



Rubber Bands

O how I miss those stretchy things
Those little pink elastic rings
That postie used to drop, for me
To gather up entirely free!

I kept them safely in a drawer
In fact I'd garnered quite a store
And I could use one when I chose -
My supple friends would keep bags closed.
Secure on hangers hung my dresses -
Granddaughter tied up her long tresses.

But I suppose it had to stop
For litter we must never drop
The posties took the plea to heart
And with those bands they will not part!

And now it takes an eagle eye
A pink and stretchy band to spy
But still I try.....

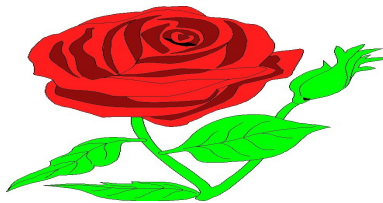
Ann Thorpe

A Musical Quiz

See if you can solve the following:
eg. Type of reef with H added = Choral

1. It's half short (4-5)
2. From W to Z in 3 movements (5)
3. They can make a good party snack (7)
4. Had three dogs named after him (9)
5. Little elf on Newcastle's transport system (9)
6. You might drink a pint of this – slowly (5)
7. Doorknob man (6)
8. Fish have them (6)
9. Inspired by Moonlight (6)
10. Magician's Instrument (5-5)

For Answers See back page.



New Members

Since the last edition of Gramblers we have been very pleased to welcome to Grange Group the following new members:-

Mr. & Mrs. Bindless
Mr. John Bullock
Mr. Philip Harrison
Mrs. Gladys Lonsdale

We hope they will enjoy the many varied walks offered by the group and we look forward to meeting them at our future social events.

Our present Membership total is 141

Grange Ramblers A.G.M.

The 2011 A.G.M. will be held on
Thursday November 17th.
at the United Reformed Church Hall
7pm. for 7.30pm.

Christine Corner 1924 – 2011

Twenty years ago, Jim and Christine Corner arrived in Grange and very soon linked up with Grange Ramblers. Keen walkers, they were regularly out on the fells and other walks and soon Christine became treasurer for the group, a role she held for many years.

When Jim had to give up walking, because of a medical problem, Chris continued to come out regularly with the group and was often to be seen on the promenade and playing fields exercising her two cocker spaniels, Suzy and Sally, very well behaved dogs. Joyce Rose was a strong walker and she teamed up with Chris and together they did quite a few long distance paths.

Chris also joined Allithwaite Women's Institute (W.I.) and soon became their treasurer, a role she filled until shortly before her death. She also started a walking group in the W.I.

One of Chris's many attributes, and one for which she will be long remembered, was her ready smile and pleasant disposition. Wherever you met her she was ready with a sincere "Hello". She was a clever flower arranger and she delighted in keeping the flowers on the pedestal in the porch at St. Paul's in a fresh condition. Latterly she worshiped at the Fell Church.

Her final illness was devastating and in spite of extensive facial surgery she remained cheerful though very tired and it was shock to us all when she left us so suddenly. Those who knew her will remember her with love and pleasure – people like Chris are in short supply.

Lilian Greenhalgh

HIMALAYAN HOLIDAY.

In April I set off on a two week holiday with Explore Co. This included a nine day trek in the Himalaya, the aim being to reach the Annapurna Sanctuary at a height of 13,600 feet. Annapurna lies in Nepal, some 180 miles west of Mount Everest and is the 10th highest peak in the world at around 26,700 feet. The Sanctuary was the base camp for Chris Boningtons' party when the south face was climbed.

We landed at Kathmandu, the capital of Nepal, a big city with many great temples and other old buildings, which we found most impressive, but with big traffic and smog problems. After a short flight to Pokhara, Nepals' second city, a short mini-bus ride brought us to the start of our trek.

The party consisted of leader, sirdar, 2 sherpas, 6 porters and 16 trekkers, all very fit and experienced in adventure holidays. Immediately we were ascending a steep path, in hot sun, with high steps all the way. Eventually we arrived at a tea-house in the little village of Damphus. Tea-houses were to be our accommodation throughout our trek. They typically consist of a row of small bedrooms and a main building where the meals are taken. Conditions were basic but we always found the staff most welcoming and the food was good and plentiful. After a thunderstorm the weather improved to give us our first view of the Himalaya, with the fantastic peak of Machapuchare, or the Fish-tail peak just in view.

Next came a long descent to cross the main river by an exciting suspension bridge, then up to a point where a detour took us to some hot springs - a welcome break.

There followed a series of days with a net gain in height but long descents in between, ideal for acclimatisation to altitude. Typically we would rise early to get the best weather, walk up to a tea-house for lunch, followed by walking till around 4 pm when we would reach our next stop for the night. After a brilliant start the clouds would slowly build up to a storm followed by a clearance in the evening.

At Landruk, a particularly pleasant village with a great view of the peaks we were making for, we discovered it was New Years Eve by the Nepal calender and were treated to a local song and dance celebration. This was another side to the holiday, where we learnt much about the Nepalese hill people, their religion, customs and way of life. We had so many happy encounters with them.

Our way led through oak forest, with areas of terraced fields, then into rhododendron forest, with some of the trees in full flower. Higher up we walked through a jungle of bamboo, getting ever higher as we followed the Modi Khola valley up to Chromrhong, the highest village, a lovely place with even greater views.

We trekked on avoiding avalanche debris by numerous detours up to the tree line. Over increasing snow patches we struggled on to our highest overnight stop at Machapuchare Base Camp, very primitive and cold. This had been the hardest part of the trek, some 8,000 feet of ascent over two days plus sharp descents between.

Next day we set off at first light for the crux of the trek in perfect weather, up a steady but tiring slope onto snow and ice up to a moraine where our goal came into sight. A last struggle and we were at Annapurna Base Camp where a vast cirque of peaks was revealed. In the earliest morning sun; Annapurna and its' satellites, Hiunchuli, Gangapurna and Machapuchare plus many other summits between. The south face of Annapurna rose another 13,000 feet above us, a fantastic sight.

We then had a long return journey to Pokhara passing through villages, one of which had 2,000 steps to reach it, exchanging greetings with women in colourful costumes working the steep terraced fields. We enjoyed a leisurely day in Pokhara with its lake, the Tibetan refugee camp and mountain museum before returning to Kathmandu and the flight home.

I had a wonderful holiday thanks to the excellent leader & sherpas & have many happy memories of the warm, friendly people.

John Daffern.

Grange Now Reports

All walk reports should be sent to **Mrs Liz. Scott**, for inclusion in 'Grange Now', as soon as possible after the walk has been completed. Please note that Liz's address is:-

14, Highfield Road, Grange Over Sands. LA11 7JA. Tel: 015395 34149 email ducklingliz777@hotmail.com



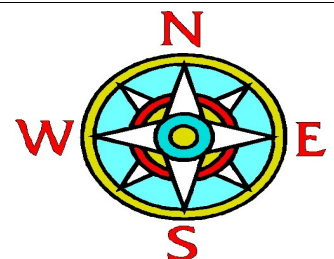
John with Sherpa
in front of Annapurna

ARTICLES WANTED

The deadline for contributions for the Spring Gramblers is Thursday 3rd March 2012. Remember it is YOUR Gramblers, so PLEASE contribute any articles, recipes, funny stories etc. that you feel others would enjoy reading.

Many thanks to all those who have contributed to this and previous Gramblers.

Contributions to :-
Hilary Parker,
'Kirklands'
Rockland Road,
Grange over Sands. LA11 7HR
Email:
philandhilary@btinternet.com

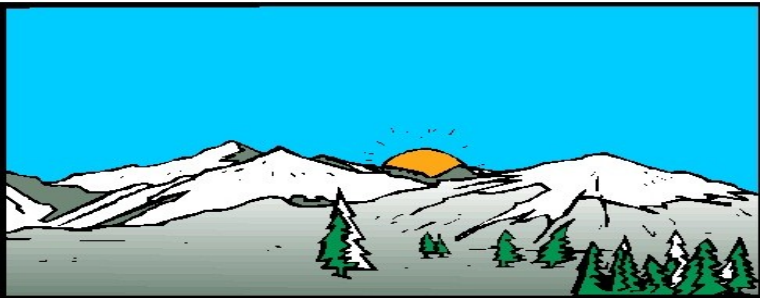


An Interesting Bit of Trivia!

The calendar for 2011 has some interesting facts. Take the month of July for instance – it has five Fridays, five Saturdays and five Sundays. Apparently this only happens once every 823 years.

This year we will also have some interesting and unusual dates:- 1/1/11, 11/1/11, 1/11/11 and 11/11/11.

But that is not all – and this only works if you were born in the last century – ouch! Take the last two digits of the year in which you were born - now add the age you will be this year (if you can remember!) and if your maths is correct the result will be 111. It should be the same for everyone but there could just be an exception or two that proves the rule!



PIE AND PEA SUPPER

This will be held at

The Parish Church Hall, Grange

on Friday 14th October 2011

6.30 pm. for 7pm.

Cost £8



The supper will be followed by an illustrated talk given by David Vose from Natural England on

“The Proposed Extensions to the Lake District and Yorkshire Dales National Parks”

A booking form will be found at the end of this Gramblers.

(Please note, that as last year, due to licensing laws, if you wish to drink you will need to “bring your own.”)

**PLEASE NOTE THE NEW VENUE THIS YEAR
PIE AND PEAS TO BE PROVIDED BY HIGGINSONS
BY POPULAR REQUEST**

GRAMBLERS CHRISTMAS LUNCH

Once again this will be held at the

Woodlands Hotel on Saturday December 3rd.

As this Grambler is circulated before the menu and price are available these details, together with a booking form, will be sent out with the notice of the A.G.M.



WANTED

MORE WALK LEADERS

MORE walk leaders are needed for long, short, hilly or flat walks. Remember, it is your club and a club is only as good as its members!! It cannot go on relying on a few (mainly committee members) if it wishes to have a good, varied programme of walks..

If you are able to offer to lead a walk or two for the next programme just fill in the form at the end of this Gramblers and return it to the walks organizer Ian Conway before Thursday 3rd. March 2012. (Walks between April 1st and September 30th)

'Trevelyan'
The Square,
Allithwaite.
LA11 7QS
Tel.35766

Thank You

The Committee would like to thank **everyone** who helped in any way to make the recent Coffee Morning such a successful event. Special mention to those who baked beautiful cakes and provided us with puddings, brought in plants and bric a brac and also those who supplied us with enough books for a library. Stall holders worked hard selling their goods and we were lucky to have donated to us some excellent prizes to ensure a good raffle. Last but not least, the all important volunteers in the kitchen who worked together like clockwork brewing and serving the coffee – and a very good cup of coffee it was too! Thanks again to all.





Dates For Your Diary

Pie and Pea Supper	Friday	October	14 th .
A.G.M.	Thursday	November	17 th .
Christmas Lunch	Saturday	December	3 rd .

Answers - Musical Quiz

- | | |
|---|-------------|
| 1. It's half short (4-5) | Semi Breve |
| 2. From W to Z in three movements (5) | Waltz |
| 3. They can make a good snack for a party (7) | Quavers |
| 4. Had 3 dogs named after him (9) | Beethoven |
| 5. Little elf on Newcastle's transport system (9) | Metronome |
| 6. You might drink a pint of this – slowly (5) | Largo |
| 7. Doorknob Man (6) | Handel |
| 8. Fish have them (6) | Scales |
| 9. Inspired by Moonlight (6) | Sonata |
| 10. Magician's Instrument (5-5) | Magic Flute |

Cicerone Press Offer

Cicerone Press are offering a **10% discount** on any of their walking books to any member of Grange Ramblers. If you order on line just add the voucher code “Grange” to the shopping basket page of their website to get the discount. If you wish to visit their office to make a purchase then you will need to take your Ramblers membership card with you. They suggest you ring them before you go to make sure they have the book you require in stock. Happy Purchasing!

The Website is
<http://www.cicerone.co.uk>



Can You Solve These
Dingbats?

O _ e r _ t _ o _

Knee
Light Light

Malcolm Kimber spent about 15 years leading for the Rail Ramblers programme when he lived in Shropshire before moving to Grange in late 2009. He is doing a special for them in September as under. Grange members welcome.

Rail Rambles Troeon Trên

Guided walks from Railway Stations in Wales and the Marches

Saturday 10th September/ Sunday 11th September

- i) **Grange-over-Sands** circular via Cartmel, Howbarrow, Bigland Tarn, Hampsfell (15 miles strenuous) on Saturday 10th September
 Depart Shrewsbury 08.53 Leader Malcolm Kimber
(from Grange station 11.50)
- ii) **Arnside** circular via Arnside Knott, Fairy Steps, Sandside (10 miles moderate) on Sunday 11th September
Depart Grange station 09.53 Leader Malcolm Kimber.
Train back to Grange from Arnside at 16.34
 Malcolm Kimber kimber@phonecoop.coop 015395 35317

I hope you receive this notification in time. Ed.

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