

# Newsletter of the Waveney & District Group of the Ramblers

Number 72: February 2017

## Editorial

With summer just around the corner, you will be pleased to see such a variety and number of walks in this four-month programme. Time to dig out the sun cream ... maybe!

There are several important items in this Newsletter including David Harmer's plea for us all to register our support for the Ramblers' campaign to stop railway crossing footpath closures in our region. There are a number of footpaths that we regularly use that will be affected if this goes ahead. Although not an official footpath, the barrow crossing at Halesworth station, used by many none-rail users to link footpaths, was planned for closure in January. However, this was suspended due to the sheer number of residents who actively complained. So, with that in mind, please read David's article and then support the campaign by the Ramblers to stop this unnecessary action by Network Rail.

Also, please note the Sunday 14th May Cromer to Sheringham coach walk which has a choice of 4 walks during the day, the 18th March Tea Party at St Andrew's Village Hall and David Harmer's walks along Norfolk's coastal paths. Details of all these are within this Newsletter.

We still post out quite a number of programmes and newsletter which is both expensive and time-consuming. If you have an email address, do please give it to our programme secretary, Roger Moore, at [zz36moore@aol.com](mailto:zz36moore@aol.com) and you will then help the group and also get your walks programme days before the posted ones arrive.

*Tony Langford*



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## **Waveney Ramblers' AGM 2016**

The AGM was held in November and you will see on the back of the programme the changes to the committee agreed. Gerald Jenkins resigned as Treasurer whose role was taken on by Pat Harrington, who had relinquished the Footpath Secretary job.

It was pleasing to see another younger member of the Ramblers, Robert Newell, take on the Footpath Secretary's role.

Thank you Gerald and also David Crisp who resigned from the Committee and Parvez Shaheen who moved from Chairman to the Committee for your hard work over the years on behalf of Waveney Ramblers.

Diana Covey became Chair, leaving vacant the Vice-Chair position which has recently been filled by Susie Dunham. Diana would welcome contact from any member who wanted to join the Committee.

## **Olympiada Greece October 2016**

After our usual night coach trip to Gatwick, we arrived via Thessaloniki, at the small out-of-season seaside town of Olympiada, which was only founded in the 1920's when refugees came from Asia Minor. We were welcomed at the Hotel Liotopi by the owner Loulou, who greeted us like long-lost family members. We were soon to meet her brother Dimitri who ran the only open Taverna in town. Fortunately the food and wine there were excellent.

Dimitri had other strings to his bow – he was our guide when we visited Ancient Stagira, Aristotle's Birthplace and he also had much to say about current Greek affairs.

There were several longish walks into the local wooded hills, often with wonderful coastal views. We visited waterfalls and enjoyed the carpets of cyclamen and wild crocuses. On other days there were more cultural pursuits. We were constantly reminded of the rich and long history of the area, especially when we visited the ancient city of Amphipolis with its wonderful lion. We saw the petrified piles of a 4th Century BC bridge and tried to imagine the people alive at the time. We were reminded too, of Aristotle's many contributions to civilization including physics, zoology and literature, when we tried out his inventions at a modern theme park.

On another day, we visited the more vibrant town of Ouranopoli where we boarded a boat for a cruise along the Mount Athos peninsula to see some of the Orthodox monasteries which cling to the steeply wooded hillsides. Mount Athos has its own jurisdiction and woman, and indeed most female animals, are banned! We arrived back safely but other ships have not been so lucky – Darius the king of Persia lost 300 ships and the Spartans lost 50 in the treacherous waters at the end of the peninsula.

The weather could have been warmer but as always, we thoroughly enjoyed our week walking in Aristotle's footsteps, expertly guided by Jackie from Ramblers Holidays. We are very glad that Gerald was able to join us and we would like to thank him for initially organising this holiday.

*Mary Shaheen*



**Walk leader & guide in Greece**



**Olympiada**





**Lunch stop on Ipswich to Woodbridge line walk**



**Mulled wine stop on the 21st December**



**Overlooking Lound lakes**



**Dunwich Forest**





**Swans on Geldeston marshes**



**Leiston Abbey - wartime pillbox**

## Message from our new Chair, Diana Covey

I took up the post of Chair of the Waveney Ramblers at the AGM in November 2016, stepping into the shoes of Parvez Shaheen; not an easy act to follow, especially the quotations. For those of you who don't know me, I'm the organised and bossy one who never stops talking, but, most of all, I love walking and sharing my walks with others. Along with my husband, Barry, I have been a member of the ramblers since the 1990s. We both were fairly inactive participants, whilst working away from home for nine months of the year, from 2004-2013. Prior to that, Barry had been secretary of the group, which he is again now, and I led walks, holidays and coach trips too. Since my retirement I am pleased to be doing all this again. One consequence of my "absence" is that there are now a lot of new faces for me to put names to, so apologies if I get it wrong.

When walking recently in Dunwich Forest, it struck me that we should be able to hear the birds singing and perhaps chance upon some deer, or other wildlife. However, in reality, we were making too much noise; convivial conversation and laughter rang out. One of the joys of a ramble is that until we set off we have no idea who will turn up or what we will talk about on the walk, but we do and will next time. We are lucky, in our group, with the number and variety of walks, and I would like to extend my appreciation to all the walk leaders, without whom the countryside would be quieter.

Now comes the appeal. I won't pretend there is no effort attached to leading walks, as it's not true. When I put on a walk, I like to walk it out before submitting it to the programme, and perhaps walk out all, or parts of it, again a few days beforehand. Then the day of the walk arrives and it might be pouring with rain, but the leader has no option to stay home in the dry. Multiply this time-scale by three or four walks per programme and it begins to become quite time consuming. However, it is very rewarding. At the end of a walk, when I am thanked, I like to thank people for coming, because I have fulfilled my joy of sharing the walks.

Again, thank you to all of you who already lead walks but we still do not have enough leaders. We need more of you, to spread the load and avoid holes appearing in future programmes. As previously emphasised, help is there from the committee and other walk leaders, so please do give it a try.

*Diana Covey, Waveney Ramblers' Chair*

## Parking

As the number of active Ramblers grows, so does the number of cars arriving at the start point. Often this is not a problem but with 20-24 cars sometimes, walk leaders are beginning to limit the range of walks on offer. This is a pity as some very interesting walks will no longer be offered.

The obvious solution of car sharing is not so easy, as not all drivers return home immediately after a walk; some staying for a pub lunch or going on to other places.

Apart from us encouraging members to car-share where practical as a matter of course, could walk leaders, where appropriate, make a note of "limited parking" when submitting details for the programme and continue to offer their wider range of walks. The onus on these walks would then be for all members to make a special effort/compromise to fill cars!

## More on walk leaders

As you may know, one of our committee members is Emma Freeman, who is the 'Walking for Health' coordinator for Waveney. She is hoping to recruit one or two volunteers from the Ramblers to volunteer for the local Walking for Health scheme. Clearly, she does not want to deny Waveney Ramblers our walk leaders who are in short supply, as highlighted by Diana Covey above. However, if you are a walk leader for us and have a little more spare time or are unable these days to walk on our 5 miles plus walks or if you think you would like to lead walks for both Walking for Health and the Ramblers but need some training, this may be for you.

A note from Emma: "We want everyone to live happier and healthier lives. Help us achieve this by volunteering with Stepping Out in Suffolk, your local Walking for Health scheme. We need people to lead or assist with walks, develop new routes and complete required paperwork. Full training and support is provided.

If you want to get active, meet new people and make a difference to your local community, we'd love to hear from you. Contact: OneLife Suffolk Tel: 01473 718193, Email: [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk), Website: [www.onelifesuffolk.co](http://www.onelifesuffolk.co).

The next training session is Tuesday March 14th, in Lowestoft."

*Tony Langford, Editor*

## Network Rail

Our Waveney group Area representative, David Harmer recently attended the committee meeting at Stowmarket. The main item on the agenda was the proposed closure by Network Rail of 100+ level crossings in the Suffolk area alone. If they get their way, this idea of theirs would undoubtedly spread throughout the whole country. Obviously, if such proposals were to become reality, then it would have a devastating effect on footpaths and other public rights of way. We therefore urge members to sign the Ramblers Association online petition opposing this. The link is:

[www.ramblers.org.uk/get-involved/campaign-with-us/network-rail.aspx](http://www.ramblers.org.uk/get-involved/campaign-with-us/network-rail.aspx)

## Herbie Moore

Sadly, we have to report the sudden death of Herbie Moore in November. Herbie had been an active member of the Ramblers for some years, following the loss of his wife, and had made quite a number of friends in the relatively short time he walked with the group. More recently, other priorities limited his involvement with the Ramblers but he still joined the occasional walk. Always a smile and a willingness to chat to new and old ramblers alike, he will be missed. He leaves a partner, Pat.

**Contributions** for next edition of *The Waveney Rambler* should be sent, by **20th May, 2017**, to: Tony Langford, 16 Holton Road, Halesworth, Suffolk IP19 8HF (tel. 01986 875694) or email to: [langfordajs@hotmail.com](mailto:langfordajs@hotmail.com). Contributors please note that articles should not exceed 350 words, unless permission is given by the editor. **Relevant photos are invited.**