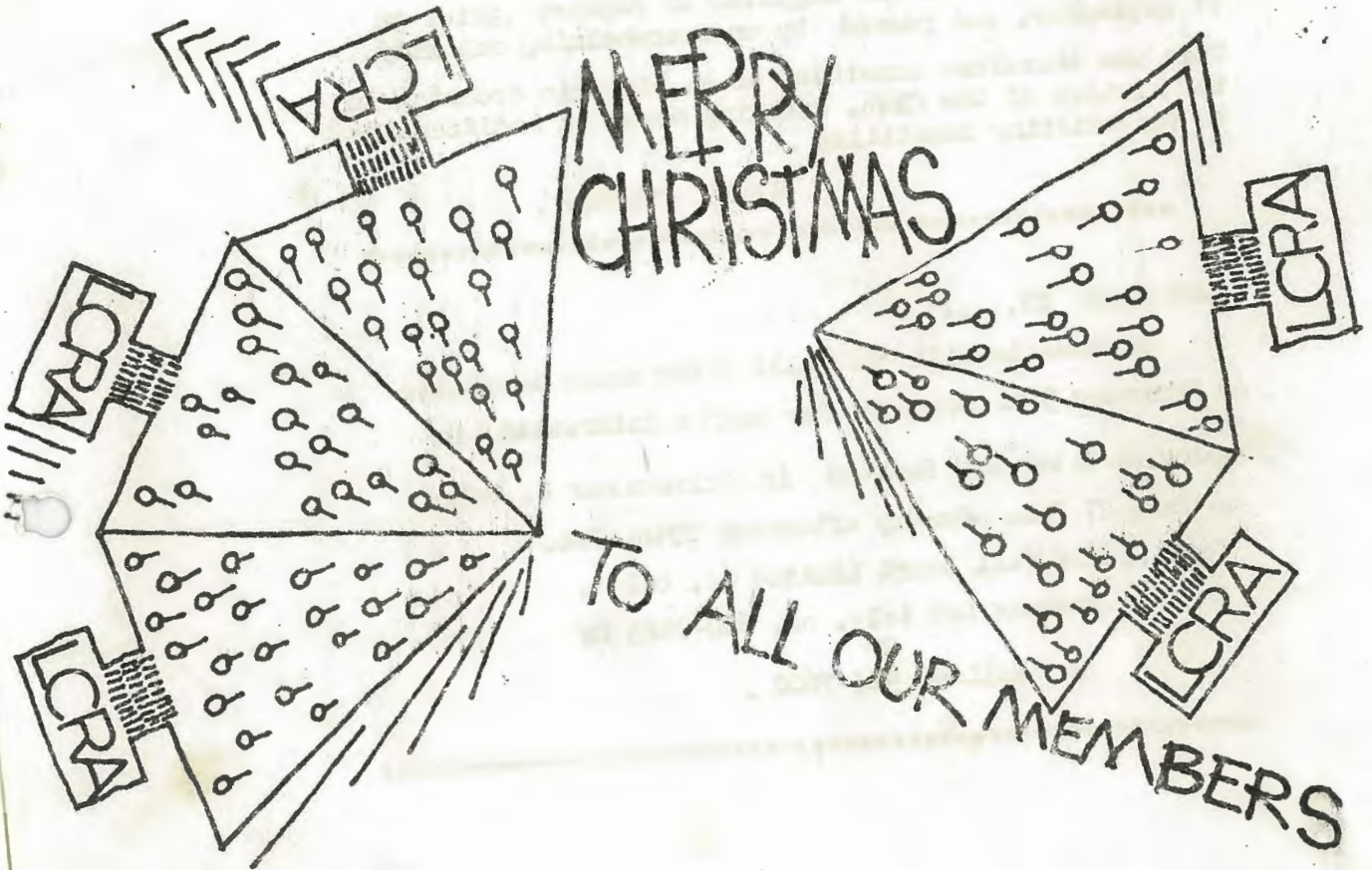


MERRY
CHRISTMAS



TO ALL OUR MEMBERS

ISSUE NO. 67

FOURTH SERIES

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EDITORIAL

The Editor & Committee of the L.C.R.A. wish all members a happy, healthy & prosperous NEW YEAR.

At the Special General Meeting of 11 December, the Motion to allow Associate Member status to non-Catholics, who were entered in the Register of Members, prior to 11 September, was passed by an overwhelming majority.

This was therefore something of an historic occasion in the history of the Club, bringing about a modification to the existing Constitution.

RICHIE CANNON .

LATE NEWS IN.....

Frances Leewill be collecting names & deposits on Thursday 5th. February for anyone interested in going on a weekend Retreat in Penmaenmawr N. Wales on Fri. 27 Feb. - Sunday afternoon 29th. Feb.

Cost : £10 full board Limited no. only .

Contact Frances Lee tele. no. 608-2685 Or

Ann Holland 924-7600 .

I DREAMED A DREAM ...

It had been a fairly typical sort of Winter Saturday; up at the crack of noon, lunch in front of the 'telly', an afternoon visit to see Santa Bingham's men give away some premature Christmas gifts to the delighted men from Ipswich, and finally a pleasant evening in the company of relatives. But how could I finish off the weekend? Perhaps I ought to go Rambling. A quick glance at Dad's reliable barometer in the hall showed that all was set "FAIR" so the weather was bound to be good. And so off I went to bed, set the alarm for 7.45 a.m. and soon I was dreaming of the pleasant day to come

It seemed no time at all before I arrived at St. John's Lane at 10.00 a.m. having already been home for breakfast after the 8.30 Mass. The faces that met me on the coach were much the same as those of my previous Ramble some 8 weeks earlier, but there were a few new ones. By 10.15 we were on our way and soon we were at Ruthin for tea, coffee, and, in some cases, breakfast! From there we travelled on through Denbigh (and the steady drizzle) until eventually we stopped at 12.45 high on the Denbigh Moors close to the Alwen Reservoir. By now the drizzle had stopped, the sky was clearing and in consequence the mood of the party was jovial as they looked forward to the Ramble ahead. Now the Ramblers are a considerate lot and so it wasn't surprising to find that two gentlemen in our party offered to stay behind and so prevent our driver from becoming lonely.

Our moustached leader then tried to form 'A' and 'B' parties, but found that only two were keen to form a 'B' party, and one of them was the leader, Richie Cannon! And so it was, that all 25 Ramblers set off in one big party to Ramble high on the moors. The pace was steady but not too quick for the slower, more elderly members of the party, i.e. Keenan, Keller etc. Soon the sun was shining brightly, but undeterred our leader insisted on taking a photo, for the record, by flash light. Our Buttie Break over, we moved on towards the reservoir, marvelling at the bright wintery colours, at the same time discussing politely the depth of water through which we were marching! Now Ramblers occasionally like to take short cuts, e.g. walking on water etc., but on this occasion Richie's sodden trousers testified that faith was apparently lacking.

SOCIAL

The night out at the 'She Club' on 29th November, was highly enjoyable. We had good fun in the disco and reports say that the cabaret was excellent, making it a very pleasant evening all round.

The Christmas party was held at the Mona, 18th December, and admittance was by ticket only. The cost of this was 75p which included a folk group called Broccoli, a buffet and a disco. This was equally successful.

Those of you who have booked to see the show 'Cabaret' on Tuesday, 30th December, 7.30 p.m. at the Playhouse will and I hope (at the time of writing) be anticipating a wonderful production.

If you heard of a night out at Rumford's Coach House on 19th December, you will have been disappointed. The reason for its cancellation was because the majority had made other plans for that evening. However, other arrangements for this can be expected after the festive season, when a higher degree of support will be anticipated.

In the New Year you may expect an afternoon's bowling (at New Brighton) and perhaps a visit to Speke Hall. Evenings out at clubs, the theatre and the cinema will also be kept in view throughout 1976.

Finally, may I end the Social Ramblerite by suggesting that anyone with a bright idea concerning a social function should pop this in my ear. Also, if anyone wishes to organise something involving a good number of the Ramblers please let me know so as to prevent divided attendance between two functions. For this I would be grateful.

I wish you all a very happy and holy Christmas and a happy and peaceful New Year.

Cheers,

MARGARET DILLON

R A M B L I N G D I A R Y .

Now that the Christmas/New Year festivities are over and our waistlines are a little larger after all that Christmas pud and drink, what pleasanter way could there be to "fight the flab" than to step out again on a ramble!

On our menu these coming weeks are walks to LONG MYND on 18th January led by the charming Lesley Roberts, in the seldom frequented region of Shropshire - near Church Stretton.

You may then wish to sample the delights of a hike to BEACON FELL on 25th January, led by the dashing Frank Johnson in the Silverdale area or how about LLANTYSILIO, that large mountain near Llangollen, led by the vivacious Mary Barrett, on 1st February!

A first-time walk to SEDBERGH, near Kendal, the Howgill Fells to be exact, will be led by the adventurous Richie Cannon, on 15th February. This will include a visit to Cauter Spout, yet another waterfall well worth a visit and probably a stop at the "Boot & Shoe" pub, Lancaster, scene of a previous "après-ramble" disco evening.

The big event will be the ramble to LLANARMON, on 8th February, led by the camera-shy Brian Keller. Hotpots are served in the "Raven Inn" pub, scene of many a good sing-song round the piano, afterwards. The "Whispering Grass" tell me that our favourite singer Barry Dooley will be in good voice that night!

J O H N G I B B .

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

- JAN.30. Mona Roberts's House Meeting. 7, Elbank Road, off Greenbank Road, off Smithdown Road.
- FEB. 8th. Bill & Norah Naylor's walk. BICKERTON. Meet at Red Lion Car Park; Bickerton, on A534. Take A41 from Birkenhead to junction of A534. then left turn to Bickerton. Meet at 12 noon for 12.30 start.
- FEB.27 Leo & Pat Pearson's H ouse Meeting. 81, Twigg Lane, Huyton, off East Prescott Road at the "Oak Tree".
- MAR.7 BEESTON. Johnnie Burns & Cath are leading. Further details in next Newsletter.

RAMBLERS "KNOW YOUR COUNTRYSIDE"

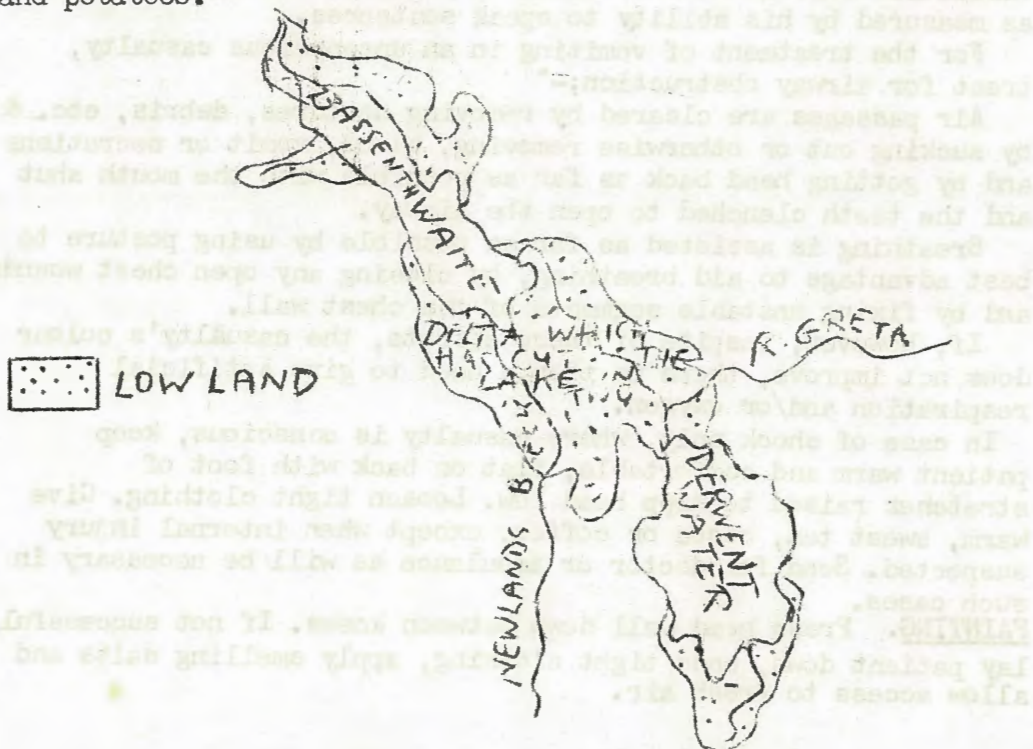
The Cumbrian or Lake District Mountains differ from the Pennines in being formed of much harder and much older rocks which have been intensely folded. The processes of weathering, and the action of glaciers during the Great Ice Age, have carved out deep valleys, above which rise jagged peaks and knife-edged ridges. The valleys radiate from the centre like the spokes of a wheel and almost every valley contains some or more lakes. These "ribbon lakes" owe their origin to the action of glaciers which covered the land during the Great Ice Age. Some occupy land during the Great Ice Age. Some occupy hollows scooped out by the glaciers. Others are held up by embankments of moraine deposited when the glaciers melted and some owe their origin to both these causes.

Where two lakes occupy the same valley, they are usually portions of a pre-existing lake which has been divided by the sediments brought down by a side stream and deposited in the form of a delta e.g. Derwentwater and Bassenthwaite.

In the northern sector lies Skiddaw (3,054 ft.). In the western sector is Scafell Pike (3,210 ft.), and in the eastern section is Helvellyn (3,118 ft.).

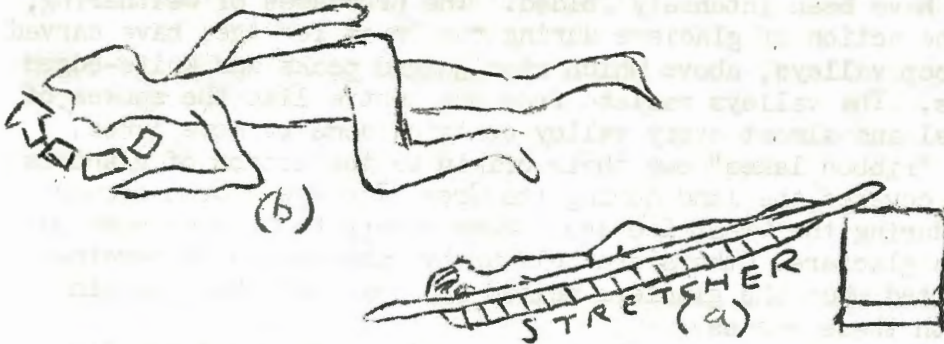
Despite the rugged nature of the land, pastoral farming is important and dairy farming is important in the valleys, where the alluvial soil and the heavy rainfall favours the growth of good meadow grass.

The climate is on the whole too wet for the cultivation of cereals, The chief crops of the arable land being sown grasses and potatoes.



FIRST AID. PART I.

THE UNCONSCIOUS POSITION.



This must be used, if possible, in anticipation of vomiting and obstructed breathing. If the casualty is found to be breathing but unconscious, he should at once be placed in the unconscious position (see diagram) with a slight head down tip, AND with full neck extension (see diagram) and the airway should be cleared.

In this position any secretions of blood or vomit will tend to flow out of the mouth or nose and will neither obstruct the airway nor pool in the back of the throat, from which position there is a grave danger of syphonage of fluids into the air passages and lungs. The unconscious position thus maintains a clear airway and is the position into which all unconscious casualties must be turned, until he regains full consciousness as measured by his ability to speak sentences.

For the treatment of vomiting in an unconscious casualty, treat for airway obstruction;-

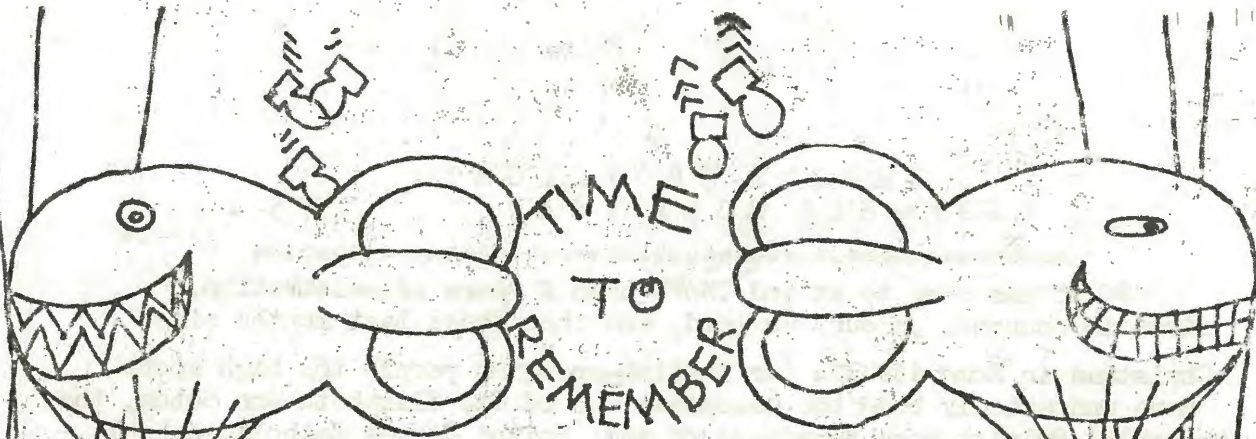
Air passages are cleared by removing dentures, debris, etc. & by sucking out or otherwise removing, blood, vomit or secretions and by getting head back as far as possible with the mouth shut and the teeth clenched to open the airway.

Breathing is assisted as far as possible by using posture to best advantage to aid breathing, by closing any open chest wounds and by fixing unstable segments of the chest wall.

If, however, inspite of these efforts, the casualty's colour does not improve, there is then a need to give artificial respiration and/or oxygen.

In case of shock only, where casualty is conscious, keep patient warm and comfortable, flat on back with foot of stretcher raised to keep head low. Loosen tight clothing. Give warm, sweet tea, cocoa or coffee, except when internal injury suspected. Send for doctor or ambulance as will be necessary in such cases.

FAINTING. Press head well down between knees. If not successful, lay patient down, undo tight clothing, apply smelling salts and allow access to fresh air.



My earliest childhood memory of World War II, was the air raid shelter. I was inside one, lying on a bunk and was awakened by the sound of the bombs whistling down. I got up to look out of the doorway and saw my granddad cycling home from work. He was completely oblivious to the bombs and went into his house for his tea.

Then I noticed a shop across the road the road which was on fire. Next morning, it was reduced to a heap of rubble. The Germans were after the docks and the Bootle area and apparently what bombs were left were dropped on us.

We were always thankful to hear the wail of the All-Clear siren. Our family moved from Seacombe to Liscard but as the bombs still fell there, we slept under the staircase.

One hair-raising night was the night a barrage balloon fell on our yard. About six firemen and air raid wardens knocked on our door to wake us up. It was a wonder that the house did catch fire! Then a couple of R.A.F. chaps came knocking at the door, wanting their barrage balloon back! I remember a fantastic fire display in the park. There were hundreds of barrage balloons in the sky, but thunder and lightning struck and they began to come down all ablaze. We went to New Brighton to see a Flying Bomb which came through a roof without exploding. When cleaned and defused, we saw that it contained bombs about the size and shape of a ten-pin bowl.

My brother and I found an unexploded bomb behind our house. When we took it home, my grandmother got a shock and put it into a bucket of water.

Some German P.O.W's were put to work down our street clearing the rubble of a bombed house. We gave them a hand and found they were the same as everybody else - very frightened young men.

TO BE CONTINUED

by Sapper
Alan
Joyson

CHURCH SPOTLIGHT
FAREWELL HOLY YEAR 1975

So it has come to an end. More than 2 years of celebration, first in churches in our own land, and then these last months since Christmas in Rome itself. For English-speaking people the high spots have undoubtedly been the canonisations of St. Elizabeth Ann Seton, the (arguably) British-born foundress of the United States Catholic school system, and of Oliver Plunkett, that peace-seeking predecessor of Cardinal Conway who suffered a martyr's death where London's Marble Arch now stands.

The Holy Father appointed 'renewal' and 'reconciliation' as the overall targets for the Holy Year. These are not the sorts of targets which anyone could say had been hit or missed. In the same way as the really holy are far less satisfied with the degree of closeness to Christ that they have achieved than we more ordinary Christians are, so the Church as a whole is never going to be satisfied with any degree of renewal or of reconciliation that it may happen to attain. Undoubtedly the last two years have seen renewal in a very widespread understanding of the role of the Holy Spirit and fantastic strides forward in reconciliation between Christians of different denominations. But no sane person will suggest that in 1975 we reached a peak of understanding of our holy religion after which any further renewal could only be a decline; or that the degree of reconciliation apparent in the streets of Belfast as this year ended is the loving your neighbour as yourself which Our Lord commanded.

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On December 8th 1974 Pope Paul addressed a letter 'Paterina cum benevolentia' to the bishops, clergy and people of the entire world. His message was an appeal for reconciliation WITHIN the Church, for the full re-establishment of that supreme good of reconciliation with God WITHIN US AND AMONG US, so that the Church might be an effective sign in the world of union with God and our fellow believers; without this the Church cannot be the EFFECTIVE sign in the world that Our Lord intended it to be.

IN A GENERAL AUDIENCE 16-7-75 Pope Paul said:-
"We must be one, we must walk together. We have had enough of dissent within the Church; enough of a disintegrating interpretation of pluralism; enough of wounds inflicted by Catholics themselves on their indispensable cohesion; enough of disobedience masquerading as freedom!"

Today more than ever, it is necessary to build up, not demolish, the Church one and catholic. Love risen again and strengthened in God's holy Church, this must be the first result of our Jubilee".....

NEWS DESK ROUND-UP.

The following reports have reached our Newsdesk. Following his amazing continued success at winning bottles of whisky at the Mona, (which have been stockpiled in his garage), Pete McLinden is considering converting the garage into an off-licence and selling the car. Ramblers should be able to purchase their whisky here at bargain prices. Party-goers please note!

Two ramblers were arrested in New Jersey for the theft of a cartload of girdles. If convicted, the F.B.I. says they face a 10 year stretch.

Bob Knapsack, celebrated ornithologist, and aviary-keeper, was recently given the bird at a Christmas luncheon in his honour. He later said that they could stuff it. Bernie Woodcock, also presented, apologised for leaving early but said he had to fly.

After surveying the sky at night with his telescope, astronomer, Alan Joynson, reports that although the moon is much smaller than the earth, it is much further away.

Female footballer of the year, 1975, Francis Lee, has started to form a Ramblers All-Ladies Football Team. So far the following have been selected; Mary "Butch" Cassidy (inside left) Mary "show-a-leg" Barrett (inside right), Anna (Muller) Kupiec (centre forward) Anne "head-the-ball" Hartley (centre-half), Monica O'Beirne, left back (in the dressing room) and Marion (knees-up) Greene, right-back (where she started).

The goal keeper went missing when Peggy Hannaway, ran away. Ten "fellas" have volunteered to referee.

PERSONAL COLUMN.


EXILED HAGGIS-BASHER interested in adventurous cooking, wishes to meet female Lancashire blackpudding-bender with same interests.

BUYING A NEW CAR? Ask John Watkins of Fords to test-drive it for you to check road-holding, but keep away from streams!

WANT WORK IN GREECE AS AN AU-PAIR? We recommend you go to the Greek Aegean Sea (Agency - get it?) (Oh well please yourself)

DEFINITIONS:- Digest: A Welsh comedian
Diverse: A Welsh Poet.

B



THE L.C.R.A.'S
 ANNUAL REUNION
 DANCE
 ANNUAL REUNION

WILL

TAKE PLACE ON FRIDAY 13TH FEB.

AT

DOVEDALE TOWERS PENNY LANE
 DANCING TO AL RATH'S BAND
 TICKETS £1.90 OBTAINED FROM -
 CHRIS DOBBIN, FAT WINSWORTH, URSULA
 MISTON, LEO PEARSON OR BILL NAYLOR

BUFFET STARTS APPX. 9.15.

TELE NOS. PAT 220-4578, URSULA 228-
THIS AND THAT 5892

LAKESIDE HOUSE. About 30 ramblers saw in the New Year at Keswick where the pubs stayed open until 1 a.m. There will be a working week-end in February here, with free board and lodgings and petrol allowance paid. For details ring Dave Holden, 548-3205.

RIVINGTON BARN. (Yuletide walk). Saw a good turnout despite appalling weather. Some Australian visitors were present.

CHRISTMAS/NEW YEAR GREETINGS, have been received from Barbara Whittle to all ramblers, from Gibraltar, also from Bernard Marin who was a regular walker last year, before having to return to France for his National Service. He writes "I am now a soldier in Rouen and it is not a great pleasure to be there. I wish you well and above all great health to go on rambles with the Club I will never forget". - A nice note to finish on.