

# Waveney Ramblers Newsletter

## Number 92 November 2023

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### Editorial

Another summer and autumn drifts by leaving us with quite a few gaps in the winter programme. If you would like to fill one of these, please see the article within the Newsletter about how register your walk directly with the new national Ramblers website. If you struggle with it, contact Neil in the normal way – your editor managed it even without the help provided in the article so it cannot be too difficult!

It is worth highlighting that a couple of our members who normally lead walks every month are unable to do so for this programme. At the time of writing there were 30 programme gaps from November to February where a leader is needed.

Look out for details of our November AGM as it is important that as many members as possible attend. It is at a new venue - St Marks Oulton Broad on Thursday 9th November from 7pm.

Inside you will find an article about ticks and Lyme disease which is becoming more of an issue locally.

### Editor

### Waveney Way – 2024

Five years have gone by since we last walked the Waveney Way. In 2019 we walked the path anticlockwise. This time we'll go clockwise starting from Lowestoft, Ness Point. There are 21 walks in the series. The walks range from 5.5 to 10.5 miles.

The plan is to walk on alternate Saturdays from March 2nd till 14th December. Neil will lead some of these walks. It would be good if volunteers could help Neil if there are days he can't cover.

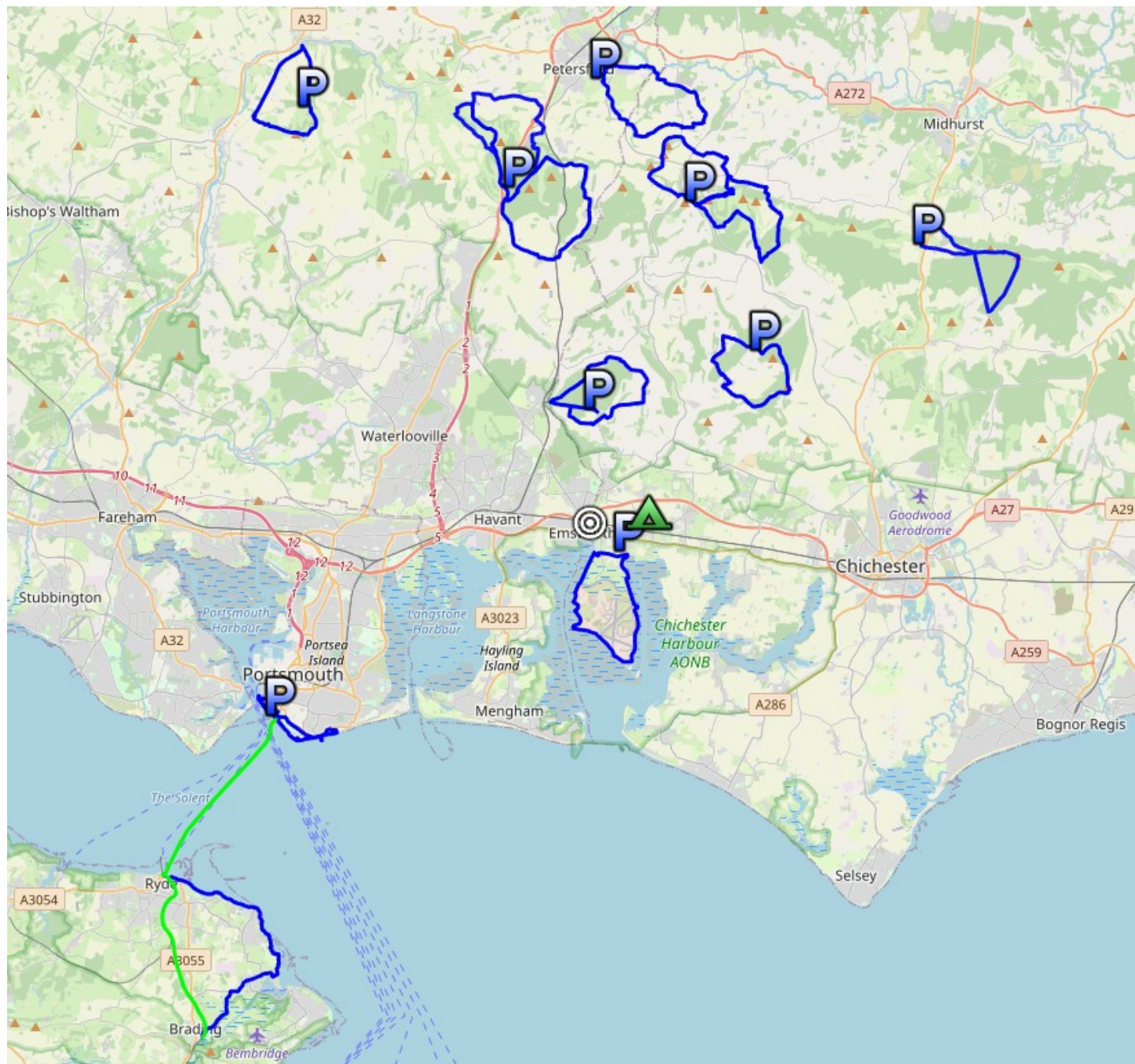
If we get enough leaders to volunteer, we could have weekends with both Saturday and Sunday walks, opening up our activities to people who can't easily walk on one or other day.

## Waveney Ramblers Group Holiday 2024

For the last two years Neil has organised holidays for Waveney Ramblers both at home and in Europe. These have been very well received providing many members with lovely walking holidays.

Neil would like a break in 2024 and therefore there is an opportunity for someone else to step in and organise something for next year. It would be a shame if this normally annual event was not continued so, if you fancy taking on this role if only for one year. Speak to Neil or anyone else on the committee.

Neil has got a series of walks in the South Downs area near Portsmouth, Chichester, Petersfield and the Isle of Wight if anyone is interested in teaming up to recce and lead some of these next September.



Editor

## **Lyme Disease**

Ticks are nasty little creatures that can carry not one but several pathogens, the most familiar of which is Lyme disease. Their numbers have increased locally along with their host, deer.

The result of a tick bite can involve heart problems, crippling headaches, joint inflammation and much more and can last months or sometimes years even if identified correctly and antibiotics given. As there is no need to report Lyme disease in the UK, the numbers are unknown but where it is reported such as USA (476,000) and France (50,000) the scale of the problem is more visible.

The most common symptom is a spreading bullseye rash several days and up to a month after the tick bite. If you get this, tell the medics that you want testing for Lyme disease as many are unaware of the problem.

Preventative measures include long trousers tucked into socks, long sleeved shirts and light coloured clothing so you can more easily spot them. Also, a credit card sized tick remover is good to carry as speedy removal reduces the risks.

**Below – a tick after and before an attack!**



## **Obituary - John Sayer**

John died in early September

David Harmer wrote: "I knew John reasonably well. He was one of the founding members of Waveney Ramblers. In fact, it is probably fair to say that without him, Waveney Ramblers may well have not existed. He did much sterling work for our group and in the past, was a prolific walk leader. Unfortunately, in the fairly recent past, he got dementia, and though I knew him I don't think he recognised me. Dementia can be cruel and he spent his latter days in a nursing home. In death he will be reunited with his late wife Sybil.

R.I.P. John and many thanks for your past endeavours for Waveney Ramblers."



## Roger Moore's Memorial – New Location



David Harmer checking on the memorial plaque for Roger Moore on a Waveney walk.

## Waveney AGM - Thursday 9th November from 7pm

This year's AGM has been moved to St Marks Church Hall  
Bridge Road, Oulton Broad, NR33 9JX, TM 52044 92328, OS Map: X 231, OL 40, [///cube.palm.area](http://cube.palm.area)  
The car park is at the rear. Look out for emails with the agenda etc.

## Ramblers' Walks Manager – Lead a Walk

We are aiming to use the “official” Ramblers’ method. During the transition, you can still ask Neil to add walks.

- Please use the Ramblers Walk Manager if you can.
- Or Email Neil. Or text or phone: 07411 811 093.
- New Walk Leaders: please Ask Ramblers to add yourself as a leader.  
Give your name and membership number.
- Walk changes and cancellation: Please log into the Walks Manager to make the change.
- If your phone number is not visible, you'll need to alter your “Contact Preferences” and tick the appropriate boxes.
- For problems and urgent updates: Email Neil
- PDF: [Walks Manager Quick Guide](#)

## OS Maps - Phone App for Apple and Android

Know where you are.  
Share your walk recordings with our group.  
Find walking and bike trails shared by other people.  
Several of our walkers are using this app.

It can record your walk and the recording can be shared. The free version is useful. To access all features, you need to pay a subscription. There is a feature to save your walk to a GPX file. If you are happy to share, Neil can use these GPX recordings to publish your walk on our website for anyone to follow. Neil can edit the track to remove glitches if there is a loss of signal during the recording and to remove sidetracks if the group took a wrong turning and backtracked. Apple and picnic stops also create anomalies that can be edited out. There are other track recording apps. Any that allow an export-to-file can be used to share the walks with our group.

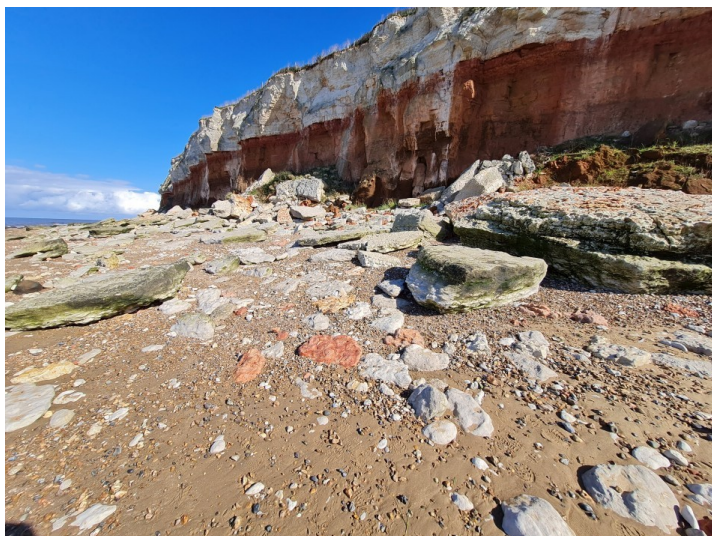


## 2023 Group Holiday Photos - Many more photos on the website

### Historic Lynn



### Hunstanton



### Dersingham and Snettisham





## Castle Acre



## Castle Rising



## Holkham Estate





## Sandringham Woods



## Great Massingham



## Holkham and Wells





## **Suffolk Area AGM - Walk afterwards**

2024 - Sat Feb 3rd - 10:30 - 5 miles

Margaret W

Call Margaret on 07914 057678 or 07914 057678

Meet at: Oulton Broad, St Marks Church Hall, Bridge Road, car park at rear,

NR33 9JX TM 52044 92328 OS Map: X 231, OL 40

Food: Please bring a picnic lunch.

Please park behind the church. There is overflow parking in the pay and display opposite the church. After the AGM and lunch there will be a walk in the local Carlton Marshes and Lake Lothing area.

Navigate to the venue ...



## **Contributions for next edition of The Waveney Rambler**

Please send these to Tony Langford 16 Holton Road Halesworth IP19 8HF. 01986 875694

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

## **The Ramblers**

The Ramblers is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company of limited guarantee, registered in England & Wales (no. 4458492)

Registered office: 1 Clink St, 3rd Floor, London SE1 9DG





**WAVENEY RAMBLERS CHRISTMAS LUNCH  
AT THE WHITE HORSE, CHEDGRAVE, LODDON  
WEDNESDAY 6TH DECEMBER 2023**



**Menu:     £22.50 2 Courses     OR     £30.00 3 Courses**

**To Start**

Roasted Winter Vegetable Soup with fresh sage, croutons & warm bread (vegan)  
Bloody Mary Prawn Cocktail with brown bread & butter  
Tempura battered cauliflower tossed in a maple & garlic marinade  
topped with spring onions, chillies & fresh rocket

**Main Course**

Traditional Roast Norfolk Turkey with all the seasonal trimmings  
Maple Roasted Carrot, Hazelnut & Mushroom Loaf  
with all the seasonal trimmings & a Vegetable Gravy (gluten free)  
Oven Baked Hake Fillet in a Chorizo, Paprika & Lemon Butter with  
garlic & thyme roasted new potatoes & a medley of winter vegetables  
Guinness & Lamb Stew with potatoes, carrots, parsnips, cabbage  
rosemary & sage topped with herby dumplings

**Dessert**

Traditional Christmas Pudding with Brandy Sauce  
Warm Stem Ginger sponge pudding with Honeycomb Ice Cream (gluten free)  
Lemon & Blueberry Posset with a cinnamon puff pastry palmier

**The price includes tea or coffee – Please give your menu choices below**

NAME	STARTER	MAIN	DESSERT

Please either post the completed form and cheque to  
Roger & Sue Gowen, 25 Newland Avenue, Worlingham, BECCLES NR34 7AN  
or email your choices and payment method to: [gowensue72@gmail.com](mailto:gowensue72@gmail.com)

**BY WEDNESDAY 22<sup>ND</sup> NOVEMBER**

Places are limited so it will be on a first come first served basis.

BACS Payment: Account name:     **The Ramblers Association Waveney Group**  
Sort Code:     **60 83 01**  
Account No:     **20113375**  
Please quote reference:     **Xmas**

OR  
I enclose a cheque made payable to     **The Ramblers Association Waveney Group**