

## Walk for Health 20<sup>th</sup> July 2009

On Monday 20 July Ron Collins led the third Walk for Health. As on previous occasions the walk commenced from the Village Hall. A total of 13 people took part of varying ages - the eldest being 82!!

The walk was approximately three miles long and the group made their way through Naphill woods into Bradenham woods via "the umbrella tree" Having emerged onto Bradenham cricket green by the church we then crossed the road and entered the fields behind what was the youth hostel. Here we saw numerous Argentinian polo horses grazing in several of the fields.. We then proceeded to climb up the right hand section of fields where we were able to look across towards the Risborough road and beyond - a beautiful view. Whilst awaiting for some of the slower walkers to catch up the question was posed as to whether there was anyone present who was prepared to volunteer their services as membership secretary for FONC To my great surprise a hand went up and Stephanie Morgan was immediately invited to the next committee meeting! So a very big thank you to her. Having reassembled we then made our way back to Naphill via Bradenham woods behind the officers' quarters, crossed the road and emerged on the track in front of the houses by Forge Road. The walk took about two hours and was enjoyed by all - many of whom have participated in all three of our walks and appear to have made it quite a social event (much female chatter all the way round!) I look forward to leading more walks in the future - details will be announced in due course.

