



# Newsletter

Autumn 2015

***Hello,***

Summer (*if that was what is was!*) will soon be a distant memory as we begin to enjoy the delights of our new programme which takes us through autumn, winter and back into spring. Already we've been able to add to our calendar almost 90 walks over the next six months and we'll expect a few more to be added nearer the time. Thanks go to the programme coordinators and all our leaders who have provided walks. If you are thinking of adding an extra walk yourself, we've marked in the programme the available dates where one of these could go.

## ***Membership***

Our group continues to grow as more people discover they can enjoy a few hours pleasant walking in the company of a sociable group. We currently have about 370 members so spread the word about the enjoyable walks we do. We display our monthly listings in libraries but if you notice they are not on display or you find somewhere else that is prepared to display them then let us know.

## ***May 2015 - Weekend Away - Malvern***

The weekend away to Malvern was a great success with over 30 people enjoying a mixture of long and short walks plus some good socials. We walked across the entire Malvern Hills over the weekend with some great weather and fabulous views. Our thanks go to Richard Beale and Clive Scott for leading the walks and to Myra Lewis for arranging the social side.

## ***October 10<sup>th</sup> - 11<sup>th</sup> - Weekend Away - Cotswolds***

Another weekend away is planned for weekend of 10<sup>th</sup> and 11<sup>th</sup> October. There will again be a long and a short walk each day and Myra is busy sorting out an evening venue for a meal. A lot of people have already put their names on the list to go and if you are interested in joining us then contact Richard Beale for further details.

## ***Saturday 24<sup>th</sup> October - Walks, AGM & Meal at The Greyhound***

It's that time again when we report the health of the group for another year and get ready for the year ahead. This time we've got a different format. We'll be offering a long and a short walk from the Greyhound in Oldwalls, near Llanrhidian. After the walks we'll have the AGM & a meal. Make your selection and pay for the meal at the bar. Do try to come along for an enjoyable day out in Gower.

## ***Thursday 19<sup>th</sup> November - Social: Meal at Ty Junction***

Myra has arranged a second visit to Ty Junction in Mumbles and the details are in your programme. More socials will be arranged during the year so to make sure you find out about them, register your email with us by contacting [infoATswansearamblers.org.uk](mailto:infoATswansearamblers.org.uk) (Replacing 'AT' with '@') to receive updates about your group.

## ***Saturday 6<sup>th</sup> December - Christmas Meal at the King Arthur***

Yes we know Christmas is on the way when the menu arrives for our Christmas dinner after the walk around Reynoldston. The choices are attached and we would be grateful if everyone who is coming could mark it in their diaries and send their cheque to Zetta as soon as possible. As usual we'll have a raffle and a few carols to enjoy the Christmas spirit. The meal is subsidised by the social fund.

## ***Saturday 12<sup>th</sup> December - Bethlehem walk***

Back by demand is the Bethlehem walk and meal at the Cennen Arms. This will be the second year I have led it but the last leader did it for 25 years so I could have a long job on my hands! Hopefully we'll have the usual carol singing in the pub and a good day out!

## ***Monday 11<sup>th</sup> January - Social: Thai meal and leaders' meeting***

We'll again be dining at the Thai restaurant in The Bay View hotel near the Guildhall. While we have the meal, we'll begin putting together the summer programme.

## ***Keeping in touch***

More and more we are arranging social events, additional walks and changes to the printed and published walks. If you have not already done so, please send us your email address so we can send you updates about the group. Just email: [infoATswansearamblers.org.uk](mailto:infoATswansearamblers.org.uk)\* to request to be added to the list.

\*(Replace 'AT' with '@')

## ***Emergency Shelters for walks***

Two emergency shelters are available for leaders to take on walks where they wish to ensure they have additional safety equipment. There is one 8-10 person bothy and one smaller 4-6 person bothy. Should you wish to use one or both for your walk, these are available from the secretary on request.

## ***Committee News***

A group of volunteers meet each month to deal with the administration needed to keep the group running smoothly. If anybody has ever wondered what happens to keep us walking as a group and keep our paths open, do come along and sit in on a meeting.

Walk Co-ordinators contact leaders every six months to put together the programme. They make sure as many of the available dates as possible are filled before we go to print and then process any extra walks offered during the lifetime of the programme. These additional walks then go on the web and are emailed to members. We always have vacancies on committee so why not come along and help out to keep us all walking into 2016!

## ***Monday walks***

We've been attracting new (and existing) walkers to take part on the short '*Easier Walks with Friends*' on Mondays. Our thanks go to Richard Beale for coordinating these walks and to the leaders who have provided walks. These walks give us the chance to introduce people to walking as well as allowing some of our existing members to enjoy an additional midweek walk. You'll notice on the programme there are quite a few weeks when we don't have a Monday walk so if you could lead one of these, please contact Richard on: [shortstrollsATswansearamblers.org.uk](mailto:shortstrollsATswansearamblers.org.uk)\*.

\*(Replace 'AT' with '@')

As an example, if you can think of a figure of 8 walk that returns to the start after 3 miles, we can stop for lunch then do a further 3 miles in the afternoon, providing a 6 mile walk for regulars and two chances of a 3 mile walk for newcomers.

## ***Evening walks***

Helen Gough has stepped down as evening walks coordinator so we would like to hear from anybody who could take on this role. Over the last few summers there has been considerable interest from the public in our evening walks which can then bring us new members. It was unfortunate this year that so few leaders were able to offer a short, easy evening walk. It would be good next summer if we could provide members and the public with a walk each week so please have a think now about a walk of 1½ – 2 hours (about 3 miles) which would be good for a summer's evening after work that we could all enjoy.

## ***Other walks/Projects***

As well as sorting out the evening walks, we would also like to hear from anyone interested in organising/coordinating Sunday short walks, Night walks, Train walks or a long distance project. Previously we have walked areas such as the Pembrokeshire Coast Path in both directions, The Wye Valley Walk, Offa's Dyke, Newport to Newport, The Gower Way and The Irish Ferry Walk. If you have a project in mind, e.g. Glyndwr's Way National Trail, why not discuss it with committee to see if we can get it on the next programme?

## ***Footpaths***

If you come across a blocked path or damaged stile while receiving a walk for the programme or maybe just on a walk you do yourself then let Bob Denley know on: [footpathsATswansearamblers.org.uk](mailto:footpathsATswansearamblers.org.uk)\*. Bob will advise the council and they may be able to resolve the issue before your next walk. Whenever possible, take a few photos from different angles and make a note of the grid reference. This will make Bob's job easier to identify where the problem lies and what needs to be done.

\*(Replace 'AT' with '@')

## ***Work Party***

Our work party continues to go out with Swansea Council to clear paths and build bridges, stiles and install gates etc. to keep the footpath network open. If you would like to help our team then contact Steve Robson on: [workpartyATswansearamblers.org.uk](mailto:workpartyATswansearamblers.org.uk)\*.

\*(Replace 'AT' with '@')

## ***Social Events***

Our thanks go to Myra Lewis and Peter Jones for arranging social events throughout the year. These have proved very popular and provide members with additional ways to enjoy being part of our group.

The social fund has so far subsidised two coach trips, one in June to Stackpole which was an enjoyable day out and another to Crickhowell to walk up to Table Mountain. The Christmas lunch has also been subsidised and this is all possible thanks to the donations of members to the fund via the prize raffles and our thanks also go to Diane Lewis for arranging those raffles.

Register your email address with us for group updates, as you will miss out on all the social events if you don't!! Also, if you don't book as soon as you receive the notification, you may find the event is already fully subscribed!

*See you on a walk,*

Andrew Morgan

# Ramblers Christmas Dinner

## King Arthur Hotel, Reynoldston, Sunday 6<sup>th</sup> December 2015

Organiser: Zetta Flew

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

The Dinner has been arranged to take place after our walk in Reynoldston. The meal will be open to friends and family but please ensure you book and pay on or before the AGM: **24<sup>th</sup> October 2015.**

*(We need to book places with King Arthur and pay the deposit so don't delay!!)*

**Three courses Price: £18.00**

### Starters

- Roasted Pumpkin & Cumin **Soup** with Olive Oil Croutons
- **Terrine** of Confit Chicken Leg, Wild Mushroom & Cranberries with a Pancetta Crisp
- Home cured Gravavlax & Smoked **Salmon** with Horseradish Cream & Soda Bread
- Pant-Ysgawn **Goats Cheese** & Butternut Squash Salad

### Main

- Roast Pembrokeshire **Turkey** served with Pork & Cranberry Stuffing wrapped in Pancetta
- Loin of **Pork** with Black Pudding & Apple Mash served with Sage & Wild Mushroom Cream Sauce
- Pan Fried **Bass** Fillet with Crushed New Potatoes & Cockle & Laverbread Butter
- Pan Seared **Duck** Breast with a Roast Beetroot, Potato & Vegetable Cake served with- Redcurrant jus
- Roast Butternut **Squash** Stuffed with Lentils, Walnuts, Apricots & Pine Nuts & a Herb Crust

### Dessert

- Christmas **Pudding** with Brandy Sauce
- Baked Chocolate & Chestnut **Cheesecake**
- Vanilla **Panna cotta** with Mulled Wine Berry Compote
- Pistachio & Polenta **Cake** with Raspberry & Strawberry Sorbet

### Coffee and & Petit Fours

**Please complete the slip below and send your cheque by 24<sup>th</sup> October 2015**

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

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### Christmas Dinner Menu Choices (£18.00 per person)

Name 1:	Name 2:
<b>Starter:</b> Soup / Terrine / Salmon / Goats' Cheese	<b>Starter:</b> Soup / Terrine / Salmon / Goats' Cheese
<b>Main:</b> Turkey / Pork / Bass / Duck / Squash	<b>Main:</b> Turkey / Pork / Bass / Duck / Squash
<b>Dessert:</b> Pudding / Cheesecake / Panna Cotta / Cake	<b>Dessert:</b> Pudding / Cheesecake / Panna Cotta / Cake
<b>Email:</b>	
<b>Tel No:</b>	