

Pete

LIVERPOOL CATHOLIC RAMBLERS
ASSOCIATION

NEWS
LETTER



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Fourth Series

MARCH 76

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"FROM THE CHAIR"

A PERSONAL VIEW OF CURRENT COMMITTEE TRENDS

CLUBROOM.

Club accommodation is proving to be rather troublesome at the moment. Following our departure from the Mona, alternative accommodation has been found at Ton Hall's Tavern and on behalf of all club members I would to thank Chris Dobbin, trustee, for the hard work he put in arranging the new contract. Considering the shotgun tactics used by the Mona, we were extremely fortunate to obtain Ton Hall's. There just is'nt anywhere in town (Pier Head end) that can take 90-100 people in a private room and store the equipment box.

Current committee thought is against venturing into the "club scene" I realise that many members are unhappy about the current bar prices but this will be renegotiated. It must be remembered that we will only obtain a reduction in price if we can show that we have a market. (It's no help to argue for a price reduction if you stay in one of the other bars to save a few pence). In the meantime, please show support for the club night by coming early.

ANNUAL DANCE DOVEDALE TOWERS 13TH FEB. '76.

Whilst the night in itself was successful (again thanks are due to Chris Dobbin, M.C. for the night), it appears that the present format has outlived it's usefulness. Next year's dance will be a much livelier event, but what a pity that this function is the only social where the entire club meets together.

50TH ANNIVERSARY 1976/77.

The club will be 50 years ~~soon~~ ^{old}. The events of this special year will culminate with a formal Dinner Dance at the Centre Hotel in October/November 1977.

A rough programme of events to cover the Anniversary Year is being prepared, but before this is finalized, I would like to hear from any member with ideas. Now is the time to get them on the agenda - not next year.

FRANK MULLIN
(CHAIRMAN).



Now Write

Dear Mr Editor,

As a former member of the General Committee, I know that nothing infuriates more than to hear members criticising the voluntary efforts of the Committee. With this in mind, I am writing the following not as a criticism of the General Committee but more as, I hope, a constructive exercise for the future success of the club.

Next year I understand a number of functions will be held to celebrate the 50th year of the L.C.R.A. These will include (1) the Annual Buffet Dance and (11) a Special Dinner Dance. It is the former which concerns me most of all. Firstly, I ask, will it take place at all, secondly, if it does, how can it be made a rousing success? My first question arises following the recent Buffet Dance. Despite the strenuous efforts of our ticket sellers, the numbers appeared to be way down on previous years. I wonder why? Could it be that it did not receive enough publicity or were the tickets too expensive? For my part I don't think that either is the true reason for the declining numbers, but rather I feel that a large number of people stayed away in order to miss the usual high proportion of Ballroom-type Dancing. As I see it, to the majority of members, a good night-out means a lively night-out and that means a more realistic number of Quicksteps and deadly boring Slow Foxtrots, and a far greater emphasis on "beat-type" music. I would add that I hope the usual selection of Barn and Old Tyme Dances are retained but for God's sake let's cut down on the Ballroom Dances.

Some members may feel that this is an attack on Family Section enjoyment but I feel the opposite is true. From what I have seen of the Old Swan Gang from the F.S. they seem to enjoy "Beat-type" sessions as much as, or more than the rest of us. Perhaps we forget that the 40 year olds were the generation who were Rocking and Rolling in the late fifties.

The band who performed at the last Dance seemed to be played with an excess of Ballroom Dances and an even greater number of lengthy silent interludes. Yet two years ago they provided a most enjoyable and lively evening. The difference was amazing. As for those interludes, two years ago they were either less frequent or were covered by a Disco provided by the Committee, I can't remember which.

cont...../

So to summarise, if we are to have a successful Buffet Dance next year may I suggest,

- (1) A positive effort is made to provide music for all age groups, not forgetting that the greatest representation should be from the 40 age group downwards.
- (11) Eliminate silent interludes by providing either another Group or a Disco.
- (111) Convince the current membership that the Dance is geared to all members and not just the Ballroom Dancers.
- (1V) More younger members should take part in The actual organisation of the Dance.

To me it is patently obvious that if we do not move with the times and "get with it" then the death knell will sound on what used to be a highlight of the Ramblers year.

Pete M^CLindon.

Family Section

- March 7 Beeston John and Cath. Burns Walk. Take A49 to Whitchurch. Go through Tarporley. Keep to the A49 until Canal-Railway-Cafe are reached. Turn sharp right here and Park beside Beeston Castle Hotel. Be ready to move off at 1 pm. prompt.
- March 26 Tony and Mollie Roche's House Meeting. 16 Hillfoot Road, Hunts Cross, Liverpool 25.
- April 4 Knutsford Cath. Peloe's Walk. Meet at Bust Station Car Park in Knutsford. Be ready to leave at 1 pm. After leaving the M6, take A556, turn left at A5033. At Knutsford signpost on A50 turn right. Car Park is just pass Traffic Lights on right - Baxton Road, Opposite Co-op.

Introducing New Members.

Ann Lambert, Margaret Ratcliffe, Judith M. Logan,
and Anthony T. Docherty.

WALK TO LONG MYND SUNDAY 18th. JANUARY '76.

With Lesley pioneering new ground in Shropshire, a good turnout of 39 ramblers was her reward.

As it was my first outing with the ramblers, I was very curious to see how the day would unfold. Due to our glamorous leader being 15 minutes late, we did not depart until 10.30, but made up lost time on the journey arriving in Church Stretton at 1.0'clock.

The most convenient place for the coach to park was at the open end of a valley. It was already a cold grey day, but added to this was a biting wind channelled directly against us. (A daunting introduction for a beginner) As we started our ascent of Long Mynd we soon forgot the elements. On reaching the top we stopped for our butties, and watched in the distance, gliders from the West Midlands Flying Club. When we resumed our walk, the weather turned really nasty and it rained incessantly for 2 hours. Undismayed we ploughed on encountering a few pigs on our journey. Inexplicably, it was at this point that Lesley decided to count us all!

We arrived back at the coach at 5.30. after an exhilarating 7 mile trek, and changed into some welcome dry clothing.

Starting our return home at 6 o'clock, we travelled for an hour before stopping at the "Raven" in Whitchurch, for some liquid refreshment. There we were entertained by a local Country & Western singer, and we provided an excellent chorus for the many popular songs that he sang.

We continued our sing-song on the coach back to Liverpool with a final rendering of 'Mary, Mary, show us yer leg.' Another ramble is a must, if only to find out what Mary's leg is really like!

LEO FORSEY.

COLD SHOULDER

I go to work and sniff and wheeze,
And someone's always sure to sneeze,
And tell me in accusing terms,
I'M spreading all my horrid germs,
But If I stayed at home in bed,
And coddle my colossal head,
Someone else is sure to scold-
"You stayed at home with just a cold?"

SNIFFLES



LLANARMON HOTPOT RAMBLE FEB. 8TH.



This traditional ramble was, as usual, well supported. Forty-one people booked the hot-pot (the max. number the coach can carry), and 40 people actually turned up at St. John's Lane on a clear, dry - but somewhat sunless day.

Our leader, Brian Keller, ordered the coach to stop at the Loggerheads Cafe in N. Wales, where Dave Holden made his usual order for bacon and eggs, whilst the rest of us partook of more humble breakfasts. Whilst Dave was finishing 'tucking in' we amused ourselves at playing table football and wondered how Barry Dooley got a record literally out of a juke box after inserting his money.

After passing the 'Clwyd Gate Inn' on the Ruthin Road, the coach came to a halt, whereupon we tackled the rather steep hill, which although causing us to puff a bit, afforded us pleasant views across the Denbigh Moors and the Vale of Ruthin.

Our breath restored, we moved on. The ground was more level now but we had to contend with thick, though dry, heather underfoot. Brian then gave us the option of either going over a steep hill or round it. Most chose to go over and we met up with the less fit walkers after charging down a not too steep hill and causing the dispersion of a bewildered flock of sheep.

Then came a longish roadwalk through rural farmland to Llanarmon where the coach was parked outside the 'Raven Inn' - an 'olde-worlde' type pub with an annexe where we were to enjoy our much appreciated hot-pots (and changing out of our muddy clothes). Most of us were seated at two long tables for the hot-pot and Alan Joynson and Pete McLindon took photos of us at table. The meal over, we moved into the bar and rearranged the chairs to our satisfaction around a rather out-of-tune piano that stood there, lid open as if inviting to be played.

Whilst supping, Alan played it a bit which encouraged Richie Cannon to play a selection of pop tunes. He then accompanied Barry Dooley who was armed with a collection of song books. Of course, as the evening elapsed, our singing grew more enthusiastic. Mike Bradley supplied an interlude of traditional Irish Airs, on his piano accordion, Richie resumed to accompany Barry who was requested to sing 'I did it my way'. When Brian suggested it was time to go, noone stirred and Richie played the song 'We shall not be moved'. However, we subsequently left at 10 o'clock.

I suppose the locals were surprised at our singing that night, anyway they did not complain; indeed I rather think they enjoyed our sing-song as much as we did! TENDERFOOT.

RAMBLERITE

I would like to thank Dave News for helping behind the scenes, pioneering such walks as Llantysilio and Beacon Fell and also to Congratulate Mary Barrett on leading her first ever walk at the Horseshoe Pass, which was a good day out. Although the snow lay thick on the ground, this added more to our enjoyment. Snowball fights and slides down mountain-sides in our cagoules (under the camera's eye) gave us lots of laughs.

As it was International Women's Year last year I hope to see more female ramblers leading walks. Not confident enough? I'm sure the experienced male ramblers will be only too pleased to instruct you in the art of map-reading until you are confident enough to manage on your own.

An ideal opportunity for any absolute beginner to learn how to map-read is the forth-coming Orienteering (Wayfinders) event on 28th March. This will be organised by Eric Kavanagh of the Deeside Orienteering Club and will take place in North Wales. (The original date has been interchanged with Jim Adamson's walk). More details in the next Newsletter or from the Club. I would just like to say that the sense of achievement one gets when "single handedly" one finds a particular point in, say a thick wood, with just that map and compass has to be experienced to be appreciated. If one gets lost - one merely goes back to the last point of familiarity and takes a bearing again.

All this is therefore leading up to our hoping for more people to lead walks and to do that you normally need to know how to map read!

Equipment for Ramblers

I have heard that people who are new to the club are deterred from going on rambles for two reasons. Either they are worried that they cannot keep up or they do not have the necessary equipment. Please let me allay your fears on the first point. We normally have two walks, an "A" walk which is the more difficult one and a "B" walk which is not as hard. There are numerous stops on "B" walks for various reasons- for butty breaks for resting, taking bearings and for slower walkers to catch up - so don't worry about being left behind!

With regard to the problem of equipment, the basic needs are a good pair of rambling boots, woollen socks, waterproof anoraks or cagoules etc. (oh yes and a change of clothes). Most people take sandwiches and drinks in their haversacks.

cont...../

We would suggest if any of the older members, or anyone who has no further use of such equipment and wishes to donate it to the club, that he informs any Committee member who will see that it is put to good use.

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

- 7th March LYN CRAFT is cancelled as Lesley was unable to do a pioneer owing to the 'flu. A substitute ramble is still being decided upon at time of printing.
- 14 March NOT ORIENTEERING, instead Jim Adanson will be leading a walk to PENDLE HILL, the famous Witch Country of Lancashire--bring your broomsticks.
- 19-21 March KESWICK WEEKEND Names and deposits from the club 2-3 weeks beforehand.
- 28th March ^{ORIENTEERING} ***** Organiser Eric Kavanagh.
- 4th April Hooray, a female leader! Anna Kupiec will lead a walk to Llamberis in West Wales.

IVOR CORN

Our commiserations are extended to BRIAN KELLER who suffered yet another birthday recently; also to LENNY CARTER & PETE KENNEDY on their recent birthdays.

S O C I A L I T E

Whilst many people have enjoyed our Club nights-out at the POLISH CLUB in Aigburth, many find it awkward to get to. Our dances at the Electric Supply Tennis Club are more convenient but many people do not like the "Wedding Party" atmosphere there and the early closing of the bar.

Therefore, we are planning on having our next dance at a new venue -Our Lady's Church Hall, Wavertree, on Friday 26th March (possibly later). The Hall itself is situated alongside the Parish Centre with bar access, in Chesnut Grove, off High Street, Wavertree, Lpl. 15 and we hope to make this a Ceile or Country Dance night with a disco for part of the evening. Buses 68 and 99 cross city, nearest stop Picton Clock tower; go down High Street. Buses from Pier Head are 76 78 79abcd H23 H24 alight at the "Thatched House" pub, one stop before the Picton Clock tower and turn left into Chesnut Grove.

cont...../

CIVIC MASS, METROPOLITAN CATHEDRAL. JANUARY 18th 1976

On Sunday January 18th 1976, with Mrs Kelly, I attended the above Mass, on behalf of the Liverpool Catholic Ramblers Association, and afterwards we attended the reception held in the Chaplaincy. On the face of it, this does not seem very important in itself, but I am recording it because in the history of the Club, this is the first time that the Association has been officially recognised in this way, and Mrs Kelly and Myself were very proud and honoured to represent you.

In a short interview at the reception with Archbishop Beck, I wished him a holy and peaceful retirement, on your behalf, and in turn he sent his blessing to the Club and all its members. I now pass his message on to you all.

CYRIL

NOTICE

The Committee wish to inform all Club Members that from Thursday, 5th February 1976, Club Social Evenings will be held in Tom Hall's Tavern, Brunswick Street, (Off Castle Street) in the Princess Suite.

D. KENNA

GENERAL SECRETARY

FIRST AID

THE UNCONSCIOUS POSITION CONTINUED

In the last Newsletter we studied the unconscious position and its use for casualties where breathing is still present. We will go on to look at First Aid for casualties where breathing AND heart beat are NOT present.

First, however, note the following TRANSPORTING CASUALTIES WITH CHEST INJURIES.

- 1) Where breathing and injury to one side - lay on the injured side with slight head down tip.
- 2) Where injury to both sides - lay on worst injured side, but where delay is likely in getting to hospital, lay on alternate sides for about 1 hour unless casualty appears to breathe more easily on one side.

CONSCIOUS CASES use sitting or half sitting position

PART II RESUSCITATION HEART COMPRESSION is used when the heart has stopped beating and casualty unconscious and not breathing - act as follows:

- 1) IMMEDIATELY
- 2) Carry out artificial respiration in addition to heart compression.
- 3) Check heart has stopped beating.
- 4) Place casualty lying on his back on to a hard surface.
- 5) When chest is falling - after each inflation - apply 6 rapid pressures to lower half of breastbone.
- 6) Continue to apply heart compression after each inflation until the heart starts to beat.
- 7) Continue artificial respiration until breathing starts.
- 8) Turn the casualty, when breathing, into the unconscious position.
- 9) Watch carefully to see that the heart does not stop again and that breathing continues.
- 10) Arrange for casualty to be taken to hospital still watching carefully to see that the heartbeat and breathing are maintained.

THE BEST RULE IS:-

- 1) If casualty unconscious - no pulse can be felt or heart sounds heard.
- 2) Breathing has stopped or only in gasps - DO NOT WASTE TIME BY FURTHER CHECKING - START HEART COMPRESSION AT ONCE.

CHECK THESE BEFORE DOING HEART COMPRESSION

THESE MAY RESTART THE HEART

1 LISTEN FOR BREATHING	2 LISTEN FOR HEART SOUNDS & FEEL FOR PULSE	3 CHECK PUPIL SIZE	4 RAISE LEGS	5 THUMP ONCE OVER HEART (EXCEPT CHILDREN & THE AGED)
BREATHING IS STOPPED →	HEART HAS STOPPED →	LARGE PUPIL		

HEART COMPRESSION

6. PRESS HERE	7. PRESS 6 TO 8 TIMES	8. GIVE ONE INFLATION	9. AS AIR ESCAPES PRESS 6-8 TIMES



HARD SURFACE

COMPRESSION SQUEEZES BLOOD OUT OF HEART
APPLY 6 RAPID PRESSURES TO THE LOWER HALF OF THE BRESTBONE

REPRESENTATION OF TYPE OF PRESSURE REQUIRED



THE DOWNWARD PRESSURES ARE SHORT AND SHARP

NOT BUT- QUICK, SHARP AND RELEASED SUDDENLY

SURVIVE

No doubt most of you will have heard this organisation. It is a group of people who are providing medical care for the underprivileged races in the third world. They do this by what are known as Jungle Ambulances, which are in fact mobile hospitals which can move around quickly to wherever they are required. Their work is done in conjunction with CAFOD, which as you know is the Catholic Organisation dealing with overseas development. I have been asked to try and organise retiring collections at all the parishes in the Archdiocese, and this is the reason for this article. No, I am not going to ask anyone for money, what I am asking for is a little bit of your time. When a parish agrees to allow a retiring collection, it will be necessary to have collectors outside the church for each Mass on the Sunday allocated.

This is where you come in. I would like volunteers from each Parish to fill in their names and addresses and Parish on the attached form, and let me have it back as soon as you can. You are not committing yourself to any great task. All I am trying to do is to get a panel of help us who would be willing to help if and when the collection is held in your Parish. This would involve giving up some time on one Sunday in a year - no more than that, and maybe even less. At a time when we are constantly being reminded of the plight of the under-developed nations, I know I can rely on the usual Rambler's response. Thank You

CYRIL

NAME
ADDRESS

I AM WILLING TO OFFER MY HELP WITH THE RETIRING COLLECTION FOR "SURVIVE" WHEN TAKEN IN MY PARISH.

MY PARISH IS SIGNED

FRED NORBURN

SPECIAL NOTICE
 1976 1976
CUP

NOTICE IS HEREBY GIVEN THAT a series of 6 Competitions will be held at the rate of 2 a month commencing in APRIL and finishing in June to decide who will be the male & female SUPERSTAR WINNERS of the above Cup in 1976.

The 6 Competitions will be as follows (the actual order of sequence and further details will be given in the next Newsletter):-

1. TENPIN BOWLING -Organiser Alan Joynson who will collect the score-cards,
2. DARTS -Organiser Dave Holden -probably play "Shanghai" up to No. 7,
3. CROWN GREEN BOWLING -Organiser Mike Lewis -Score Cards -Location Mersey ROAD Aigburth,
4. PITCH & PUT on a points system to be organised by Pete McLinden,
5. DRAUGHTS 3 points for winner, 1 for loser, organiser Dennis Keenan,
6. TIDDLYWINKS - Highest no. of points wins in a limited length of time - Organiser Phil Gillies.

THE FOLLOWING RULES have been drawn up by the Cup Committee:-

- i) Only Club members can compete for the Cup,
- ii) The highest number of points won by each male/female competitor divided by the number of competitions that he/she has gone in for will decide the Joint Winners (who keep the trophy for 6 months each and have their names engraved thereon),
- iii) Each competitor must compete in at least 4 games,
- iv) -"- -"- -"- apply for the Competition before the 3rd event (in May). Names will be taken by Alan Joynson, alternatively, interested persons can complete the tear-off slip in next Newsletter
- v) The organisers of each event will also act as Adjudicators for those events. In the event of any dispute or difficulty, Alan Joynson, the General Adjudicator, will have the final decision,
- vi) In the event of a tie, the "breaker" will be decided by taking a draw out of a hat for the equal-scorers to play the further event so drawn,
- vii) Each competitor can play a "JOKER" once, i.e., choose an event you feel you are best at by announcing your Jcker, you double your score if you win. If you lose you don't win anything!
- viii) For partnered games, e.g., pitch & put, partners are drawn from out of the hat at each event.

The above rules are designed to give everyone a fair chance of winning. Win or lose, I hope you nevertheless enjoy them.

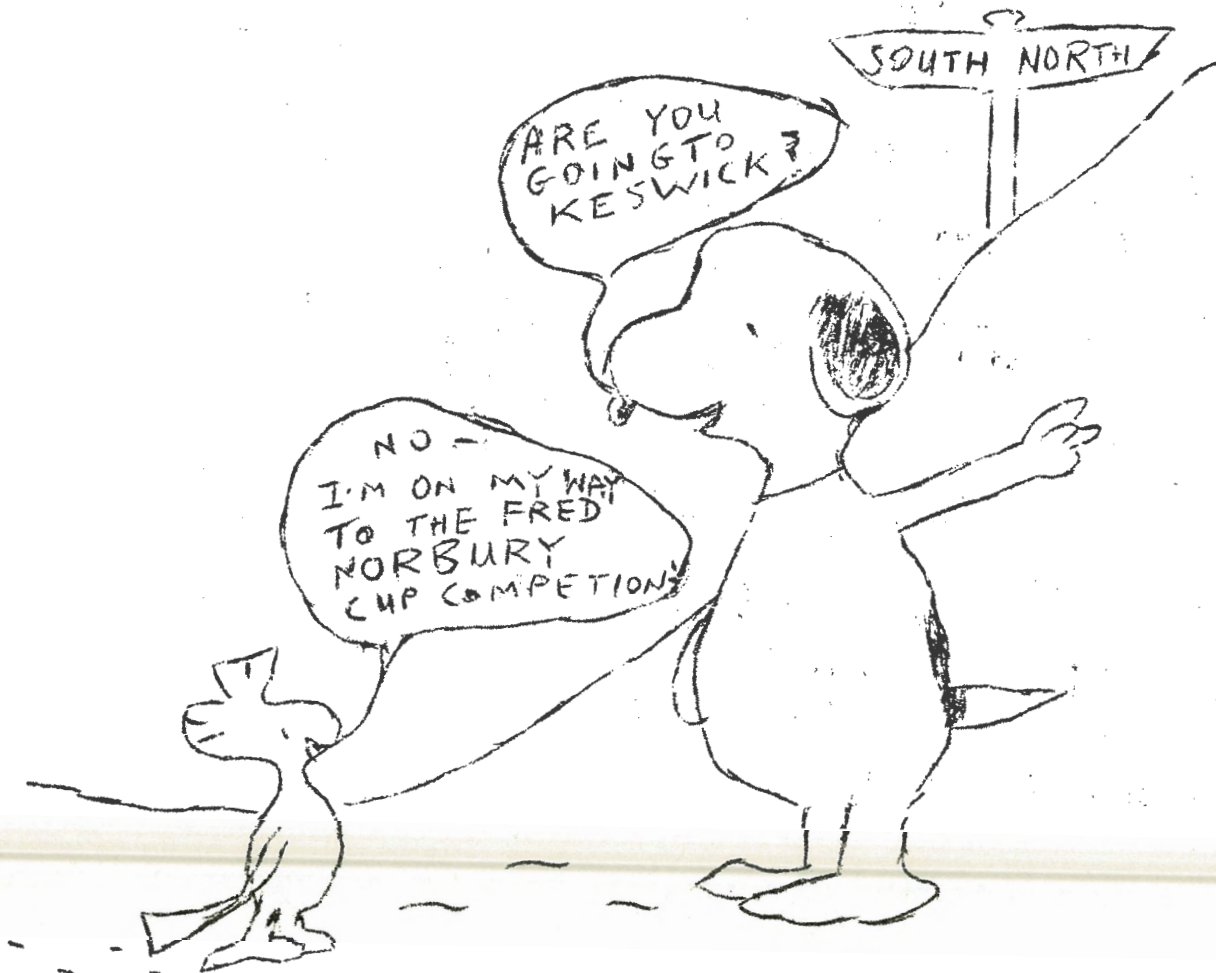
E&OE Ed.

The hall and Parish Centre are situated next to the Church. We hope to book the Irish Centre Liverpool Ceili Band which was so popular at the Tennis Club Dance of last year. Further details from the club or by telephoning me at 638-2489.

SPEKE HALL

We are arranging a Saturday afternoon visit to Speke Hall on 6th March, meeting outside at about 1.30. If sufficient people turn up, a guide will show us around—so do your utmost to come along. The buses running closest are:— Nos. 77, 80, 81, 82c, 89, 500, and the H1. Get off at Speke Hall Avenue and walk down alongside Speke Airport to arrive at the Hall. Hope to see you there then!

Alan Joynson.



P U Z Z L E P A G E

T H E N A M E G A M E

1 The name of a well-known Rambling personality is hidden in the boxes below .

Each box contains one letter of the person's name. To solve the identity insert the INITIALS of the person or place from the clues below . Keep trying until all boxes are completed , when you should then get the name in full.

1	2	3	4	5						
6	7	8	9	10	11	12	13	14	15	

CLUES:-

- Boxes 10 & 11—Discoverer of Gravity
- " 8 & 5 American City
- 9 & 13 Female American film star of yesteryear
- 1 & 12 A retiring pop star
- 7 & 14 Authoress of modern ladies' novels with an Irish name
- 3 & 4 Cowboy Star with a white horse.
- 2 & 6 Famous Rock & Roll Star

****SOLUTION NEXT MONTH ****

2 WHAT other English word can be formed from exactly the same letters that are contained in the word M O N D A Y ?

3 A Y U L E T I D E P U Z Z L E

This is an arithmetical puzzle which I for one have not yet solved. I'd like to hear from anyone who can-

A.
M E R R Y
X M A S

T U R K E Y

K = 3
T does not equal zero

The first of the following is a list of the names of the persons who are members of the Board of Directors of the Bank of America, N. Y. & C. for the year ending December 31, 1911.

The following is a list of the names of the persons who are members of the Board of Directors of the Bank of America, N. Y. & C. for the year ending December 31, 1912.

The following is a list of the names of the persons who are members of the Board of Directors of the Bank of America, N. Y. & C. for the year ending December 31, 1913.

Bank of America, N. Y. & C.
New York, N. Y.