



# SLR NEWSLETTER

## SPRING 2013

[www.stokelodgeramblers.wordpress.com](http://www.stokelodgeramblers.wordpress.com)

### Editor's Note

Mud, mud, glorious mud, there's nothing quite like it for cooling the blood. Thank you to all the leaders who have taken extra time to check their walks prior to taking out a group. This care and attention is much appreciated and I know that many of you have had to find other routes to avoid the mud and some of you have even had to find another walk as the original route meant that we would all have been wallowing in the mud.

The Stoke Lodge Ramblers website has been noted at the top of this Newsletter to remind you all of the address and to encourage you to keep a check of the latest information which our Chairman updates regularly under 'News Update'. He also inserts photos which have been taken on recent walks, so you might find yourself on the website! Save the website under 'Favourites' to give you quick access.

Please note the change of date for our coach outing - it is now on Saturday 22nd June.

An important request from Pat and Don, especially to the longer term members of the club, to bring along any memorabilia so we can reminisce and have a good laugh on our 30<sup>th</sup> anniversary!

Well done Derek (Klemperer) on your contribution to Countryfile on Sunday 24th February about Henleaze Lake. Many of us well remember your excellent presentation and talk about the Lake at our Social in 2009 - there you are I'm reminiscing!

*Davina MacRae*

**Newsletter Editor**

### Key Dates

**Saturday 23 March**

7.30 pm

Club Social at St Mary's Church

**Thursday 25th April**

30th anniversary walk at  
Tyntesfield

**Saturday 22nd June**

**(N.B. change of date from 15th June)**

Coach outing - Hereford

**Friday 11 - Monday 14 October**

Club weekend in Dovedale  
Peveril of the Peak

### Chairman's Remarks

Hello everyone - a rather belated Happy New Year to all of you.

Since the last Newsletter we've successfully held the Christmas walk and meal at Winford Manor and the New Year's day walk and meal at The Princes's Motto at Barrow Gurney - both had excellent attendances so many thanks for all of the organisers of both events.

The weather unfortunately has taken its toll on a number of our planned walks since the turn of the year but in most cases we have been able to substitute alternative walks - we will continue to use the Website News Update page and/or Email to inform members of these late changes.

Your committee has been hard at work on your behalf and at our last meeting held in February we discussed a number of issues, viz:-

- \* Club finances look to be in good shape for the year ahead - we will continue to ensure that all events are self-financing. We now have 124 members signed up.

- \* We have decided to purchase HF Club Membership which will mean we are eligible for discounts on future holidays with them.
- \* We have renewed our Ramblers Affiliation Club Membership for this year.
- \* Plans for the Spring Social on 23<sup>rd</sup> March were agreed—see item below.
- \* Plans to celebrate the Club's 30th Anniversary at Tyntesfield on Thursday 25th April have now been finalised – see enclosure from Pat and Don Walter for details.
- \* Plans for the Summer Coach outing to Hereford on June 22<sup>nd</sup> are now well advanced – see enclosure from Rosanne Carwardine.
- \* Tentative plans for the 2013 Xmas lunch on December 12<sup>th</sup> are now also being developed – details will be given in a later Newsletter.

*Neville Brewis*  
**Chairman**

### **An Important Note from the Chairman**

**PLEASE NOTE: A reminder that both Don and Pat Walter are standing down later this year from their respective roles as Walks Organiser and Social Events Organiser and we need to find replacements. They will be "hard acts to follow" but if you would like to help with either of these roles please can you contact myself or any other member of the Committee.**

*Neville Brewis*  
**Chairman**

### **Spring Social on Saturday 23<sup>rd</sup> March 7.30pm at St Mary's Church Hall, Stoke Bishop**

American Supper – bring a savoury. Desserts provided by the Committee.

#### **Speaker: "A Life with a Purpose" by Sarah Williams**

We will be having a talk from Sarah Williams (daughter of Angela) on behalf of the Smiling Eyes International Charity she has set up. Sarah has lived with Marfan Syndrome for many years and has spent 20 years going round the world working with under privileged children. She will be accompanied by her dog, Ozzie, and will be talking about guide dogs, blind sport and living with her disability.

There will be an American Supper afterwards so please remember to bring along a savoury dish – the desserts will be provided by the committee as usual. There will be a £3.00 entry charge at the door (to cover expenses) which includes your first glass of wine. Additional glasses of wine will be sold at £1.50 per glass. Soft drinks will also be available.

So we hope to see a good number of you there to support Sarah.

*Neville Brewis*  
**Chairman**

## The New Year's Day 2013 Rambles

The miracle: the rains stopped and out came the sun – not to dry up the ground, that was too big a task, but to warm our backs as we gathered at The Prince's Motto in Barrow Gurney. The prince referred to is the Prince of Wales, and his motto is Ich Dien – I Serve, which our landlord did with an old-fashioned warm welcome at his little jewel of a pub. But that came later.

New Year's Eve celebrations had taken their toll on the energy levels of a few, but, blinking in the sun, the promised numbers appeared in the pub car park, where we herded ourselves into "A" and "B" groups, the first led by Rosanne Carwardine and the second by Ian Hopley. Our leaders had gone to extraordinary lengths in preparing for the walks. Having walked the routes once to learn them, a second time to modify them, and a third time, with a snorkel, to check how much was under water or a landslide. Rosanne had transported and put in place a small boulder where a stile was in the centre of a lake. The 4 mile "A" walk had been modified from a circular one to a "there and back again" trek which deviated briefly to take in the entrance to Barrow Court. Keeping to the original circle would have entailed donning wet suits. The 4 mile or so walk involved a few short climbs and excellent views over Barrow Tanks and Long Ashton to Bristol, spread out sparkling in the sun. There was a mixture of acolytes on both walks, including old and new members.



Ian's route for the 2 mile-plus "B" walk had also been modified from the original plan, to take account of the tsunami conditions prevailing in the weeks before. Taking a good pace that allowed the slower voters to stay with the rest, they started off after the "A" walkers, and, timing their walk to the minute, arrived at the pub as planned, and were eating their meal and into their second pint when the "A" walkers arrived. The food was Sunday lunch, produced from a galley of a kitchen by the staff with the help of junior family members. The landlord had opened the pub on his rest day especially for us, and grateful locals, hearing the good news flocked to the pub which was full and buzzing with good Hogmanay cheer when we eventually left. There was little opportunity to say what everyone wanted to say at the time, which was Congratulations to Rosanne for suggesting the venue, pursuing the walks and organising the walker/diners with her customary efficiency, and thank you to both Rosanne and Ian for leading the walkers and not losing any of us. Aspiring walk leaders please note: the route and the pub would be ideal for a Thursday walk in future. A very good start to a Happy Walking Year.

*John Hollyman*

## New Members

Welcome to Jill Prasad who has re-joined and to Tony Pugh — we wish you many happy walking hours with us.

## Contacting the Emergency Services on your Mobile 'Phone

I have been in touch with the Head of Communications at the Police Headquarters in Portishead asking about making contact with the emergency services when your mobile 'phone is out of range. He has clarified that in an emergency a '999' call on your mobile would be picked up by the nearest mast and not necessarily your network mobile 'phone provider. If you are unable to make any contact, then there is obviously no mobile 'phone mast in the area to pick it up. So, even if your mobile 'phone shows you are out of range, do continue to dial '999' and see if it is picked up by another provider's mast.

For anyone who is deaf, hard of hearing or has a speech impairment, then their mobile 'phone can be registered and a text sent to call any of the emergency services - for full details visit [www.emergencysms.org.uk](http://www.emergencysms.org.uk).

*Davina MacRae*

## **Gentlemen Forward! The difficulties for ladies ...**

We hope no-one will find this article indelicate: we'd like to keep all our members walking as far as possible for as long as possible, so we feel that anything which helps this can only be A Good Thing.

On a recent short walk, many of us disappeared into the pub's loos before we set out, and as we were waiting for everyone to re-assemble we discussed the absolute need to 'go' before setting out, and our occasional worry about hanging on until our return to the pub for lunch. Medium walks without proper facilities were mentioned as a difficulty, because while the chaps can stride on ahead and relieve themselves behind a tree, we ladies need to bend our knees. The hard part is not always the bending, it's the straightening up again afterwards!

So I shared my delight at having accidentally discovered proper facilities part way through a couple of medium walks, although I realise this can't always be planned for. And I mentioned that there were devices available which enable us ladies to stay upright and use a tree like lesser mortals. This news was received with great interest by the ladies within earshot, and I promised to investigate, purchase one of these gizmos, and report back!

So I am now the proud owner of a bright pink Extreme SheWee, with protective case (the 'extreme' means I have an extension tube, which is useful when well wrapped up). I confess, I haven't yet tried it in the great outdoors, I am still practising in the shower. But I know that Margaret has, and she says:

*"It takes a bit of courage to use the device en plein air for the first few times but, I can assure you, it works and is far preferable to having to expose oneself to the elements and/or curious gazes. Why not carry a SheWee in your rucksack, just in case of need? (Available online and from most walking and outdoor shops".*

Other devices are available: Whiz Freedom and Go Girl can easily be found on Amazon and may suit you better!

Of course, if a desperate need to 'go' is a feature of normal life, you need to see your GP, whether male or female!

*Sue Hazeldon and Margaret Ruse*