

GUERNSEY HOLIDAY REPORT SEPTEMBER 2017

Saturday 16th

Eighteen of us rendez-vous at Bristol Airport for the 55 minute flight to Guernsey where we are met by Sam, our leader for the week. After checking in, some of us have a snack before Sam takes us on a short tour of St. Peter Port. We then split up with some of us going shopping and others for a drink, before meeting up back at the hotel for a briefing from Sam. This is followed by an excellent dinner and an early night for most.

Sunday 17th

After breakfast, we walk down to the port to catch a bus to the North East coast. The day's walk is 9 miles easy walking along the coastal path. We pass late 18th century look-out towers,



Napoleonic forts and German fortifications, a reminder of how these islands have been fortified over the

last few centuries. The weather was ideal for walking and any showers were avoided.

Monday 18th

Today we catch a bus to the south of the island for a 10 mile walk back to St. Peter Port. The route follows the coastal path with stunning views of rocky cliffs



and small sandy beaches. Once again the weather is favourable. We lunch at Jerbourg Point, where eight of the group decide to get a bus back, while the rest of us finish the walk. A quite tiring walk but very enjoyable.



Tuesday 19th



A 55 minute ferry trip this morning to the island of Sark. Very tranquil as there are no vehicles other than vintage tractors, horse and cart and bicycles. We walk along the south coast of the island to La Coupée

where we stop for lunch. Again, we split up with some going on to Little Sark and other going back to the village. We all meet up again in time for tea, cakes or cream teas, before catching the 5 o'clock ferry back.

Wednesday 20th

Today was a free day and fourteen of us took the ferry to Herm with Sam. A very small



island with a beautiful long sandy beach at one end. The morning had started cloudy, but by midday it was glorious sunshine. We all agreed

it had been a very worthwhile visit. Just before the ferry entered the harbour on our return, we were privileged to see 3 dolphins. The captain slowed the boat down and at one stage they swam right under the boat. When we entered the harbour, they followed us in. The rest of the afternoon we split up and everyone did their own thing.

Thursday 21st

This morning it was raining but luckily it wasn't heavy and by early afternoon had cleared over. We took a bus towards the centre of the island, where a few of the group decided to go to the German Occupation Museum, meeting up again at lunchtime. The rest of us meandered through the quiet lanes of the centre of the island and after lunch on to the small island of Lihou which can only be reached via a causeway at low tide. Finally, a bus back to St. Peter Port.

Friday 22nd

Our last walk of the week today and we return to the south of the island and walk the cliff path to the western tip. Another stunning day, but challenging walk with many steps both up and down.

Saturday 23rd

After breakfast we transfer to the airport for our flight back to Bristol. I think we would all agree that the holiday has been a great success. The hotel was good with excellent food and service. Our thanks must go to Sam, our leader for the week, and Ann for organising the holiday.

As a postscript, I have been asked to mention an incident I had which caused some hilarity for the group. On Wednesday, when we returned from Herm, I was walking through the shopping area of the town when I was approached by a policeman. Having asked for my name, he said that they were looking for someone similar looking to me who was avoiding them. Luckily, I had ID with me and it was apparent to the PC that I was not the man they were looking for.

Finally, I would like to thank everyone for making the holiday so enjoyable and look forward to seeing some of you on Gozo in March 2018.

Colin (Amberley)



ANNUAL GENERAL MEETING

ALL INFORMATION THAT YOU NEED ABOUT THE SOUTH COTSWOLD RAMBLERS AGM ON SATURDAY 18 NOVEMBER APPEARS AT THE BACK OF THIS NEWSLETTER.

CAKES FOR THE AGM

We have several members to thank for very nice cakes on some of our walks.

Once again we ask any one who would like to offer to make a cake for consumption by eager appreciative Ramblers at the AGM to please let Heather know on 01453 873625 as soon as possible. Thank you !

Welcome to our new members

Since the last newsletter in June we have welcomed 7 more members. Angela, Brenda, Clive, Heather, Lawrence, Martin and Philip from Chalford Hill, Gloucester, Minchinhampton, North Nibley, and Stroud. Our group now has 397 members.

Mike has ordered plenty of the new membership leaflets to give to new people who come out on our walks, and will be giving regular walkers a couple each to keep in their rucksacks.. Please chat to these new people and encourage them to join our happy band!

Mike Garner - Group Membership Secretary

If you wish to put any items in the next newsletter (which will go out in February), please send them to Sally Davis **by 5 January.** (newsletter@southcotswoldramblers.org.uk)

Going away with Ramblers' Holidays?

We have recently received a sum of money for Group Funds from Ramblers Holidays where members taking a holiday with them have nominated South Cotswold Group. If you ever forget to tell them when booking, there is still time if you contact them before you go. By your doing so, they will donate £10, £20 or even £30 per person to our funds to be used to benefit walkers. For more info, click the link to Walking Partnership on our Messages page.

GROUP VOLUNTEERS 2017

Chairman:

Richard Davis
chairman@southcotswoldramblers.org.uk

Vice Chairman:

Mike Garner
mike@southcotswoldramblers.org.uk

Group Secretary:

Andrew Hawkins 01452 857958
groupsecretary@southcotswoldramblers.org.uk

Group Treasurer:

Brian Witcombe
treasurer@southcotswoldramblers.org.uk

Membership Secretary:

Mike Garner
membership@southcotswoldramblers.org.uk

Publicity Officer:

Vacant

Without portfolio:

Diana Davis

Website: Mike Garner & Sally Davis
website@southcotswoldramblers.org.uk

South Cots Newsletter: Sally Davis
newsletter@southcotswoldramblers.org.uk

Footpath Chairman and Footpath Secretary:

Bob Frewin 01453 545752
footpaths@southcotswoldramblers.org.uk

Footpath Committee Minutes Secretary:

John Corry john@corry.org.uk

Footpath Clearance

Bob Frewin

Footpath Committee Member:

Penny Fernando

Led Walks Programme Co-ordinator:

Mike Garner mike@southcotswoldramblers.org.uk

Led Walks Collectors for Mar - June 2018:

(dates needed by 31 December)

John G 01452 728760 Weekend walks

Anne E 01453 842551 Start the Week walks

Ann A 01453 839089 Midweek walks

Karen D 01453 545824 Evening walks



Ramblers Charity England & Wales No: 1093577 Scotland No: SC039799

A moment to pause. Breathing in clear air. Sharing interests and conversations as you ponder the hills ahead. We have your passion for exploring worldwide and in the UK.

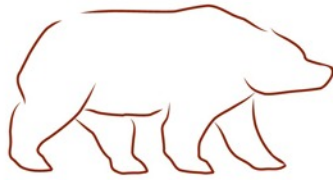
Book a great value holiday: ramblersholidays.co.uk or call **01707 386804**  

Choose any of our holidays and we'll contribute funds through **The Walking Partnership** to your group. Just tell us their name when you book.

Walking holiday partner



Ramblers
Walking
Holidays **R**



THE BEAR OF RODBOROUGH HOTEL

**Saturday 24 February 2018
(in the Terrace Room)**

Festive Lunch Menu

Starters

Broccoli and Stilton Soup with Herb Croutons

~

Chicken Liver and Cranberry Parfait, Tomato Chutney, Onion Bread

~

Salmon Rilette, Cucumber, dill and Crème Fraiche

~

Tomato and Mozzarella Salad, Olives,
Rocket and Balsamic

Mains

Traditional Roast Turkey, Bacon Wrapped Chipolatas, Roast Potatoes,
Sage and Apricot Stuffing, Turkey Jus

~

Roast Loin of Pork, Apple and Potato Mash, Apple Compote,
Pork Jus

~

Pan Fried Hake Fillet, Crushed Parsley Potatoes,
Chive and Prawn Butter Sauce

~

Wild Mushroom Ravioli, Tarragon cream Sauce, Rocket Parmesan

Desserts

Vanilla Cheese Cake, Fruit Compote, Lemon sorbet

~

Traditional Christmas pudding, Brandy Sauce

~

Apple Pie, Custard, Vanilla Ice Cream

~

Mince Pies

£21.50 per person

ANNUAL LUNCH - MENU ON PREVIOUS PAGE

VENUE: The Bear at Rodborough.

There is a limit on numbers, so book early!

CLOSING DATE: 10 December 2017

ACTION:

- 1) Please return the booking slip together with a cheque for the full amount, payable to SOUTH COTSWOLD RAMBLERS, to:
Sally Davis, 23 Bownham Park, Rodborough Common, Stroud, GL5 5BY (01453 872729) by the closing date – 10 December
- 2) Please send me your choices from the menu either by post or email to sally@southcotswoldramblers.org.uk by 30 December

LUNCH BOOKING SLIP (by 10 December)

Please book places(s) at the Annual lunch @ £21.50 per person.

I enclose a cheque for £ payable to South Cotswold Ramblers in full payment.

Signed

Contact details: Name:.....

Address:.....

Email:.....

Tel no.....

SOUP, SENSES AND SELF-DECEPTION

In the pub after a Ramblers walk I routinely have soup for lunch, so I have been giving each meal a mark for its quality and cost-effectiveness. Cost is easily compared but what about quality?

You may think soup quality is determined by flavour alone but experiments described in “Gastrophysics” by Charles Spence show our judgement of flavour is affected not only by taste and aroma but also by sight, sound and even touch. Food tastes sweeter on a white than a black plate, demented patients eat more when served food on coloured plates, experts “smell” red wine aromas when given coloured white wine and of course the sight of food can stimulate salivary and gastric juices. Varying the sound of a coffee machine can alter the perceived taste of the coffee, apples and crisps seem less delicious if sound is obliterated and food tastes better if enjoyable music is played. Heavy cutlery, or extra weight in a drink can or a box of chocolates improves perceived flavour, a heavy bowl suggests yogurt is richer and ginger biscuits taste spicier when served on a rough plate.

Description and pricing also change expectations and influence judgement. Chilean sea bass is preferred to Patagonian toothfish, even if they are the same fish. The brain MRI signal is different for the same cola with different brand names, more expensive wine stimulates greater blood flow in the reward centre of the brain and foods described as organic or free range are better received despite blind tasting showing no difference

Judgement is further complicated by genetic variation. Only some of us can smell excretion products of asparagus or chemicals like phenolthalene or phenylthiocarbamide, found in Brussels sprouts. 1% can't smell vanilla. Finally our memory for flavour is bad and we tend to remember how we have enjoyed food rather than the actual flavour of what we have eaten.

We enjoy our food with our eyes, ears, nose, memory, imagination, gut and brain, and appetite and mood are also important. Our brains correlate a multi-sensory experience when we eat, preferences vary and flavour is a fickle sense for which our memory is poor. Consequently it is not surprising if people confuse whisky with brandy, beef with pork or expensive wine with plonk in blind tasting. We think we know what we like even if we delude ourselves about the reason for our judgements. Despite all this, my soup survey will continue and be reported in the next Newsletter.

In the meantime, I attach a picture of the best soup I bought in 2017. It was pea soup garnished with sour cream, basil and prosciutto, and it cost £12 in the cultured environment of Oslo's Norwegian National Gallery. It was as good as Sheelagh's home-made, vegetable soup made with chicken stock. Say no more.

Brian Witcombe



IN PRAISE OF THE WEBSITE PHOTO GALLERY BY JILL STUART

I would like to say thank you to Sally, Mike and Richard (and occasional others) for their work in maintaining the visual record of the groups' walks and holidays. I particularly enjoy photos of the walks I don't attend. I can be frustrated at having missed a good walk and also catch a glimpse of an acquaintance I haven't seen for a while. I can be smug about missing heavy rain, cross at missing an ice cream opportunity and sometimes have a eureka moment when I realise it is THAT car park. I also know friends outside the group dip in and out and comment on a walk I was on so no white lies about being too busy to meet up; I have to be honest and say I'd rather be walking! The photographic records are also useful when planning new walks and checking up on previous walks to repeat in a future programme. So thanks for all the work put in to keep some of us amused and informed.



ORCHESTRAL CONCERTS

The next concert will be on 25th November 2017 at 7.30pm at Holy Trinity Church, Trinity Rd., Stroud, Gloucestershire (next to the General Hospital)

Programme

Wagner: Lohengrin: Prelude to Act 3

Elgar: Violin Concerto (Soloist: John Pearce)

Sibelius: Symphony No 2

Listen to extracts at www.stroudsymphony.org.uk.

Mike will be selling tickets on walks or by post (see order form below) or you can order your tickets from Stroud Tourist Information Office (01453 760960) or pay on the door.

Tickets £11.00 (concessions £9.00)

(This includes a £1.00 reduction if purchased prior to the evening of the concert)

Sat 25 November 7:30 pm at Holy Trinity Church, Stroud (next to the hospital with parking opposite)

To Mike Garner, Southcot, The Headlands, North Woodchester, Stroud GL5 5PS. Please send me the following tickets: @ £11 / concessions @ £9/ accompanied children under 14 free.

I enclose a cheque for £.....payable to Stroud Symphony Orchestra and a Stamped Addressed Envelope for the despatch of tickets.

Signed

Please print your name, phone number and, if possible, email address below.

Name.....

Tel no:.....

Email address:.....

John G's recipe for Golden Paste

Take 1 teaspoonful daily. Mix with food, have it plain or even in a drink.

2oz turmeric

½ pt water

3 teaspoons ground black peppercorns*

2 and a half fl.oz olive oil

Heat all together in saucepan until it forms a paste.

This will take 6 – 10 min.

Add extra water as needed to make thickish paste.

Beware, it spits as it thickens

So keep on a low head

And stir all the time.

Leave to cool, decant into jars

Keep in fridge

*Peppercorns need to be ground to a fine paste at the time as it is the oil from the seeds that is needed.

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Invitation to our Annual General Meeting

September 2017

Dear Members,

We warmly invite you to the **South Cotswold Ramblers' Group ANNUAL GENERAL MEETING** on Saturday 18 November 2017 to arrive at any time after 12:30 pm for the meeting at 1:30 pm at Rodborough Tabernacle, Tabernacle Walk, Rodborough, Stroud GL5 3UJ, Grid Reference SO 846039, (turn right off road leading up towards Rodborough Fort signed United Reformed Church and go downhill along Tabernacle Walk for 500 yards). <http://tinyurl.com/mapRodboroughTab>

If you'd like a morning walk, Peter and Sue are leading a 4 mile walk from there at 10:00 am. At 12:30 pm you could bring a packed lunch and there will be tea or coffee and homemade cakes kindly provided by members also an opportunity to have a chat with other members.

All of you are most welcome.

At the meeting Reports and Plans are discussed. Then all committee members stand down and are eligible to seek re-election as officers or committee members. We look forward to welcoming new people too, and we will ask for nominations during the meeting. Posts will be as shown in last year's minutes overleaf.

After any other business at the end of the meeting there will be an open discussion, a chance for questions.

Please do come. We look forward to seeing you.

Yours sincerely

Andrew Hawkins
Group Secretary (01452 857958)

SOUTH COTSWOLD RAMBLERS ANNUAL GENERAL MEETING –
18 NOV 2017 @ 13:30

AGENDA

1. Welcome by the Group Chairman, Richard Davis.
2. Apologies for absence.
3. Approval of the minutes of the 2016 AGM (see next page).
4. Matters arising not likely to be covered in reports below.
5. Consideration and adoption of the 2016 – 2017 Reports:
 - a) Chairman's Report
 - b) Footpath Chairman's Report
 - c) Treasurer's Report
6. Election of Officers and Committee Members (posts as last year, PTO)
7. Appointment of Honorary Auditor
8. Motions of which notice has been received by 31 August 2017
9. Any other business notice of which has been given in writing to the secretary prior to the meeting.

Following the formal meeting there will a discussion open to all members.

**Minutes of the 2016 Annual General Meeting of the South Cotswold Ramblers
Group held on Saturday 12th November 2016 at the Rodborough Tabernacle, Tabernacle Walk. Rodborough,**

These are not shown here, but are available to South Cotswold Ramblers' Group members from Mike Garner, Membership@southcotswoldramblers.org.uk

SOUTH COTSWOLD RAMBLERS

CHAIRMAN'S REPORT FOR THE YEAR 2016/17

Another year has passed away. Time for me to sit at my computer, stare out of the window at Doverow Hill and try and think of something to say in my customary review of our activities over the last 12 months. First of all a big thank you to everybody who has been involved in the activities of the group in some capacity. It's what keeps us going.

A bit of not so good news, our membership numbers are down. Only slightly but a trend which we would rather not see. We are trying to do something about it, one idea being to push the Festival of Winter Walks a bit more than usual, but if you are able to persuade any friends or family to join us please do. Remember you will be doing them a big favour.

On the brighter side our walks seem to be receiving even more support. We don't record numbers on walks but we regularly get over 30. Statistically in twelve months we have organised 152 walks with 57 members leading. The total mileage involved was 913 miles, 39 miles longer than Lands End to John o' Groats. I think everybody involved in the walks programme has reason to be proud of their efforts.

The two holidays this year have been particularly enjoyable with good hotels and food coupled with fantastic walks programmes. These were the first holidays organised by Ann Adams and we are now looking forward to seeing what else she can come up with.

Footpaths still play an important part in our work and we are still encouraging members to regularly walk the paths in their own home parish. Our Footpath Committee are still faced with a mountain of work, not helped by the large number of new housing developments which are springing up. They have already had to draw the attention of the authorities to one developer who had conveniently overlooked the footpath running right through the middle of his land.

Returning briefly to holidays, and particularly Ramblers Holidays, you are probably all familiar with our arrangements with them through their Walking Partnership with money being paid to us when a member goes on holiday with them. Please don't forget to tell them of your favourite group when you book your holiday. You may be interested to know that this isn't the only way in which Ramblers Holidays helps the cause of walking. They do of course make money available through Ramblers Central Office but they also wrote recently to all affiliated clubs offering to make small grants available for work related to walking activities. As a result our friends in Stroud Rambling Club applied for and received a grant of just over £2000 to finance some footpath improvement work in the Bussage area.

That's all for now. Don't forget to look out for our tree at the Stroud Parish Church Tree Festival. Best wishes for the next year and I look forward to seeing you all out walking.

Richard Davis Chairman

TREASURER'S REPORT (October 2017)

The treasurer's job seems to be getting easier. Managing the **Holiday Account** is certainly more straightforward. Participants on both holidays this year paid their hotel and travel costs themselves so money did not pass through the group account. Consequently, the balance in the Holiday Account has barely changed since we paid for the last "Christmas" lunch and stands at £ 244.62. This is a satisfactory sum to retain for contingencies.

In addition less money is going into the **General Account**. Income from the walks books has at last dried up and, again this year, we have agreed to relinquish our allocation from central funds in view of our strong financial position and in line with the wishes of the Charity Commissioners.

Our routine administrative expenses (£39.65) in this reporting period and the costs of printing the Newsletter (£48.05) have almost been covered by our income from the advertising on our web pages (£85). In the last few months we have helped promote walking by donating £100 to Dursley Walking Festival and we have also helped improve footpaths by donating £350 to Tetbury Rail Land Regeneration Trust. These latter monies will be used to help cover the legal fees of the current landowner incurred in drawing up a Deed of Dedication so a section of what was the Tetbury branch railway line near the Trouble House can become a public footpath and bridleway. The current balance in the General Account is £3816.01 so both our accounts are in a very satisfactory position. Finally, may I remind members that we receive a donation from Ramblers Worldwide Holidays if members book a holiday with them – but only if members remember to tell RWH about their membership of the South Cotswold Group when booking.

Brian Witcombe
Group Treasurer

FOOTPATH COMMITTEE REPORT

This has been a busy year for our footpath team with significant activity in all three of our main areas of work: the investigation of footpath problems, the examination of planning applications and the review of changes to the footpath network.

We investigated over 60 footpath issues, a similar number to last year. Each of these had to be followed up with a site visit and in many cases reported to the county council. There was a considerable variety of problems but by far the largest number related to broken stiles, with over 20 reported.

The time spent on planning applications has increased considerably in the past year with 18 applications examined in detail, several of which resulted in objections by us. Particular mention should be made here of the West of Stonehouse development which has received outline planning consent and which impacts more than 20 rights-of-way. The development area has been split into a number of zones, each of which will be the subject of a separate detailed application. Several have been issued so far.

As regards changes to the footpath network, there have been seven diversion orders issued or proposed, each of which has entailed a site visit, often more than one. There have also been two new paths created.

Finally I should like to thank those members who have volunteered to keep a watch on paths in their local patch*. If you would like to join them please contact myself or Mike Garner.

Bob Frewin

*Mike says that only 11 parishes are covered, meaning 49 NOT covered.