

# Newsletter

Stourbridge Group

Secretary  
Mrs J, Hollyhead  
01384 292385  
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Editor Walter Pearce  
17, Ibstock Drive  
Stourbridge, DY8 1NW  
Email walpearce@sky.com  
www.ramblers-stourbridge.org.uk



## Staffordshire Ramblers Area Council

The Area Council represents all of the Branches in the area, including Stourbridge, Wolverhampton, Sandwell etc. We send a member to the quarterly meetings and to the AGM, held in different venues around the area. This year's AGM will be held at Coven near Wolverhampton on 29<sup>th</sup> November. There will be a walk in the morning followed by refreshments and then the formal meeting.

At the Area Meeting held on 26<sup>th</sup> March it was decided that as there was no consensus on how to celebrate this year's 80th Anniversary it would be left to individual Branches to decide on their own celebration. We can designate our trip to Liverpool unless someone comes up with any other ideas.

Also at the meeting there was discussion on the General Council to be held on 28/29<sup>th</sup> March where all areas attend to decide on policy and direction. Motions to be discussed included 'one member one vote', cyclists using bells (or not), fracking, closing railway Rights of Way. The Officers who run the Area Council on our behalf work very hard and attend numerous meetings and respond to public enquiries etc. I am sure we are very grateful to them as this enables our Branch to run smoothly and we can concentrate on getting out and enjoying our walks. Have a good summer!

Rose

**Do U fancy a night at the Theatre?**  
Dudley Little Theatre at Netherton is performing *She Stoops to Conquer* from May 13<sup>th</sup> to 16<sup>th</sup>. Each performance starts at 7.30 p.m., tickets prices £7 (senior citizens £6).

**New Members**  
William Evans  
Glenn and Linda Horton  
Peter and Lorna Hipkiss  
Mrs Rebecca Clew  
Julian and Michelle Brookes



## We do like our Bridges.

### THE FUTURE

Next year's holiday will be Eastbourne as Oban proved to be more difficult to organise in the time before this circulation at the end of April. There are mixed views on Oban and your feedback is essential. The 4 mile morning walk is now proving popular with 12 or more walking and being joined for Lunch by others not up to the walk, SO **WHY NOT COME TO? February Skittles.**

Again a very pleasant was spent at The Institute in the centre of Stourbridge in a nice warm room with plenty to eat. However numbers were down! Do you want to cancel and if so what would you like to do?

Hi All,

I have received the following details from Tony relating to the walk he intends to do in Liverpool. After dropping off non-walkers in Liverpool, the walkers will continue by coach to Hillside, just before Southport. We will then pick-up the Sefton Coastal path and walk for 9 miles to end at Formby sands. The walk consists of heathland, pinewoods, sand dunes and hard sand along the beach. When we walk south there will be distant views of North Wales if the weather is clear. In the pinewoods there will be a chance to spot red squirrels.

There are just a few remaining seats on coach.

Kind regards Jennifer

I repeat the following article in full to remind us all and for the benefit of the newer members. Your services may be called upon by one of us Old Fogies.

**They say if you email this to ten people, you stand a chance of saving one life. (This is my 12 lives for today)**

**Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue**

## **STROKE IDENTIFICATION:**

**Remember the First Three Letters S.T.R.**

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ....she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

### **RECOGNIZING A STROKE**

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S \*Ask the individual to SMILE.**

**T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) e.g. Is it sunny out today?**

**R \*Ask him or her to RAISE BOTH ARMS.**

**If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.**

**NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.**

A quote from Eileen:-  
My wife and I had words,  
but I didn't get to use mine.

The irony of life is that, by the time  
you're old enough to know your way  
around, you're not going anywhere.



*Even the sheep follow ERNIE*

### **In Memorium.**

On page 1 we had the pleasure of welcoming new members. It is with much regret that we say farewell to two of our active members who died recently. Mrs Joss Smith and Mrs Sylvia Walker. Both active walkers with the group until ill health finally became too much but they still joined in with the Social occasions as they had over many holidays with us.

I am pleased to say the Group were well represented at both Cremations and both Tony Smith and Bob Walker have expressed their thanks for this and the support and concern they received from the members



This was a view of The Reservoir!

Frustration is trying to find your glasses without your glasses.

### **MacMillanNurses**

Until recently I understood that the MacMillan Nursing organisation only came into action when a patient was in a critical condition.

This is incorrect they will provide assistance as soon as a person is diagnosed with Cancer and includes assistance with practical items and as much help and support that is needed as and when it is requested.