

Newsletter of the Waveney & District Group of the Ramblers

Number 82: July 2020

Editorial

The normal introduction in this Newsletter to the new programme would go something like 'Welcome to this full programme of walks in the new summer programme', or very similar. In the current situation, this is perhaps rather optimistic!

Guessing here that Roger may have struggled to get a full programme of walks for the July – October period, as many walk leaders probably think that the Government plans will keep us away from group walking for many months to come.

Let's hope we are all wrong and that some relaxation will allow the Ramblers' activities to start before October. Many members will be getting out daily in their local area along favourite walks. For all of us, including those in the not so young category, a regular walk is essential to keep muscles and heart fitness up and improve wellbeing, even if the lack of socialising is missing.

By the time you read this, it is possible that Ramblers will have sent us instructions on making a long rope with knots every 2m for us to hold as we walk in line – would be fun on stiles and kissing gates!

It is more likely that Ramblers will advise a strict limit on those joining each walk, so best to always look on our Waveney Ramblers website before heading out to join a particular walk to check: first, whether it is still on; and second, whether there are any new 'rules'.

There are a number of important items in this Newsletter so do please have a good read – when it is raining and there is not much else to do, this will fill a gap. Also, there are a couple of quizzes, including one for those missing their pub stop at the end of each walk.

Stay Safe, Tony Langford



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Receiving your Newsletter and Walks Programme

— *please read* —

The majority of you will be reading this either directly on your computer / laptop / tablet / phone, or from the print-out you have produced. The remainder of Members will have received their copy through the post, as this is the choice indicated to Ramblers.

Each time the Newsletter and Walks Programme are delivered to the Group, the Membership Secretary receives an up-to-date list of how you have all chosen to receive them. **We have no control over this list, only you do.**

In times like these, planning a Walks Programme is hampered by not knowing when we shall be allowed to start group events again. Keeping everybody informed with immediate effect would be so much easier, if we could contact even more members by email.

What we would like you to do

If you are able, and willing, to change your preference from receiving these by post to email, then that would be of benefit to both you and the Committee. All you have to do is: either phone Ramblers on **02039 613232** (Mon-Fri 9am-5pm) or do it online, as follows:

- You will need to login at Ramblers, using ramblers.org.uk/login, or if you haven't already registered your details, then use ramblers.org.uk/register, and then login. There are clear instructions for you to follow.
- On logging in, scroll down and then click on "update profile," where you will find your personal details. It is worth checking these, but the important thing here is to expand the "contact preferences" tab.
- Here you will need to tick the "Ramblers may contact me by email" box.
- You should leave the "Ramblers may contact me by post" box ticked, as we use this method when sending the annual Area magazine.

Thank you, if you decide to do this. As I said, before, it is to your benefit if we can keep you informed easily and immediately. It won't be practical, due to the costs involved, to keep printing and posting changing programmes, which keep in line with Government instructions.

Do not worry, if you do not have access to the internet, or for any other reason, do not want to receive the Newsletter and Walks Programme by email, we shall, of course, continue to send them to you by post. Perhaps you could find a buddy Member, who does receive emails, and they can help keep you informed in these difficult times.

Diana, Chair of Waveney Ramblers

To party, or not?

Along with our walks programme, another casualty arising from the current pandemic has been our Annual tea-party, which sadly should have taken place in April.

I, for one, was looking forward to catching up with many “old” friends, as well as enjoying the super spread provided by our many volunteers.

Due to the uncertainty of how events will unfold, the Committee have decided to try again in 2021, probably later in the year. So, until then, cheers everybody and stay well.



Footpaths in lockdown

Despite the lockdown the path network in Waveney has fared well, with many people taking their daily exercise exploring the footpaths in their local area. This extra footfall has helped keep the undergrowth down. However, this is not the case everywhere, so we should still report any issues to SCC, using their easy to use reporting tool at:

<https://www.suffolk.gov.uk/roads-and-transport/public-rights-of-way-in-suffolk/report-a-public-right-of-way-issue/>

Simply choose the location on the map, fill in the report and SCC will then respond. Let me know if you are having any issues.

There has been some good news, with paths re-opening or being improved lately. The route through Flixton Holes is now fully accessible allowing for improved walk options especially from Somerleyton or Oulton.

The big news is that Westhall (FP 14 BR 16) is finally open. This route from the wind turbines on the Holton aerodrome now follows round the woodland south of Stradbroke Town Farm before joining the track back out to the road, allowing a superb walking route linking-in the amazing Westhall Church. Many thanks go out to Prof Christopher Higgins for his tireless efforts in getting this route re-instated.

Are you looking for lost paths with the Ramblers ‘Don’t Lose Your Way Campaign’? If so, please contact me or Pat Harrington, as we would appreciate the help in ensuring these routes are not lost.

Robert Newell, Waveney Ramblers’ Footpath Secretary,
email: waveneyfootpath@gmail.com

ANAGRAMS OF PUB SIGNS



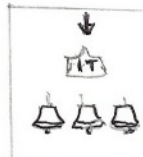
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A CRAB SHRIEKS TERMBLY



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CAKE HITHERTO



LEANING THEN



EITHER HAT WITH



CHEST NAB WALK

This Quiz is AROUND BRITAIN and starts clockwise in the North East and this half ends in Sussex. Can you identify the first 25 cities and towns on our tour around Britain? — (Answers on p. 11.)

1. Heavy cattle on the river.
2. Heavy favourite.
3. Not quite a colourless insect.
4. The home of a motorbike.
5. 10,000 men here.
6. Out in Front.
7. Not in Jamaica but on the ship.
8. A stern insect.
9. Birthplace of John Wesley.
10. Would you look for the Blue Boy here?
11. Cook in the meadow.
12. A type of overcoat or sofa .
13. Mister Piggott I presume?
14. The monarch's Miss Redgrave.
15. Neither irritation.
16. Intern a Holy Man.
17. A place for a modern stallholder.
18. A yellow German forest with two points.
19. Thinking part of an oak, for example.
20. Mr Fawlty and a Spanish gentleman.
21. Coloured birds fly here.
22. Is the car raised from the remains of the fire?
23. Does a cereal grow here?
24. Hercule Poirot's friend.
25. Continue to be dazzling.



Sandlings - starting from Melton



Beccles Marsh trail

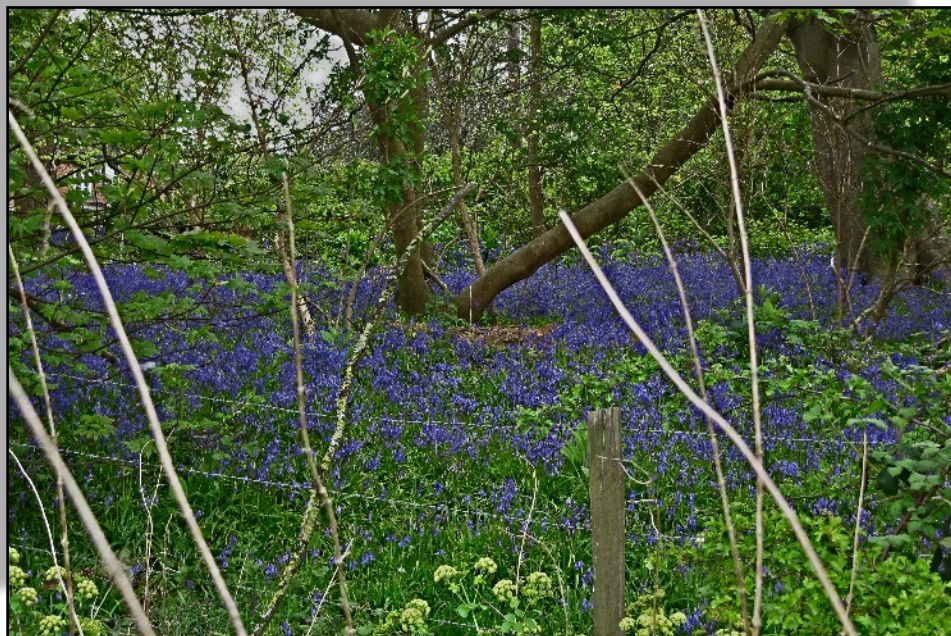


Neil found this great tribute to our brilliant NHS when out on a recce





No, not another casualty, just a stone man on Billingsford walk



Barsham bluebells in lockdown

The Programme

We are planning to publish a full programme of walks and events for the next four months. Of course, the lock-down might foil our plans but we will be ready the minute the rules are relaxed and group walks are permitted. Neil is planning to continue the Sandlings Walks on Thursdays re-starting from Sandlings 4. The details are here:

http://waveneyramblers.org.uk/walks/walk_guides/Sandlings_Walks#walks

Roger is hoping to send out a revised programme as soon as we get the "GO!" message but this will take a few days. Please check the on-line programme for last minute updates and if in doubt, please contact the walk leader.

The Facebook Group

While we are locked indoors, there is some chat and plenty of photos on our Facebook group. This is helping us to keep in contact with each other and it's nice to see where we've been for our solitary walks. The group is here:

<https://www.facebook.com/groups/WaveneyRamblers/>

New members will be very welcome so please think about joining, and we make announcements in this group. This is useful when things change at short notice.

The Ramblers' App

The ramblers' app runs on Android and iPhones. I have made a page on the website about this:

<http://waveneyramblers.org.uk/walks/app>

The app lets you find the walks in our programme and elsewhere if you have travelled away. There is a section for walking routes, if you want to head out on your own. And in these times of Coronavirus, the walk register keeps track of who attended. This could be useful in case one of us gets the bug and the rest of the group needs to self isolate. As well as the health protection benefit, Ramblers collects statistics on how many people walked and where they were. This is a wonderful campaigning resource and should make it harder for footpaths to get lost or re-routed and rail crossing usage can be determined. Other groups are using this with some success. Eventually, we should catch up and Neil will need a new phone less than ten years old!

Memories

How will you remember the covid-19 pandemic? Will it be the sad death of a loved one, the restrictions, the uncertainty, the lack of social contact; or will it be the NHS stars, the way your neighbourhood has responded, helping others, or how modern technology has made life a little easier in these difficult times?

As someone recently said to me: "Whether you always think the glass is half empty or half full, one thing is certain and that is, it is refillable."

As with many, two of the joys of belonging to the Ramblers are the social contact and the discovery of new areas and walks. With the former out of the question and the latter the subject of confusing advice and fines, it seemed a good time to explore my own back door.

When the 'normal' walks from my home were limited to around three miles (six if going both ways!), I have found quite a number of detours that I would not normally walk. They are not suitable for a typical Ramblers walk as often do not link with others but rarely used so no problem with social distancing. I have discovered some very interesting parts of my town and immediate vicinity that I did not know existed.

So, however you feel, do get out for a walk in the fresh air with wildlife all around and you will be refilling that glass.

Tony

Stile of the
season, at
Shipmeadow.
Do you have a
favourite?
Send a pic to
Tony.



A few thoughts . . .

THE SPIRIT

The spirit never ages like the flesh and bones of man,
it journeys on forever into life's eternal plan.
For when the body's broken by the ravages of time,
the spirit will continue in its everlasting prime.

The spirit will not follow in the footsteps of mankind,
it lives in timeless freedom and can never be defined.
For it is unaffected by the happenings in life
and cannot be disfigured when disparity is rife.

The spirit is unchanging as it guides humanity,
its course cannot be altered by some worldly strategy.
For it is never challenged by the perils of this earth,
where man is isolated from the moment of his birth.

The spirit is a power that no force can devastate,
it overcomes misfortune and can realign our fate.
For there is no departure of the spirit from our lives,
it guarantees survival when another dawn arrives.



According to all the media reports, there has been a steady increase in drinking since the start of the lockdown as boredom sets in. Thought this image might get a smile. (It is not strictly true, as pure alcohol is not a solution but the stuff we drink is!)

Answers to 'Around Britain' Quiz

5 York	10 Gainsborough	15 Norwich	20 Basildon	25 Brighton
4 Norton on Derwent	9 Epworth	14 Kings Lynn	19 Braintree	24 Hastings
3 Whitby	8 Grimsby	13 Leicester	18 Saffron Walden	23 Rye
2 Darlington	7 Kingston Upon Hull	12 Chesterfield	17 Newmarket	22 Ashford
1 Stockton on Tees	6 Leeds	11 Sheffield	16 Bury St Edmunds	21 Dover

COVID-19

It looks as if this virus is here to stay.
Though, the world at large says: 'GO AWAY!'

Perhaps a vaccine will be found one day,
To keep this deadly monster at bay.

Meantime, we will all try our best to resist.
So, with social distancing please persist.

Vulnerable people please take care,
And try to face life without too much fear.

This demon disease has caused much disruption.
Amazing, the things that have turned to corruption.

A stupid suggestion, without any question:
'Self inject disinfectant to kill the infection.' - [ref. D. Trump]

Medical science, a thing to enhance,
In time, I feel sure will surely advance.

To conquer this equivalent of BLACK DEATH (the invader),
Attired in gowns, masks and visors, we will look like DARTH VADAR.



Anon.

Open Door Policy and publication of Committee minutes

This suggestion was put forward by Alex, for discussion at the last Committee meeting on the 5th March. The following was agreed by the Committee:

- Any Member could put forward items to be discussed at a Committee meeting. They need to be sent to the Secretary seven days prior to the next meeting, the dates of which are on the Walks Programme.
Any Member can attend a Committee meeting by prior arrangement with the Secretary (due to the limited space of the venue).
- The minutes of the Committee meetings will be available to all Waveney Members by email or post, on request to the Secretary (postal requests would need to supply an A5-SAE).
- It was decided that the minutes would not be put on the website, as they are for members of the Waveney Group only.

Barry, Waveney Ramblers' Secretary & Membership Secretary

Contributions for next edition of *The Waveney Rambler* should be sent, by **20th Sept, 2020**, to:
Tony Langford, or email to:

Contributors please note that articles should not exceed **350 words**, unless permission is given by the editor. **Relevant photos are always welcome.**