

Newsletter of the Waveney & District Group of the Ramblers

Number 76: July 2018

Editorial

Welcome to the summer/autumn programme of walks with Waveney Ramblers. As always, we have a wide selection provided by some dedicated walk leaders. Note the popular Coach Walk on Sunday 29th July. Also, note David Harmer's next phase of his anticlockwise circumnavigation of the UK on many Sundays in July and August! Thanks again to Roger for pulling this programme together.

There have been a number of changes within our group and details are covered within this Newsletter but, in summary, Diana & Barry have decided to resign their roles as Chair and Secretary respectively, and Alex and Susie have taken on these positions until the AGM. I would like to thank Diana & Barry for all their work on the committee over these past years and ask for your support for Alex and Susie whilst they 'get into' these important and necessary committee positions.

These changes have highlighted the need for some new members to join the Committee over the coming months – *see inside for details.*

A reminder to all members to take secateurs on walks, as Suffolk C.C. seems to be struggling to keep all but major routes clear.

Tony Langford



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Waveney Ramblers, Social Media and the Internet

First of all, don't panic. For the foreseeable future, we will have members without computers or smart phones and the printed programmes and newsletters will still be available. One of the strengths of Ramblers is the national website where members can find local walks, even when they are visiting other regions in the country. It would be sad if we lost this facility. Happily, the groups in Norfolk and Suffolk put almost all their walks on the national website. Social media must not try to replace this useful facility.

The Waveney Ramblers' group has set up pages on Twitter and Facebook. So far, there has been very little activity but it's early days. The next generation of ramblers will expect a social media presence. The national group has Twitter and Facebook accounts where they make news announcements. When it snowed earlier in the year, a couple of walk cancellations were announced on Twitter reaching people in a matter of seconds. This is one of the best uses of social media. The Stour Valley group organises most of their activities on Facebook.

Twitter: Simpler to Use – Quick

If you have a Twitter account, you can already read about the activities of our group, other local groups and the national association. There are two ways to do this. The easiest is to search for "hashtags". So, you'd visit Twitter and search for #WaveneyRamblers or #SuffolkRamblers, or even #RamblersGB for the national association. You then see recent tweets from people talking about these groups. You can tweet your own messages. The other day I tweeted "Thank you #NorwichRamblers for the lovely walk around Southwold and the marshes." I could have posted a photo if I had one that was worth sharing.

The other way to get information is to "follow" groups or people who interest you. This allows you to see all the Twitter activity of the groups or people you are following. If there's too much information, you can always change your mind and "un-follow" them.

It's possible to join Twitter without giving up too much personal information. To begin with, don't follow many people or groups. Then you won't be flooded with information. You can change your mind and close your Twitter account, if you ever want to.

Facebook: Lots of Features – Slower and Harder to Learn

If you have a Facebook account, you can join the Waveney Ramblers' closed group. The whole world can see that this group exists but you need to "join" to see what's going on inside. There is a "Join" button you can click. An existing group member has to approve your joining. Group members can invite new people to join. Within the closed group, you can post text, photos or even video. So, if you get a photo of someone being molested by an alpaca, you can cheer us all up by posting it to the group. Extreme mud and weather events are good to share; fantastic views too. Last minute programme changes can be posted when necessary.

It's possible to join Facebook without giving up too much personal information. If you don't enjoy the experience, you can change your mind and close your account.

Here are the web addresses for the Waveney Ramblers and the National Association:

Websites: <http://waveneyramblers.org.uk/> – <http://www.ramblers.org.uk/>

Twitter: <https://twitter.com/WaveneyRamblers> – <https://twitter.com/RamblersGB>

Facebook: <https://www.facebook.com/groups/WaveneyRamblers/> – <https://www.facebook.com/ramblers/>

And finally, if in doubt, ask a grandchild!

Neil – Waveney Ramblers' Webmaster

Volunteers to serve on the Committee and Walk Leaders

Waveney Ramblers needs new faces on the Committee to keep Waveney Ramblers moving forward. There are Committee members retiring in November 2018. And new Committee members are required.

We have a membership of circa 230 in Waveney Ramblers. We all come from different backgrounds. Many of you will have served on committees during your working and social lives. Some of you may not have done so, but perhaps you would like to volunteer to serve on this Committee. I am sure that there is a wealth of talent out there. There are two things on which I hope you would agree with me. First: we want Waveney Ramblers to continue and move forward. Second: I do not believe that there are no members out of 230 who are prepared to step forward and help with the management of Waveney Ramblers.

The search for new walk leaders will be ongoing. At the Committee Meeting in April it was agreed to look at 'mentoring'. This will involve people who are interested in becoming leaders working alongside an existing walk leader and, over a period, begin to learn how to develop as a walk leader. We need this type of initiative, as our walk leaders do not come via the 'Situations Vacant' columns.

I know that many members will have heard appeals like this over previous years and have thought it will come good in the end, someone else will step forward. I would like to be confident that it will all end well on this occasion. We need a fresh intake of Committee members (some with internet capability), to continue the successful running of Waveney Ramblers, in addition to new walk leaders.

I would ask you to give serious consideration to becoming a Committee member and/or walk leader. I will end this appeal by paraphrasing President John F. Kennedy's inaugural address in January 1961: 'Ask not "what can Waveney Ramblers do for me"; ask "what can I do for Waveney Ramblers".'

Please think hard on those words and make a commitment to become a volunteer, as a positive response is required for Waveney Ramblers to keep moving forward.

If there is anyone who would like to discuss the matter further with me, please contact me for further information on the forthcoming vacancies.

Alex McPherson – Waveney Ramblers' Chair



Outney Flood

What a terribly wet start it was!



Bungay Common



Whose feet?



Whose body?



Des Res on Harwich to Mistley walk



Checking out the walkers



All mod cons on Brian's 'Sausage Roll walk'



Luxury bench on Wissett walk



First start on the Isle of Wight



Ferry across Yarmouth harbour (I.O.W.)



Seems like we were expected!

Appuldurcombe babes



What a hungry lot!

Leaving the Committee

It was with great regret that we decided, in April, to resign from our posts as Chair, Secretary and Membership Secretary of the Waveney Ramblers, having been on the Committee since November 2015.

We did so for personal and professional reasons and are grateful that an interim Committee has been formed, as we wish the group no harm. We are both well and will continue to take an active part in the group, leading walks etc.

We would like to thank all those who have helped us throughout this time in a positive way.

Diana & Barry



Committee Changes

Chair: Alex McPherson

Group Secretary: Tim Sutton-Day, 8A Bungay Road, Halesworth IP19
home 01986 874943; mobile 07505 055718

Membership Secretary: Susie, email monbretia@icloud

In addition, there are two new members co-opted onto the general Committee, Lesley Cox and Denise Best.

All other roles remain as they are. A new Committee will be elected to serve at the AGM on November 22nd, 2018.



Slashed Wrists!

Neil was walking along the river bank towards Dunburgh when he met a retired gentleman, bleeding from the wrists. Instead of dialling 999 and the Samaritans, he let out a hoot of laughter and said: "Hello! I did that yesterday," while showing off some crusty wrist scabs as proof. The give-away was the secateurs.

This was a public-spirited rambler, pruning brambles along the Waveney river path - and there was not actually that much blood. Neil's similar injuries were acquired while clearing fallen branches from the path behind Rumburgh Cricket Ground. The two had a nice chat, comparing notes. He was maintaining a route used by our Walking-For-Health partner group. So, get out your secateurs, adopt a path and make new friends!

Isle of Wight trip – April 2018

After a smooth crossing, we all made our way to the two separate sites, at Merstone and nearby Godshill, containing our selected cottages/converted farm buildings for the week; 'Hackney Stable', 'Parlour', 'Fodder Stable', 'Brew House', 'Lavender', and 'Stag'. Well situated, near the middle of the island, we didn't need to travel far to the start of walks; often making good use of the local bus service. Despite a chill wind from the south when on the hills and coast, it was quite warm in more sheltered spots.

The week saw a good mix of coastal, hill, and trail walks, including: a walk in the grounds of the Appuldurcombe estate with the ruins of the, once great, Country House (caused by a mixture of neglect, decay, and bombing during the 2nd World War); the climb up to the Tennyson monument left one or two of us puffing, but worth it for the views of the island and across the water to the mainland; then a coast walk by the iconic Needles, where the cliff erosion seemed, at times, like that around our own fragile coastline - and on to Yarmouth where we found ourselves 'strategically placed' to take the harbour taxi across to the town; Sandown to Ryde saw more great views from the top of the downs where the Yarborough monument looks across the Solent - then down to the coast we pass trees tumbling onto the eroding beach, reminiscent of Benacre area, to Ryde and the sight of Hovercraft 'flying' across the water into the local terminus.

Some did shorter versions of the walks and/or visited the many attractions on the island; Osborne House, Carisbrooke castle, steam railway, the Needles, or the many attractive gardens. We even had a sighting of Red Squirrel by one eagle-eyed member. The week's end was celebrated with a feast supplied by 'the Dairyman's Daughter', at Arreton.

A big thanks go to Diana & Barry from everyone, for another walking holiday out of the top drawer.

Roger Moore



Walk Leader's Course

Peter Westmacott has agreed to lead another walk leader's course, if there is sufficient interest.

This is a very helpful two hours, which not only gives details of all the things to look out for, parking places, check lists, etc., but also gives those who attend loads of confidence to lead walks.

Peter can be contacted on 01502 716387 or glen63@live.co.uk

Changing of the Guard

(to tune: 'They're changing guard at Buckingham Palace - Christopher Robin went down with Alice')

Waveney Ramblers have a changing committee
in many ways this is such a pity,
constitution decrees this must be so
therefore, certain members will have to go.

Three cheers for new Chair must be in mind
for volunteers are so hard to find.

New brooms sweep clean, or so they say,
perhaps social media will be the way

All good wishes to the new regime,
perhaps brighter days will be seen.

I'd like to name names, but on reflection
we must all be aware of DATA PROTECTION.

So, it's out with the old, and in with the new
but please bear in mind what the core wants to do.

That is go for a walk, so leaders persist
for without such a programme we cannot exist.



Waveney Ramblers



needs YOU on the Committee

Contributions for next edition of *The Waveney Rambler* should be sent, by **20th Sept., 2018**, to: Tony Langford, 16 Holton Road, Halesworth, Suffolk IP19 8HF (tel. 01986 875694) or email to: langfordajs@hotmail.com. Contributors please note that articles should not exceed 350 words, unless permission is given by the editor. **Relevant photos are invited.**