**Monthly Update May 2020**

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| Hello everybody and welcome to your latest monthly update.  Once again, I can't promote all the lovely social walks that should have been taking place in May (will we ever get to do The Hertfordshire Way 'Missing link'?) or be sending good luck messages to all our entrants in this year's LDWA 100. But I do hope you are all keeping safe and well and managing to look after your physical and mental well-being walking from home. It's amazing what is available on your own doorstep - over the past few weeks I have really come to appreciate the design of Harlow with its wide green wedges and many cycle tracks, and have been particularly struck by the beautiful blossom and abundance of bluebells seen on my daily exercise.  Thank you to Deb and everyone who has contributed to our Facebook page - it has been great seeing what other folk are getting up to during this lockdown period. A reminder that our Facebook page is open to all members, but you will need a Facebook account to see what's there or to post your own news. Can anyone better Deb's achievement of finishing a tapestry of The Lake District - it only took her ten years to complete!  For anyone missing their weekend chats with walking friends, Philippa has suggested that it might be fun to have a Zoom 'meet-up. If you are interested in taking part, please let Philippa or me know ( [essexandherts@ldwa.org.uk](mailto:essexandherts@ldwa.org.uk) or [philippa@hot-desk.co.uk](mailto:philippa@hot-desk.co.uk) ) and we will set the ball  rolling.  And now some lovely news - last year Jean was nominated for one of the LDWA volunteer awards and was the deserved recipient of the 'Inspiration and Encouragement' award. She has now received her certificate along with some very kind words in a letter from David Morgan:  *Dear Jean,*  *It is with considerable pleasure that I write this letter to you. Every year the Long Distance Walkers Association likes to recognise those volunteers who have given so much to the association over so many years. The categories that were listed this year were "Eager Beaver", "lnnovation" and "Inspiration & Encouragement".* *I am pleased to advise you that you were nominated for the category of "lnspiration & Encouragement" and following a vote at the NEC meeting in January, you were highlighted as the LDWA member who was most deserving of the award for 2020.* *Please accept my congratulations and thanks for everything that you do on behalf of all in the Essex & Herts LDWA group. You are an inspirational leader and I look forward to seeing more of the wonderful work that you do*  *Your sincerely,* *David Morgan* *Chair, LDWA*  Look out for pictures of Jean and her certificate in the Essex and Herts June newsletter. As you can imagine, Jean was delighted and humbled to receive this award and she really appreciates the friendship, good wishes and support she is receiving from you all. As she says 'It has been wonderful how people haven't forgotten me - the LDWA is a wonderful place to make friends'.  **Ann Sayer**  We've recently received the sad news that Ann Sayer, one of the Vice Presidents of the LDWA, has passed away. Ann was a remarkable lady with some tremendous walking achievements over the years. There will be a tribute to Ann in the August  Strider and here is Julie Welch's wonderful   [obituary in The Guardian](https://www.theguardian.com/sport/2020/apr/24/ann-sayer-obituary?CMP=share_btn_fb&fbclid=IwAR3RDCUlkvnxgwMsYFd6QQsT1cUE_jToHm84JdDng1MxBZ-9xqKt1bfLRdw)  Before she moved further west round the M25, Ann was an early and very active member of the Essex and Herts group. Jack Rossiter who knew Ann well will also be writing a tribute to her for the Essex and Herts June newsletter. If you have any memories or photos of Ann, please let me know so I can share them in the newsletter as well.  We have also been notified that Keith Wilson, another very early member of Essex and Herts, passed away earlier this year. Although Keith hadn't walked with us for a long while, some of you may remember him from a few of our Christmas Socials which he enjoyed along with his family.  **June Newsletter**  Did you know that the very first Essex and Herts Newsletter was published in January 1975 and has been issued regularly three times a year since then?  As Secretary I am the current keeper of these back copies and have whiled away an hour or two looking through them. I was delighted to come across a short report of my very first LDWA social walk, which I have to confess wasn't the most enjoyable experience (it wasn't an Essex and Herts walk - and I'm so glad I persevered and gave the LDWA a second chance!).  As our next newsletter is currently thin on content with no social or challenge walks to look back on and holiday plans put on hold, how about you share your first experience of the LDWA with other members?  Whether it was a recent social or challenge walk, or like mine many moons ago now, let us all know how you got on and what you thought of it. A couple of sentences will suffice, and anonymity will be preserved if necessary!  Can I have your contributions by the end of May please - that gives you plenty of time to put pen to paper.  Stay safe and well,  Jackie |