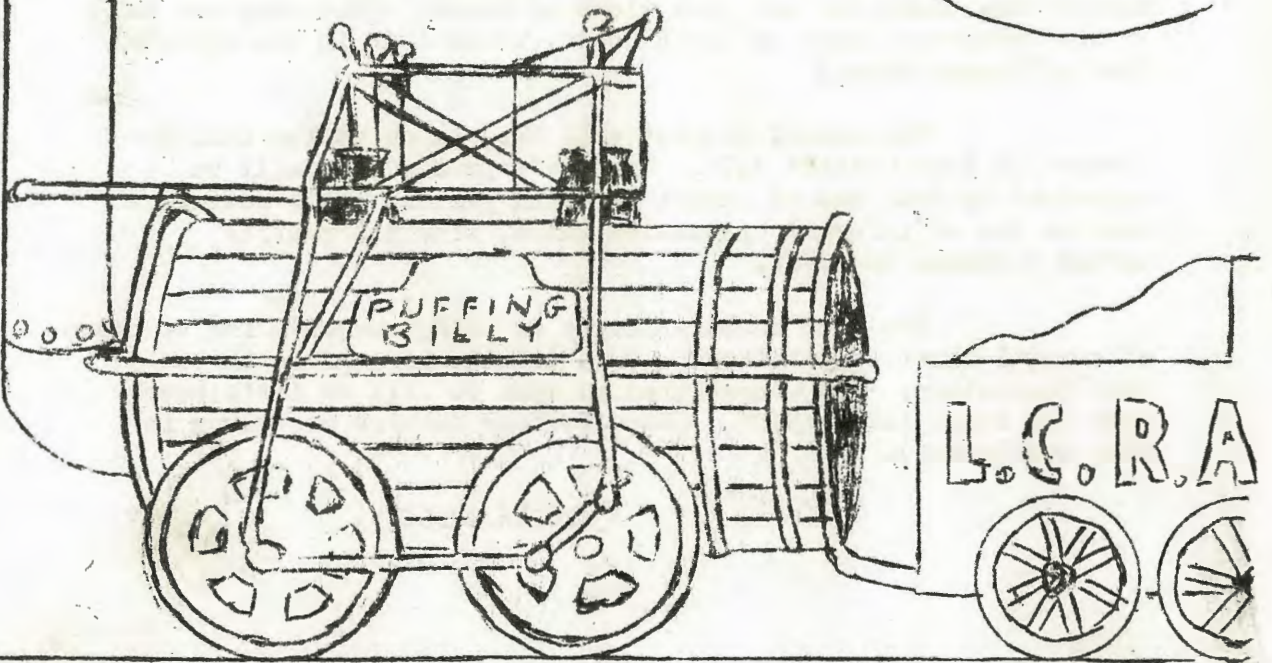


LIVERPOOL
CATHOLIC
RAMBLER'S
ASSOCIATION

NEWS
LETTER



"JUST ONE MORE HILL TO CLIMB"

ISSUE NO. 69

Fourth Series

APRIL '76

Correspondence to:-

Editor

Registrar

Typists

Richie Cannon
3, Brereton Ave.
Lpl. L156TJ
(733-5741)

Anna Kupiec
128, Aintree Lane,
Lpl 10(526/7978).

Marian Walsh, Cathy O'Neil
Designs
Richie Cannon

EDITORIAL

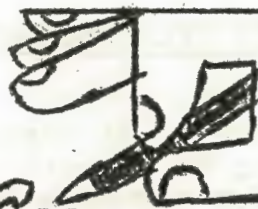
The average attendance on a Thursday Club night has settled at about 80, so we seem to have regained some numbers from the "loss" that occurred following the change to the new premises. Following representations by myself and Chris Dobbin to the Manager, we have secured a bar price reduction of 12½% without any increase in room charge.

I am rather surprised that we on the Committee have not received any constructive ideas for special events for the Centenary year. This is your Club, run on a Democratic basis. The next Hambling and Social Committee meeting is on Monday, 24th May. Please come along and let your views be known. (Meetings are held in the Committee rooms of Birch House, Green Lane in the Parochial Club of Bishop Eton.)

The Annual Retreat will take place at the Cenacle Convent on 24th October 1976. The day's proceedings will be organised by Fr. Lane of Christ the King parish. This retreat will be run on informal discussion lines, with all parties having a chance to speak.

The Fred Norbury Trophy is being competed for by means of several short competitions. Full details were given in the last Newsletter. The Competition is open to all; so let's have some new facts taking part. (Some further details are given in this Newsletter).

FRANK MULLIN



You Write

Dear Mr. Editor, I would like to reply to the letter from Peter Mc.Linden in the last issue of the NEWSLETTER, dealing with the Annual Buffet dance.

First of all I agree with him wholeheartedly, that we must get the balance right for the various types of dancing and I will deal with his different points later on. But before I do that, I would like to put in a good word for Chris Dobbin, our M. C. for the night. For two or three years now he has given many hours of his time organising these dances, and it is a thankless job. Therefore I would like to add my thanks to that of our Chairman in the Newsletter. I would also like to point out that on the night of the dance, an announcement was made by the band, asking anyone who had a request, or who had any special dance they would like, to come forward. Nobody did this, so they carried on with their own selections to fill the floor, and to my way of thinking the floor was full practically all the evening, and I did not notice many people going before the end. — 7

However, this is only my comment on the dance as I saw it and what we really need to do is look to the future as Pete suggests. In this respect, preliminary talks have already been held, and I am certain that next year's mixture of dances will be far more balanced, as suggested in Pete's point No. 1. His second point is also being considered, but intervals between dances are usually up to the band leader, and a "fill in" group or a disco is being considered. In answer to No. 3, I think all members will, as always, be considered when arranging the dances, bearing in mind of course, that the minority Family Section are also current members.

Pete's fourth point is the most important one. "More younger members should take part in the actual organisation of the Dance". This is excellent, but you can take it from me that the dance this year as in other years, was organised solely by members of the Committee who were elected by the members. No member of the Family Section was involved in any way, except in helping to sell tickets. I am making this statement now, because X Pete's letter implies that the Dance was arranged by and for, the X Older Generation. Nothing could be further from the truth, as Pete knows, having served on the Committee himself.

And now let's all forget the past and work for a Reunion Dance in 1977, our JUBILEE YEAR, which will live long in the memory of all those lucky enough to attend.

CYRIL

"MIST OVER PENDLE" - RAMBLE 14th MARCH.

A coach of 31 people including some new faces, set off up the M6 beneath a threatening sky, appropriate perhaps for our walk in the Lancashire Witch Country. Yes we were about to tackle Pendle Hill - that mysterious forbidding hill associated with witchcraft!

In the early 17th century, death in these parts was considered not so much an Act of God but more a product of the incantations of such witches as Mothers Demdike and Chattox and the reformed witch Alice Nutter, from whom local people still proudly claim descent.

On approaching our stopping place at Padiham, near Burnley, we could see signposts to such places as Whalley and Sabden which figure in the Classic Novels of Lancashire Witchcraft: "Mist over Pendle" (Robert Neill) and the better book "The Lancashire Witches" (Harrison Ainsworth).

Well, after our leader Jim Adamson's instruction to the driver where to park, we disembarked. Southwards lay snuggled in Pennine Valleys, little Cotton towns Northwards but out of sight - Pendle Hill and so we set off.

We crossed over moorland, John Watkins was heard to say to Pat Unsworth (who he had seen the previous night at a party) "Hello Pat, I didn't recognise you with your boots on!"

After passing a large reservoir, shrouded in mist, its waters gently lapping the banks, we came to the village of Barley (at about a quarter to 2 pm.), which was blessed with a pub. There, Jim would have been getting lynched by allowing us a much appreciated pint. Across the road was a tourist shop emblazoned with the words "Witches Galore" and over the door the words "Gerritspent- there are no pockets in shrouds" - presumably a local saying.

Pressing on, we climbed over a series of gaps in walls into an ever-thickening mist. At last we came to the foot of Pendle Hill where we stopped for a butty break. Coming down out of the mist came a party of Middle-aged ramblers from Dewsbury who told us there were patches of snow and icicles on top and that it was chilly up there.

Unaided we made the ascent up 600 feet, not even knowing when the top would come into view but it came.

We sheltered by a wall and Alan took a photograph of the icicle-clad wall followed by other ramblers.

Further up, two male ramblers took shelter by a "trig" point. On seeing they had a "good spec" Bernie McMullen sat herself down right between them. No doubt all three were cosy, snuggling together like eskimos to keep warm!

The descent around the other side was accomplished easily with Mike Lewis bringing up the rear as "whipper-in."

cont...../

SOCIAL DIARY

Late extensions have been booked at Tom Hall's Tavern on the following dates:-

29TH APRIL

27TH MAY

24TH JUNE

On 27th May we hope to have a "folk slot" with a folk group to play and sing for us - and remember the prices of drinks have come down since we first came to Tom Hall's - so try and come down early to build up an atmosphere.

The Caeli dance at Our Lady's Church Hall, had to be cancelled because the "Caller", we had hoped to use, had a prior booking for the same night.

However, a Caeli is being planned in conjunction with the Students Union of Christ College, Woolton Road, Childwall to be held on Tuesday 4th May. Dancing will be to the Acme Band. Students from College will take part and Family Section Members are also welcome. Their disco will be used for parts of the evening and the dance will take place in the Main dance hall. Tickets can be obtained from me, the price of which is still being negotiated at present.

ANN HARTLEY is arranging a LANCASHIRE NIGHT OUT at "THE TURNKEY", in Wigan, and this is expected to be on FRIDAY, MAY 14TH. If enough go a coach will be booked.

Further Friday night visits to the Playhouse can be expected. Margaret Dillon will make block bookings after taking names of those interested.

Further details of all these events can be obtained from club news announcements.

ALLEN JOYNSON

Tel No: 638-2489

R.I.P. your prayers are requested for the repose of the soul of Paul McKenna's farther who died recently.

.... Some ramblers made a quick visit to a nearby Church graveyard, and Lesley spotted on a wellworn gravestone the name of deceased members of the Nutter family, no doubt they were descendants of Alice Nutter!

Soon we were back on the coach, thankful it never rained and to change at the M6 Services Before rounding off the night at "The Queen's" Preston -- none the worse for our expedition into Witch Country.

WITCH HUNTER

FRED NORBURY CUP

The series of competitions, as outlined in the last Newsletter will kick off with the Darts Competition. This will be held at Our Lady's Parish Centre, Chesnut Grove off High Street, Liverpool 15 (next to the Church) on Friday, 23rd April. (Further details of the location and buses were given in the last Newsletter in connection with the Caeli dance planned)

Try to arrive for 8 p.m. -- spectators welcome!
Organiser Dave Holden.

The next event will be Ten Pin Bowling at New Brighton in May -- further details from the Club.

If you would like to take part but cannot come down to the Club before the end of May, you should complete the tear-off application slip in this Newsletter and send to Alan Joynson as the closing date is 31st May.

DEESIDE ORIENTEERING CLUB

MID-WEEK SUMMER EVENING EVENTS (OPEN TO ALL)

Deeside is organising a large number of summer evening events again this year. Information is still a little sketchy, but further details may be obtained nearer the date by phoning the contact listed below, or alternatively Mike Richardson (Shotwick 344) or John Hammond (Northwick 77770). Start times for all events will be 6 - 7.30 p.m. and entry fees will be around 20p/10p. Colour coded courses may well be used.

THE PROGRAMME IS AS FOLLOWS:

5 May	Caldy, Wirral	Jack Ramsden 051-677-6082
12 May	Deamore East	Tony Thornley Middlewich 3304
18 May	Little Budworth Common	Don Gardner Crewe 67995
25 May	Forest Camp, Cuddington	John Quinby c/o Northwich 77770
9 June	Arrowe Park, Wirral	as 5 May
15 June	Primrose Hill	as 28 April
22 June	Frodsham Hill	Bob Verity Sandiway 883825

CLUB CORRESPONDENCE

The Club's General Secretary recently wrote to Archbishop Beck to express our regret that ill health has forced him to relinquish the office of Archbishop of Liverpool and also our hope that he will nevertheless be able to continue as President.

His Grace replied as follows:-

Dear Miss Kenna, Thank you very much for your good wishes on my retirement.

With regard to the question of my remaining President, I think it would be better for you to approach my successor on this point. He may wish, as Archbishop, to be your President.

With a blessing & kind wishes,

A letter was sent to Archbishop Worlock, ~~George Andrew.~~

The reply reads:-

Thank you very much for your letter and for your good wishes on behalf of the L. C. R. A.

I suppose that really it would be more sensible if I gave my patronage to the Association rather than assume its Presidency but it seems an awful waste of money for you to have to change your letterhead so I would suggest that for the time being, it is probably better if I accept the invitation to replace Archbishop Beck as your President.

May God bless you & your members,

Derek Worlock

Archbishop of Liverpool.

A further letter was sent to Abbot Basil Hume on behalf of the Club, to send him our best wishes on the occasion of his installation as Archbishop of Westminster, which has been acknowledged with a request for your prayers.

** NEW MEMBERS NEW MEMBERS **

Rosemary Rollerson, Helena Bernadette Cairns,
Frances & Monica Rowe Paul Mc. Fenna, Dermot G. Smyth,
Raymond and Norma Roche.

INSTALLATION OF ARCHBISHOP WORLOCK FRI. 19th.

Peter Glenn and I felt very honoured to attend this truly magnificent ceremony on behalf of the Liverpool Catholic Rambler's Association --- Anna Kupiec

I AM JOHN'S FOOT.

(An article which didn't quite make "Reader's Digest")

No one could say I'm beautiful. My partner and I are usually considered to be a humble part of the human anatomy. For example, to demonstrate humility, the Celebrant, in the religious "washing of the feet ceremony", washes the feet of other people. I cannot understand why.

I am very important to John for I am equipped with ankle, heel and toes which are designed specially to work in conjunction with John's leg enabling him to walk, runabout dance or play sports.

If John mistreats me by putting on a badly fitting boot or shoe I can become deformed especially when I am younger. Constant rubbing against my toes can bring on corns.

I usually do not give John much trouble and the only time he ever thinks of me is when I am sore after a hard day's walk, or when my circulation gives trouble in conditions of extreme (cold 'c a u'ing chilblains or (very rarely) frostbite.

However, John always provides me with thick warm socks and good rambling boots whenever he goes out on his Sunday rambles. Consequently I give him no problems. My muscles grow stronger each walk so that I now hardly ever ache at all. Being stronger, I help John play better at sports as well!

I am lucky to belong to John. The walks I go on in the countryside take me everywhere. I am not like an ordinary town person's foot, who knows no surface other than the concrete, tarmac and paving stone of Suburbia. I know the springy turf of a Yorkshire dale, the rugged rocky terrain of Snowdonia, the Sandy beaches of A rnside , the heather of a Lakeland fell.

Even if I have not taken John out on a long walk for some time, John is clever enough to take a hot bath before retiring to bed thereby preventing my adjoining leg and I from becoming stiff next day.

I get my rest when John goes to sleep.

P U Z Z L E P A G E

- *1. What is the next number in this sequence : 5, 11, 23, ... ?
2.



3. Solve the arithmetical puzzle ; C R O S S
 CLUES : S = 3. Letters have distinct values R O A D S
 from 0 - 9. Find the values of D A N G E R
 the other letters.
 (This is an addition of numbers).

Owing to the interest shown in the similar puzzle in the last Newsletter, the method employed by Eric Kavanagh is shown below. Congrats. to those of you who solved it, correctly including Pete Kennedy, Pat Unsworth and Arthur Brockway of the Family Section.

T H E S O L U T I O N S T O T H E P U Z Z L E S
L A S T M O N T H A R E : -

1. GERRY PENLINGTON thus:-
 Isaac Newton, New York, Lana Turner, Gary Glitter,
 Edna O'Brien, Roy Rogers, Elvis Presley.

2. MONDAY rearranged becomes DYNAMO.

3. C O L U M N

Question: What are the values of the other letters, given that K=3 & T is not 0?

To simplify the problem let us consider it in columns as shown alongside.

There are 2 possible solutions when considering Cols. 5 & 6 ;

6	5	4	3	2	1
					A
	M	E	R	R	Y
		X	M	A	S
	T	U	R	K	E

M + 0 = T U (not possible)
 M + 1 = T U ✓

Thus the only solution = 9 + 1 = 10 ∴ M = 9, U = 1, U = 0

Note column 4 must add up to 10 + R
 Consider Col. 3. R + M = K

There are 4 possible solutions depending on whether we carry 1 from col. 2. So consider all four possibilities:-

Hence the only acceptable solution is R + M = 10 + K

R = 4

$R + M = K$ $R + 9 = 3$ NOT POSSIBLE	$R + M = 10 + K$ $R + 9 = 10 + 3$ $R = 13 - 9 = 4$
$1 + R + M = K$ $1 + R + 9 = 3$ NOT POSSIBLE	$1 + R + M = 10 + K$ $1 + R + 9 = 10 + 3$ $R = 13 - 10 = 3$ NOT POSS. AS K = 3

PUZZLE SOLUTIONS (Contd.)

Consider Col. 1. $1 + A + Y + S = Y$

There are two possible solutions
Thus $A=10 - S$ ** Carry 1 to col. 2

Consider col. 2 $1 + R + A = E$

$$1 + 4 + A = E \therefore A = E - 5 **$$

Equate $**10 - S = E - 5$

$$E + S = 10 + 5 = 15$$

Consider the numbers used:

0	1	2	3	4	5	6	7	8	9
U	T		K	R					M

The only unused numbers which add up to 15 are 7 + 8.

To ascertain which nos. apply to which letters consider:-

$$A = 10 - S$$

$$= 10 - 7$$

$$= 3$$

Not possible

$$A = 10 - 8$$

$$= 10 - 8$$

$$= 2$$

Acceptable $A=2$

As $A = E - 5$ $E = A + 5$

$$\therefore E = 2 + 5 = 7$$

Consider col. 4

Col. 4 must add up to $10 + R$

$$1 + E + X = 10 + R$$

$$1 + 7 + X = 10 + 4$$

$$\text{therefore } X = 14 - 8 = 6$$

$$X = 6$$

By omission Y must = 5

SOLUTION THEREFORE =

$$\begin{array}{r}
 97445 \quad \text{MERRY} \quad \text{A} \\
 6928 \quad \text{XMAS} \\
 \hline
 104375 \quad \text{TURKEY}
 \end{array}$$

SOLUTIONS to puzzles in this Newsletter below:-

$$\begin{array}{r}
 970521 \\
 \hline
 625046 \\
 \hline
 31289 \\
 68213 \\
 56833
 \end{array}$$

♀	♀	♀
♂	♂	♂

1. ANSWER 47 $(5+6=11+2 \times 6=23+2 \times 12=47)$

R

R A M B L E R I T E : H A L F Y E A R R E P O R T

The ramble to Simon's Seat on 29th Feb. marked the half-way point in the Rambling Year 1975 / 76. In this period there were 18 rambles out of the 21 planned, 3 being cancelled owing to lack of support. Of the 18 rambles, 1 was by car (with only 7 turning out) the other 17 being by coach. The monthly figures are shown below, the comparison with a year ago are shown in brackets :-

	R A M B L E S	T O T A L S	A V E R A G E S
SEPT.	3 (4)	73 (109)	24.33 (27.25)
OCT.	3 (3)	95 (95)	31.67 (31.67)
NOV.	4 (3)	81 (80)	20.25 (26.67)
DEC.	2 (2)	43 (36)	21.50 (18.00)
JAN.	3 (3)	85 (72)	28.33 (24.00)
FEB.	3 (4)	95 (129)	31.67 (32.25)
TOTALS	18 (19)	472 (521)	26.22 (27.42)

CLEARLY A FAVOURABLE COMPARISON with those of last year which was generally thought to be very good. (Statistics-compiler P.McL.)

CARAVAN WEEKEND AT WHIT : As the various sites, we have tried, charge for a full week, even though we only want to hire them for the weekend, we are open to suggestions at present e. g. ponytrekking, camping etc. If you have any ideas please let me know, as soon as possible (home tele no. 480-0335) and an announcement will be made at the Club on the Thursday beforehand as to how the weekend will be spent.

The Summer Rambling programme will be prepared shortly.

DENNIS KEENAN

(Editor's note: I am planning on arranging a weekend at Whit, at Stratford-on-Avon, travelling by car. I have a list of addresses of various hotels there for anyone interested. Prices vary from £6 upwards. If interested please let me know and whether you have transport).

F A M I L Y S E C T I O N

APRIL 23rd : Jim and Irene Flaherty's House Meeting at 26, Thingwall Rd., off Childwall Rd., L'pool 15, near Abbey Cinema

APRIL 25th : H I L B R E I S L A N D Tony and Mollie Roche's lead. Meet at West Kirky car park near boat club. Be ready to leave at 1p. m. N. B. This ramble is a week earlier than usual to allow for tide times.

MAY 21st. Mary and Terry Smith's flat meeting. 72 Deal Croft, Woolton. Take road at back of Woolton Motors, turn into second opening - Cheddar Close

JUNE 6th: C H A L E T W E E K E N D; For Sunday's walk, meet at Rambler's Chalet about half way between Nerquis and Erryrys. Turn left into Maeshafn road just before coming into Loggerheads - 1p. m. start.

TEAR - OFF SLIP FOR those members wishing to take part in the FRED NORBURY CUP COMPETITION and not able to notify Alan Joynson (Organiser) in person before 31st May :-

W A Y F I N D I N G in W E P R E W O O D

Sunday 28th March saw 19 ramblers meeting at St. John's Lane for an Orienteering event in Wepre Wood, near Queensferry. We were somewhat crowded with 5 in a car but we all moved off in 4 cars.

It was a beautiful day - bright, a little windy and rather cool - a perfect day for the event which was organised by the Deeside Orienteering Club. We took part in two of the 4 courses available; the more experienced going in for the 4 km. course, which was technically more difficult, whilst the beginners went on a 2 km. course especially designed for them.

On the longer course, Pete Kennedy finished in a time of 90 minutes 37 seconds to win from Dave News at 95 minutes 40 seconds.

On the shorter course, people went in pairs and the winning couple was Eileen Dowling and Richie Cannon in 69 minutes 20 seconds. Runners up were Ann Hartley and Dennis Keenan in 71 minutes exactly. This was indeed an extremely close event!

A number of people were disqualified for failing to mark their cards correctly but this is a hazard of Orienteering until one becomes familiar with the procedures.

After the event, Dennis presented small trophies to the winners who all linked arms to have their photo taken to record the occasion.

On the way home we paid a visit to the Deeside Leisure Centre - a post impressive facility - with ice skating, badminton, squash, 5-a-side football, tennis and numerous other sports including our favourite - a bar & restaurant.

Subsequently, two cars journeyed back to Liverpool and the other two returned via Chester where I believe they had a meal and celebrated earlier victories.

For the record, here are the full results:-

L O N G		S H O R T	
*****		***** *	
Peter Kennedy	93.37	Richie Cannon	} 69.20
		Eileen Dowling	
Dave News	95.40	Dennis Keenan	} 71.00
		Ann Hartley	
Frank Fitzmaurice	133.00	Dermot Stryth	} 118.20
Fred Fleming	137.00	Vick. Thind	
Lesley Roberts	189.00		

*We must congratulate Lesley Roberts for being the only lady brave enough to challenge the might of the stronger sex and also for being determined enough to finish the course.

Eric Kavanagh

FIRST AID - PART THREE

DISLOCATIONS, SPRAINS AND STRAINS

1. DISLOCATIONS:

- Definition A dislocation is the displacement of the normal relationship of the articular surfaces of the bones that make up a joint.

- Can be caused by A blow, twisting or stretching.

- General A dislocation may occur at any joint, it may be partial or complete, acute or chronic. Sprains or fractures may also be present but fractures can be ruled out by an X-ray. In addition blood vessels, nerves, soft tissue or other structures around the dislocation may be injured.

- Signs and symptoms

- . pain
- . deformity
- . loss of movement
- . swelling and / or discolouration
- . shock may be present.

- Treatment

- . Keep the patient comfortable and elevate the injured part.
- . Apply a cold compress to take the swelling out.
- . Treat for shock.
- . A doctor will reduce the dislocation.

- Joints commonly dislocated

- . Jaws, shoulder, hip, elbow, knee, wrist, fingers, toes, spine.

2. Sprains:

- Definition Stretching or tearing of ligaments around a joint.

- Signs and Symptoms

- . pain
- . rapid swelling
- . impairment of function of joint (partial loss)
- . sensation of joint giving away.

- Treatment

- . Keep the joint at rest and elevate part if possible.
- . Apply a cold compress to reduce swelling.
- . Immobilise by bandaging.

- Common Sprains

- . Sprained ankle, sprained wrist.

3. Strains.....JNOO

- Definition A sudden severe stretching of muscles or tendons.

- Caused by

- . Sudden twisting
- . Heavy lifting
- . Load not properly placed in carrying.
- . Stumbling.

The most common strain occurs in the back muscles caused by an attempt to lift a weight too heavy for the body muscles or by putting weight improperly on the muscles of the back rather than upon muscles of the leg and arms.

- Signs and symptoms

- . pain and cramps
- . persistent sharp pain.
- . disability when using strained muscles.

- In severe strains

- . swelling and stiffness
- . contusions (or bruising)
- . pain, heat and redness
- . rupture of muscle (torn open)

- Treatment

- . Keep the patient at rest.
- . Elevate the part.
- . Apply heat or hot compresses
- . Immobilise the area.

