

2010 CLUB INFORMATION

GENERAL - The Club was originally founded in June 1983 for NALGO (now UNISON) Trade's Union members, however in January 1994 previous membership restrictions were removed and the Club name changed. The Club is an affiliate member of Gateshead Voluntary Organisations Council and stages events throughout the year. There is a Saturday walk each month; three or four weekend trips are arranged each year; and we have an annual week trip. When selecting the locations of walks, the Committee have tried to cater for the varying standards and capabilities of our 55 members; however, the nature of the terrain is such that we have to assume that they have a *reasonable level of fitness*.

SATURDAY WALKS - We meet in the car park of Gateshead Civic Centre for an 8.00am departure to various destinations in the north of England. A Transport Unlimited self-drive minibus is usually provided by the Club; however, to enable more than 17 members to participate in each walk, members who either own or have access to a private vehicle are requested to allow it to be used as Club transport on a maximum of one occasion each year. In return, their £15 fare is refunded, petrol expenses @ 25p per mile are paid, and the driver is effectively guaranteed a seat on the minibus for the rest of the year. Both high and lower level routes are usually suggested; new or inexperienced members are requested to carefully consider which route they will best be able to safely complete in view of the terrain, fell and weather conditions and the hours of daylight - if in any doubt, please choose the lower level walk. We usually break our homeward journey for about an hour with a stop for refreshments. Over the Summer months we usually arrive back at Gateshead Civic Centre at around 22.00; in Winter we arrive back earlier as walks are obviously more restricted by the hours of daylight.

2010 Saturday Walks

30 January	Northumberland	3 July	Ambleside
27 February	Sedbergh	24 July	Little langdale
27 March	Haweswater	11 September	Seathwaite
24 April	Stonethwaite	2 October	Edinburgh or Moffat
22 May	Great Langdale	23 October	Keswick
12 June	Crummock	27 November	Caldbeck Fells

Members may make a booking up to TWO weeks in advance of a Saturday walk either by leaving an answer phone message (9am-5pm each working day) or by Email. Members who are prepared, if necessary, to use their private vehicles as Club transport or drive the minibus are able to make a 'privileged booking' up to FOUR weeks in advance of the walk. A member may make a booking on behalf of an 'invitee' from the Wednesday prior to the walk. Anyone who insists in using their car to travel to an event or wants to return early (i.e. miss out the refreshment stop) will not qualify for petrol expenses and must pay £3 for each of the car's occupants. The required £15 fare (cheques made payable to Mr G. Page & Mr A. J. Austin) must be received by the Secretary by the Saturday following the walk. If notification of a cancellation is received at any time prior to 08:00 on the morning of the walk and it is still possible to fill all seats in all Club transport the fare will be waived. If notification of cancellation is not received, unfortunately the full £15 fare will remain due.

WEEKEND TRIPS - For weekend trips the Club invariably hire self-catering cottages, although we occasionally stay in youth hostels or camp. Members usually travel to the venue on the Friday morning in order to undertake a short walk. Walks are usually planned on the day after studying a map and the local weather forecast. We try to have a short walk on the Sunday before returning home, usually arriving back in the evening.

2010 Weekends

17-21 February	Lodge in Patterdale		

WEEK TRIPS [1st - 8th May 2010] – Scottish Week (Achinduich, Lairg, Sutherland) - A property which lies in the middle of Sutherland, mid-way between the east and west coasts, and close to the Falls of Shin has been secured by the Club. Achinduich Lodge is a former fishing lodge that is now a self-catering holiday home. It sleeps 14 (10 in the main house and 4 in an annexe) with a mix of twin/double and two single rooms. The main house has a large dining room that seats up to 18. There is a drawing room with open fire and also a games room with pool table. Further information can be found at <http://www.largeholidayhomes.co.uk/property?id=53>.

COMMITTEE MEETINGS - These are held at least every six months in Gateshead Civic Centre.

2010 Committee			
Officers		Other Members	
President	Muriel Sauer	Margaret Andison	
		Tony Austin	
Vice-President	Martin Forster	Alan Bradbury	
		Rose Envy	
Secretary	Graeme Page	Mike Morrison	
		Ian Thomson	

NAVIGATION - New or inexperienced members are more than welcome to accompany the more experienced members on walks that take place during Club events. However, for those with little experience of navigation it is advisable, for member's own safety and enjoyment, to use Club walks to learn and/or develop navigational skills. Experienced members will always be ready to give help and advice about navigation during Club walks. For members wishing to learn the basic principles of navigation, the Club has a very readable reference book called '*Mountain Navigation*' by Peter Cliff.

SHOPPING - Privileged shopping facilities (usually 10%) are available to members at NevisSport, 100 Grainger Street, Newcastle.

MAP READING - A map is a representation, on flat paper, of the three-dimensional features of the earth. Some members boast that given a map of some part of the country, they can scan a part of it and have a mental picture of the landscape it represents. This is possibly an exaggeration. The map certainly details the bones of the landscape, the flesh is left to the imagination. The Club has some experienced map-readers, however that task is invariably left to them. This is unwise; everyone should take a turn! Map reading is important as it is the key to enjoying the countryside. Anyone who lacks this easily acquired skill is denied an essential freedom.

CLOTHING, EQUIPMENT and PREPARATION - Safety, efficiency and comfort should be your guide. Clothing should be warm, comfortable, windproof, waterproof and colourful. The longer and higher the route, the better the equipment which is required.

Winter conditions (i.e. any time when there is snow, ice or frozen turf underfoot), plus the reduced daylight hours, can transform a pleasant summer stroll into an epic journey and paths normally posing no real dangers or problems can change overnight. It is obviously essential, in such conditions, that the correct equipment is carried and clothing worn.

- € Obtain a local weather forecast with fell conditions.
- € Learn how to use a compass, read a map and administer simple first aid.
- € Walk in company - it is safer and more enjoyable.
- € Start the day with a cooked breakfast.
- € Plan your route beforehand, balancing the terrain, the hours of daylight, the fell and weather conditions against your own experience and ability. You should allow at least 1hr for every 4km [2.5 miles] of your route plus 1 minute for every 10m contour line crossed during ascent.
- € Allow a large safety margin and always anticipate the worst.
- € Ensure that other party members are adequately clothed and equipped and that no one is overburdened.
- € Before you set off leave precise written details of your party, intended route (with possible variations) and expected time of return with a responsible person.

FURTHER INFORMATION - If you require additional information, please send an email: civicwalker@talktalk.net

CONSTITUTION (Effective - June 2010)

1) **TITLE** - The title of the Club will be "Gateshead Civic Walking Club".

2) **OBJECTIVES** - The objectives of the Club will be: "To encourage and enable members to participate in organised hill walking and Club social events".

3) **MEMBERSHIP**

3.1 Membership will be open to all persons aged 18 years or over.

3.2 Applications for membership will be made in writing on the form provided for that purpose and signed by the candidate. The candidate's election to membership will be subject to the agreement of the Committee.

3.3 Membership of the Club will expire on 31st December each year, after which a new application for membership may be submitted.

3.4 The Committee will have power to close membership if it is deemed necessary.

3.5 The Committee will have power to suspend the membership of any member who offends against the Constitution or bylaws of the Club or whose conduct, in the opinion of the Committee, renders them unfit for continued membership.

4) **SUBSCRIPTIONS**

4.1 The cost of annual subscription will be £7.50, comprising of a £5.00 basic fee and a £2.50 donation to the **Lake District Search and Mountain Rescue Association**.

4.2 Members who are Minibus Driver's Awareness Scheme (MiDAS) certified or are elected as Officers, will not be liable for the basic subscription fee.

5) **MANAGEMENT**

5.1 The management of the Club will be vested in a Committee, which will consist of: President, Vice-President and Secretary (together called the Officers) and six other members.

5.2 All members of the Committee (except President and Vice-President) will be elected at the Annual General Meeting and, subject to termination of office by resignation or otherwise, remain in office until successors are elected at the next Annual General Meeting.

5.3 The Committee will have power to fill any casual vacancy which may occur, including President and Vice-President.

6) **BOOKING REQUIREMENTS**

6.1 Bookings for a Saturday walk will only be accepted when made via answer phone (WEEKDAYS, 9am - 5pm but excluding Public Holidays) or Email. The Secretary will only return an answer phone message if there is a problem with the booking. If the Secretary fails to confirm an Email booking within forty eight hours, an answer phone booking should then be made. Only one booking may be made per communication. A General booking will be accepted from a member up to **TWO weeks** in advance of a Saturday walk. A '**Privileged booking**' will be accepted up to **FOUR weeks** in advance of a Saturday walk from any member who is prepared, if necessary, to use their private vehicle as Club transport or drive the minibus. A booking may be made on behalf of an 'invitee', subject to the availability of Club transport, from the Wednesday immediately prior to the Saturday walk. Any member or 'invitee' failing to make either an answer phone or Email booking will not be allowed to participate in the Saturday walk.

6.2 Notification of the cancellation of a booking will only be accepted when made via answer phone or Email until **21:00** on the evening before the Saturday walk or thereafter via the main Club mobile phone until **08:00** on the morning of the Saturday walk. If due notification of cancellation is received and it is subsequently possible to fully allocate all seats in all Club transport no payment will be required. If **due notification is not received**, a member will remain liable for the **full payment**.

6.3 Full payment should be received by the Secretary within five working days of the booking. If payment is not received by the Saturday following the walk, a **£1** administration fee will be levied.

6.4 Seats in all Club transport will be allocated on a 'first come, first served' basis. In the event of all seats in Club transport being allocated, a reserve list will be created and the Secretary will, if numbers permit, arrange additional transport with those who have made a 'privileged booking'. If this is not practicable, a full refund will be given.

6.5 The driver(s) of all Club transport will travel free of charge and a standard mileage rate (based upon the price per gallon of unleaded petrol ÷ 30) will be paid to members by the Secretary upon notification of the mileage incurred from the Civic Centre. In the unlikely event of a member using their vehicle on more than one occasion during the Club year, a premium mileage rate (based upon the price per gallon of unleaded petrol ÷ 20) will be paid.

6.6 The drivers of all Club transport will be allowed to make a 'privileged booking' up to FOUR weeks in advance of any Saturday walk for the remainder of the Club year.

6.7 If the Club cancels a walk for any reason, a full refund will be given.

6.8 If a member is unable, for whatever reason, to travel in Club transport and still wishes to participate in the walk, mileage will not be paid by the Club, however a booking must still be made with the Secretary in respect of all participants. If the required **£3** per participant is not received by the Secretary by the Saturday following the walk, a **£1** administration fee will be levied.

7) SAFETY REQUIREMENTS

7.1 Members intending to participate in an organised Club Saturday walk must provide full written details of their intended route (with possible variations), the name and telephone number of a person to be contacted in an emergency and sign to confirm that they agree to abide by the Club Indemnity and safety bylaws. The Club also recommend that members should carefully consider whether they have the necessary ability and experience to safely complete their intended route in view of the terrain, fell and weather conditions and the hours of daylight.

7.2 Members must wear strong boots with good grips and carry the following items of clothing and personal equipment in a well fitting rucksack: spare warm clothing, full set of waterproofs, torch, whistle, emergency rations and a survival bag. An ice axe must also be carried if winter conditions are likely to be encountered. In addition, each group of walkers must have access to at least one map, compass and basic first aid kit for the entire walk.

7.3 Members must wear a seat belt when travelling to a Club event in a minibus.

8) ALTERATIONS TO THE CLUB CONSTITUTION - The Committee will have power to alter the Constitution of the Club, but no such alteration will take effect until confirmed at a General Meeting.

9) BYLAWS - The Committee will have power to make bylaws for regulating the conduct and affairs of the Club, provided that they are not inconsistent with the Constitution of the Club. Such bylaws will be notified to and be binding on all members.

10) ANNUAL GENERAL MEETING

10.1 The Annual General Meeting will be held not later than 31 January each year in order to transact the following business:-

10.1.1 to receive and, if approved, adopt a statement of the Club's Accounts to the end of the current financial year;

10.1.2 to consider and, if approved by a majority of two-thirds of those members present and voting, sanction any duly made alteration to the Constitution of the Club;

10.1.3 to appoint the Secretary and other members of the Committee;

10.1.4 to deal with any motions which either the Committee or members wish to bring before the meeting;

10.2.1 All proposed alterations to the Constitution of the Club, motions to be considered at the meeting and nominations for the Officers and Committee must be made on the form provided for that purpose and be received by the Secretary by the due date. Motions received after this date may still be considered at the meeting, subject to the prior agreement of the Committee.

10.2.2 At least seven days notice will be given to members of the date, venue and agenda items for the Annual General Meeting.

10.2.3 If less than three members are nominated for the Officers and Committee by the due date, the President will have power to re-elect the retiring Officers and Committee. If less than three retiring members agree to be re-elected, the President will call a General Meeting in order to consider a resolution for the dissolution of the Club.

11) SPECIAL GENERAL MEETING

11.1 A Special General Meeting will be convened by the Secretary within one calendar month of the receipt of a written requisition signed by at least three members, for any of the following purposes:-

11.1.1 to consider and, if approved by a majority of two-thirds of those members present and voting, sanction any duly made alteration to the Constitution of the Club;

11.1.2 to deal with any motions which either the Committee or members wish to bring before the meeting;

11.1.3 to remove any member or members of the Committee from office and to fill any vacancy or vacancies caused by such removal.

11.2 At least seven days notice will be given to members of the date, venue and agenda items for the Special General Meeting.

12) CHAIRPERSON'S CASTING VOTE - At Committee and General Meetings those present will elect one of their number to be Chairperson. The person so elected will have a casting vote in the event of an equality of votes.

13) POSTAL VOTE - If a member is unable to attend a General Meeting where a ballot is required, a postal vote will be accepted, provided it is made on the form provided for that purpose and it is received by the Secretary by the due date.

14) QUORUMS

14.1 At Committee meetings (except for the purpose of expulsions when five members will form a quorum) three will form a quorum.

14.2 At General Meetings ten members will form a quorum.

15) INDEMNITY

As a condition of membership of Gateshead Civic Walking Club and of participation in its activities, members agree and acknowledge:-

15.1 That it has been brought to their attention that many of the Club's activities take place in steep, exposed mountainous or otherwise potentially hazardous terrain;

15.2 That any children or other legally incapacitated persons who attend the Club's activities at a member's invitation, remain that member's responsibility throughout and he or she agrees to indemnify the Club Committee and all others involved in the organisation or leadership of Club activities ("the Organisers") against all liability arising by virtue of that member's invitees participation in the same;

15.3 That the Organisers do not hold themselves out as having any special or particular skills or experience and do not bear any responsibility for members or members invitees safety;

15.4 That the Organisers shall not be under a duty to effect or maintain insurance cover in respect of death or injury to members or participants nor loss of or damage to their property arising from participation in Club activities;

15.5 That members are responsible for ensuring that they and their invitees are properly equipped and clothed for each Club activity;

15.6 That members participate in all Club events in the knowledge of all the above facts and in so doing acknowledge that they are a volunteer for the attendant risks and that no liability for death, injury or damage to property arising from members participation will attach to the Organisers.

16) DISSOLUTION OF THE CLUB - If at any General Meeting a resolution for the dissolution of the Club is passed by a majority of three-quarters of the members present and voting, the Committee will immediately, or at such future date as may be specified in such resolution, proceed to realise the property of the Club and, after discharge of all liabilities, will divide such property equally among all members. On the completion of such discharge the Club will be dissolved.

17) HEADINGS - The Club Constitution headings are for ease of reference only and will not be taken into account in their interpretation.



2010 MEMBERSHIP APPLICATION FORM

FULL NAME

HOME ADDRESS

POST CODE

 [Home]

 [Mobile]

 [Work]

EMAIL ADDRESS

Home

Work



Club news will ideally be circulated electronically in order to reduce the associated printing, stationary & postage costs; information may also be viewed and/or downloaded via <http://www.civicwalker.org.uk/>. If however you still wish to receive printed copies please place a tick in the following box:

Person to be contacted in an emergency

Name

Address



Relationship

The above-named person will appear as your home contact on the Attendance Record for Saturday walks.

Have you a medical condition of which the Club should be made aware?

YES/NO

If **Yes**, give details:

If you have access to a car, would you be prepared, if necessary, to use it once per calendar year to supplement Club transport and enable more than 17 members to participate?

YES/NO

Where did you hear about the Club?

Basic Annual Subscription Fee (expires 31/12/10):

£5.00

Donation to the Lake District Search and Mountain Rescue Association:

£2.50

TOTAL [Cheques to be made payable to **Gateshead Civic Walking Club**].

£7.50

A £5 discount is allowed to Officers & those with Minibus Driver's Awareness Scheme certification.



I AGREE TO ABIDE BY THE CLUB CONSTITUTION AND HAVE NOTED THE CLUB INDEMNITY AND SAFETY REQUIREMENTS OVERLEAF.

SIGNED

DATE

Return completed Membership Application Form to **Graeme Page, % 59 Walden Close, Urpeth Grange, Ouston, Chester le Street, Co. Durham. DH2 1TF**. Election to Membership is subject to the agreement of the Committee.

CLUB INDEMNITY AND SAFETY REQUIREMENTS

As a condition of membership of Gateshead Civic Walking Club and of participation in its activities, members agree and acknowledge:-

- ① That it has been brought to their attention that many of the Club's activities take place in steep, exposed mountainous or otherwise potentially hazardous terrain;
- ② That any children or other legally incapacitated persons who attend the Club's activities at a member's invitation, remain that member's responsibility throughout and he or she agrees to indemnify the Club Committee and all others involved in the organisation or leadership of Club activities ("*the Organisers*") against all liability arising by virtue of that member's invitees participation in the same;
- ③ That the Organisers do not hold themselves out as having any special or particular skills or experience and do not bear any responsibility for members or members invitees safety;
- ④ That the Organisers shall not be under a duty to effect or maintain insurance cover in respect of death or injury to members or participants nor loss of or damage to their property arising from participation in Club activities;
- ⑤ That members are responsible for ensuring that they and their invitees are properly equipped and clothed for each Club activity;
- ⑥ That members participate in all Club events in the knowledge of all the above facts and in so doing acknowledge that they are a volunteer for the attendant risks and that no liability for death, injury or damage to property arising from members participation will attach to the Organisers.
- ⑦ Members intending to participate in an organised Club Saturday walk *must* provide written details of their intended route (with possible variations), the name and telephone number of a person to be contacted in an emergency and sign to confirm that they agree to abide by the Club Indemnity and safety bylaws. The Club also recommend that members should carefully consider whether they have the necessary ability and experience to safely complete their intended route in view of the terrain, fell and weather conditions and the hours of daylight.
- ⑧ Members *must* wear strong *boots* with good grips and carry the following items of clothing and personal equipment in a well fitting *rucksack*: spare warm *clothing*, full set of *waterproofs*, *torch*, *whistle*, *emergency rations* and a *survival bag*. An *ice axe must* also be carried if winter conditions are likely to be encountered. In addition, each group of walkers *must* have access to at least one map, compass and basic first aid kit for the entire walk.
- ⑨ Members *must* wear a *seat belt* when traveling to a Club event in a minibus.

January 2010						
M	T	W	T	F	S	S
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February 2010						
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March 2010						
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April 2010						
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May 2010						
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June 2010						
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July 2010						
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August 2010						
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September 2010						
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October 2010						
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November 2010						
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29	30					

December 2010						
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2010 Club Events	
2 nd January	Local Walk
30 th January	Northumberland
Patterdale Weekend (17- 21February)	
27 th February	Sedbergh
27 th March	Haweswater
24 th April	Stonethwaite
Sutherland [1 – 8 May]	
22 nd May	Great Langdale
12 th June	Crummock Water
3 rd July	Ambleside
24 th July	Little Langdale
Weekend Event (27- 29 August)	
11 th September	Seathwaite
2 nd October	Moffat or Edinburgh
Weekend Event (28- 31 October)	
23 rd October	Keswick
27 th November	Calbeck Fells