

E-Newsletter – March 2009

Girls Just Wanna Have Fun, It's Showtime!, Mum & Child Go Wild this Easter, Golden Girl, Make Friends with Contours, Millie the Mascot, Website Progress, Earth Hour, Fabric4Life, Dates for your Diary, Celebrate Wild Style, I'm A Wild Woman Jackets, Spread the Word.



Dear Wild Woman,

I'm tempted to check the BBC weather forecast this morning before I tell you how wonderful it is out there.

Last month the snow arrived the day after we published the newsletter and several of you contacted me to ask if I was trying to be funny. I wasn't – and just to prove it here are the snowdrops I spotted *this* weekend.



Girls Just Wanna Have Fun



Kaye Legget and friends celebrated her wedding with a post-event Girls Get-Away long weekend in early March in the Cotswold countryside. From their base in a cosy cottage, the group of eight women took time out from their busy lives as working mothers to share some quality time together.

The combination of fantastic food, pulse racing quad trek, scenic guided walk, dinner prepared by a personal chef and finally a wind down pampering massage made for a packed weekend break with lots of laughter. Visit our Gallery to see what they got up to.



It's Showtime!

Rather like buses, you wait for ages and then 4 come along at once – it's the same with shows this month. In case it's passed you by, March is *THE* month for lifestyle and outdoor shows. Getting fit, going outdoors AND having fun are the key messages for a healthy and balanced life. So invest in a ticket for a great day out and find how you could add a little more zest and zing to your life without spending a fortune.

You can choose to head for London this coming weekend to The One Life Live show at Olympia from 13th – 15th March. www.onelifelive.co.uk. Meet Lynne Franks and other members of the SEED Network. Do drop by and see them. As members of SEED Network we echo their aim of encouraging personal growth and helping women develop **sustainable**



NEWS

Website Update: Spring '09

We are delighted that our Resources page is now live. Read our [top tips and articles](#) here.

If You Do One Thing This Month

Join in **WWF's Earth Hour**. Taking part is a great way to show that you want action to tackle climate change. It is also an occasion to have some fun - and to raise funds to support their work to promote solutions to tackle climate change. WWF want one billion people around the world to switch off their lights at 8.30pm on 28 March 2009, and need your help to reach their target. [Click here](#) to find out how you can do your bit.

Fabric4Life - Recycling



Have you got an old mac or pair of walking boots tucked away in a cupboard not being used? If so, why not recycle them?

Oxfam has partnered with Grangers to promote the recycling of outdoor clothing and equipment through the [Fabric4Life](#) campaign.

Simply take any old fleece, waterproof garments or your old walking boots into any Oxfam high street shop for them to be recycled. Grangers will reproof your unwanted kit and Oxfam can raise lots more money.

Gallery

If you've been on one of our adventures then you are already a Super Star in our [Gallery](#). We send everyone who takes part a complimentary photo. Why not show your friends and family what a great time you had by sending them a copy of this newsletter and the link to the [Gallery](#). Then they can see just what a Wild Woman you are!

Group Adventures

Quad Trekking, Clay Pigeon Shooting & Canoeing - you have told us how much you would like to come on one of these. We need 6 or more to make it happen for you. So why not put your name down on our waiting list or even better gather a group of friends together. Tell us your preferred dates and we will organise everything for you. Just [let us know](#) what you would like to do.

businesses. Find out more about SEED here:
www.seednetwork.com

Alternatively, you can wait until the end of the month and pick from:

The Vitality Show at Earls Court 26th – 29th March
www.TheVitalityShow.co.uk

The Outdoor Show at Birmingham NEC 27th – 29th March
www.outdoorsshowextra.co.uk

The Best of Britain & Ireland Show at ExCeL London 26th – 29th March
www.britainandirelandevent.co.uk

Mum and Child Go Wild this Easter



We've two Treasure Hunt Walks designed especially for Mums and eager young Treasure Hunters in the Gloucestershire and Oxfordshire countryside this Easter. Spend special time together, solve the clues and

discover how to read a map on the way. Tempting Easter prizes for the winning team. Walks take place along a 3.5 walk graded as EASY – through farmland, along grassy paths, bridleways and quiet roads. Bring a snack and we will stop to eat on the route. Walks start from Dorn near Moreton in Marsh and Hook Norton.

Back at base, we will refuel healthy appetites with tasty hotdogs made with real pork or vegetarian sausages direct from Old Farm- Dorn, or iced buns and a drink*. *Refreshments depend on the walk chosen.

Open to Mums and youngsters between 6 – 14. Please be sure your child can cope with the length of the walk. Your child is your responsibility at all times.

**£20 for Mum + one child,
£24 for Mum & 2 children (max)**

Booking essential. 0845 094 8486

[Find out more and book your place!](#)

Golden Girl – Belinda Glover



Flying by the seat ...

Our Golden Girl this month is Belinda Glover. Although she maintains she is only old enough to be a Silver Gilt girl.

Belinda is another Golden Girl who has “bounced back” from adversity. Which seems is just as well as she admits to being a bit accident prone - having racked up skiing, riding and car accidents in her life to date.

Belinda is passionate about a number of sports. Skiing - she says she would have loved to have tried when younger but at that time was more of a sport for the rich. A few trips over the last few years mean she is now completely addicted.

Open Event Diary Dates

Cycle Ride, Stratford Greenaway, Warks -
Thurs 26th March '09

Mum & Child Go Wild Treasure Hunt, Dorn, Glos - *Weds April 8th '09*

Mum and Child Go Wild Treasure Hunt, Hook Norton, Oxon - *Weds April 15th '09*

Treasure Hunt Walk, Bourton on the Hill, Glos -
Thurs April 23rd '09

Treasure Hunt Walk, Broadway, Glos - *Fri April 24th '09*

Treasure Hunt Walk, The Slaughters, Glos -
Thurs April 30th '09

Treasure Hunt Walk, Bourton on the Hill, Glos -
Fri May 15th '09

Treasure Hunt Walk, Bibury, Glos - *Sun May 17th '09*

Read more on [Women Go Wild Outdoors](#)

Special Occasion Treasure Hunt Walks

Share the adventure. Want a birthday bash with a difference then book a Treasure Hunt walk. Have fun and finish with afternoon tea and a celebration cake at your destination.

Contact [Lesley](#) to book your special date.

Outdoor Gear Guide



*4 Ways to Make
Leather Boots
Last Longer*

Wash 'em - not exciting or pleasant but look after your boots and they will look after you (and your wallet)

Rinse 'em - rinse away mud with clean, cold water and dampen the leather for a proper clean

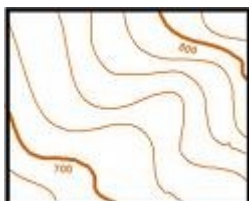
Gel 'em - use a cleaning gel to remove stubborn dirt and grime

Wax 'em - use a conditioner to waterproof and protect your boots.

Click for longer article on [caring for your walking boots](#).

Her latest love is flying. The interest has been there for a long while but time & money have been more of a challenge. But following a lesson paid for as a birthday present she started flying at Wellesbourne Aviation in September 2007. Unfortunately a serious accident meant an enforced long break from flying last summer. However Belinda restarted flying again in late October and was thrilled on 7 December 2008, to complete her first solo flight in a light aircraft.

Make Friends with Contours



Five ways that contours make the best of your walk - and give you confidence in your [map reading skills](#).

- 1. Help find the best views.** Top viewpoints make great walks. Scan for loops of contours. The central one is a summit (or a basin – do check this) and outlines the shape and size of the peak.
- 2. Stay on your feet.** Forty lines in one grid square show a 1 in 2.5 slope - as steep as the steepest road in Britain. 60 lines in a square mean you need hands to go up and posterior to come down.
- 3. Conquer hills.** Use contours to work about the easier ground to take. If they start close and space out you have a tough start and an easier finish. Wide to start and close to finish means the reverse.
- 4. Get home on time.** Going up hill slows you down. Each contour line you cross uphill adds a minute onto your journey. So a 100m climb adds 10 minutes.
- 5. Know where you are –** lost all signs of civilisation? Check the contours for landmarks like a distinctive summit, then look to find a match in the landscape. If you can find two or more features and line them up with the map this makes life easier still

We suggest you start by practicing somewhere you know first - in the daylight!

This is the first in our map reading tips. If we've caught your interest and you'd like to learn more, you can read our forthcoming articles on our Resources Page. [Make Friends with Contour Lines](#).

Millie the Mascot

Meet Millie - also known as the Wild Dog. Hmm - OK well maybe not. However, at only 12 inches long (not counting her tail) and 8 inches tall Millie has a huge heart in a small body. She is convinced she's the same size as a Rottweiler or Irish Wolfhound - well at least she is when they drop their noses down to her level. However, our Millie is very game and so far has chalked up a couple of 12 mile walks without a whimper - mind you when her legs do get tired she's

Celebrate Wild Style

A special birthday, a pre-wedding bash, or you'd just like time to re-connect with friends? We can organise an adventure for you combining outdoor fun and fresh air with indoor pampering, delicious food and girly chill out time.



From a Treasure Hunt to a long weekend we've got it covered. Go Wild and *still* wear your lipstick. Find out what we can offer your group: call **0845 094 8486** or email [Lesley](#)

RESOURCES

Find our events listed:

whatson2day.co.uk

www.banbury-cross.co.uk

I'M A WILD WOMAN! FLEECE

Full zip fleece jackets with blue leaping lady logo now on sale at £38 plus P&P. Manufactured by Regatta these stylish fitted jackets are both flattering and practical.



Gear Guides

If you would like any of our gear guides to help you choose the best clothing and equipment to suit your needs, take a look at our [Resources](#) page. Alternatively, [email](#) or call and we will gladly email or post them to you.

Recent topics include:

- Get the layered look - stay warm
- Buying a new bike
- Cycling gear for women
- Choosing walking boots
- Gaiters are a girl's best friend

PRESS ROOM

At last! We are in the April edition of Cotswold Life. Lead writer, Katie Jarvis tells how she spent the day with us and how much fun she had going 'wild' in the country!

just the right size to put in a rucksack. She's also been known to do serious damage to a sausage sandwich - the standard walker's fare in the Peak District - so keep an eye on your lunch when she's around.

Millie will be joining us on several Treasure Hunt walks where well-behaved dogs are welcome provided they are under control. If you'd like to bring your pooch for a walk on the *Wild Side* check out our walks to find out which are suitable.



SPREAD THE WORD!

If you think that one of your girlfriends, network members or family would enjoy one of our outdoor adventures, please [forward this email to her](#)

To find out more about any of our events or to book for your own group, please email me, [Lesley](#), or call **0845 094 8486** today to book your place.

With warmest wishes,

A handwritten signature in black ink that reads "Lesley". The signature is written in a cursive, flowing style with a long horizontal line extending from the end of the word.

Lesley Long