions against the Axis forces in the Second World War were supplied with and expected to implement when on service. Full of colourful and imaginative drawings, photographs and diagrams – a unique piece of British history.

Fast forward 2021 and a What's App tweet will transtext your immediate plan of action to fellow EOC agentsn – plus modern navigation techniques have a few extra downloads to help pinpoint where we really are – but this manual is still a fascinating historical reprint.

Review: D Cross

## The Racer By David Millar



**David Millar was a professional road cyclist. He raced for 18 years, although he did serve a two-year ban during this time for doping offences. After his ban he returned to top competition and became a convert to the goal of drug-free cycling. He was (and is) seen very much as an "elder statesman" by both cyclists and officials and is considered a person whose opinion is worth listening to.**

**This book** tells the story of 2014, his final year of cycling. It is very much a diary of the season, but does contain some "flashbacks" to earlier, important events in his career. During the read you will follow the highs and lows of the year, careering from one crash to another whilst at the same time meeting his team members and learning a little bit about the tactics employed in the various different types of race. As a fan of cycling I found that I could not put the book down and enjoyed it enormously, despite the "industrial" language which seemed to appear on every other page! The sub-plot is the Millar is the father to two young sons. He spends his time between races and between race stages sending each of them postcards. Some of these are reproduced in the book and make fascinating reading. What came through most of all when reading the book were love and respect: - Millar's love of his sport, the love he has for his two boys and the respect that Millar has gained from the other riders in the peloton. Since 2014 Millar has been an expert summariser for ITV when they screen races such as the Tour de France and La Vuelta. He always comes across as an intelligent tactician, quick to spot what is happening and able to explain it to the layman. These traits are common themes through the book. When the plan is made, he is the team-member who is trusted to make sure that it is carried out. Even on a bad day he is prepared to put himself through extreme pain in order to help a team mate. Next time I am out walking and parts of my body feel a bit sore I will think of David Millar, remember some of the scenes described in this book, grit my teeth and carry on, just as he would have done on his bike.

Review: J Crowther



# Happy Baking!

## Flapplejack



### INGREDIENTS

- 2 large dessert apples
- 225g butter
- 225g Demerara sugar
- 2 tbsp golden syrup
- 200g jumbo oats
- 75g muesli
- 50g raisins
- ½ tsp ground cinnamon



**A snack to be taken on a walk, or eaten afterwards, as below. Alternatively, it could be for a meal that can be prepared quickly in a Youth Hostel kitchen. On more than one occasion I have been frustrated, waiting for cooking space, whilst someone cooks a gourmet meal from scratch!**

1. Place apple in saucepan with 2 tablespoons of water. Heat gently until soft enough to roughly crush with a potato masher – but not to a pulp.
2. Melt butter, sugar and syrup together in a large pan. Remove from heat and stir in the oats, muesli, raisins and cinnamon. Mix until the butter is soaked up. If too wet add more oats.
3. Evenly spread half the mixture into greased and lined 20cm x 5cm tin, pressing down firmly. Spread the apple on top. Cover with the remaining mixture, again pressing down firmly.
4. Cook for 25-30 minutes or until golden brown at 180C (160C fan). Leave to cool for 5 minutes then cut into 12 squares. Turn out of tin when completely cool. Store in fridge in Tupperware.
5. Take on walk to eat with your friends.

**“Happy Baking”**

**John**



# Outdoor Wordsearch

Track them down...

T O P B U N K D E L O G V Q H C O V G M  
 J O I Y M L B M A S T U P K Q C I E A W  
 D X Y B E R G Z J R X G T H O S T E L T  
 P P W O A O S E U X M E Q D P N S A A K  
 U V Z O L C V U I P D I I L O Q V W J B  
 S I Q T I W O E R M I Y T O E O F C N C  
 N F N S N X W M R V W Q C S Y G R O Y L  
 O L Y F G I Z A P T E N X T R V X N T H  
 R O O H Q R F V T A R Y X N L F M T W V  
 I R U Y N T R G I E S O A T W M C O A Q  
 N D T U K H K L K R R S U P Q H F U L F  
 G N H H E E T X I B J P A S P H P R K S  
 X A Q C K R Y X Z X U T R O E H X S I G  
 B N K M L M Q I E O D C T O Y R K Q N A  
 P C P A B A S K X K B W U Q O X S W G I  
 T E C P K L L X J F S I K W O F W D P T  
 Q S N J D S Y P E U M L J P D F N A O E  
 O Z K C M D E J B A S E L A Y E R E L R  
 I M Z P A C K E D L U N C H R O H P E B  
 S W O A W I U Z M G Z H R Z V V S G U N

Overtrousers

Baselayer

Contours

Topbunk

Snoring

Packedlunch

Thermals

Ealing

Compass

Gaiter

Walking pole

Ordnance

Hostel

Lost

Youth

Waterproof

Outdoor

Survey

Map

Boots



That's all for issue one but don't forget to send in any features, photos or comments that you have for the February issue to [jm.crowther@outlook.com](mailto:jm.crowther@outlook.com)