

LOCKDOWN NEWS EDITION 10

Hello again. Hope you are all keeping well – I trust that no news from anyone about illnesses within the group is good news. This week we have a short note from Alice B about a great on-line workout programme, a few quizzes and a picture offering from Janet C as a tribute to Sarah D's apple poem last week. We also have news of an on-line map-reading and navigation course being offered by members of Surrey Ramblers.

If anyone can get all of the answers to the quizzes right (and send them to me) by Midnight on 31 May, I'll buy you a bottle of Prosecco – and if more than one person gets them all right, the first person with correct answers will win. The answers will be then posted on our website. Good luck!

Judy B – Chair



Alice B

Hi everybody, just to let you all know how I am getting through this lockdown period; I cancelled my road trip to Ireland because I could not find a child that would come on the 268-mile trip with me. Joking apart. I have found a wonderful workout that may suit lots of people of different ages and abilities. It is Team Body Project. It is a UK couple who have been in business for over 6 years but have over 40 years' experience in the industry between them.

You can find lots of their workouts free on 'You Tube' or sign up to their website for a free account that gives you access to some of their plans. It is a subscription-based plan if you are serious about getting fit or training for a particular event. I just like being fit but I will subscribe so I can do their 6- or 10-week plan. They have lot of different grades and exercise events. i.e Pilates, weight bearing, cardio, seniors etc. Check it out to see for yourself. I am loving it. It's just something I have found that helps me organise my day. I'm not in any way getting a benefit to promote them they don't need it and they will not hassle you with lots of emails if you sign up for your free trial.

Stay safe

Alice B.

Map Reading and Navigation Skills

The Area Walk Leaders training team (which includes 3 ESW members) has been working hard to see how the Walk Leaders Training Course can be adapted to our lockdown world. They have devised an online navigation course covering map and compass skills, and digital aids, along with tips about walking safely. This will be delivered for the first time in June. There are 16 participants, drawn from those who were previously booked on the Walk Leaders Courses that were due to have taken place this year. The course will be delivered via Zoom and is being split over two modules, each 1.5 hours

in length.

As this course is likely to be of interest to many other Surrey Ramblers members, applications are now being invited for a second online navigation course to be held over two Saturday mornings, on 27 June & 4 July. Initially up to three members from each Surrey Group can be accommodated. The aim is to enhance navigation skills for walking whilst group activities are curtailed by the Covid-19 pandemic. If you are interested, please email Fiona Spencer fiona.spencer.psy@btinternet.com) at the latest by 10 June. Even if you are unavailable for the second course but are interested, please email accordingly so that demand for any further courses can be determined. Those attending the course will be asked to have a particular map (OS Explorer 146), a working compass, reasonable internet, laptop with video camera, and some familiarity with Zoom video-conferencing

Janet C - and her own tribute to the Apple poem from last week



And finally our 3 Quizzes:-

[Identify the Countries](#)

supplied by Judy B

[Underground Station Name](#)

Identify 64 London Underground and DLR station names (you will need an up to date Underground map) - *compiled by Judy Smythson*

[General Knowledge](#)

43 fun and fact questions - *compiled by Pauline Guy*