



L.C.R.A.
 NEWSLETTER
 Midsummer
 ISSUE

Hello everyone,

This will probably be the last newsletter before the club's AGM in September when a new committee will be elected with, hopefully, many staying on for a further 12 months. Our club, like many others, consists of four types of people:

- WISHBONES - People who want everybody else to do the work.
- JAWBONES - People who talk a lot but do very little else.
- KNUCKLEBONES- People who knock everything others try to do.
- BACKBONES - People who roll up their sleeves and get on with the work.

If you are among the last category you may like to serve on our new committee, but get your name on the nomination list quickly, there could be a rush!

Well, it was reassuring to see so many out on the ramble on July 13th (39 in all) especially as the night before was the Hosanna House annual barbecue at Charnock Richard which was attended by about 30 of our members, several of whom after only a few hours' sleep turned up for the walk next day. The club tries to avoid late night functions the day before a ramble so any prospective Saturday Night Partyplanners please note: Check the rambling programme first!

The new programme, given out with this newsletter is planned so that walks are no more than once a fortnight by coach. Hopefully, we should get fuller coaches by doing so and not having to subsidise the coaches as heavily as we have done over the past months.

Please note that at the AGM on Thursday, September 25th, admission to the club is FREE. The meeting will be in the same room as we have our regular Thursday Socials.

Now for the bad news. Subscriptions are due in September. See Anthony Brockway or Paul Healy with your £3 (note: If you have only just joined the club, then you don't renew again until September next year.)

THE KESWICK WEEKEND

For the benefit of newcomers I will endeavour to elaborate a little on what this weekend in October entails.

Accommodation is in Lakeside House (a guesthouse run by a committee of mainly Newcastle Catholic Ramblers and Liverpool Catholic Ramblers). The house is conveniently situated just a few minutes away from the centre of Keswick and a short walk down the road to Derwentwater where you can hire boats.

Transport up there this time will be by cars. It usually works out that for every third person without a car the fourth has one. There will be walks on the Saturday followed by a superb evening meal, then a few hours to relax in the lounge or one of the many bars in Keswick. Later there will be a dance in the basement of the house - always a good night. Sunday is spent either doing your own thing or walking yet again, finishing off with an evening meal, departing about 6 pm. Cost last time was about £27 for the weekend. Book early.

NOTICE is hereby given that the sixtieth

A N N U A L G E N E R A L M E E T I N G

of the Association will be held at the Liverpool public house in the
Manx Suite, James Street, on Thursday, September 25th, 1986, at 8.30pm

AGENDA

1. To approve the minutes of the last AGM of the club.
2. To read the Secretary's report.
3. To read the Treasurer's report.
4. To read the Chairman's report.
5. To elect the General Committee for the forthcoming year.
6. To elect Auditors for the forthcoming year.
7. To conduct any other business.

Members wishing to submit resolutions of any kind for the above meeting
must ensure that they are in the possession of the General Secretary
not later than seven days prior to the meeting.

MARJE WILKINSON

General Secretary

PS: Don't forget the Annual Mass on Sunday 28th September at the Cathedral
Crypt, 11.30am. (entrance is down the steps at the side of the
Cathedral in Hope Street. It is hoped that Father John Seddon (an ex-
LCRA member) will officiate one again. Non-Catholics cordially invited.

R A M B L E R I T E

Recently we have had two incidents on rambles, one of which resulted in a minor injury, requiring time off work. Both incidents could so easily have turned serious, resulting in many hours of the mountain rescue service's time, or far worse injuries.

This column is not the place to criticise leaders or walkers, but to educate and inform them. I therefore take this opportunity to stress that mountain areas are dangerous and when on rambles some simple rules need to be followed.

LEADERS...

are required to pioneer the ramble, appoint a 'whipper-in' to assist him, equip himself (herself) with: First Aid kit, map, compass, torches and whistles (all provided by Rambling Sub-Committee); also look after coach arrangements ensuring driver's return to Liverpool before 11pm.

RAMBLERS (Walkers)...

should have suitable clothing and equipment, food and drink and extra clothing (waterproofs, extra jumper). They should do as the leader tells them at all times (a leader is in charge as soon as you board the coach till return to Liverpool). No responsibility will be taken for members leaving a party without the leader's sanction. Violation of the rules may be subject to disciplinary action by the general committee. All members are expected to maintain the high standard of conduct of the Association.

EQUIPMENT...

In future Ramblerites I hope to explain the need for the different types of equipment, but meanwhile, if you are unsure then ASK Brian, Dave or myself and we will attempt to help you. (Note: A discount of 5 or 10% is given at most mountain equipment specialists on production of your Ramblers Membership Card)

For this issue I feel footwear is appropriate, as the standard of footwear at present is poor. Walking shoes, trainers or baseball boots are not suitable for mountain walking since they provide little support for the ankles or protection for the foot on rough ground. Boots are essential but they need neither be very expensive nor very heavy. The boot needs good heels and strong soles, ... slightly flexible for easy walking. The soles need to be of a mountaineering type, i.e. Vibram, and not an industrial type which may grip well in oil but not on mossy wet rock. Prices range from £17 upwards but the important thing to remember when buying boots is comfort. Try them on for half an hour and walk round in them, also wear the socks you intend walking in. Don't be afraid to try other sizes and styles and if in doubt then DON'T BUY THEM. Shop around until you are completely satisfied.

FUTURE RAMBLES

August 17th STRIDING EDGE, 9.30 start (Lake District)

Starting at Glenridding or Thirlmere with Jim Hughes attempting Striding Edge with the A party but Dave Connolly will lead a much easier B walk.

(Note: the August 3rd Yr Elen ramble is a 10.15 start and the 'B' party will be doing a walk in the picturesque Aber Falls area).

September 7 LLANBERIS, 9.30 start

The Llanberis area has been chosen to allow more variety of walks. If the weather is good then Snowdon will be attempted (all on paths). Brian Keller and Mick Norgate are the leaders.

September 21 INGLEBOROUGH, 10.15 start.

Dave Newns and John Maddocks take us on a tour of this limestone corner of Yorkshire with springs, sink holes and the village of Ingleton visited.

October 5 LLEDR VALLEY, 10.15 start.

Dave Connolly leads the 'A' while Christine Welsby makes a debut leading the 'B'. This valley is probably the most beautiful area in Snowdonia.

October 19 PIKE OF BLISCO, 9.30 start.

Terry Tucker and Mike Hendrick take us up to Langdale in the Lake District. Plenty of walks around so look out for two good ones.

October 24-26 KESWICK WEEKEND

Our regular half-yearly expedition to Lakeside House to see Mavis and company, sample the local hospitality and do a few walks. A super weekend with plenty to do. Book early.

LEADERS NOTE: Please let me know in advance if you cannot lead your ramble.

Always remember that on British hills bad weather is 'NORMAL' and good weather the exception. In other words, meeting bad weather when you are out on the hills is never 'bad luck' - it is merely good luck when it is fine. So play safe by being prepared with proper clothing and equipment. It's your life!

ANTHONY BROCKWAY
Rambling Chairman

DATES FOR YOUR DIARY.

August 22-26 BANK HOLIDAY WEEKEND

Keep your ears to the ground for news of what's happening. Nothing planned as yet. Will most likely be a camping weekend.

Saturday, September 6th VICTORIANA WEEKEND at Kirkby Lonsdale

This village situated half-way between Ingleton and Milnthorpe has a unique weekend every year when people dress up in Victorian costume and a carnival atmosphere is created with the usual side shows, and events that take place on such weekends. I will be organising cars on the Saturday for a one-day visit. There is a ramble the next day so we won't be too late getting home. For further details see Joe Rouzke (256 9144). He went last year.

BOOTS ON RAMBLES - or rather the lack of them!

It must be pointed out that the club can accept no responsibility for persons who injure themselves on a club ramble through wearing unsuitable footwear.

DAVE NEWNS, Vice Chairman

Hello everyone, and as always a special welcome to all our newcomers.

I hope, by now, that everybody has got at least a bit of suntan and really in trim for some good socialising - let's face it, after a good old ramble there's nothing better than to replace those lost body fluids with some liquid refreshment. Despite all rumours, ramblers very rarely drink more than two or three drinks...per hour! Let's hope during the coming weeks we will see more of our established members alongside the newcomers on future rambles and socials.

The Thursday club nights at the 'Liverpool' still seem to go from one extreme to another, with one Thursday being rather quiet whilst the following week it is mad busy - this could be due to people having holidays, etc, however there is a number of people who haven't been seen for ages, i.e. Lord Luvan, Paul McCartney, etc! So please 'come on down' (no connection with that TV show, thank goodness!).

I really must stick my tongue out, put me thumbs in my ears and wave back my fingers to the people who decided not to go on this year's Whitehouse trip to North Wales. It really was the best ramble/meal/disco I have been to in years. For those who turned up on that glorious Saturday morning the thought was that it might turn out to be a bit of a letdown due to the poor turnout. Any apprehension was soon removed, as the coach pulled out of the hectic city centre for the short journey to those North Wales hills. We were soon sipping cool drinks in the Loggerheads Inn garden. It wasn't long before all 23 of us had the courage to tackle our first real climb of the day - Moel Famau. The hot sun and the steep climb made sure that we were all perspiring profusely. However, any uncomfortable feeling soon evaporated as we all reached the top and took in the many views. Two of the best were views across the Dee and Wirral and looking down to the lush valley, criss-crossed with fields of every shade of green, leading to Ruthin. We had a well-deserved butty break with time for a few party photos (Linda Bakewell making sure that she got plenty of film for this year's photographic competition), then it was time to move on, following the rolling ridge. At that height the light wind was a welcome relief against what was becoming a hot sun.

Several of the male members now decided the removal of their tee-shirts was in order and this was followed by impressions of Tarzan. Several sheep and lady members decided their debut as 'Jane' would have to wait till another day, so the ramble moved on over those green hills with much laughter and joking, or just chatting about anything from what's happening in the Beano to the recent events in Russia! The Welsh lambs seemed to be glowing brightly (even in the dark!) We hoped there wouldn't be lamb on the menu later.

After several hours, the eyes were giving the feet the good news that the coach was in sight, however, not to take things too easy as there was an

excellent chance of lots of dancing later. The tummy had the best deal of the day, courtesy of the delicious home-made steak & kidney pie and lots of other goodies! Highlight of the disco must have been when Roy Bradley and Tommy Keenan did their own dance routine to Village People's YMCA - I really wish I had a video camera. Even the resident DJ had not seen such good entertainment for ages. Soon we were all up on the dance floor doing the conga, the hokey-cokey and any disco dance routine the DJ cared to put on. Several spot prizes were given by the DJ and with only 23 of us there was a good chance of getting a prize.

Special thanks must go to Anthony Brockway for making all the arrangements. Let's hope we can double the number next time.

I would also like to say a big thank you to everybody who came to the 'Goodbye to Roy' evening at Christ The King club, Childwall. It's nice to know that over the years I have made so many sincere and loyal friends who always seem to be around no matter what one's circumstances are. Like a lot of fellow scousers, I had to move away from home in order to get better job prospects. I hope I have made the right decision to go to Yorkshire. So far the local bitter and the Yorkshire pudding have made it quite worthwhile!

You thought the Royal Wedding, first man on Mars, John Platt back on TV, was the most exciting thing to happen. Well, you are all wrong because everything is overshadowed by...FUTURE SOCIAL EVENTS!!

What better way to start than to highlight the special Charity Dance on Friday, 27th July. Our club are running this dance at Our Lady's Club, Burlington Street (situated between Vauxhall Road and Scotland Road)

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| | THE LIVERPOOL CATHOLIC RAMBLERS |
| | <u>CHARITY DANCE</u> |
| Bar 8.30 till late | FRIDAY 25th July at Our Lady's Club, Burlington St. Music by the <u>J. Mac Disco</u> (our LCRA's pro DJ) |
| TICKETS £1.50 or pay at door | Proceeds in aid of the Merseyside Youth Assoc. Holiday for the Handicapped by Jumbulance |

I really hope everyone will support this very worthwhile event. If you can't make it then a donation would be appreciated to Norma Ridings who has organised this Charity Night. Tickets obtainable from Norma Ridings, Christine Welsby, Angela Platt, Dave Newns or Brian Keller.

THE FRED NORBURY/CYRIL KELLY CUPS - ANNUAL EVENT

The details of this year's competitions are given elsewhere in this newsletter. Everyone, especially new members are invited to take part in the various activities making up this year's event which include Pitch & Putt, Ten-pin Bowls, Darts (Crown Green Bowls has already taken place).

WINE BARGE

"Cruising Down The River on a Sunday Afternoon"- Well the LCRA will be doing their version, cruising down the Canal from Maghull on Sunday, August 31st from 7 to 10 pm. There will be a Singer/Entertainer on board, not to mention the usual bar. Cost of Evening out on the Barge including a hot-pot meal will be approx £5.50. Bookings to Angela Platt. Seats are limited. Warning: last year several people were disappointed because the barge was fully booked by the time they had decided to put their names down, so book early. £2 deposit.

Incidentally, if anyone prefers an alternative to hot-pot on the barge Angela said she has a menu available but at higher prices than the hot-pot but can arrange for alternatives if requested in good time. Contact Angela on 722 6726. Note: Barge Leaves at 7pm prompt from Maghull. Public transport or cars will be used. Barge arrives back at Maghull 10 pm.

Hopefully, by now you have the lens cap off the old Brownie and taking plenty of snaps for the club's very own PHOTOGRAPHIC COMPETITION. Rules are:

1. All pictures to be taken between 1.1.86 and 30.9.86. Closing date for entries. 30th September.
2. Format: Either (a) Transparencies or (b) Prints.
3. Categories: (a) Best Ramble photograph
(b) Best Social "
(c) Best Humorous "
(d) Best Portrait "
4. No more than three photos for each category to be submitted.

By the time the next newsletter appears the full details of prizes etc, should have been agreed by the committee. In the meantime keep clicking and if you need any advice please see Mick 'Bailey' Norgate or Bob Banks to whom all photos should be given.

Finally, if you have got any good ideas for socials, e.g. Free Ale Nights, etc then don't hesitate to contact the social committee (Paul Healy, Christine Welsby, Des O'Connor, Mike Hendrick, Moira Jones, Tony Bond, Fiona 'Madonna' Hawken - Darling, you're looking wonderful!).

Well, that's all for now. I do hope to see you all on some of the rambles and socials. In the meantime, don't do anything I wouldn't do!

Cheers! ROY THILS

BIRTH CONGRATULATIONS

Congratulations to Miriam and John Waite who had an addition to their family recently - a baby girl.

COMMITTEE CHANGE

Chairman of the Social Sub-Committee has been changed because of Roy's departure to Yorkshire. Christine Welsby and Paul Healy are doing a joint Chairmanship.

THE FRED NORBURY/CYRIL KELLY TROPHIES

This annual club event, in memory of two of our deceased members who upto their death in the 1970s were both very much the backbone of the club, Fred being a founder member and ending up as vice-president with Cyril not quite a founder member but like Fred, very active on the organising side of the club, takes the form of several competitions this year. Every club member has a chance of keeping one of the trophies for twelve months - one for the men and one for the ladies. Dates for this years competitions have all been revised as follows:

9th AUGUST - PITCH & PUTT at Harrison Drive, New Brighton. Meet at St John's Lane, 4.15 or at the course at 4.45. See Anthony Brockway for further details.

15th August (Friday) DARTS at The Winslow Hotel, Goodison Road, 7.30pm (opposite Everton FC Social Club). See any committee member for details.

Sat 6th September - TEN-PIN BOWLING at Granada Bowls, New Brighton, 6 pm. Meet at St John's Lane, 5.30pm. See Anthony Brockway for further details.

Points will be awarded for each event as follows: Winner 10 points, second 7pts then 6, 5, 4, 3, 2, 1. One Ladies & one Gent's competition at each event. At the end of all events both lady and gent with highest scores will be presented with the trophies at the club's annual dance in November.

Note: Date for the darts subject to confirmation and may be changed.

One competition has already taken place: Results as follows:

CROWN GREEN BOWLS, June 14th at Seacombe. Winner (ladies) Linda Bakewell, 2 Denise Forrest, 3 Fiona Hawken. Winner (gents) Paul Sellick, 2 Mike Norgate, 3 Paul Healy, 4 Anthony Brockway, 5 Dave Newns, 6 Brian Williamson, 7 Bob Banks.

ANNUAL TENNIS TOURNAMENT

This event took place at the Electric Supply Club, Thingwall Road on July 19th. Unfortunately, it wasn't advertised in the newsletter this year but most of the active members were informed on recent rambles and at the Thursday Socials. It was a good day for tennis and the catering was up to its usual standard with the usual strawberries and ice-cream - all for a modest 50p per person.

Prizewinners were: Gent's - 1 John Johnson (Family Section)
2 Dave Newns
3 (Mike Hendrick
(John Burns (Family Section)

Ladies - 1 Amy Shaw (Family Section)
2 Maureen Howard (Family Section)
3 Maureen Johnson (Family Section)

MARTIN MERE WILDLIFE TRUST, Burscough

The club have been supplied with a few concessionary tickets for admission to Martin Mere (40p off adult admission). Contact Dave Newns for tickets.

FAMILY SECTION. June Ramble, 1986.

On Sunday 14th June, 1986 our little party waded through the town of Llangollen after leaving the supposedly 'packed' car park and found ourselves on the banks of the Shropshire Union Canal - a hell-hole for hayfever sufferers.

After being passed umpteen times by the powerless boats - one-horse power! - we crossed over the canal into the Vale Crusis Abbey - a caravan site, - then by path and country lanes to the village of Eglwyseg, crossing the river of that name to reach it. What every after-dinner walker dreads we then did - climbed steeply. To be precise we went up onto the slopes of Eglwyseg mountain. We strolled along taking in the attractive scenery, then descended to the road. At this point some of the senior members took a detour along the track, while we young, fit and healthy ones ascended once again along the Panorama walk. From there we could see the 'mound' of Castell Dinas Bran.

Descending to the road, we then found the gate to take us up to Castell Dinas Bran. High heels and trainers were in the majority now. At the top we had a break to quench our thirst (it was rather hot) and after you had just been towed up a virtually vertical hill by a dog which is not much taller than a blade of grass, you needed it! After taking in the views for a tenth time we made our way down to the town of Llangollen, where a poor ice-cream man was raided by a bunch of Scousers.

Thank you, Mr and Mrs. Skillicorn, for a picturesque walk.

Chris Potter.

The programme is as in the last issue. Rosemary volunteered for the August House Meeting. This is always a dicey one because of lots of us being on holiday, but come if you're around. There isn't an August walk and the A.G.M. is at the Naylor's house on Sept. 4th. The Annual Mass is detailed elsewhere in this issue. Do come. We had a good crowd last year for this getting together with the young club and remembering our deceased members. Harry and Ronnie O'Neill are leading the September walk (Ronnie in spirit if not in the flesh) and the Chalet weekend, with a 1 p.m. start to the walk on the Sunday is on 19/21 September.

We offer our congratulations to Mary(Hay) and Ron on their engagement and wish them all the very best for their future together.

We're down to one page this month, due, I think, to the slightly shorter interval between newsletters this time.

All for now,

Yours,

F.M.R.