

# Newsletter

Stourbridge Group

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ramblers

at the heart of walking

## Chairpersons Christmas Message

'That' time of the year is once more upon us, CHRISTMAS. Whether you are a fan or not it comes and goes with all its festivities and a new year begins.

Christmas can mean different things to different people. The giving and receiving of gifts, family time, religion dependent upon beliefs traditions or circumstances.

People suffer terrible tragedies and disasters in the world today as the news media shows us. It also shows us the goodwill and support that is generated by others. This goodwill spreads at Christmas as we remember others and gather for family events or religious festivals and celebrate the birth of Jesus Christ.

It is a joyous and emotional time of the year.

We as a group, can hopefully look forward to a continuous full programme of superb walks, holidays and social events in the new year ahead, all with your support Rose and I, as joint chairpersons, and your committee, wish you all joy and happiness for Christmas and the new year, 2014.

Margaret. xx

## New Activities

In addition to the New **Adventure** Section led by Rod for the xtra Fit, there is now a monthly short walk of about 4 miles, and optional lunch on the Fourth Wednesday in every month. All are welcome not just the decrepit like your Editor. Or if even this walk is too much just join for lunch, as we did on Stan's walk.

## BUXTON WEEK-END 27-29th SEPTEMBER 2013

There was a friendly and helpful welcome at our conveniently situated Hotel 'The Portland' when we arrived Friday afternoon. After a walk around the Pavilion Gardens and Park which were opposite us we had a very pleasant evening meal in the conservatory.

## New Members

Miss Lucy Reynolds

Miss Helen Ward



## The Goyt Valley Walks

### Saturday

The long walk group had preceded us by an hour as they were planning to continue for a further four miles to the railway station beyond where the participants on the short walk were planning to stop. The short walk group set off to walk through the town to catch a bus opposite Buxton's attractive railway station, this was a No.58 to Macclesfield and being a small bus we almost filled it. After about a 20 minute ride we alighted at the Cat and Fiddle pub

which was located quite high up the mountain. We began our 5 mile walk across open moorland. We walked to Stakeside and then after a gentle but protracted climb we walked along the ridge, (which is the border between Cheshire and Derbyshire) to arrive at Shining Tor the highest point at 1800 feet. The landscape had been shaped and carved out by successive ice ages and the river Goyt. At this highest point it was very very windy and unfortunately misty which was a shame considering the very beautiful sunny

day we had had on Friday. However, it was great to be there in such a vast and beautiful area. A woman Peak District Ranger came by and told us she looks out for broken stiles, takes note of birds and generally observes the state of everything. We had our break resting against one of the many lovely dry-stone walls then made our way back down into the valley where it was sunny. We walked through Errwood Wood, then further down until we came down to Fernilee Reservoir, a very beautiful expanse of water and looking very serene. Crossing the dam we came to our cars which had been thoughtfully driven to and parked near the reservoir by some brave souls before breakfast. Thanks to everybody who did that, it was great and a fabulous walk by Bill and Meryl. It left time to explore the beautiful Pavilion Gardens or go around the town before returning to the Hotel for another tasty dinner.



### Sunday Morning

A member of another Staffordshire Group (Biddulph)? Came to our Hotel and led us for a short walk around the top reservoir in the Goyt Valley and River Goyt but keeping to the lower areas. On this occasion we crossed below the Dam which gave plenty of alternative photo opportunities. It was a lovely walk and in complete contrast to the previous day and many thanks to our guide Ernie who was great. It was then back to the very pleasant Manager and Staff at the Portland for a very nice lunch and completing a very nice week-end and many thanks to everybody involved especially Evelyn, in the organisation of it. It was very successfully planned once more. See you soon I hope, sincerely Stephanie.

AT LONG LAST - Its **HERE YOUR OWN WEB SITE**

**[www.ramblers-stourbridge.org.uk](http://www.ramblers-stourbridge.org.uk)**

Spread the Word. This is your Web site with space to put your walking photos and you can add your own comments under "The Blog" sub heading by following the instructions how to register. If you do not like the Password I can change it for you. Our thanks to Conrad for all the clever work in constructing the site and getting it to a good place on the Web. Please open regularly as there is a "Stop Press" for changes.

### ***A Chance to Save a Life***

*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)

(i.e. It is 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.

**New Sign of a Stroke** ----- Stick out Your **Tongue**

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.

### **MODERN COMMUNICATION**

As determined at October's AGM, we would be grateful if you could let us know if you are able to receive communications – newsletters, walks programmes etc. by email as it has become quite time consuming and expensive to produce and post these to you three times per year. It will be a way for us all, especially those not in a position to be actively involved, to assist in a small way with the running of the group.

It may be that you do not have access to an email system, in which case you can receive documentation by post as usual. There is a slip enclosed for you to complete and return to us. Alternatively you can contact Jill Hollyhead by telephone or email so that we can update our existing distribution lists for both post and email. If we do not hear from you by 28 Feb 2014 it will be assumed that you no longer wish to receive communications from us.

### **Chester Coach Trip**

We have a fantastic day lined up, with a choice of 2 Walks and lots to do, all for "Full Coach" price of £13.

Please ring Jennifer **ASAP** on 01384 633429

***See Stan's Canadian Capers on the Web Page.***



### **Ode to a Worker**

If you work and do your best  
You'll get the sack like all the rest  
But, if you laze and b\*\*\*\* about  
You'll have time to see this job out.  
The work is hard and the pay is small,  
So take your time and S\*\* them all  
Cause when your dead, you'll be forgot  
So don't try and do the Bl\*\*\*\* lot.  
Or, on your tombstone, neatly lacquered  
These three words  
"Just bleeding knackered"