



In this issue:

- **Birmingham Velo 100**
Alan Humphries is continuing his preparation for the 100 mile ride in September. Sponsorship is building well but there is plenty of time for more sponsors to come forward.
- **Out and About.**
Jan Meacham has produced an extended version this month, describing hedgerow plants and creatures to look out for.
- **Notice Board.**
May attendance figures.
Every picture tells a story

Rock - Pound the Bounds

We are awaiting photographs of the event which have been promised by Midlands Air Ambulance.

We have also been promised a report of the event which we will try to include in our July issue.



Birmingham Velo 100 miles Cycle Ride

for Alzheimer Society - Progress Report



Our own walker leader turned cyclist Alan Humphries is now well into his training for the 24th September. He has sorted out the best bike and Sue says that the once garden shed is now a cycle workshop!

Alan has studied the correct diet and nutritional supplements and has worked out the best regime for his body requirements. He trains three times a week, two short rides at speed and then one long ride which he is now up to 60 miles in distance! He averages 12.5 miles and hour so if he remains at this pace the Velo will take him 8 hours.

The support from family and friends has been phenomenal! The cash collected from the sponsorship and the raffle, which Graham Little organized, raised £1009. In addition £120 has been sponsored online and those of you who gave their post code enabled 25% Gift Aid to be collected brings in another £200. This means that the Grand Total so far is £1329.

We still have 4 months to go so if you have not sponsored Alan yet Sue Humphries and Brenda Jones have the sponsorship forms; or you can give online by going to www.justgiving.com then in the search box at the top of the screen enter 'Alan Humphries Birmingham Velo' and Alan's details will come up - then click on his name to get to his page and donate.

Please give generously for this very worthwhile charity and the huge personal effort Alan is putting in to this event.



This is one way for Alan to avoid cleaning his bike after a training session but it does appear to be a little dangerous.

Can anyone offer a suitable caption for this picture?





**stride
and
stroll**

Affiliated to HF Holidays



Don't forget the Barn dance

Tickets available from John Forsyth

♥ In support of Cardiac Rehab • Kidderminster ♥

BARN DANCE



at
**Bodenham
Arboretum**

Wolverley • Nr Kidderminster • DY11 5TB

**Friday 21st July 2017
6-11pm**



Wear suitable footwear as it is in a **PROPER BARN** (pigs included!) Bring a warm coat, if needed, as it is outdoors.

- Bring your own Camping/Deck Chair
- Bring a torch so that you can get back to the car park after dark.

- Fully-licensed bar with local draft Enville Ale, a selection of wines & soft drinks available • Pork and Turkey Baps, salad selection.
 - Professional Barn Dance callers • Raffle - proceeds to Cardiac Rehab
- NB Book in advance, entry by ticket only!

**Ticket £12.50
food included**
from Yasmin
or Lisa 07811 455725

in a real barn!

yee-harr!

♥ In support of Cardiac Rehab • Kidderminster ♥

Glenn Print Bewdley 01295 266657



**stride
stroll**
pure

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Out and About

It is a rewarding experience, to walk close to a country hedgerow or along a quiet, rural road in June. There are many wildflowers which grow along the roadside or within the hedgerow; their flowers enhance any walk in June.

COW PARSLEY [QUEEN ANNE'S LACE]

There are many white-flowering members of the Carrot family, with Cow Parsley being one of the earliest to flower.

A plant of the Carrot family [Apiaceae], which can grow to a height of up to one metre.

Hollow stem with fern-like leaves, which if crushed between the fingers, have an aniseed-like smell.

Large, flat umbrella-like [umbels] of small white flowers, which in profusion, can turn a roadside or hedgerow, into a ribbon of lacy froth.

Why Queen Anne's Lace? A connection has been made with Anne of Denmark the wife of King James 1 of England/V1 of Scotland, who was a keen lace maker; the open, web-like structure of the white lace, being similar to the flowers of some members of the Carrot family



GREATER STICHWORT

A plant of the Carnation family [Caryophyllaceae], with brittle stems, growing semi-erect or straggling.

The white, star-like flowers have 5 petals, the tip of each petal has 5 notches.

Its name reflects its herbal use of allegedly curing, that pain in the side called 'stitch'.

HERB ROBERT

A plant of the Geranium family [Geraniaceae], with a hairy, reddish stem and sprawling habit.

The fern-like leaves turn red in the autumn and when crushed between the fingers, have an unpleasant smell; Stinking Bob being another name in use.

The crushed leaves if rubbed on the skin act to repel mosquitoes.

The small, purple-pink flowers, produce fruits which resemble the heads of tiny storks or cranes, with long, pointed beaks.

Why Robert? A connection has been made with Saint Robert of Molesme [1028-1111], who was a Christian Abbot and Herbalist and a founder member of the Cistercian Order of Monks in France.





**stride
stroll**
pure

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Out and About (continued)

HEDGE WOUNDWORT

A plant of the mint/nettle family [Lamiaceae], with a square stem, typical of the family.

The toothed leaves have an unpleasant smell when crushed between the fingers.

Reddish-Purple flowers have white blotches.

Its name reflects its herbal use to staunch bleeding and to heal wounds.



GARLIC MUSTARD

A plant of the Cabbage family [Brassicaceae], which can be invasive along a hedgerow.

The leaves when crushed between the fingers have a smell of garlic.

White flowers with 4 petals arranged in a cross-shape and borne in clusters.

Sometimes called Jack-by-the-Hedge.

An important food plant for the caterpillars of the Green-veined White and Orange-Tip butterflies.

Look out for adult Green-veined White butterflies flying from April-June and a second generation from July-August.

Orange-Tip butterflies are on the wing from April-June. The caterpillars of the Orange-Tip are cannibalistic and it is usual only to find a small number on the food plant, feeding on the seed pods.



HEDGE MUSTARD

A plant of the Cabbage family [Brassicaceae], which can reach a height of 100cm.

The presence of mustard oils gives the plant a smell of mustard.

Yellow flowers with 4 petals arranged in a cross-shape.

Known also as 'Singer's Plant', from its herbal use as a remedy for hoarseness and loss of voice.

A food plant for the caterpillars of the Orange-Tip and Small White butterflies.

Small White butterflies are on the wing from April-August, producing two generations in a year.





**stride
and stroll**

Affiliated to HF Holidays



Out and About (continued)

As you are out and about in June, either during the day or early evening, if the weather is warm and dry, you are likely to see butterflies on the wing. Challenge yourself to see and identify some of the moths on the wing this month.

RUBY TIGER MOTH

Frequently seen during May and June.

Brownish moth with red hindwings.

Caterpillars feed on the leaves of Dock and Plantain; when fully grown they are black and densely covered in hairs. They sit about on banks on warm sunny days.



SILVER Y MOTH

Frequently seen in May and June, having migrated here from North Africa and southern Europe.

Brown-Grey moth with a silvery 'y' or 'gamma' shaped mark on each forewing.

Caterpillars feed on a range of low growing plants.

Many of these moths descended on the final of Euro 2016 in Paris, with the injured Cristiano Ronaldo having a close encounter with at least one of them. Apparently some suggested that they had come from Arsene Wengers wallet. Others said that Ronaldo was so famous that Mother Nature had sent the moths to dry his tears.



CINNABAR MOTH

Frequently seen in May and June, often flying during the day.

Red-Pink moth, with red/pink spots on the forewings.

The orange-yellow, black-banded caterpillars feed on Ragwort; their colour a warning to birds, that they are distasteful. Look for them also on the leaves of Groundsel.



CHIMNEY SWEEPER MOTH

Frequently seen in June-July, often flying low over grassy fields and hedgerow ditches.

Black moth active by day, often in some numbers flying about flowers in bright sunshine.

The green caterpillars have three dark lines along their back; they feed on the flowers of Earth nut and Rough Chervil.





Notice Board

May Attendances

Saturday walk date	Thursday numbers		May 2017					Saturday Totals	Weekly Totals
			A	AB	B	C	D		
06/05/17	33	Saturday	16	15	16	19	30	96	129
13/05/17	40	Saturday	13	19	16	22	30	100	140
20/05/17	27	Saturday	13	19	16	13	13	74	101
27/05/17	37	Saturday	11	21	16	15	21	84	121
								0	0
Totals	137		53	74	64	69	94	354	491
Average miles per person	0.5		7.0	4.5	4.5	4.0	3.0	Saturday Mileage	1550.0
Mileage per Group	68.5		371.0	333.0	288.0	276.0	282.0	Month's total Mileage	1618.5

Every picture tells a story



From Val Caffrey

Dedicated walkers and leaders (Mike, Alan, Marie and Maria) from AB group, doing prewalk at Rock in the pouring rain having just had to trek their way through a field of Rape.

From Graham Little

All together for the Stride and Stroll 15th Anniversary picnic at the Severn Valley Country Park on 3rd June.