



### SEPTEMBER ISSUE 2020

Hello to all members, I hope everyone is well and coping with the current situation. Furthermore, I hope you all enjoyed the first news letter, I have had a positive response from members, which is so encouraging, as you can imagine it is very time consuming putting this together, to have good feedback is fantastic, so keep it coming. It is very unlikely that we will have a TTC meeting this year as a consequence, we will continue with the news letter, as this has proved to be a success, thanks to Sue Alder for her hard work.

If anyone has anything to add to the news letter please contact Sue or any committee member, it is your news letter. Thank you to all those members who have paid their subscriptions, if you haven't already paid please get in touch with Sue or Pat.

The committee put together a trip sheet, as a test to see how we could cope during the COVID-19 restrictions. As a result, we had such a good response with up to 17 on walks and about 10-12 on the cycles. Thank you to all who participated in these activities, it is evident that we were all so pleased to be out walking and cycling with friends, who we haven't see for some months. There were some new members so a big welcome to them, if you or anyone has any questions or concerns please contact me or any committee member. Not forgetting, the leaders, a huge thank you to them, we wouldn't have a trip sheet without them, so show your appreciation to them when on walks and cycles. *Sally Meredith (President)*

### CLUB ACTIVITIES:

*The club was able to put on a few walks and cycles this month, thank you to the leaders. We are planning more walks and cycles but are now having to follow new government guidelines, (refer to the TTC web site for full details). We always need volunteers to lead activities, please let any committee member know if you are willing to help.*

### Stuart's Cycle

“And so it came to pass that on the twenty-sixth day of the eighth month in the year of our Lord 2020, six members of an ancient tribe known as the TTC did assemble at a place called Littley of the Green. Their leader of the day, Brother Budds, was accompanied by his maiden through wedlock, Gabrielle. Three of the members had plugged in overnight and were positively glowing with pent-up energy. A fearsome storm called Francis had swept through the land the previous day and there was still a lingering degree of flatulence in the air but this did not trouble these TTC elders and brave souls as they cycled the

extremely quiet lanes and bridleways of the land called Essex. Heading in a westerly direction they soon reached the Hamlet known as Easter of the High and the place called Cafe of the Snug where they did partake of liquor and sustenance such as bread and butter pudding. Back on their trusty steeds they headed back with the wind at their backs. Passing herds of Alpacas and cycling through a ford their progress was watched by local peasants who stood transfixed by their vibrant energy. Soon they returned to Littley of the Green where five of the tribe drank local ales and fine food courtesy of very reasonable prices thanks to a government subsidy linked to a nasty plague. These wise elders were soon engaged in social intercourse and discussion ranged over many subjects including the qualities of Turkish Hairdressers. The one they call Brother Plowman of the Ken had personal experience of such barbers whose service included personal massage and burning of excess hair of the ear.

Brother Martin stated that such services had not reached his ears as he lived in Thorpe of the Bay but did agree that his nostrils could well benefit of such service in the future. All agreed it had been a splendid day out and Brother Budds was thanked profusely.”

*Stuart Budds (trip leader)*



*There's no wheels on that bike!*

## Susan's Cycle



Wednesday 2<sup>nd</sup> September.  
11.00 AM at the Halfway House Pub the TTC were forming up for a 20-mile local ride. The sun shining on British knees usually ivory in colour were now 'Bay Watch' brown as we



waited for any late arrivals. Now, the cycle track was on the opposite side of the road, not a pretty sight as eleven cyclists charged across stopping the traffic. Some seventy-five yards ahead we stopped as Jim helped to clear a wheelchair pushed by two elderly ladies off the cycle track. Good deed



done, we progressed through Shoebury, Wakering and on to Barling Nature Reserve for the picnic catastrophe it was closed for tree

falling! We were transmogrified, of all the days to close the Reserve. David said 'rules were meant to be broken' – like a flash the barrier was a- moved and in



we went. Had a good lunch, put the barrier back and returned to Southend. At Rebels Lane five TTC rebels turned off to go back to Leigh and rest disbanded at Thorpe Bay. Thank you Sue for getting us out on a great day. *Pat Aherne*

## Sally's Fish and Chips afternoon



On Saturday 29<sup>th</sup> August I had to cancel the fish and Chip afternoon in my garden due to the weather, it's hard to believe that we actually did have a wet and windy day during the summer. It seemed that every day in August was sunny and warm but clearly it wasn't. Not to be put off it was reorganised for Friday 4<sup>th</sup> September, with fingers crossed. The weather forecast for Friday said rain, then no rain !! in the end I wasn't really sure what the weather was going to do until the day. Thankfully the day was lovely and we were able to sit 30 people in the garden comfortably with tables of 4-6 distanced. It was so lovely to see everyone enjoying themselves, what is more we all helped to celebrate Janet and Bob's Golden Wedding Anniversary with a glass of bubbly. What a lovely, special occasion that we were invited to share with thanks to Jan and Bob, congratulations.



With the fish and chips collected from the local shop, we all ate and I must say they were really good, next homemade apple



crumble and custard, which went down really well. All this for £6 and it wasn't even the government 'eat out to help out' scheme. I do hope everyone had a good time; I certainly did even though it was my garden / house, besides there wasn't much clearing up. Unfortunately, we won't be able to do this again for a while,



socialising is now restricted to 'the rule of 6'. Thank you to all who helped and who came to support this rare and in all probability the only social event of the year. *Sally Meredith*

## Sally's Walk

Sunday 13<sup>th</sup> September my 6-7 mile walk from Cherry Orchard Country Park. This proved to be a perfect day for walking, beautiful weather; consequently 17 members and my dog joined me. It was so nice to see rare walkers out like a certain Liverpoolian couple, and great to see

and welcome new member Elaine. We walked out towards the lake where Holly the dog decided to have a swim, refreshing on such a warm day; this took us through a cool wooded area where we coincidentally met Christine Trailer walking with some friends. We then



picked up the River Roach and walked



towards another wooded area where anyone in the group could shorten the walk to about 5 miles. However, no one opted for that so we carried on round a field to the highest point where the views are great on such a clear day.

The walk continued round a farm with paddocks of beautiful horses, down a lane at the back of 'The Lawns' on to Hall Road and the 'Cock Inn' for refreshments. After a lot of confusion, by pensioners of a certain age, trying to master the QR Code Scanner (track and trace) with their mobile phones we eventually had a well deserved cold drink/food in their large garden. Some stayed here and ended the walk as

the car park was just down the road. The rest of us took the longer route back to the car park, which went back the way we came for a short distance, then down towards the River Roach across a small bridge. We followed the river back towards the car park, which was probably another 2 miles.

This Country Park is huge; from the car park you can walk to Eastwood, Halkwell, Hockley with farm land, woods, lake and the river. Some of the group had never walked in this area; it



is a must for all walkers (can get muddy in the winter though!!).

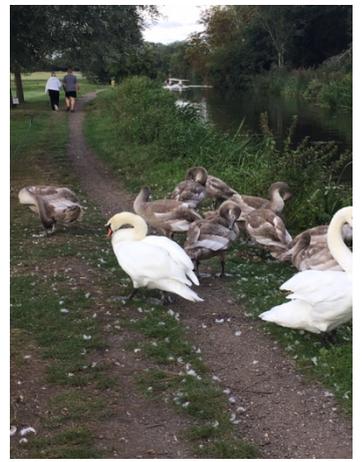
*Thank you for all coming and making the day possible and enjoyable. Sally Meredith (trip leader)*

## Maureen's Walk

A combination of a busy marina and quiet canal side meadows, plus extensive views across the Blackwater Estuary, made for an exceptionally enjoyable walk on Sunday 6th September.



A group of sixteen, happy wanderers; plus Holly, met at The Heybridge Basin car park to begin a leisurely meander alongside the Blackwater Canal. It began with coffee and teacake at the Tiptree Tearoom over looking the Blackwater Estuary. Canal boats, paddleboards, canoes, kayakes and other craft were viewed navigating the canal, as those involved chose their preferred pace for walking. It was an idyllic setting with weather conditions not too hot nor too cold; perfect for what the TTC excel in, conversation.



However, all conversations were halted to observe a pair of swans with nine, yes nine, goslings who were busy removing their grey down to reveal the swan underneath. Unfortunately, Holly was seen as a threat by the swans, despite her mild temperament and caused some hissing to warn us to be on our way. We continued on to Beeleigh Falls and Lock where we stopped to admire our surroundings and have a well earned rest. Then it was an about turn and return to Heybridge Basin, comment was made that it all looked different going the other way! Fond farewells were given and received from those who parted company whilst the remaining nine, plus Holly, headed for refreshments at one of the public houses.



*Maureen Fountain (trip leader)*

## Frank's Cycle

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On Wednesday 16th September we went cycling, lead by Frank. It was a beautiful day and perfect weather for cycling. Eleven keen cyclist arrived at Strawberry Fields for the start, cycling in from Thorpe bay, Eastwood, Hockley and Leigh. We had two groups to abide with social distancing and regulations which worked well, as we all know the route and lanes around there. We had two new cyclists Elaine and Maureen F, on this cycle they probably cycled 25-28 miles so a really big big well done to them, hope to see you on next cycle. So we all cycled off in two groups each in a different direction planning to meet at the Plough and Sail pub. We got there too early, it wasn't open!! So sat outside for about 45 minutes, Dave and Ken decided they couldn't sit still for that amount of time and gave Pierre's bike a service while the rest of us watched and ate. We all meet up safely and when the pub opened it was half price food, bonus for the ones who ate, however a nice drink and chat in the Pub garden was great. It was so nice to see everyone, the two group cycled off with about 20 mins gap and then meet up, by accident, in Rochford to say a goodbye as we all went off in different directions home.

Thank you to Frank for organising this cycle. *Sally Meredith*

## Anna's Walk

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On Wednesday 23rd of October ten of us, and one dog, met at the Woodland Centre at Belfairs. Unfortunately, the Centre wasn't open so after a quick visit to the public loo we set off. We walked up to the top of the woods and then turned back along the brook. It was great to be able to show Elaine somewhere she hasn't been before and also Sally took us unto the Nature Reserve for a short stroll, must try to go there another time. Back at the start most of us had our packed lunches and met some youngsters from a local school also enjoying the last of the warmer weather. It was also good to have a chat with Ann who may join our happy crowd. Really hope we can carry on with local walks in this uncertain time as it is so good to get together and stroll and chat. *Anna Sutton (trip leader)*



## Jackie's Monday walk

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Six of us (plus cows) on one of our Monday walks. We are still walking on Mondays – but we will need to set off in groups of six in future.

## Book Club

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Our last book was chosen by Sally and was 'where the Crawdads Sing' by Delia Owens. Most of us enjoyed this book and so the average score was 8/10.

## Club Corner

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### *Maureen's Apricot, nut and honey flapjacks.*

*What do you do when you go hungry on a TTC walk? – see Maureen for a healthy option to a 'halfway there' walking snack.*



#### *INGREDIENTS:*

*140g butter  
140g brown sugar  
2 tbsp honey  
175g rolled oats  
75g chopped nuts  
140g dried apricots*

#### **METHOD:**

In a bowl, placed into a saucepan of boiling water, mix the butter, brown sugar and the honey until melted.

In a separate bowl measure out the rolled oats, chopped nuts and dried apricots.

Add the melted ingredients to the dry ingredients and stir until they are all combined together. Spread into a shallow, container, lined with parchment.

Bake for 35 / 40 minutes at 160 c

## The Allotment

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Watch out for the next recipe – will it be **PUMPKIN** soup?



## Final Message from Sally

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### *Everything is Going to be All Right*

How should I not be glad to contemplate  
the clouds clearing beyond the dormer window  
and a high tide reflected on the ceiling?  
There will be dying, there will be dying,  
but there is no need to go into that.  
The poems flow from the hand unbidden  
and the hidden source is the watchful heart.  
The sun rises in spite of everything  
and the far cities are beautiful and bright.  
I lie here in a riot of sunlight  
watching the day break and the clouds flying.  
Everything is going to be all right.

**Derek Mahon**, from *Selected Poems*

*This beautiful reassuring poem 'Everything is going to be alright' brought comfort to many during lockdown and reminded us all that the sun rises in spite of everything. Derek Mahon was born in Belfast in 1941 and lived in Kinsale County Cork. He was one of Ireland's leading poets, he sadly died age 78 on Thursday 1st October. Stay safe. Sally Meredith*