

Liverpool Catholic
Ramblers Association

NEWSLETTER



THE
New Dungeon Hill
Hotel

HOTEL

New
Dungeon Hill
Hotel

BAR

Maria Bentley
16.6.96.

Spring 1998
7th Series Issue 13

Editor's ramblings

CAN YOU GUESS what I saw last week on display at the door of a local superstore. Was it a stack of Spring bedding plants or snow-white Easter lilies? No, it was a stack of snow shovels for sale! Well, there was no rush to buy them, as the previous day's heavy snow had melted away, but there was still snow covering the tops of Snowdonia's highest peaks a few days later on the Beddgelert ramble and an intrepid 'A' party trio were really wallowing in it on Moel Hebog, way above Beddgelert Forest.

Last Spring we were experiencing some fairly dry rambles in areas such as Kirkby Stephen, trekking through Limestone country. Bookings were heavy and we had a full coach plus a car last Spring at Holmfirth (famous for TV's "Last of the Summer Wine").

So what's in this edition?

Well, keeping with memories of the past, there's some interesting snippets from over 60 years ago on the back page. And looking ahead, there's details below of forthcoming food nights, quizzes and a Bring and Buy night. Tips on various ways of lacing up your boots are given on the opposite page.

There's full details of our July barge trip, also our much-travelled Albert's interesting article with a few words of wisdom and advice, plus several ramble write-ups. Your new programme has also been printed.

So, many thanks to all who contributed articles. All material for the next newsletter should be handed to me or sent to me at:

7 Abbotts Way, Billinge
WIGAN WN5 7SB



Dave Newns

NEW MEMBERS

A number of new members have joined us in the last few months. We offer them a hearty welcome and hope they have many happy and memorable years with our club.

WASTWATER WEEKEND

Our Spring Bank Holiday weekend is fully booked for over twenty of us. Don't forget to pay Ray Mc any outstanding money as soon as you can. I remember when we went camping there for several August Bank Holidays in the '80's and my first sightings of those awe-inspiring Wastwater Screes in the setting sun. The hostel (Wasdale Hall) faces these massive screes which rise above Lakeland's deepest lake. An opportunity to do some of the walks that we can't reach on our Sunday rambles in this far corner of the Lakes. - *Editor*.

OUR CLUB BADGE COMPETITION

The best designs were submitted by Chris Grice, Tom Reilly and Pat McIntosh. Our Secretary's design incorporating the Cathedral was finally voted as the winner. We are now looking at the technicalities of the design and ways of marketing the badge. Further details later.

FOOD NIGHTS AT THE CORNMARKE

The first Thursday of each month at the Cornmarket has now been established as a Food Night for which a nominal charge will be made. Most other Thursdays there is a quiz or other attraction as follows:

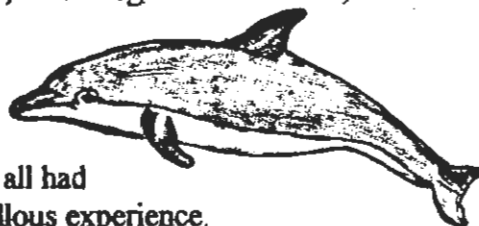
FORTHCOMING SOCIAL NIGHTS

April 30th	NUMBERS QUIZ (Will & Chris)	May 21st	BEER QUIZ (Tony Bond)
May 7th	CHEESE AND WINE Plus SPRING QUIZ	May 28th	BRING & BUY. Bring your unwanted items for auction. Proceeds to the Club.
May 14th	GENERAL KNOWLEDGE QUIZ	June 4th	PIE NIGHT

Ramblerite

The seven of us who went to Brixham, were able to enjoy some wonderful coastal and Dartmoor walking, but what strange weather. We apparently missed the diabolical conditions reported elsewhere over Easter, though it was unusually cold for most of the weekend. Bathed in sunshine one minute and pounded by hailstones the next, was a regular occurrence, but at no time did we get wet or even uncomfortable.

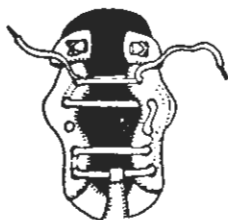
I watched a school of dolphins gambolling close inshore and leaping out of the water. Many gulls were circling and landing, presumably because they and the dolphins, were after a school of fish. After a few minutes all had passed further along the coast and out of sight ~ a marvellous experience.



On the day I left, a Sparrowhawk had taken and eviscerated a pigeon by my parent's back window. My Mum was enthralled but Dad chased the bird off and complained about the mess he had to clean up.

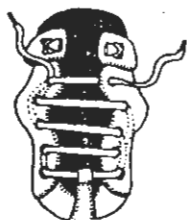
Back home and the leaves have reappeared, the blackbirds have hatched in the hawthorn and I'm looking forward to the Summer Programme.

Different Ways To Lace Boots



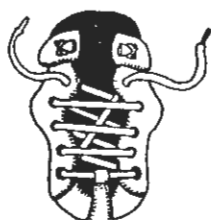
Releasing Hot Spots

For hot spots on the top of your foot, simply skip the eyelets that cross that area, relieving pressure and allowing tighter lacing in other areas.



Relieving Lace Pressure

Pressure on the top of the foot caused from laces crossing under the upper can be prevented by using this method.



Expanding Toe Room

To increase space in the toe box and reduce pressure on the top of the toe, use this lacing system and pull on the short, straight lace.



Reducing Heel Slippage

Tightening the top laces will make the heel fit tighter and using the stirrup lace method on the top laces will prevent pinching the foot.



Spot Lacing Loops

If one area of the foot needs to be loosely laced while others remain tight, just loop lace around lace hole.

Forthcoming Rambles

3 May	Keswick (8.30)
10	Lathkilldale
17	Cnicht
22/23/24	Wastwater Fully Booked
31	Horton in Ribblesdale
7 June	Coledale Horseshoe
14	Dovedale

Coaches

We have received coach prices from Selwyn's for the Summer Programme and they are too high even at the new price of £6. Reluctantly we are having to sound out other coach companies and will keep you posted.

Competition Result

In the last Newsletter I asked you the name of a device consisting of a loop of wire for dropping over a post. The answer is a hoosier (also a nickname for an inhabitant of the State of Indiana). Jack Henderson was the only one who supplied the correct answer and he will be receiving a copy of **On Foot In The Yorkshire Dales**.

From Jack Henderson & MERRELL

Ray McIntosh ☺

Up Snowdon from Down Under . . and a new badge

Dear Ladies and Gentlemen of the LCRA,

I AM taking this opportunity to let you know that I am still a club member. The club's newsletter likes to get as much news as it can from its members, whether they are active or not. Well I thought that I would put something into it this time. Why? Well I just want to tell you what a very good and old club the LCRA is. In fact it is one of the best clubs in Liverpool to be in.

It is a club that your father and mother may have joined years ago. You may have joined only recently, but I for one really do appreciate what our committee members have done in the past, and now in the present, working so hard to plan such wonderful walks that we are all enjoying today.

LAST OF THE SUMMER WINE

Last July my friend Tom Buykx came to visit us from Australia. I met him in the Melbourne Catholic Bushwalking Club. He had a really great weekend with us and sends his best wishes. Tom enjoyed the scramble over Striding Edge via Helvellyn.

In addition I would like to mention that Tom, Dave News and myself also tackled Snowdon on the Friday before that Lakes trip. We set off early. As I had not been out for two years I only planned to go half way along the Pig Track, then back down the Miners Track. I was very slow, as Dave will tell you, but I decided to go for the summit. I only just made it and was a bit puffed out, believe me. With good weather up top we were very pleased with our efforts and confirmed I could still get up Snowdon at the age of sixty. There was no problem for Tom and Dave of course, who were old hands at it. Tom, despite being the eldest, got to the summit first!!

WHY SO MANY ON THE 'C'?

In my early days with the club I used to do most of the 'A' walks unless it was very hot, then I did the 'B'. There were no 'C' walks then, so I am now getting to the point, which is: These days only a

handful seem to tackle the 'A' walk with maybe a dozen or so on the 'B'. It seems odd to me that the other 25 or more are opting out for the 'C' walk!

Now I class the way we did Snowdon as a 'B' walk. So why do 25 robust people all want to go on the 'C' and miss out on the best views? Why don't more of you go on the 'A' or 'B' walks? I know these might be a bit harder for some, but it really is nicer the higher you get, making the heart grow fonder when you get back to base! So next time you are out why not give at least the 'B' walk a try! It will also help to make life easier for the 'C' leader.

WEAR OUR BADGE WITH PRIDE

The other thing I would like to mention, as you probably know, there has been a recent competition to design a new club badge. By now that design will have been chosen and badges should soon be on sale. It would be great if every member of the LCRA buys one and displays it on their T-shirts, anoraks, etc. advertising what a great and famous club we are. You will be a credit to the young and old, past and present, if you buy a badge and wear it because we in the Liverpool Catholic Ramblers are also a credit to the Church and the city of Liverpool. So keep up the wonderful work of rambling in the countryside today and for many years to come.

Kindest regards and best wishes,

ALBERT J. DOWNING

1957 on and off - 1998

Former around the World Globe-trotter

The Nameless Bounder responds

I'M NOT ashamed to admit it, but I'm the 'Nameless Bounder' referred to in Roy Thisis' fairly good account of the Bolton Abbey 'B' walk which appeared in the February issue.

Near to the abbey I noticed a challenging line of stepping stones across the River Wharfe, running parallel to a footbridge. Without a moment's hesitation I set off across the stepping stones while the rest of the party used the footbridge.

In moments I found myself nearly half way across the river, which was quite wide. As I stopped to get my balance, I looked around and suddenly noticed that the river had become about four feet deep and was fast flowing. The stepping stones now appeared

much smaller than before and the swollen river lapped over them menacingly. After due consideration I swallowed my pride and returned the way I had come, much to the merriment of a large crowd that had gathered on the bridge.

The moral of this story might be: 'Look before you leap'. Or perhaps there is a more important lesson to be learnt, which is, 'The Yellow Belly always returns from a walk safely' . . . and dry!

Mike Turner

LIVERPOOL CATHOLIC RAMBLERS CLUB

IN CONJUNCTION WITH

THE FLOATING BISTRO

Is proud to present

A NIGHT TO REMEMBER

Due to the roaring success of last year's Wine Barge Trip, the LCRA has decided to book the Floating Bistro again for the 11th July 1998. The total cost will be £11 per person.

"Er...listen mate, like, you know, what do yer get for yer dosh, like?"
Aye yes my good man, a jolly good question too, well here we go then...

THE CAPTAINS TABLE

Turkey Breast & Ham off the Bone
served with:

- Hot Jacket Potato with Cheese Filling
- Quiche Lorraine
- Savoury Rice Salad
- Coleslaw
- Fresh Roll and Butter
- Choice of Sweets
- *****



SINGER/GUITARIST

You may have seen him on 'New Faces' or you may have caught him on last year's Wine Barge Trip, but we all know 'Our Brian' goes down very well to his vast array of music

A THREE HOUR CRUISE (TITANTIC 2)
(Gentlemen...This Barge is unsinkable)

A relaxing cruise along the Ice Free Leeds/Liverpool Canal

INTERESTED?

Please give £11 to Ray Mac or Roy This to secure your seat

Venue/Date

Meet at 'The Great Mogul' pub (next to Maghull +++++ Station) at 6pm to 6:30pm,
all aboard the Wine Barge for 6:45pm, Saturday 11th July 1998

TRICKS ON THE
OLE BRAIN
The 'F' Factor

Finished files are the result
of years of scientific study
combined with the experience of life.

How many 'F's
are there?

Starting point for this particular jaunt was the very tranquil *Ladybower Reservoir*, which on this occasion, was as flat as a millpond, reflecting a leaden sky, only broken by the bow waves from a lone canoeist.

With no wish to stay on the main Sheffield road our party of 12 took the more acceptable path, which would keep us a short distance from the main flow of traffic. Our main goal of the day was to attain *High Neb*, 458M, via *Stanage Edge*. Leaving the coach at 200M meant there was no real serious climbing involved, which for some daft reason, I missed!

Strolling along *Stanage Edge*, it quickly became apparent that the sheer rock outcrops have become a Mecca for all types of climbers, with an interesting array of equipment to impress the casual rambler. How many budding Chris Bonnington's were there out there, I wondered.

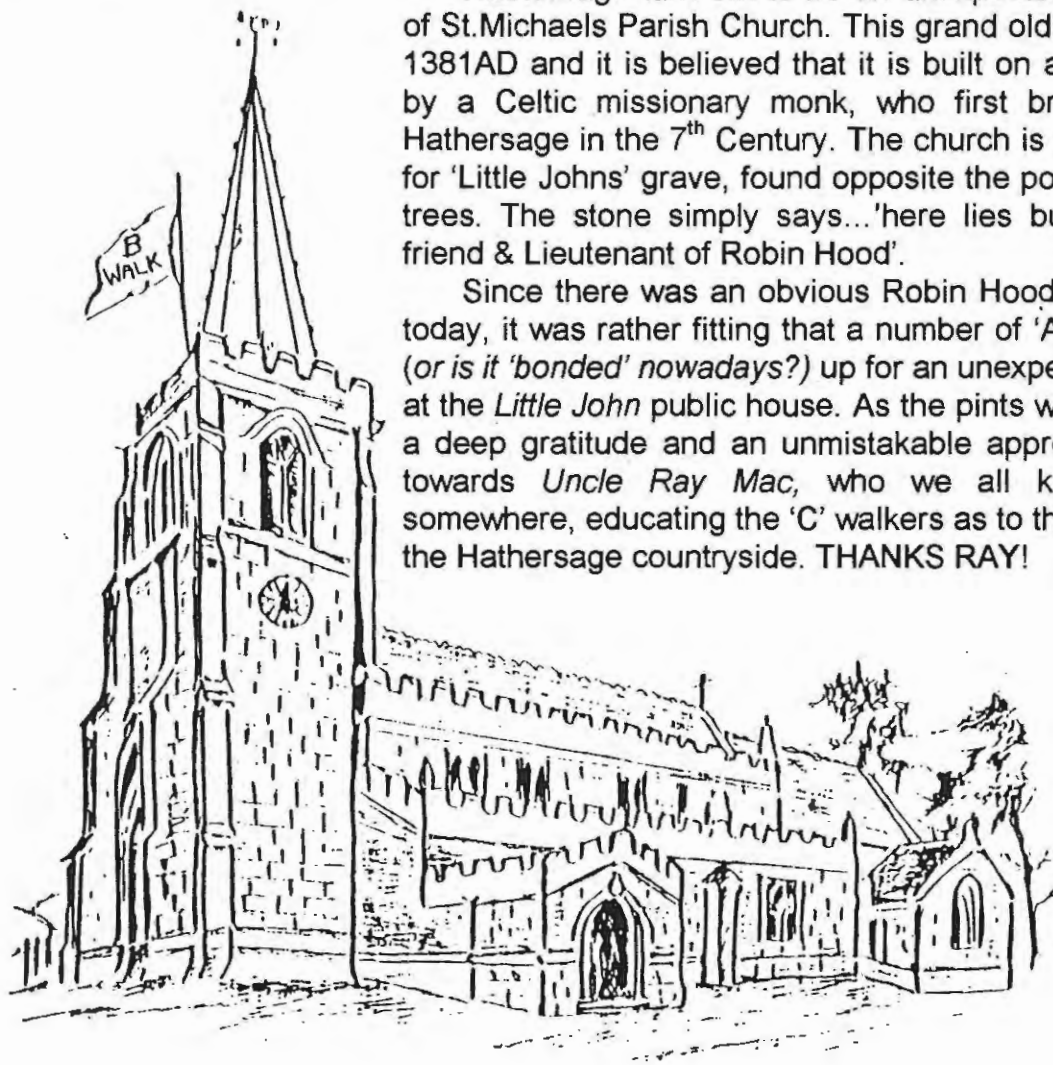
Stanedge Pole on the ole map looked like a very important point of cross paths and County boundaries, however in reality all you got for your money was a rusty pole, looking not too dissimilar to the first *British Starchaser Rocket*. With no blue touch paper to light, we moved off in to the 'lesser spotted swamps' to *Robin Hoods Cave*. Robin wasn't there unfortunately, (probably gone to Blackpool with Maid Marion, lucky sod!) however a bunch of merry climbers were keeping the home fires burning. *Cowper Stone*, 457m, brought us to our second Cairn of the day, which being less than 2 miles away from High Neb's cairn, must make these two cairns the closest couple in Yorkshire!

Even though we were OK for time it was decided to drop down and make our way to Hathersage. During a previous butty break, close scrutiny of the map had shown a number of historical sites around the local church. Talking of butty breaks, if you have tastes in the banana department, then watch out for the hyper active local dog, who is always ready to play tug-of-war with your energy food! (Video Thought...some of the over subscribed 'C' walkers could have made 250 quid from Jeremy Beadle, if they had joined our little group!)

Hathersage turn out to be an unexpected bonus in the shape of St. Michaels Parish Church. This grand old church dates back to 1381AD and it is believed that it is built on a small cell originated by a Celtic missionary monk, who first brought Christianity to Hathersage in the 7th Century. The church is perhaps most famous for 'Little Johns' grave, found opposite the porch, beneath two yew trees. The stone simply says... 'here lies buried Little John, the friend & Lieutenant of Robin Hood'.

Since there was an obvious Robin Hood theme to our travels today, it was rather fitting that a number of 'A' & 'B' walkers linked (or is it 'bonded' nowadays?) up for an unexpected drinking session at the *Little John* public house. As the pints went down a real treat, a deep gratitude and an unmistakable appreciation was directed towards *Uncle Ray Mac*, who we all knew was out there somewhere, educating the 'C' walkers as to the further pleasures of the Hathersage countryside. THANKS RAY!

Cheers Roy Thisis 🍷😊



Seniors' Section

RAINFORD - February 22nd

NO FEWER than fourteen ramblers including the Club President assembled for this "easy" ramble at Rainford Junction. It was the second successive occasion for us to be honoured by Chris's presence.

Whether this suggests a possible take-over bid or simply Father Time catching up remains to be seen.

The South-West Lancashire Plain is flat and our route took us over some of the flattest parts of it. Passing Red House Farm and Holiday Moss, we soon reached Ivy House, a beautifully converted barn where a piece of history was made.

Our leader allowed a vote to be taken on the advisability of taking lunch. By this time, of course, Peter was up to his main course.

We set off again, refreshed, towards Rainford and made a post-prandial stop at the 'Golden Lion' to satisfy various needs.



We continued across the village cricket pitch and crossed Rainford Brook by footbridge and soon

emerged (dry of course) on the A570 crossing it to Moss Nook Farm. After a mile or so we encountered a group of men flying their model aeroplanes, what is the feminine equivalent of these nostalgic male pastimes? However, it was a chance to pause, since:

"What is this life if, full of care,
We have no time to stand and stare?"

A right turn brought us to the old Coach Road running from Knowsley to Bickerstaffe, assuming that people wanted to run from Knowsley to Bickerstaffe. Whilst not actually running we were walking at a good pace, so much so that two miles later we were back at Rainford Junction with all the time in the world to "stand and stare". I think Freda as whipper-in drove us along too fast!

GEFA

MOEL Y PARC - March 22nd

THE FIRST challenge of the walk was to find Tesco in Mold where Gerry had said we could avail ourselves of the usual amenities. I think only Maureen, Aimee and I gained a point here. The second challenge was to find the Forestry Commission Car Park. We all made this one and were ably shoe-horned into the available space by Tony Gilmore and Gerry.

After that, booted up, we could all relax on what was an excellent walk, with magnificent views in idyllic weather, a perfect return to rambling for me, having been laid low over the past four months.



The first part of the walk took us through woodland on part of the Offa's Dyke path and then across moorland to an ancient Iron Age Fort at Penycloddiau. On the way, Peter recounted some dire tale about his bathroom floor and the demise of his central heating system which was rather worrying as we were in the middle of having our bathroom floor re-done.

On the next part of the walk, descending from the Fort, we were entertained by para-gliders taking off from the hillside in a brilliant display of expertise and daring. I know that what comes up must come down, but suppose they hit a powerful thermal and kept on going up and up and . . .

Having descended to a minor road, we then climbed up to Moel y Parc, the most northerly of the

Clwyd Range, and had our lunch on the summit. As it was half-past one by then, there was some mild surprise that there hadn't been any complaints from a certain member of our party who feels bereft if he hasn't eaten before 1 o'clock.

After our lunch we returned by a different route which followed the contours of the hillside. George got his camera out to take photos of the shadows the trees were making in the valley; very clear and stark against the fields although the fine weather meant that there was quite a lot of mist in the distance. I followed his example and was pleased with the results. I hope your trip to Bruges was enjoyable and photographically successful, George and Freda.

We had a brief stop on the way back for "afternoon tea". I think we were all sorry when the walk ended and equally sorry that Jean was not able to make it. I hope you're soon fit and well again, Jean. Thanks to Gerry for a really enjoyable occasion.



MARCIA (Thompson)

Does regular hill walking strengthen our lungs and legs?

When you consider that the fittest of the General Section's 'A' walkers are on the wrong side of middle age, the answer must be yes. Some of the younger 'A' walkers often have a struggle to keep up with their elders! So, if you are a regular 'B' or 'C' walker you may soon find the need to get yourself upgraded to 'A' or 'B'.

Bus driver to pensioner: Are you going to use the pass today? Pensioner: No, I'm taking the summit route!

Seniors' Section Continued

LONGRIDGE FELL - April 5th

ON ROUTE to the rendezvous at Ribchester, we were engulfed by a monsoon and wondered whether anyone would be crass enough to turn up. The four intrepid souls in the car park denied all knowledge of bad weather and in fact we managed the whole walk, dry but prepared for the worst.

We walked past the "Penal Times" Catholic church, the refurbished almshouses and the Mediaeval Hospitaller church. The going so far had been easy but on striking across meadows we got that sinking feeling. We slithered to a stop close to Duddel Brook and took lunch.

We crossed and re-crossed the brook several times, taking one step forward and one step back and building up our mudpacks the while. All this time we were heading North with the mass of Longridge ahead. The gradual ascent allowed us to turn and

admire the Lancashire plain behind us. Reaching the ridge, George offered the choice of visiting the Trig point on Spire Hill or chickening out and going down. He was instantly shouted down! There's life in the old dogs yet!

The view is excellent in clear weather; we had to settle for something less than excellence before walking Westwards along the ridge. We turned South and headed towards the Newdrop Inn where we took ne'er a drop! Back to the muddy fields! We had our share of stiles but this ramble must hold some record for the number of footbridges.

A most satisfying day was finished off with a meal at one of our favourite pubs, "The Royal Oak" where the whole company continued to provide mutual companionship. Thanks everyone.

GEFA

RAMBLES

May 10 PECKFORTON. Leader Gerry McDonald

May 24 TBA. Leader Peter Atherton.

HOUSE MEETINGS

May 7 Pat and Leo Pearson

June 4 Molly and Tony Roche

Family Section

May 10 MOEL FAMAU, N.Wales. Anthony Brockway (608 0425). Meet at lower car park 12.00. Directions: From Mold take the A494 (T) towards Ruthin. 0.5 miles past Loggerheads take second road on right (close together). Car park on right, 1.5 miles.

June 14 RIVINGTON, Lancashire. Bernard Foley (01257 254276). Meet at Top Barn car park 12.00. Directions: Enter Lever Park from Horwich. Turn right at Lower Barn. Top Barn at end of road.

Snapshots from the archives

I have just been flicking through the pages of one of our Club's old minute books from 1933 to 1936. Here are some interesting snapshots:

October 26th 1933: Re badges - Great discussion ensued. Finally decided we sell them at 1s 6d each.

January 30th 1934 (*first Rambling Sub-Committee formed*): As the current rambling programme finishes shortly it would be as well to appoint a Rambling Sub-Committee. This was passed and agreed that they meet and put forth suggestions to the General Committee, prior to leaders meeting.

February 22nd 1934: A Club officer suggested an "off night" at the Club when his brother would bring along his wireless set. This was agreed. (*It certainly would go down as an "off night" today!*).

AGM - September 26 1934: Treasurer reported that although they had £21 2s 7½d in hand they had sustained a loss on the membership subscription. Statistics report: That year 781 ladies and 636 gents had been on the rambles, an average of 30 people on their 15 full day rambles. Their 26 half day rambles were much better attended . . . Annual subscriptions to be increased to 2s 6d.

Tricks on the ole brain - The 'F' Factor

Answer: If you said four 'F's you're nearly there. Look again and you will get seven if you count the 'of's'!