

# Newsletter of the Waveney & District Group of the Ramblers

Number 77: November 2018

## Editorial

Time for the waterproofs, heavy boots and gaiters as we have another full programme of walks this winter.

Within this Newsletter there are details of and reports for the important AGM on 22nd November and I would urge as many members as possible to attend.

The Waveney Ramblers' Christmas lunch is back again at the Twelve Lost Churches at Dunwich on Wednesday December 5th, with an optional walk on the heath beforehand. Details and pre-order form are enclosed. This year it is a carvery and we need a minimum of 30 members. There is a good value 2-course option as well as 3 courses to suit all tastes and appetites, so it would be a shame to miss it.

Other items to note are the Festival of Winter Walks over the Christmas period, Cyprus Winter Escape in January and the Derbyshire Walking Holiday at the end of April.

As the heat this summer caused a few problems on our walks, Doreen is planning to put on a 7.30am start 10-mile walk which will be in the next programme. No doubt, as a result, we can expect a cold wet July!

Yet again there is more scientific evidence that regular walking is good for you. Apparently, according to the UK's centre for diet & activity, it reduces the risks of cardiovascular disease, type 2 diabetes, stress and high blood pressure, as well as helping us sleep better. They don't mention the risk of broken ankles, torn ligaments, Lyme Disease, sunburn and insect bites but let's stick with the positive aspects.

*Tony Langford*



The Ramblers is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company limited by guarantee, registered in England & Wales (no. 4458492). Registered office: 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.

## ***Coach Walk***

Thanks again to Chris, Susie and Pat for organising another great Coach Walk leading to Woodbridge which was thoroughly enjoyed by all in spite of the weather. At least it allowed members to test their waterproofs for the first time this summer – *see photographs.*



## ***The Wedding of the Year***

Just when we all began to think that after a dozen years together there would be no wedding, Grant and Jackie tied the knot (in secret) whilst nobody was looking. Congratulations!



## ***Treasurer – vacancy***

We are approaching the AGM in November. One of the key posts that will become vacant is that of Treasurer. This is because Pat Harrington is standing down from the role. Although, he will be offering his services to the Committee in another role.

I would like to ask if there is anybody who might be interested in taking on the role of Treasurer. It is one of the key positions on the Committee.

## ***Social Secretary – vacancy***

Due to the resignation from the Committee of Jean Carter and previously Sheila Hoffman there is a vacancy for one or two Social Secretaries. If there is to be a social side to Waveney Ramblers it is essential that volunteers are found to fulfil these roles.

Without people in place, with the exception of the Xmas Lunch which is a separate stand-alone event and self-initiated walking holidays, there will be no Social Events within Waveney Ramblers 2019 Calendar.

Anyone interested in either of these outstanding vacancies please contact me on 01505 580868 or 07594 499854.

*Alex McPherson - Chairman*



***Coach Walk***



***Jackie & Grant wedding***



***Coach Walk in the rain . . .***



***. . . but who is this hiding from the sun?***



***Ferry walk  
at Burgh St Peter***



***On the coastal trail near Shotley***



***Lunch on Iken walk***



# Christmas Lunch / Walk



Wednesday 5th December, 2018

approx. 1 pm at the 12 Lost Churches, Dunwich Heath

## STARTERS

*Chicken Liver Parfait* with Redcurrant Spiced Cordial Glaze served with Bistro Salad Leaves & Toasted Artisan Bread

*Smoked Fish Platter* – Smoked Salmon, Mackerel and Lumpfish Caviar served with Mixed Pickles & Horseradish Mayonnaise

*Butternut Squash, Coconut & Mild Chilli Soup* served with Warm Crusty Artisan Bread Roll

## MAIN MEAL

*Three-Meat Carvery* – Roast Turkey Breast or Roast Gammon or Roast Topside of Beef  
*traditional Christmas treats* – Pigs in Blankets, Sage & Onion Stuffing, Gravy and Sauces  
Roast Potatoes, Potato Gratin, Brussel Sprouts, Roast Parsnips, Braised Red Cabbage,  
Peas & Carrots, Crushed Swede & Roasted Mixed Vegetables

*Vegetarian Option:* Cider and Lentil Loaf with Vegetarian Gravy

## DESSERTS

Traditional Christmas Pudding with Brandy Sauce

Chocolate Clementine Trifle

Sloe Gin Fruits of the Forest Eton Mess

( Price – 2 Courses £15.50 per Head or 3 Courses £22.50 per Head )



---

## CHRISTMAS LUNCH / WALK

Please retain the details above and send this part to Tony with your payment.

( £15.50 for 2 courses or £22.50 for 3 per person )

Please circle your choice(s), giving number required:

Starter:    Liver Parfait .....                      Smoked Fish .....                      Soup .....

Main:        Carvery .....    Vegetarian .....

Dessert:    Xmas Pud .....    Trifle .....    Eton Mess .....

Name(s) .....

Address .....

Tel. No. .... Enclose cheque for £.....

Make payable to: 'The Ramblers' Association Waveney Group', to arrive **before Thursday 22nd November**. Please send to: Tony Langford, 16 Holton Road, Halesworth, IP19 8HF.



## ***Walk publications – all change***

You may be aware that, in the past, our group has produced walk books available to the general public, as well as Members, which have produced a profit, poured back into funds. However, the walk instructions needed checking from time to time, and during my tenure as Chair of Waveney Ramblers, I put into action the latest update. It soon became clear that reprinting would have involved quite a few alterations, at some expense. Along with this, the sale of books had been falling, so in the long run we were more likely to lose money than continue with a profit. On this basis I suggested to the Committee that perhaps now would be the time to move away from our present publications to installing the walks on our website, run so ably by Neil Bauers, to which they agreed. An obvious advantage to this method is that any future alterations can be made instantly, keeping the whole thing far more up-to-date.

Neil has been making electronic track-logs of all his walks with Waveney Ramblers. 250 so far! This makes it relatively easy to produce new Rural Rambles booklets. So, on the website, we already have new guides for Bungay and Harleston and another is planned for walking the River Waveney from source to the sea. The track-logs are all on-line and can be downloaded for use with hand-held GPS units and mobile phone apps. With this technology, printed guides and maps are obsolete, until your batteries run out! Then you are lost! The on-line guides can be printed double-sided as single A4 page walks, with text on the front and a map on the back. The A4 booklets are designed to be folded double, again with text on the front and the map on the back.

Our on-line walk guides can be printed to help with our publicity. They all have a link, back to our website. Print a few extra copies and leave them in pubs, libraries, visitor and information centres, phone boxes (the ones used for library books) or anywhere potential new members might find them. People with smart phones can scan the QR code on the back of this Newsletter.

I would like to thank the small band of volunteers who came forward after I appealed for help, in a previous newsletter, with this project. Without them, forty-plus walks would have been a bit daunting to do on my own; they are (in no particular order!) Peter Westmacott, David Harmer, Mary & Parvez Shaheen, Pat Harrington, Emma Freeman, and last, but not least, Barry Covey and Neil Bauers, who, along with checking the walks, also worked together to produce an excellent addition to the web-site.

It really has been a good project and I am thrilled with the outcome.

*Kind regards, Diana*

## Waveney Way

Neil Bauers our Website designer has completed the task of moving the various Waveney Walk Booklets over to the internet; the final one being Waveney Way.

In their original form, the 20 walks of the Waveney Way were linear. Neil has converted them to circular walks. They can be viewed on the [waveneyramblers.org.uk](http://waveneyramblers.org.uk) site, under 'walk guides'. It has to be said that this is a quite remarkable achievement and Neil deserves to be congratulated on completing the task.

Neil approached me about getting the Walks in the next two programmes, March–June and July–October, 2019, and he made the suggestion that we could perhaps give them their own identity on a Thursday. I think that it is an excellent proposal. As it will allow us to 'showcase' them within the programme (we are hoping for 2 per month).

Therefore, I would like to make the following appeal to Walk Leaders. There are some Leaders who sponsor Thursday walks at present. I would ask those of you who do to select walks from Waveney Way. Also, I would ask Leaders who do not normally lead on a Thursday to give consideration to leading a Thursday walk. And finally to all walkers (where possible) would you please give consideration to joining one of the Waveney Way walks. More information about the Waveney Way walks will be given at the AGM.

I would like to think that as many of you who can do will support this appeal to show our appreciation to Neil for the work he has done for Waveney Ramblers.

*Alex McPherson*

## QR codes

For those of you who don't know, QR codes are a quick way to gain access to websites and pages on the internet. If you have a smart phone, you can get the app that allows you to scan these codes on your phone for faster web use.

Try it, and see for yourself.  
There are more on the back page  
of the Walks Programme.



**Contributions** for next edition of *The Waveney Rambler* should be sent, by **20th Jan., 2019**, 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.**