**July 2020 Monthly Update**

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| Dear All,  It's hard to believe another month has gone by since my last update. I hope you are all keeping safe and well and managing to get out to do some walking in this lovely weather we are enjoying. There are a number of things to remind you or update you about this month, including the first ever Essex and Herts virtual event.  Firstly, a timely reminder from Julia Warman, the LDWA Membership Secretary, about ensuring your postal address is up to date:  **You will be pleased to hear your August 2020 Strider will be on its way to you towards the middle of July.  Therefore, to ensure all my mailing lists are up to date if you have moved house in the last few months please can you update your details by logging on to your membership page and amending accordingly.  (Any problems, obviously please do not hesitate to let me know).**  **Please ensure all updates are made by 30 June 2020.**  **Julia Warman, Membership Secretary**  **Email:**[**membership@ldwa.org.uk**](mailto:membership@ldwa.org.uk)  **Tel: 01274 774 306 (after 6pm - thank you)**  Secondly, as some of you are already aware, the first tentative steps have been taken towards resuming LDWA Social Walks.  You can read the full statement from the LDWA NEC below, followed by a link to the social walk guidelines.   Whilst this is good news and we can look forward to taking part in social walks again in the future, can I remind you that ALL walks that were due to be held in the current Essex and Herts programme remain cancelled. Unfortunately, this does include our Walks Day which was to have taken place towards the end of July - but more about that later.  The Essex and Herts committee will be discussing all the different factors to be considered before we can put on a social walk that is safe for our members, other walkers and the local communities we pass through, bearing in mind we are a very large group that covers a large geographical area. The Committee appreciates your patience during this difficult period and hopefully we will be back walking as a group before too long.  **Message from LDWA Chair, David Morgan and the link to the Guidance on Social Walks from NEC**  **After three months of lockdown across the United Kingdom, I am pleased to advise you that the National Executive Committee (NEC) Coronavirus sub-committee has drafted guidelines that will enable social walks to recommence in a limited capacity. The sub-committee has reviewed the guidance provided by the four UK Governments on a weekly basis and has taken the different restrictions in different nations into account when compiling the guidelines. It’s also important to note that the four Governments’ restrictions are under constant review and the sub-committee will review any further changes that might see social walking expanded.**  **The current guidelines outline that social walking can recommence in England but not Wales or Scotland at this time. In addition, the maximum number of walkers on any social walk can only be six and this must also include the walk leader. As the four Governments’ restrictions are eased the guidelines will be amended and updated versions provided to you.**  **The guidelines have been shared with the LDWA Insurer who has expressed confidence in the guidelines as they reflect the requirements of the four UK Governments.**  **Whilst we would all like to see life return to normality, we have to adapt according to the restrictions that have been placed upon us for the wider public health of the nation. I therefore hope that you embrace the new guidelines in the spirit in which they have been written. The NEC recognises that the guidelines will not provide the optimum social walking experience but suggests that this is a small step towards recapturing what has been lost to many of our members due to the Coronavirus pandemic.**  **Thank you for your patience and support**  **Yours sincerely, David Morgan LDWA Chair**  You can read the social  walk  guidelines here:[LDWA Social Walks - Covid Guidance](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/20200619_LDWA_Social_Walks_-_Covid_Guidance_5.pdf)  **\*\*\*\*\*\*\*\***  **Essex and Herts Virtual Walks Day**  Our Walks Day is usually our biggest social event of the year with members old and new plus family and friends enjoying a variety of walks or, perhaps more importantly, just socialising over a buffet lunch and afternoon tea.  Unfortunately Walks Day won't be going ahead in its usual format on Sunday July 26th - but we have exciting plans for a virtual version instead. With Zoom meetings, WhatsApp messages and pictures and Facebook posts we will all have the opportunity to chat and catch up with our walking buddies just as we would usually - but this year in a virtual environment. And if you prefer you don't have to walk a single step - you can join in the fun wherever you are and whatever you are doing.  We have drawn up a provisional timetable for the day - just follow this link to find out more: [Essex & Herts Virtual Walks Day 2020](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/Virtual_Walks_Day_2020.pdf)  The final programme plus any links you will need to join in, will be sent out in a few weeks’ time. And don't worry if you are not a social media user - just send your pictures to me at [essexandherts@ldwa.org.uk](mailto:essexandherts@ldwa.org.uk) and we can display them on our website and in the next newsletter.  And for a really authentic feel to the day, why not treat yourself to a cake or two.  Essex and Herts events are always noted for their array of cakes and other goodies, and here are a couple of our favourite recipes.  There will be some more recipes (including Brenda' s famous tea loaf) in the next update - please send me any other recipes you would like included.  [Jean's cornflake flapjack](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/Cornflake_Flapjack.pdf)  [Deb's vegan Oreo cheesecake](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/Oreo_Cheesecake.pdf)  **\*\*\*\*\*\*\*\***  **LDWA July Challenge**  After the successful LDWA Coronavirus 100 Challenge and the Virtual Y 100 Sir Fynwy in May, both enjoyed by many Essex and Herts members, the LDWA will be running another challenge in July.  Full details aren't being  disclosed till later this week, but here's a tantalising glimpse of what's in store  [LDWA July Challenge](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/105685031_2720970671466209_4282729893722735090_n.jpg)  I'm looking forward to joining some of you on this new challenge - whatever it entails!  **\*\*\*\*\*\*\*\***  **Sandra Williams**  It is with great sadness that we learnt that Sandra Williams died earlier this month. Together with Keith, Sandra regularly attended our weekends away. Sandra was also a keen check pointer on our challenge events, particularly proficient in the intricacies of Pacer.    Sandra was an avid and very competent gardener; her home gardens were always a magnificent riot of colour. Sandra and Keith were also experienced sailing boat enthusiasts. Sandra had RYA qualifications and always enjoyed Burnham Week and sailing on the Solent. Keith always took a back seat in deference when spinnakers were hoisted by Sandra.    Sandra will be sadly missed by us all, and our heartfelt condolences go to Keith and his family.    \*\*\*\*\*\*\*\*\*  And finally, a techie question from Brian:    **OS Maps online**  If anybody uses OS Maps please can you advise on this,  When you have plotted a route at home and you find that you need to stretch the distance it is easy to drag waypoints but eventually you run out of waypoints if you don't want to unpick the whole route back from the finish. Is it possible to add waypoints mid-way along a section?  There is no prize for the correct answer, but all contributions gratefully received.  Brian Martin  [walkingbrian47@gmail.com](mailto:walkingbrian47@gmail.com)  07929 476361    That's all for now - but look out for more about our virtual Walks Day in a week or so.  Stay safe,  Jackie |
| Change your [LDWA email preferences or unsubscribe](http://www.ldwa.org.uk/emails/email_options.php?id=de67655fddad639d07621da9cdd7308b). | |