



Newsletter

Winter 2014

Hello,

I hope you have all enjoyed a good summer of walks with Swansea Ramblers. Our thanks go to the leaders who have volunteered to lead walks and to the dedicated committee members who have worked hard to put the programme together.

Hello to our new Members!

Over fifty new members joined us in 2013, having found that Swansea Ramblers explores different and interesting places to visit in the countryside while at the same time providing an opportunity to socialise and make new friends. Membership continues to grow with a further 54 new members (*as at August 2014*) and we welcome all new walkers to our group. Thank you for choosing to walk with us. If all members could spread the word about how enjoyable it is to walk with Swansea Ramblers, we may have even more joining us!

Membership email addresses

The most cost effective and often the only way we have of contacting members other than a six monthly Royal Mail posting is by email. Many of us have now provided our email address so are receiving details of socials and other news. If you have not yet given us your email then you are missing out on the opportunity to make the most of your membership. If you would like to receive details of all the other events that are not printed in the programme and other news about Swansea Ramblers, you can send us an email at webmaster@swansearamblers.org.uk and we can add you to the list.

New email address

We've set up info@swansearamblers.org.uk to send out emails about socials etc. This is still at the testing stage as some email providers are marking this as spam! Please add this new email address to your contact list to ensure you continue to receive our emails to your inbox.

Committee News

The committee has been busy again working in the background to ensure everything that keeps a walking group running (*running?*) has been actioned. If anyone would like to come along and see how the committee works for you, we'd be happy to see you at the meetings. There are also vacancies for additional committee members and we would love to hear from anyone who would like to help out, especially someone who can take the minutes of meetings. We meet once a month on a Wednesday and afterwards, we end up in a pub – so why not come along and enjoy keeping your group walking!

Trip to Arran – May 2014

A few of our intrepid band ventured north to the Scottish Island of Arran where a week of walking was enjoyed in good weather. Our thanks go to Ian Smith and Mark Wolle for arranging the holiday.

Thai meal – June 2014

Those of you who couldn't get to the leader's social evening missed another great get-together while leaders began to create the winter programme. Thanks to all the leaders who provided their walks for the new programme.

Social events

Talking of socials, our thanks go to our social secretary, Peter Jones, Myra Lewis and Zetta Flew for arranging and carrying out the administration involved in making things go smoothly.

Trip to Chester – 8-9th November 2014

Myra Lewis and Clive Scott have been busy putting together a weekend of short easy walks in Chester. Whether you just fancy going up for the social and not walking at all or if you fancy exploring the area on foot with a group of walkers out to enjoy a bit of gentle walking, Chester is for you. Over 55's can make use of the special train fare to go up either together or individually. Myra can also advise of a few hotels near the station. The walks take place on Saturday and Sunday but we envisage most people travelling Thursday/Friday, socialising then coming back Sunday evening/Monday to make a long weekend of it – and why not! Anyone interested in going should contact Myra (01792 429804) and she will provide more details nearer

the time. To-date at least 20 people are booked on for the weekend so don't miss out - come along and enjoy the fun!

Christmas meal – 07/12/2014

If you haven't already done so, make a note in your diary for Sunday 7th December 2014 when we will again have our Christmas lunch at the King Arthur in Reynoldston. As usual, there will be a walk to work up an appetite for that turkey and pudding! See the attached booking form.

Where shall we go in 2015?

Any ideas? I'm sure the regulars will come up with a few suggestions. If you think you can arrange a weekend away somewhere with a possibility of both long and easy short walks, why not have a chat to us?

Gower Way Project

Over the last six months a band of happy Gower Way walkers have been making their way from the top of Gower at Pen Ile'r castell to Rhossili, hunting down the Gower Way stones as we go! Our thanks go to Lynne Esson for coordinating the project, the leaders for safely getting us to within sight of Worm's Head and to Countryside Connections, which funded the coaches to promote use of the countryside in the rural wards of Gower.

Project 2015

Any suggestions? What could we do as a project in the New Year? From walking the Pembrokeshire Coast Path, Offa's Dyke, Glyndwr's Way, St Illtyd's Way or Coed Morgannwg Way, there a lot of paths we could follow. And you never know, we could even start the 850 mile Wales Coast Path!

Footpaths

There is always a broken stile, a piece of barbed wire in the wrong place or a path that resembles deepest Africa where only a machete could get through! So that's where Bob Denley comes into his own and liaises with Swansea Council to put matters right. If you ever come across a problem, let him know, preferably with a grid reference and he will speak to the council to see what can be done. Just email him on footpaths@swansearamblers.org.uk.

Work Party

Of course Bob may agree with the council that Swansea Ramblers will go and clear the problem on a path. Every month, the council lets us know which path needs our help and Bob gathers a small band of dedicated volunteers to have a fun time clearing undergrowth, building stiles and generally making a substantial contribution to maintaining the paths we walk. If you fancy helping out, give Bob an email and find out what's involved.

Gower Walking Festival

This is the tenth year for the Gower Walking Festival. Each year it grows from strength to strength and a number of our leaders offer to guide a walk. If you are thinking of leading for the festival in 2015, let us know and we'll pass on your details to the festival as a Swansea Ramblers leader. We may then be able to arrange some advertising with the festival to generate new members.

Ramblers Big Welsh Walk Festival

Let's not forget we had our own festival in May. Over the three days, we had 6 walks, 213 walkers and of those, 96 people were new to our walks. Festivals help to raise our profile and believe it or not, there are people in Swansea who have never heard of us! Thanks to all the leaders and members who took part. Short easy walks attract the most people and long walks are always in demand, so if anybody fancies leading a Big Welsh Walk next May, then let us know.

Glamorgan Area Walks

We hope you enjoyed the June walks with our family of Ramblers' groups from all over Glamorgan. These take place annually and allow different Rambler groups to meet and walk in each other's areas. About 120 Ramblers took part in 3 walks and enjoyed the fine weather.

Outdoor clothing

Some new members have asked what sort of equipment/clothing they should buy for walking. The Ramblers' national website provides advice on what to wear and this can be accessed from

<http://www.ramblers.org.uk/go-walking/advice-for-walkers/equipment.aspx>

A number of outdoors shops can offer advice and some offer discounts to Ramblers if you show them your Ramblers membership card.

Cotswolds Outdoor are located in Cardiff, Brecon & Carmarthen and beyond. These stores offer a discretionary discount of 15%.

Rohan has recently opened a store in Cowbridge next to Waitrose and offers 10% discount.

Go Outdoors is located on the Enterprise zone (Old Focus unit) near Tesco. An annual 10% discount card can be purchased and the store issues our monthly programme to customers, helping to spread the word about Swansea Ramblers.

In addition, there are a number of small independent stores that can provide help with choosing the right equipment, some of which may offer a discount to Ramblers.

Finding the start of a walk

The programme provides information about a meeting point for walks. Frequently used meeting points are now also included at the beginning of the programme. This section has useful information such as the grid reference, Google map directions, Post Code and longitude/latitude. The last two can be input to some in-car Sat Navs to assist in finding the meeting point but it is important to remember that Post Codes can be very approximate in rural areas.

Other less often used locations always display the national grid reference in the walk entry. This grid reference can be input online to display the meeting point on a map and can also be converted into Post Codes and lon/lat for Sat Navs. A useful website which will do this for you is <http://gridreferencefinder.com/> which will also allow you to right click on an aerial view of your meeting point and display the grid reference. This will be very useful for leaders who need to find the grid reference for their walk entry.

Public transport to the start of walks

A number of members are without cars. It would be useful if leaders could check bus times so where possible, walks can start after the bus has arrived. It is appreciated that timetables may change nearer the time of the walk but in many cases, the bus may still arrive in time. Please also check that there is a return bus! The transport website Traveline <http://www.traveline-cymru.info/> is a useful resource.

Car sharing to start of walks

A growing number of members do not have a car to reach the start of a walk. This has led to an increase of requests to receive a lift. Those drivers at the meeting point may not have room for everyone and may not be returning to the meeting point after the walk, (e.g. *may be having a meal afterwards*). To avoid disappointment, if anyone needs a lift, **it is important to check at least the week before** when out on another walk, for lift availability and to offer something towards petrol. Please do not turn up at the meeting point expecting there to be a lift.

Also, please have a change of footwear, etc., to avoid any mud (dry or wet) getting into a host's car. Please check and respect the wishes of the driver as they may intend to return immediately after the walk or to stay on and socialise in the pub.

Increasing the walks we offer

Nordic walking

Swansea Ramblers is pleased to announce that we have a new series of Nordic Walking events on the winter programme. This type of walking involves the use of walking poles to provide an additional workout for your upper body. At present this series of walks will be targeted at experienced Nordic walkers who already have their own Nordic walking poles. If you fancy trying out Nordic walking, contact Mike Aspland (07974-715901) for more details.

Evening walks

Over the last two summer programmes we have put on a few evening walks. These have proved to be very popular with over twenty people enjoying these and a pub social afterwards. We hope to be able to provide more next year. If you think you could lead a short evening walk, let us know at the next leaders' meeting in January. Intrepid leaders may like to offer winter evening walks with head torches (*to find our way to the pub!*).

Midweek walks

There are quite a few of us like to walk during the week and we need volunteers to offer to lead more so that we have a walk every week.

Gaps in the programme

We again did not have enough volunteers to provide a full programme of walks. In your new programme, these gaps are indicated by an entry asking for a volunteer. If you think you could lead a walk nearer the time, please contact the named co-ordinator at least ten days before and we can email everyone with your additional walk.

Helping members to lead their first walk

We still have a few gaps in the programme where there was no available leader put on a walk for the group. We've had several new leaders come forward and begin to lead. We would like to hear from anyone else interested in leading but so far have felt a little daunted at giving it a go.

The secret is to lead your first walk over a route you have walked before and feel confident to do so without the group. This can be just a short evening stroll of 3 miles on the promenade or similar area until you get your confidence.

You could also buddy up with someone and lead the walk together. We can also support you by arranging for you to walk over your suggested route with an experienced leader and while doing so, benefit from their knowledge of leading.

It's very rewarding to take a group of people for a walk and in doing so, contribute to the success of your group. We look forward to hearing from you!

Sea wall at Llanmadoc

For information, the right of way over the sea wall from Cheriton Pill to Whiteford National Nature Reserve is currently inaccessible. There was storm damage last winter leading to a temporary closure for repairs but it has had to be closed again. We have no further information as to when it will reopen.

See you on a walk,

Andrew Morgan

Officers & Committee Members 2014-2015

Post	Name of Officer
Chairman	J Vernon Davies
Vice-Chairman	***** POSITION VACANT *****
Secretary	John France
Treasurer	Andrew Morgan
Footpaths Secretary	Bob Denley
Membership Secretary	Steve Hawkes
Minutes Secretary	***** POSITION VACANT *****
Publicity Officer	Richard Beale
Social Secretary	Peter Jones
Work party Co-ordinator	Bob Denley
Programme Co-ordinator	Roger Brown
Programme (Evening Walks)	***** POSITION VACANT *****
Programme (Midweek Walks)	Julia Robson
Programme (Saturday Walks - Short)	Lynne Esson
Programme (Saturday Walks - Long)	Lynne Esson
Programme (Sunday Walks -Long)	Roger Brown
Programme (Sunday Walks - Short)	***** POSITION VACANT *****
Committee Member	Jan Banfield
Committee Member	***** POSITION VACANT *****
Committee Member	***** POSITION VACANT *****
Committee Member	***** POSITION VACANT *****

Retiring Officials

The present committee would like to thank retiring officers for their assistance in the administration of Swansea Group. Without sufficient volunteers it is difficult to organise activities which the membership enjoy.

Retiring Post	Name of Officer
N/A	N/A

New members of Committee needed

A number of committee undertake more than one task to ensure we always have a programme of walks for our members to enjoy and to attract new walkers to join the group. We would also like to hear from anyone who could take the meetings of the minutes each month.

If you know of anyone who would like to serve on committee, please complete the nomination form overleaf or contact the secretary if you wish to know more about the essential work the committee undertakes for your group.

Nomination / Notice of Motion

Nomination

I nominate
..... to serve on the Committee of the
Swansea Group. The person so nominated has indicated a willingness to serve.

Motion

I wish to place before the Group at its
Annual General Meeting, the following motion for consideration:-

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Please return form by 1st October 2014 to the Secretary,
John France at 54 The Orchard, Newton, Swansea SA3 4UQ,

Y CERDDWYR / THE RAMBLERS

ANNUAL GENERAL MEETING - SWANSEA GROUP

The 33rd Annual General Meeting will be held at
The Environment Centre, Swansea
Wednesday 22nd October 2014 at 7 p.m.

AGENDA

1. APOLOGIES FOR ABSENCE
2. ADOPTION OF THE MINUTES OF THE AGM OF 16th October 2013
3. MATTERS ARISING NOT COVERED ON THE AGENDA
4. CHAIRMAN'S REPORT
5. REPORTS OF OFFICERS:
 - A. Secretary
 - B. Treasurer
 - C. Membership Secretary
 - D. Programme Secretary
 - E. Footpaths Officer
 - F. Working Party Officer
 - G. Publicity Officer
 - H. Social Secretary
6. REPORT OF REPRESENTATIVES ON OUTSIDE BODIES
7. APPOINTMENT OF TELLERS
8. ELECTION OF OFFICERS
9. ELECTION OF COMMITTEE MEMBERS
10. APPOINTMENT OF AUDITOR
11. MOTIONS OR PROPOSED AMENDMENTS TO CONSTITUTION:
12. Date of the 2015 AGM is Wednesday 21st October at 7 p.m.
at the Environment Centre, Pier Street, Swansea.

Ramblers Christmas Dinner

King Arthur Hotel, Reynoldston, Sunday 7th December 2014

Organiser: Zetta Flew

Meet: 01.30 p.m. for 02.00 p.m.

The Dinner has been arranged to take place after the local walk so that those Ramblers wanting to work up a proper appetite can do so - and still join the party! The meal will be open to friends and family but please ensure you book and pay on or before the AGM **31st October 2014** (*otherwise you may be disappointed!*)

Three courses Price: £18

Starters

- Homemade Parsnip, Apple & Cumin Soup served with Parsnip Crisps
- Pressed Game Terrine with Smoked Bacon served with Rocket Salad & Tomato & Sweet Pepper Chutney
- Swansea Smoked Haddock Fishcakes with Pea Shoots and a Lemon Hollandaise
- Perl Wen 'Welsh Brie' and Red Onion Tartlet with a Sun Blanched Tomato Dressing

Main

- Roast Topside of Welsh Beef with Yorkshire Pudding
- Traditional Roast Pembrokeshire Turkey with a Bacon wrapped Chipolata and Sage & Onion Stuffing
- Roast Cod Loin with a Pea and Pancetta Creamy Sauce served with Wilted Greens
- Pan Roasted Local Pork Tenderloin stuffed with Ginger & Walnuts served with a Blackberry & Madeira Sauce
- Welsh Goats Cheese Strudel with Wild Mushrooms, Chestnuts & Pine Nuts served with a Port & Cranberry Sauce

Dessert

- Homemade Salted Caramel & Dark Chocolate Tart served with Clotted Cream
- Chefs Lemon Posset served with Christmas Spiced Shortbread
- Traditional Christmas Pudding with Brandy Sauce
- Warm Individual Apple Galette served with a Butterscotch Sauce & Vanilla Ice Cream

Coffee and & Petit Fours

Please complete the tear off slip below and send your cheque,

payable to: "RAMBLERS SOCIAL FUND" to:
Zetta Flew, 8 Meadowcroft, Southgate, Swansea, SA3 2DF

By 31st October 2014

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Christmas Dinner Menu Choices (£18 per person)

Name 1:		Name 2:	
Starter:	Soup / Game Terrine / Fishcakes / Brie	Starter:	Soup / Game Terrine / Fishcakes / Brie
Main:	Beef / Turkey / Cod / Pork / Goats Cheese	Main:	Beef / Turkey / Cod / Pork / Goats Cheese
Dessert:	Tart / Possett / Pudding / Galette	Dessert:	Tart / Possett / Pudding / Galette
Email:			
Tel No:			