

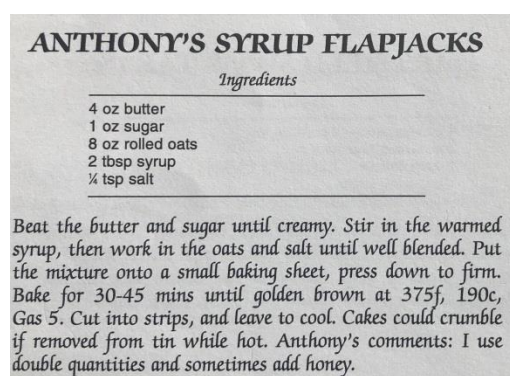
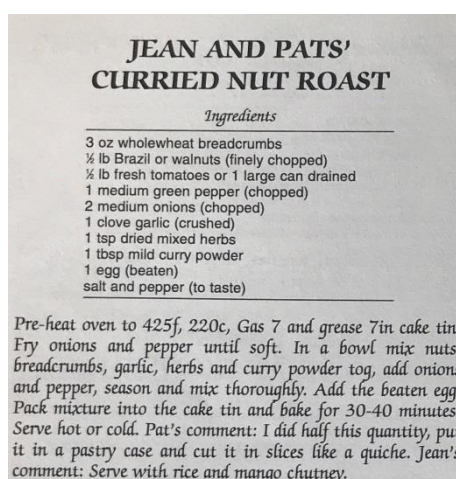
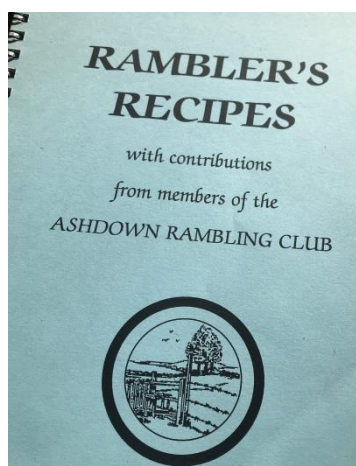
## Ashdown Ramblers Newsletter 06/04/20

I hope that you, your family and your friends remain safe and well in these difficult times.

I will be posting copies of the newsletters, the quizzes and answers on the website. The quizzes will be put on the website each Friday, with the previous week's answers. The theme of last week's quiz was Leith Hill and a copy is attached. I plan to rename the Events web-page as Events and Communications. Some of the quiz answers might be open to discussion or there might be a deliberate mistake to catch you out! Please let me know if the quizzes are of interest, so I know whether to continue providing them. I am happy to receive any suggestions via e-mail and also any contributions to the next newsletter.

The birds definitely think spring has arrived. A friend of mine, at Ardenrun, has seen a swallow. Has anyone seen any interesting birds?

**Thank you to Mollie** who found a book of Ramblers recipes and the club badge, when helping Trevor with his spring cleaning! Does anyone know when the recipe book was published or the Ashdown Rambling Club badge was created? Has anyone else got the badge?



**Thank you to Pat J** for sending the following poem, which she received from New Zealand.

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.

You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.

They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told.

We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!

There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.

Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?

We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like red rag to a bull!

So here you find me stuck inside  
For 4 weeks, maybe more  
I finally found myself again  
Then I had to close the door!

It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no bloody flour!

Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.

At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!

So let's all drink to lockdown  
To recovery and health  
And hope this bloody virus  
Doesn't decimate our wealth.

We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!.

**Keep safe!**

**Grace**