

EALING OUTDOOR CLUB news

THE MAGAZINE FOR THE EOC OUT AND ABOUTERS / ISSUE 6 / WINTER 2022/23





Welcome to Issue 6 of the EOC Newsletter.



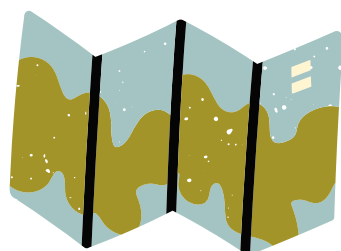
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Guess the grid ref?

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If you require further information visit **www.ealingoutdoorclub.org.uk**
or would like a membership form to join the club then you can contact us
by e-mail at **ealingoutdoorclub@hotmail.com**

SU815994 and SP825060:
Locating the EOC gates donated
to the Chiltern Society...

A stylized illustration featuring two horses. On the left, a dark green horse is shown in profile, facing right. On the right, a white horse is shown in profile, facing left. They are positioned in a landscape with green and yellow hills. The background consists of light blue and pink wavy shapes. A white grid is overlaid on the lower half of the image, with a central white rectangle containing the text "Do Not Feed The Horses?".

Do Not Feed
The Horses?

At a recent committee meeting, it was mentioned that in the past EOC had donated one or two gates to the Chiltern Society. The committee decided that we should find these gates and bring them to the attention of members. After e-mails to Graham Fowler and Jim Swan, it became clear that EOC had indeed funded two gates: one was donated in memory of a former member, Peter Brunt, who died in 2007 and the other was donated in 2012.

Graham and Jim were able to provide details of the gates' locations so, one Sunday afternoon, Nicki and I drove out past High Wycombe and tried to find them!

This proved to be remarkably easy, all down to the quality of the directions. The first gate (Peter



Brunt's memorial) was actually across a path that Nicki and I had walked in the last year and we hadn't bothered to stop and read the inscription. In our defence, the aluminium plate was a bit overgrown and needs a good clean. Its location is: OS Explorer Map 172, Chiltern Hills East, SU815994. The second gate was a short drive away, in the hedgerow opposite Great Kimble school: OS Explorer Map 181, SP825060. Again, the plate was a bit overgrown, but it was also hidden by a large plastic notice, "Do Not Feed The Horses".



On reporting back to Graham that I had found the gates, he supplied me with the following information:

Peter was a quiet man, but very dependable and conscientious. He was a regular walk leader. He didn't have a car, and I am not sure if he could drive. For Sunday walks he led local or public transport walks; he didn't want to impose an obligation on car drivers to use them to provide a guaranteed lift for himself to the start of a country walk.



He had worked in the RAF, I think it may have been the Military Police. After he left the RAF he took jobs as a night security officer for local companies. Peter was a single man. He was a regular member of the Club's Committee. At the AGM for 6 November 2001 (the oldest record

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Membership numbers were fairly good, and the Committee ensured a good outdoor and social programme.



I have) he retired from 3 years as Outdoor Secretary. At this time we were beginning to have a new group of members joining who thankfully eventually took over from the old guard of myself, and Jim Swan who alternated as Chairman, while Catherine was a long term General Secretary. In previous years Peter had done a spell as Social Secretary. It was this team, including Alan Nolleth as Treasurer and some others as General Committee Members who provided the administration of the Club. Membership numbers were fairly good, and the Committee ensured a good outdoor and social programme.

Peter's last walk with the Club, which I did not attend, was led by Jim. Peter, who was known to have some heart problems didn't feel well after lunch. He decided to take the shortest route back to the cars and wait for the rest of the party to arrive. Jim ran Peter back to his home in South Harrow. He told Jim that he was going to go to the hospital for how he felt. Later that evening Jim phoned Peter to check up, but got no answer. He then phoned hospitals to find that Peter had died. It was this tragic loss for a very loyal member which prompted the

Club to have a memorial gate installed for Peter via the Chiltern Society.

Peter's mother's name was Vi. I only met her at the funeral, but she was well known to David and Margie Pickard (previous long term members who had served on the Committee). Margie sent me a letter of appreciation they had received from Vi for the memorial gate. She recognised that the Club had been an important part of Peter's life.

In the gallery of historic photos on the Club website, the photo labelled, 1989 Xmas, he is second left in the front row. In 1991 50th Party he is first on the left.

So, when you are next on a walk, take a moment to read the inscription on a gate you come across. There may be a story behind it. Look out for a walk to these gates, coming up soon!



So, when you are next on a walk, take a moment to read the inscription on a gate you come across. There may be a story behind it.

Club history



Earlier this year I had the absolute pleasure to spend an afternoon in the company of Ray Heyd. Ray holds the distinction of joining Ealing Outdoor Club earlier than anyone else alive! He had a friend who was a member and cycled with the club, so it was natural for Ray to join too. Ray joined in 1945, with parental encouragement, towards the end of World War 2. He remembers a trip to Hyde Park to celebrate VE Day and getting home at 3am in the morning!

In those days the club rented a room above an empty shop near a cinema in Southall. Members would meet their once a week from 7pm until 10pm. There was a small kitchen and a garden round the back where bicycles could be parked. These meetings would attract 20+ members, every week! There would be occasional musical evenings and a bring-and-buy sale twice yearly, organised by Reg Crowther (no relation). Money raised would be split between EOC and a local charity.



There was an Outdoor Secretary who was mainly in charge of walking trips. Someone else planned the cycling programme. There was little overlap between the two sections: members either walked or cycled. In fact, cycling was so popular that there would be a short ride and a long ride on most outings.

EOC supported youth hostels at Ivinghoe and Speen. Members would assist with maintenance tasks as required. Ray remembers one trip to Ivinghoe when, after some horse-play, "Deaf Eric" found his trousers draped over a wall at the bottom of the garden.

A tradition of the club was a Whitsun boating weekend from Oxford. There would be 4-6 people to a boat, ie a "skiff" as referred to by Jerome K Jerome. The girls would sleep in the boat and the boys would be in tents on the bank. Occasionally, the girls' boats might have been



CURIOSITY ?



"CHAMP"

WHITSON BOATING

1951

- IN THE PAST -
EALING GROUP YHA -

WHAT A



released from their moorings in the night. This required to floor boards to pulled up so that they could paddle back to the bank. On the 1951 trip a high-spirited tussle between Ray and "Champ" resulted in the latter suffering a broken leg. A telephone was located and an ambulance called. Later that afternoon the ambulance delivered Champ back to the river, complete with plaster cast and crutches. Ray's mother had baked a cake for the weekend. She was horrified when she saw the photograph of Champ aiming to cut the cake with one of his crutches.

The cycling section used to have a trip to Wye Valley. They would cycle there and back, staying at places such as Oxford and Chepstow en-route. It was on one of these trips that Ray met a young lady called June, when he was 19. June was new to the cycling game so Ray took it upon himself to look after her, particularly on the hills. They married in 1955 and bought a brand new house in Ickenham where Ray still

HALLOWEEN



1950



lives. June was a cousin of Graham Fowler, so it was natural for Ray and June to introduce Graham to the club.

Ray was a keen cyclist. At that time, each town or village would have a cycling shop. Ray was measured up and had a hand-built bike frame produced, with the other parts coming from "everywhere". The bike cost £45, which represented many week's wages I suspect.

The annual Halloween Party, held in Southall, was a very social event on the EOC calendar. It involved dressing up, some sketches, perhaps some singing and I suspect was a lot of fun. Ray certainly threw himself into the proceedings, as you will see from the picture.

In the 1950s three ladies from EOC emigrated to New Zealand. This was a government sponsored initiative and the passage cost £10. One



HALLOWEEN

PARTY



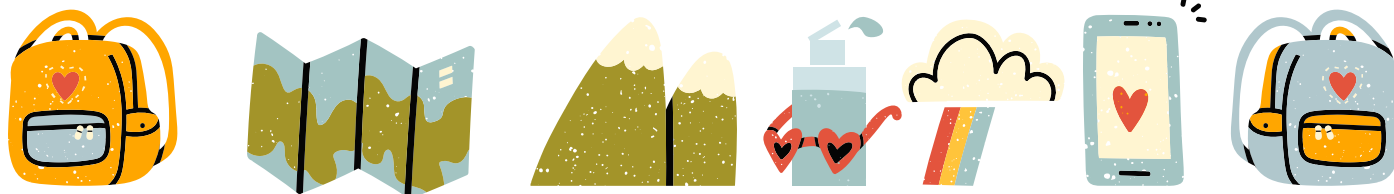
of the ladies – Barbara – married a “Kiwi” and met up with EOC on one of her visits.

I spent a couple of hours with Ray. We talked about the club and how it has changed. He was surprised that the average age of our members is quite different to the club in his day. He was also bemused that we had so much trouble finding walk leaders. “Back in the day” members were apparently fighting each other to get their name on the programme. As I drove away, I couldn’t help feeling how much fun it must have been to be a member in the early days and how things have changed in all our lives.



Leading a walk

The Ramblers have a document which serves as a checklist for those leading a walk. It looks a bit daunting at first, so below I have tried to pick out the key features as they might apply to EOC.



Before the Walk

Choose a route: Length, duration, start time, time of year

Reccce the route: Walking the route beforehand is ideal, but not always possible. Instead, use a map, guidebook, local knowledge and online tools, to be aware of terrain, points of interest, pubs, toilets, hazards, path closures, mobile phone signal, road crossings, steep sections etc.

Make sure you feel comfortable in leading the walk. If not, ask for assistance.

Decide on the maximum number of walkers you are comfortable with.

Advertise the walk on our website.

On the day of the Walk

Arrive prepared: Food, waterproofs, first aid kit, extra clothing, hand-sanitiser, know the weather forecast, map, charged mobile phone.

On the Walk

Welcome everyone! Know the names of all the walkers. Introduce unfamiliar faces. Briefly list any hazards or special features of the day. Appoint a back-marker, if you need one.

Set a pace that all are comfortable with.

Use you common sense, regarding meeting other walkers and Countryside Code.

Have fun!

After the walk

Thank everyone for attending and inform them of the next walk, if you know when it is.

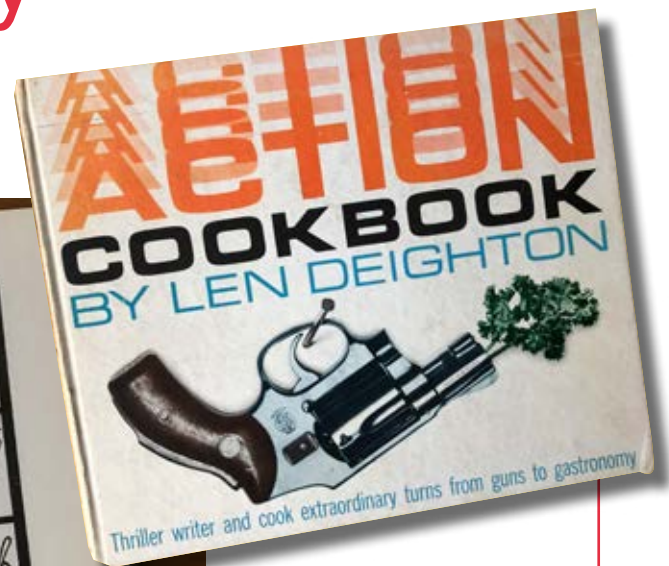
Taking part in a Walk

The Ramblers have produced a separate document, with suggestions for people who are joining a walk.

- **Turn up on the right day, at the right place, at the right time.**
- **Wear suitable clothing and footwear. Have spare clothing with you.**
- **Carry food and water, as appropriate.**
- **Listen to instructions, keep up with the pace and tell the leader if you need to leave the group.**
- **Be considerate to others.**
- **Have fun!**

Guns to Gastronomy

The secret weapon in the kitchen:
Len Deighton's 60s Action Cookbook



MINESTRONE

OVERNIGHT SOAK
1/4 lb. haricot beans.
STRAIN
Then cook till they are tender.

PREPARE some light stock from veal, chicken or beef.
USE meat extract or tinned consommé if you must.

1. STIR gently over a low heat 5 mins:
1 tablespoon chopped parsley
2 large onions (or 1 onion + white part of 1 leek)
Each must be chopped small.
OPTIONAL EXTRAS: Potato, turnip, tomato purée and sweet corn (tinned will do).

2. ADD 2 1/2 pints stock, 3/4 lb. tomatoes, 1 cup of peas, a pinch of sugar.
SIMMER 45 mins.

3. ADD The cooked beans + some tiny pasta.
COOK till pasta is done (15 mins?).

4. SEW... with a sprinkle of chopped parsley...
PASS lots of grated parmesan cheese.

1 cup shredded cabbage
1/2 cup green beans
1/2 cup celery
thyme, salt, pepper, basil
2 cloves crushed garlic
5 tablespoons olive oil

NATURALLY ENOUGH the ingredients will be those in plentiful supply. It won't be ruined by leaving one or two things out. Fresh basil would be considered very important by an Italian cook, and he might very well add small pieces of salt pork. The pork can be fried first, or not, as you prefer.

Another authentic ingredient that an Italian might add is 'pesto'. This is made by carefully pounding two tablespoonful of Parmesan cheese (grated) and the same amount of basil. Add a spoonful of olive oil and a clove of garlic and mash it up diligently. A pestle and mortar is useful here, but a wooden spoon and a small bowl will do.

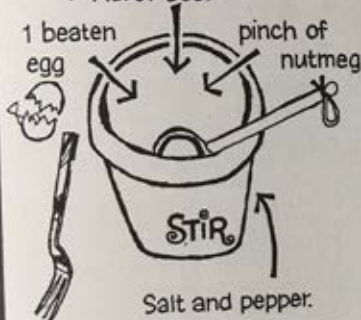
This pesto is dropped into the hot soup as it goes to the table. Stir it well in before ladling the soup. In Italy minestrone is served as a first course in the evening meal. Follow it with a light meaty course. An acceptable quick version of this can be made by using canned bouillon and small cans of beans, tomatoes, sweet corn, green beans, peas. You merely fry some onion and chopped cabbage, adding the canned vegetables. Open a can of grated parmesan - everyone sit down!

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LOW-CALORIE LUNCH for 4

DEIGHTON'S BURGERS
CABBAGE
TOMATO SALAD
FRUIT
MILK

- 1.** Ask butcher to grind 1/4 lb. of liver (ox-liver will do) + 1 lb. of beef



2. SHAPE



- 3. GRILL** fiercely.
SERVE THEM very underdone with...

4. RAW CABBAGE



5. TOMATO SALAD



- Finish** with dessert apple, milk (skimmed if possible).

HERE'S A WILD little invention of mine. It's the only culinary invention I have ever made, apart from discovering that it's best to sprinkle the salt on the bread and butter when eating a soft-boiled egg.

The most difficult part of this recipe is bullying the butcher into dirtying his meat-grinder with liver. He'll do it, but he will grumble. Tell him you want both liver and beef ground and then he will put the beef through second, to drive the remnants of the liver through. Perhaps you have an electric grinder, and then you can grumble

quietly to yourself.

Using yoghurt as a dressing is very simple and delicious. It goes just as well over chopped cucumber, raw chopped mushrooms, celery or fennel.

These same 'burgers' can be eaten inside a soft bun, and in this case put a thick slice of raw Spanish onion on the meat. Mustard and horseradish sauce are welcome.

Drink Shloer apple juice to keep up the healthy mood.

Old Doors...
Members' photos
of the month







Thanks for all
of the entries.

Once again a
fantastic slection.





THE ISSUE SEVEN THEME IS 'clouds'

Please e-mail your photos to jm.crowther@outlook.com
or ealingoutdoorclub@hotmail.com

A first for EOC, when twelve members went on a trip organised by Ramblers Walking Holidays.



The Gower Peninsula lies to the west of Swansea. It was Britain's first designated 'Area of Outstanding Natural Beauty' and has some of Britain's best coastal scenery. Spectacular beaches and coastal walks, golden sand, geological outcrops, sandy shores, caves, Norman castles, pretty villages and good pubs. **Continued next page>>**

We spent four nights at Morgans, a comfortable 4* hotel in the centre of Swansea, imaginatively converted from the former Port Authority building, with some amazing bedrooms, and rumoured to be where Catherine Zeta-Jones and Michael Douglas stay when they visit her home city of Swansea. The food and service were excellent.

We did very different walks on the three days. They were led by a very able Ramblers tour leader. The walks were linear, about 10 miles each, and we were bussed to and from the start and finish points.

Day 1: Our first walk was 10 miles took us from Mumbles up and down along the beautiful coast, and then headed inland to Bishopston where we relaxed in a pub and were very lucky to be treated to some left over freshly baked delicious Victoria sponge cake and shortbread!



“we were very lucky to be treated to some left over freshly baked delicious Victoria sponge cake and shortbread!”

Continued next page>>

Day 2: was a partly inland walk from Ilston to Llanrhidian and took in the scenic Three Cliffs Bay, with another pub stop mid-afternoon. During dinner that evening one of our group organised a quiz on the London Underground, which was good fun.



“

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Continued next page>>

Day 3: The 3 mile stretch of the amazing Rhossili Beach at the western end of Gower was the highlight of our walk on day 3

The walks were classified at the upper end of moderate (Grade 5 on a scale from 1 to 9), and we climbed between 400 and 550 m up and between 415 and 475 m down on each day. On our EOC scale we would probably classify the walks as Grade 2.

The weather was very kind to us, warm enough to walk just in short sleeves most of the time, and it was only at lunchtime on the third and last day of walking that it started to rain.

It wasn't Sicily as originally planned, nevertheless it was a successful, very enjoyable trip. Comments from our group included "it was a wonderful experience", "a fabulous few days", "great walks in the lovely Gower peninsula", "a memorable trip", "a really great week", and "we are now spoilt for future trips!".



“

It wasn't Sicily as originally planned, nevertheless it was a successful, very enjoyable trip. ”



Frosty Photo

Lane End – December 2022

Photo by **Howard Somerville**



WIN a bar of
Kendal Mint Cake:

**Guess
the grid
ref?**

Which A? B? C? is the correct 'eastings' and 'northings'?

Clue: it's in Aldbury...

- A) 96478 12472
- B) 30387 18046
- C) 70796 96002

Answers on a postcard to MI5/EOC HQ Ealing W5
or e-mail **jm.crowther@outlook.com**