EALING OUTDOOR CLUB

NEW/S

2021 - ISSUE 2

11,700 and still counting...



The Grand Union and Thames Loop





Welcome to Issue 2 of the EOC Newsletter. Feedback so far has been extremely positive! The aim, though, is for it to be a members' newsletter. We need your articles, whatever they may be. Recipes, hobbies, book reviews, walk reports – maybe a "Memorable Walk" section – something that you collect, a favourite bit of kit, etc etc etc.

In this issue of the newsletter you should find some photographs of animals. The next subject is "water". As there is plenty of it around at the moment it seemed quite topical. Let your imagination run riot.

Meet the Latest Share Committee! your John Crowther photos Animals Records of Route our formation Report Ealing Parks, Part two of EOC's The Royal the Thames... 80 year history. Collection Snacks Books

Editor: John Crowther Design: David Cross 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**

to Go!



11,700 and still counting...

The big news is that we have started the 80,000km challenge. I can now reveal that in the first two months of the year 36 members took part and between them walked/ran/cycled a whopping 11,700km. This is greater than the distance between London and Santiago in Chile! This distance should increase, as one or two members who reported in January are still to report for February. Well done to everyone and please keep walking. With more daylight each day

and (hopefully) higher temperatures the walking should get easier. If you didn't submit any mileage it is not too late to take part. You could start from March 1st and estimate how far you

walked in January and February. All you have to do is keep a record of the distance, total it for the month and then e-mail it in at the month end. It can be in km, miles, steps or even time. Remember, too, that any walking counts. It doesn't have to be a routemarch through the countryside. Your



trip to the corner-shop for a pint of milk is just as valid. Many members use either Viewranger or Strava on their phones to record the walks. The information can be sent to **Ealingoutdoorclub@hotmail.com** or **jm.crowther@outlook.com**. I look forward to being swamped with e-mails!



Some 80,000K Stats:

Distance: 11,700km = 7300 miles = 19,500,000 steps

Average distance per person: 325km

Average distance per day: 198km

Average distance per day per person: 5.5km

Distance in January: 6400km

Distance in February: 5300km

(February was 3 days shorter and 8 members are still to report.)





Truleigh Hill YHA UPDATE

The Easter booking at Truleigh Hill YHA has been cancelled as the hostel is still closed. The committee are monitoring the situation and will look at scheduling trips later in the year. If you have a favourite area you would like to visit, or a particular hostel you would like to stay in, please let us know.



MEET THE COMMITTEE



ANIMALS

THE ISSUE TWO THEME IS 'WATER'

Please e-mail your photos to

jm.crowther@outlook.com
or ealingoutdoorclub@hotmail.com













The Royal Collection

Howard Somerville and the deeper meaning of his Wedding Mugs

In August every year between 1975 and 1986 I stayed at the HF Holidays house in Malhamdale in Yorkshire. It was a youth centre in those days and I loved the place.

On the Sunday morning walk, the house party always stopped for coffee in Bell Busk, a small nearby village where the Post Office-cum-villageshop had a coffee lounge at the back, accessed through the shop. In August 1981, although the Royal Wedding had taken place some weeks before, every shelf in the shop and the deep windowsill in the coffee lounge was covered in porcelain Royal Wedding souvenirs – butter dishes, hand bells, but mainly mugs. Still feeling in the spirit of the occasion, I bought a mug, picturing Charles and Diana.

The following year no souvenirs were on display, and purely for the sake of conversation, I asked the postmistress if she had any Royal Wedding mugs left,



expecting her to be surprised to be asked and to tell me that they'd all long gone. But before I could say that I was only asking out of curiosity, she'd rushed off to a back room and returned with a carton full, obliging me to buy another.

Another year went by, and after morning coffee, leaving via the shop, I asked the lady (as casually as if I were asking for a pint of milk) – for a Royal Wedding mug. And without batting an eyelid, she extracted the carton from under the counter and I was to acquire yet another.

And the same the year after ("Morning. A Royal Wedding mug please.") Whether she remembered me and my RW mug "habit" from one year to the next, I never knew.

This carried on year after year until, my collection of the identical mugs by then having grown to five, she told me that she'd sold out of them. I was gutted. Just two weeks before, a customer who owned a shop in Scotland bought her entire remaining stock, which was probably still substantial.

I still have most of the mugs (was there a deeper meaning to them, namely that to marry Diana, Charles must have been one?) and still use one regularly. After being through the dishwasher a thousand times in 39 years, the picture on it has completely faded away – just as the Royal marriage was to do.

Club History: Part two

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by **John Crowther**



A RECORD OF OUR FORMATION

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the local churches were unwilling to hire out their halls to a group who went rambling on Sundays!



In issue 1, we saw how Ealing Outdoor Club was formed. They now had to find somewhere to hold their weekly meetings. This was a problem, because the

local churches were unwilling to hire out their halls to a group who went rambling on Sundays! Eventually Tom Bradley (Chairman) was able to secure the use of the Labour Hall in Southall High Street and this was used for some years for the evening gatherings. Despite meeting out of area, the name of the group did not change, remaining the Ealing and District Group. A former YHA group – the West London Group – had folded by this time, but their records were passed on, so that the Ealing Group could take over.

Details of the early meetings are very scarce but, despite the wishes of its founder Ron Clayden, it seems to have been something of a dating agency!

John Moore married Ron's sister Hilary, Reg Crowther married Joan Trotman before Ted Pink married Hazel Hawes and they emigrated to Australia. At some point Reg Crowther succeeded Tom Bradley as Chairman. Ron Clayden was superseded as secretary by Bill Cutts and



A RECORD OF OUR



Photographs from the archive

BETTS-Y-COED

TOP OF SNOWDON



A RECORD OF OUR

PATCHET - 1947



HATFIELD 1947





CHRISTMAS PARTY - IVINGHOE 1912



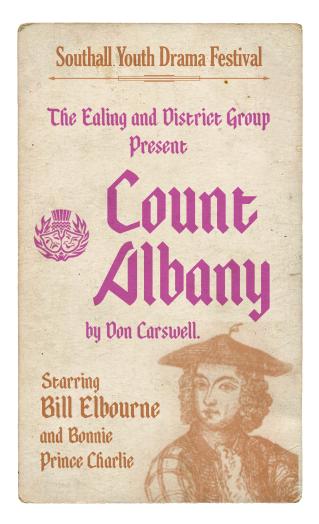
PATCHET - 1947



A RECORD OF OUR FORMATION

Sheila Fox – who married Ron's brother, David. David was also treasurer at some point.

The group was active socially, at one stage setting up a drama section. They entered the Youth Drama Festival in Southall, acting a play called "Count Albany" by Don Carswell. This play was about Bonnie Prince Charlie. Bill Elbourne was the leading actor and the play won the competition!



Meanwhile, the group moved from the Labour Hall and now met in Southall Youth Centre, near the Odeon cinema – later MFI. After a council reorganisation, these premises became unavailable so the club took up an offer of free evening accommodation at Dormers Wells School in Southall. This site was some distance from good transport connections and group membership started to fall. Once again a search for accommodation took place and the group moved to St Matthew's Church Hall, Ealing Common. Social evenings were held here for



A RECORD OF OUR

many years. But what happened in these meetings?

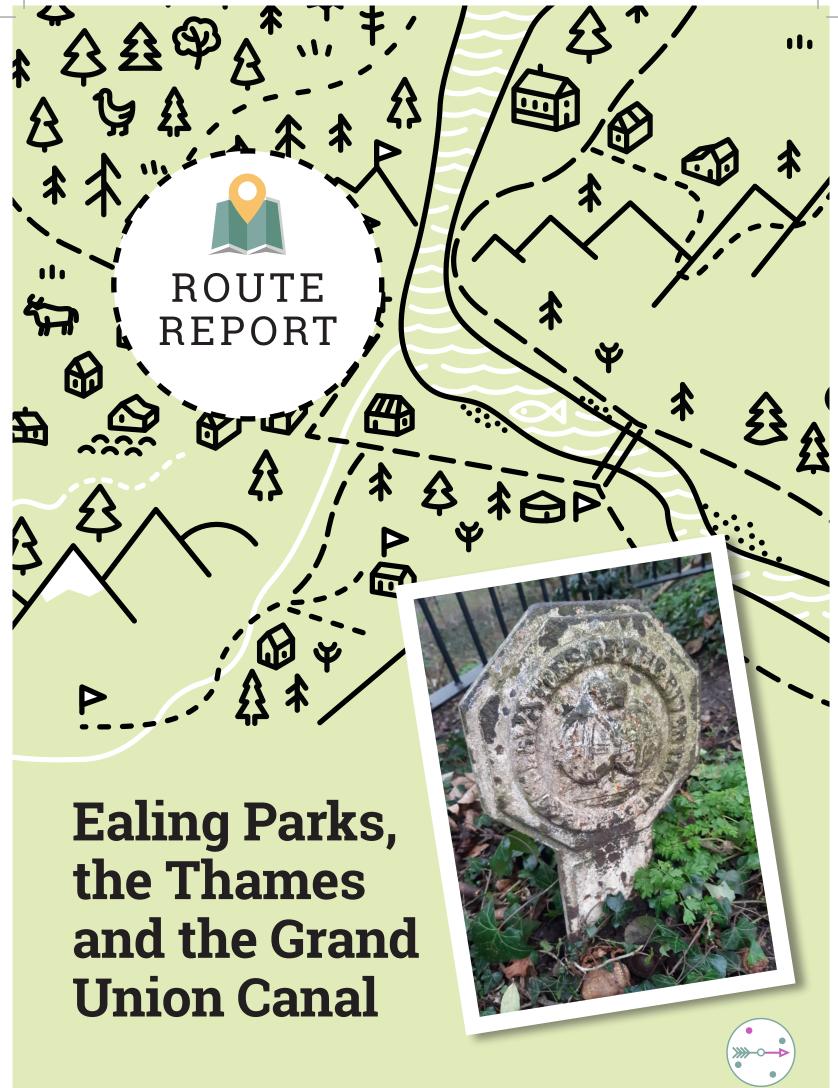
Well, these meetings took place once a week. There were speakers, slide shows, folk dancing and fancy dress parties, to name but a few. The members voted



Don't miss issue three's hiking 60s

also for an outdoor programme, which consisted of a Youth Hostel weekend once a fortnight! On the intervening weekend there would be a Sunday walk and two grades of cycle ride. Membership grew rapidly to around 100 and no member was allowed to organise

more than two events each quarter. There was even lobbying to attract votes, to ensure that "your event" got included in the programme. There were specially arranged breaks at Bank Holidays and Christmas. The Christmas Party was always held at a Youth Hostel, where the Warden (manager) provided special catering for a negotiated price. Coaches were hired to take the large numbers to this party.



EALING OUTDOOR CLUB NEWS

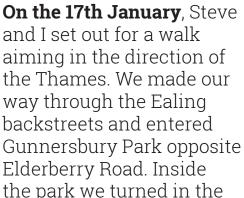


Start/Finish: Walpole Park

Walk leader: Jean

Distance covered: 11 miles

Weather: Chilly but bright.



direction of the boating-lake and Gunnersbury Museum (where there are toilets and a kiosk selling tea, coffee, mulled wine). We then skirted round the edge of the park, through a little rose garden, an orchard and kitchen garden, and the remains of a Japanese garden which neither of us had discovered before. Eventually we left the park at its southern tip, to cross under the M4 and into Lionel Road which passes the new Brentford Football Stadium and brings you out near Kew Bridge.

Just before the bridge we turned into Strand on the Green and walked along to a cafe called the Coffee Traveller. (This may not be open at the beginning of the week). By now it was definitely time for some refreshment so we bought some coffees and I indulged in a croissant for my "second breakfast", a delightful custom picked up on the EOC Polish trip. We carried them through an alleyway to the riverside path and found a suitable perch where we could sip our drinks and enjoy the peaceful view of the water, bridges, boats, ducks, geese, cormorants, etc.











As there was a low tide at that time, the riverbed was exposed and among the masses of broken glass from the pubs and the blobs of mud we spotted some shells (below) of aquatic creatures. Maybe some more cast-offs from the pubs? Or more hopefully, signs of a healthy river. As we continued on our walk, we also noticed some stones with little neat round holes through them. A bit of a puzzle....

Our route took us along Hartington Road, at the end of which we crossed Chiswick Bridge and returned to Kew down the other side of

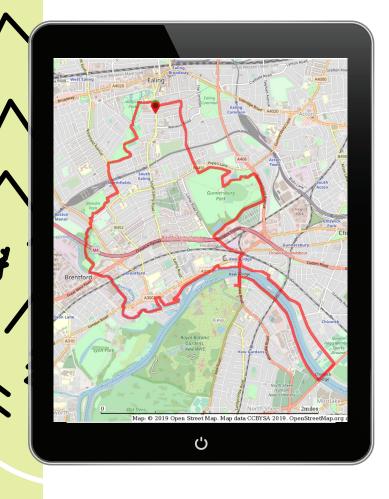




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the Thames. Along this stretch we saw some cast iron markers with a crest on them but couldn't make out all the writing. Subsequent investigations have revealed that they are old boundary markers of The Conservators of the Thames, a body founded in 1857 to manage the river in those days.

Back at Kew Bridge we decided to continue along the Thames Path to Brentford. Making the most of some benches at Ferry Wharf we briefly paused for more refreshments, just before turning away from the river and onto the Grand Union Canal. Plenty to see around here with all the moorings, boat yards and docks. After crossing Brentford High Street we continued up the canal until we reached the footbridge leading over into Boston Manor Park. Now definitely on the home stretch we walked through this park and out onto the Boston Manor Road, then over to Northfields via Blondin Park. Finally we returned to central Ealing via Lammas Park and Walpole Park (Ealing does have a lot of parks!).



Quite a long walk at the end of the day – about 11 miles in all. And a very enjoyable one which showed that even if you've walked somewhere before, you can often discover new and interesting things. Speaking of which, what was it that made those holes in the rocks? A bit of research and a tip-off from our resident geologist (John Crowther) suggested that they might be made by something like "piddocks". These are little molluscs that gradually bore their way into soft stones to make themselves a cosy home. Mystery solved?

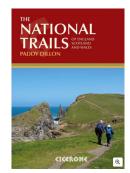


BOOKS FOR LOCKDOWN

The National Trails of England, Scotland and Wales

by Paddy Dillon

Paddy Dillon is a prolific walker and writer of guidebooks. He has over 90 books to his name and has contributed to many others. Paddy now walks with a tablet computer so that he can record descriptions in-situ, ensuring that they are precise and correct. He has walked all over the world and is now president of the Backpackers Club.



This is an ambitious book. In its 265 pages it tries to give the reader a taste of 19 long-distance national trails through England, Scotland and Wales. After a brief overview of each trail, the route is broken into daily sections and each section gets a description along with, perhaps, a colour photograph. As a result, each day is allocated around 150-250 words. A height profile is also included

for each trail. Rather than read the book from cover to cover, I tend to delve into it, reading a few pages at random, here and there. It is clear that Paddy is used to walking long distances, day after day. The Pennine Bridleway is 213 miles long. Paddy's itinerary allows 11 days for it. It is also clear that Paddy is quite happy to carry a tent and camp en-route. In the Yorkshire Wolds he ends a day at Sutton Bank, ".....where nearby lodgings are very sparse and there are only occasional bus services offroute."

So, is this book useful? Yes, to a certain extent. I would use it to select a trail to walk (or a trail not to walk) and then try to fill in the detail which Paddy skims over. Questions like, "Where can I find accommodation? Where can I buy food? How do I get to the start and finish?" come to mind. By all means pick a route from this book, but then get out the detailed maps, plot your course, locate the villages with B&Bs, decide how far to walk each day and find out where you can buy food. Unless, of course, you are happy to carry a tent and camp!

Review: John Crowther

A walk in the woods

by Bill Bryson

Bill Bryson was born in Des Moines, Iowa, in 1951. His bestselling books include The Road to Little Dribbling, Notes from a Small Island, A Walk in the Woods, One Summer and The Life and Times of the Thunderbolt Kid. In a national poll, Notes from a Small Island was voted the book that best represents Britain.



IWM's cookbook

From lentil cutlets to those classic potato balls. Recipes needed to achieve victory in Ealing's 40s/50s Outdoor Club kitchens.





Bryson strips away any romance from the undertaking while never feeling unduly sorry for himself.

At the age of 44, in the company of his unfit and overweight friend Katz, Bill Bryson sets off to hike the longest continuous footpath in the world, the Appalachian Trial. Ahead of them lay almost 2,200 miles of remote mountain wilderness and vast tangled woods. Facing savage weather, merciless insects, unreliable maps, wild animals and weird and wonderful travelling companions, the book is a mixture of anecdotes, observation, description and information. Bryson strips away any romance from the undertaking while never feeling unduly sorry for himself. I learnt much about geography, geology and natural history as well as small town East Coast America. Descriptions of the trail itself are down to earth but vivid even poetic at times. The book was an enjoyable read from the comfort of my armchair. I found it interesting, entertaining and mildly funny but I was left with no inclination to walk the path myself.

Review: Nicki Crowther



Matt Hancock has assured us that food stocks won't run out, but the EOC's 40s Ealing was a different pan of steaming lentil cutlets (bubbling as I type). John Delaney, who works as a curator at the Imperial War Museum, explains: "Panicbuying and hoarding are behavioural patterns which have been exhibited during times of uncertainty throughout history and, in the case of the Second

World War, it led to the establishment of The Ministry of Food to assure the fair distribution of food". I am exploring our freezer boxes for any frozen cod, hake, or ling and multichefing by considering a Plan B tinned tuna replacement. Victory in the Kitchen, for those 'surprise potato ball' treats, is published by the Imperial War Museum. Lentil cutlet results will be published in May–June.

Review: David Cross

Perfect Plum Cake!

So good!



INGREDIENTS

- 220g softened butter
- 220g caster sugar
- 2 large eggs
- 450g self-raising flour
- 1 tsp almond essence
- pinch of salt
- 12 plums (halved and stoned)
- Ground almonds (a few tbsps)
- Demerara sugar (a few tbsps)

This is one of the easiest and most delicious cakes you can make. I didn't think I liked plums or plum cake until I tried this! You can make half the quantity in a smaller tin, but this cake is so good, you might as well go the whole hog! I've made this cake for EOC trips away on a few occasions and it's always gone down a treat when we get back to the hostel after a day's walking.

- 1. 1. Grease a large oblong baking tin (c 40 x 29 x 3.5 cms)
- **2.** Mix the butter, caster sugar, eggs, flour, almond essence and a pinch of salt into a breadcrumb type mixture.
- **3.** Spread the cake mix into the base of the tin evenly with your fingers.
- **4.** Sprinkle lightly with ground almonds.
- **5.** Arrange the halved plums on the top (I do six across and four down)
- **6.** Sprinkle lightly with demerara sugar.
- **7.** Bake for about 30 mins at 190C/gas mark five until golden brown.
- 8. Store in the fridge.

"Go the whole hog!"

Barbara Stryjak



Immune-supporting nutrients

Carole Melville



Spot the difference





Ivor and Ivor junior aren't as close as they look. See if you can find the ten reasons why not...



That's all for this issue but don't forget to send in any features, photos or comments that you have for the next issue to jm.crowther@outlook.com