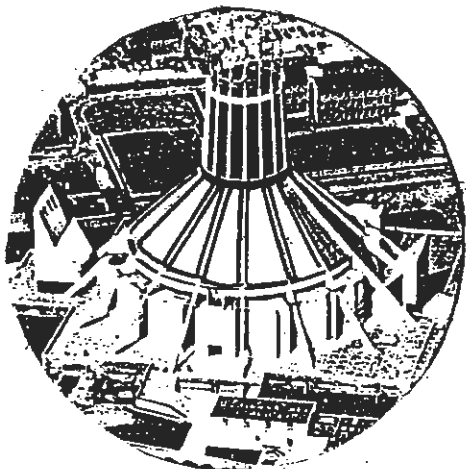


LIVERPOOL CATHOLIC RAMBLERS ASSOCIATION



Newsletter

This Sunday supplement is interesting but we should really have brought our map!



Seventh Series Issue 33

November 2001

Ramblerite

BUFFALOES would have been happy to join us wallowing in some of our recent muddy walks. It can only get better, we hope!

The gruelling descent from Helvellyn to Thirlspot tested the "A" and "B" walkers' legs to the limit with at least a thousand feet of new man-made steps.

Shorter coach journeys begin with our winter programme, the first being up the Cat and Fiddle Pass on November 11th. This old stagecoach road, between Macclesfield and Buxton, has the beautiful Goyt Valley nestling beneath the north side of the pass. Full details of walks are on the back page.

Most of the "C" walks in the new programme have got a variety of leaders but there are many "A" and "B" vacancies. These are handy for any new leader who wants to volunteer, otherwise the regular leaders will lead as usual.

We now start to get back home much earlier than we have in previous months, but there's an optional meal at the end of the walk today (Oct 28th) and also on November 18th when we will be staying a little longer in the pub than the normal 45 minutes stop. New members note that occasionally, if it's a really cold and wet day and people want to get home for a hot shower/bath, we've had no pub stop en-route. It's up to the person in charge to decide.

At the recent AGM Will Harris mentioned that the Foot & Mouth crisis has actually done us a favour by the fact that just before the outbreak we were losing a lot of money on the coaches due to poor attendances, but since the reintroduction of the coach trips we have had no losses, apart from the recent Moel Siabod trip. Meanwhile, get out walking instead of watching all the latest panic news on TV.

Ann Thrax-Banned (Nom de plume - don't panic)

NEXT EDITION is the Christmas Newsletter, so give or send any material to me asap, thanks.

*Dave Newns, 7 Abbotts Way,
Billinge, Wigan WN5 7SB*

NEW MEMBERS

We welcome the following new members and hope they enjoy many happy times with us. They are: Clare Wakefield, Geraldine Martin, Dorothy Murphy and Anthony Sealeaf (Fran's brother).

SIXTIES NIGHT BUFFET

DANCE - Sat 2nd February 2002 at the Devonshire Hotel, Edge Lane by the Rambler's Reunion Committee (our behind the scenes other Family Section) - Live Group "Backbeat" Tickets £12.50 Contact Dave Newns

Christmas Hamper

We need items of food and drink to fill the hamper to be raffled at our Christmas buffet dance - Donations to Mike Riley. Thanks.



Forthcoming Social Events



Thursdays at the Ship and Mitre (upstairs), Dale Street

Nov 1
CHEESE & WINE
Tom Reilly

Nov 8
BRING & BUY SALE
Auctioneer Ray Mc
Bring all your goods to be
auctioned for club funds

Nov 15
THE WEAKEST LINK
Ray McRobinson

Nov 22
PICTURE QUIZ
Bob Carney

Nov 29
ALL OUR YESTERDAYS

Dec 6
BOOKINGS ONLY
Christmas Dance takes
place the following night
(see notice below)

Dec 13
MINCE PIE NIGHT

Dec 22
NO CLUB NIGHT

Dec 27
NO CLUB NIGHT

Jan 3
CHEESE & WINE
Tom Reilly

OUR RECENT AGM - There's not enough space here for a full report but the main concern is that we are still in a lucrative position financially, so there is no need to increase subscriptions at the present. The newly-elected committee is shown in your new programme.

Lively debates were held in Any Other Business. It was decided not to start having official toilet stops during the ramble as suggested by one member. We will just go when the need arises. Other valid points raised were to be discussed later by the new committee.

OBITUARY

Sadly, Richie Cannon's Mother died recently. We offer our sincere condolences. May she rest in peace.

ANNUAL RETREAT, SUN, NOV 4th

at Loyola Hall, Warrington Road (A57) Rainhill, opposite the Premier Lodge (Ship Inn) half a mile from Junction 7 of M62. From the motorway follow signs to Rainhill/Prescot.

Arrive 10am, depart 4pm. Coffee at 10am and 3.30pm; Lunch at 12.45pm. There will be a Mass during the Retreat. Give your names to Dave Newns. Transport can be arranged.

THE ANNUAL MASS - About 50 members (roughly 25% of the present membership) prayed for past members during the Mass and several of us enjoyed a meal at Wetherspoons afterwards.

"What's so special about being 75 years old?"

This is the question several members are asking about our proposed 75th anniversary dinner dance next year. Tickets will be approx £25 each.

Tell us if you are interested or not?



"I don't believe it"

Christmas Buffet Dance

FRIDAY, 7th DECEMBER - Tickets £8

Silvestrian Club, Silvester Street, off Vauxhall Road

Get you ticket NOW so that numbers can be estimated

Our bunk holiday at Barmouth

ON ARRIVAL at our sea-front hotel on the Friday afternoon (September 7th) by cars and minibus, we were astonished to see so many bunk-filled rooms.

Apparently there were rooms at the back of the hotel that weren't ready for our occupation. So a few days before our arrival there was a last-minute phone call to one of our organisers who, incidentally, wasn't going on the weekend with us.

It was then agreed that a few bunk beds be set up, but meanwhile, Lurch, who now faced us, had gone through the roof with the bunks with five or six in several small rooms and no room to swing a cat.

We complained to the man in vain, but the club had already sent £460 to the hotel, so we couldn't just walk out. The man's absent father-in-law was in charge, so now Lurch vanished into the private quarters to speak to his wife and phone a friend, but I think he should have asked the unhappy audience - there were plenty of us!

To cut a long story short, ten of our group bunked off to find themselves alternative accommodation, leaving just 23 of us in the hotel. Fortunately, it must be said, Lurch's breakfasts were really good.

That Friday night we painted the town red, making the most of Barmouth's night life, sampling various eating places and imbibing in hostelryes - even dancing in a night club for some.

The fine Saturday morning saw us all using the 17-seater minibus. First a full load of "C" walkers were dropped off at Dolgellau, then Bob returned to drive we "A" and "B's" via Llanbedr to the wild Rhinog country.

A ROCKY ENCOUNTER

Rocks were main theme of the day for the "A/B" group. The first rocky encounter was on a narrow stone-walled road where a jutting-out rock unfortunately reshaped one of the four rear wheels of the minibus. When trying to get the spare wheel from underneath, even Paco mimicking the backstroke couldn't budge it, but luckily, the minibus was still driveable with care.

Meanwhile, after a trek along the Roman Steps (these were ancient stone slabs along a remote mountain pass) we now faced a scramble up a bit of a chimney (term for a type of climb). Smoke began to rise from several of our gang looking up this nerve-racking "walkers" route.

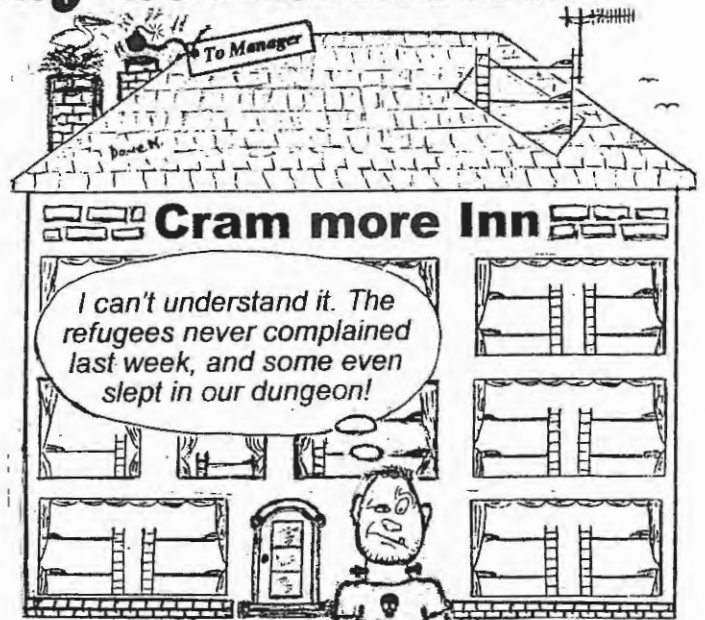
I had good reason to be anxious at this challenging climb. Yes, some might come to grief - but foremost, some still owed me another £20 for the hotel! However, with much shouting and pulling from above and pushing by the bottom (literally) we all got to the top.

Now it wasn't long before the "A" parted company from our still shaken-but-not-stirred "B" gang, after a rocky route down to a lake at the foot of Rhinog Fawr.

BOG STANDARD FUN

Peter and Jules had initially opted for the "C" but the first minibus trip was full, so they "volunteered" for the "B" but now here they were, joining the "A" team for even more scrambling straight up the rocky cliffs of Rhinog Fawr and beyond, into the wilderness.

Meanwhile Ronnie entertained the "B" (not wanting to get her new hoots wet) by plunging into a bottomless



bog. This shock took years off Ronnie's life, and just to confirm this, she was spotted later that night, in a music pub, doing a vibrant knees-up with Irene and Margaret.

They had stolen the floor from the hapless teenyboppers but the burly bouncers stood powerless outside.

Meanwhile it was mid-Saturday afternoon, high up on this sunlit moonscape and we "B's" now had to make a big decision that could change our lives. Yes, it was whether to buy a lottery ticket on return to base or not!

CHASED BY A CHINESE WAITRESS

Our third group, the "C" team, after being dropped off at Dolgellau, did an enjoyable scenic coastal trek led by Roy (of Lurch's Bridal Suite). After having several photographic sessions, they finished off by traversing the long toll bridge that spanned Barmouth Estuary.

Now it was ditto as Friday night, after some of us first went to Mass, but one incident must be mentioned here. It was after a Chinese meal when a few honest members were chased down the street by an irate waitress accusing them of pinching her plate (used for the tips). It was all a misunderstanding. After all, how could a Catholic Rambler from Liverpool ever be accused of pilfering? Roy said the plate was still at the restaurant (*Scouser's honour!*).

Sunday developed into an Indian Summer's day and many of us went for a ramble over the scenic rocky headland overlooking Barmouth via the Panorama Walk where Cader Idris could be seen across the estuary.

Meanwhile Richie, Paul, Carol and Ken spent their Sunday first visiting Harlech Castle then continuing to Port Meirion (the Italian village).

Before a few of us left that Sunday afternoon we were pleasantly surprised to be served cups of tea on the hotel forecourt by Lurch. He chatted to us with a final revelation that he was hibernating for the winter, so on departure we turned him into a toad!



Several of us stopped for meals at Llangollen en route. Meanwhile the minibus passengers had something to eat at Barmouth before leaving - on six good wheels again.

Dave N.

A knees-up through the tussocks

Rivington Moor - 9th September

SEVEN of us met at the Lower Barn in Rivington on a lovely Autumn morning. Refreshed and groomed, we set off for the car park from which the walk would begin. The short journey required maximum concentration as budding Barry Sheenes roared either side of us.

Six members and one visitor, Paul, set off towards Belmont, climbed a stile and headed NW in high spirits and chatting too much, particularly our leader as he managed to lose the path briefly, causing an unscheduled knees-up through the tussocks. All in fun!

An extremely cobbly path took us for about a mile to the perimeter of the ornamental gardens where a band was waiting for us, providing not so much a heroic's welcome as an invitation to help their very worthy cause.

We climbed the Pike, admired the extensive view and then took a rather late lunch.

(NB: Peter had previously been spotted stuffing something into his mouth).

Our object now was to descend, cross the rather boggy moor and arrive under the huge masts on the opposite hill without getting our feet wet - I didn't hear any complaints so presumably it was 'mission accomplished.'

The masts close-up were very impressive and gave rise to long, if inconclusive discussions about how they had been erected. I'm not sure what the ladies were discussing but they certainly were going great guns.

Of course we visited the summit of Winter Hill where we had a 360 degrees panoramic view and where the sun continued to shine, if rather fitfully. It was virtually all down hill from now on with just a little ascent at the end.

Thanks, George and Freda and the other five, as well.

GEFA

Planes almost clipped the trees

Sunday 12th August

THE CHILDE OF HALE car park was the meeting place for nine members of the Seniors' Section for our now monthly ramble.

We set off along the High Street and into Ramsbrook Lane in fair weather, although a few clouds were visibly gathering overhead. We passed a mixture of properties, some obviously very old cottages - a few of them with thatched roofs - and some modern houses.

Soon we left the leafy lane and walked along a footpath through a cornfield eventually emerging at Alderfield Drive.

By now we were quite close to the airport and the Dove and Olive Branch public house on the corner of Dungeon Lane which took us down to the river.

We quickly found a suitable venue and stopped for lunch which was interrupted by several Easy Jet and Air Tour planes bringing back holiday makers from sunnier climes. We also had a very good view of Stanlow across the sand dunes.

After lunch, and dallying awhile to watch in amazement as some of the planes almost clipped the trees as they came in to land, we walked along the Mersey Way through woodland and onto the cliff top with fields of potatoes and ripening onions on our left.

Unfortunately the weather rapidly deteriorated and the drizzle had turned to heavy rain before we reached Hale Head Lighthouse. After some discussion our worthy leader decided to continue along the Mersey Way until we eventually reached Within Way and Church Road.

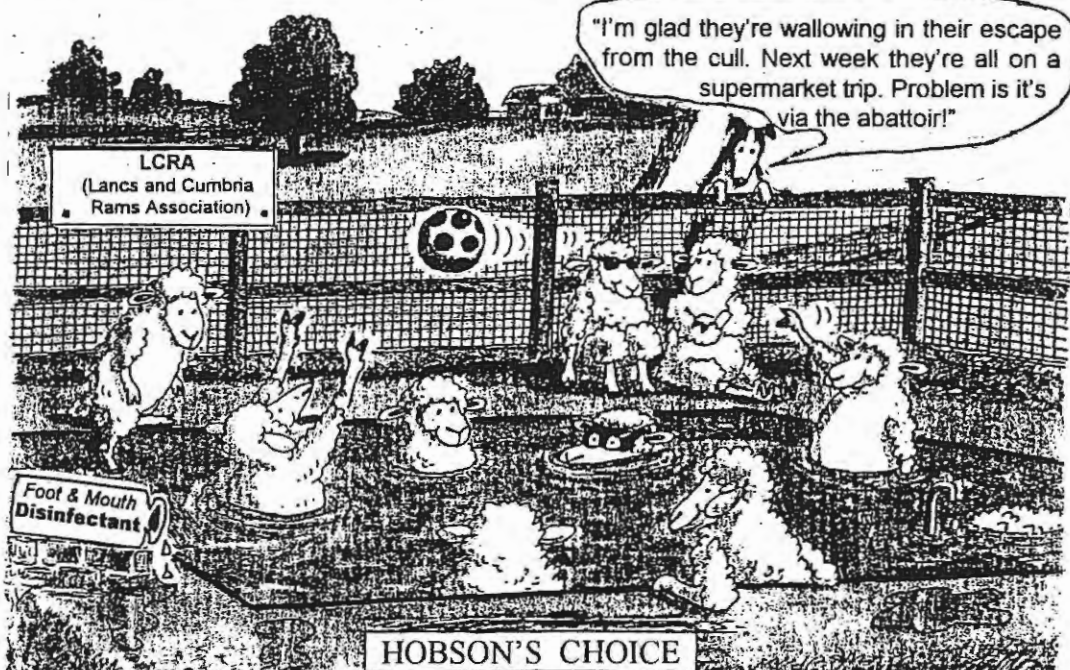
Maria very kindly invited us all back to her bungalow for coffee and an opportunity to repair the ravages of the weather before going for a meal or home. Thank you very much for your hospitality Maria.

Thanks also to Bill for leading the ramble - too bad about the weather - we enjoyed ourselves anyway.

MAAM

Subs were due in September, so if you haven't renewed yours yet and want to avoid being sent on a trip with these poor sheep pay up now. Thanks.

Single Members £5
Joint Membership £6
(married couples)



Wrap up this winter

AT THIS TIME of the year we start to consider whether we have the correct clothing to continue our rambling activities through the winter.

Members from time to time go looking for advice. I will try to pass on some of my own personal experience which I have picked up from members and friends.

The first thing to consider is the elements we have to face: Wind, rain, snow and sub-zero temperatures (*rarely the last one*). Whilst it is easy to cover up from the elements, do we stop to think of the combined effects of the above?

Most outdoor people choose to use a layered system. This is also the preferred choice of most members - basically it means you wear a number of items, taking them off when you are hot or adding more when cold - a very simple solution, but we can improve it by the choice of layering we use.

THE TOP HALF - For the first layer the most efficient material around is polyester (cotton holds on to moisture which adds to the cold effect). It is very light, tough and durable.

You can pick up some quite smart and fashionable items quite reasonably priced by shopping around. A polyester vest followed by a long-sleeved polyester garment should do for most of our needs. Next layer is a fleece jacket or pullover. You will not overheat and they all take moisture away from our body extremely efficiently.

The exterior layer (coat) should be waterproof. There are many good examples knocking around: Triple Point, GoreTex, SimpTex being the most well known. The prices have fallen quite dramatically lately. If you shop around you can pick up a GoreTex coat from £100-£125. It may seem expensive but I have been wearing my coat for nearly six years and it is still waterproof and windproof.

Another tip is to carry your rambling programme as you can sometimes get a discount if you can show that you belong to a walking club.

LEGS AND FEET - Now we have dealt with the top it is time to consider our legs and feet. These are a commonly neglected area, but if we prepare right, it will make our hobby much more enjoyable. Comfortable quick-drying trousers are a must (you should never wear denims - they hold water like a sponge and can get very cold). Again polyester comes to mind. For the ladies leggings are perfect - comfortable, hard-wearing and quick-drying - all the attributes you need. For the men, Ron Harris style tracksuits or running trousers do exactly the same job - but any polyester trousers will do.

Overtrousers can be picked up quite cheaply but it may be worth going for a slightly more expensive breathable material.

A good but fairly new idea for the feet are sock liners. These you can wear all the year round. Again they are usually made of light polyester (yawn). They keep your feet cool in the summer, and warm in the winter. They work by whisking moisture away from the feet to the outer layer. I have been wearing these for two years now and my feet feel much healthier after a walk. You can buy three pairs for £5.99 at the moment at Outdoor World. Branches at Derby Lane, Bootle and Warrington.

BOOTS - A good pair of boots are necessary all year round. You can pick up a pair of boots for £20 to £30 but this can be a false saving. The things to look for is good support and good grip with deep grooves in the soles (this helps to disperse mud, etc). The most common soles used are Skywalk/Vibram. To test support of the boot hold at the head and toes, then twist from left to right and vice-versa. The less the boot moves the more support it will give you.

Another good idea is to wear a pair of gaiters. These have more than one use - they help to keep the rain and snow out of your boots. They are handy when crossing small streams, muddy fields, etc, plus they also keep stones and debris out of our boots.

RECOMMENDED SHOPS - On the face of it this looks like a considerable shopping list but if we look through our wardrobes we will probably have most of the suitable clothing we need. The rest we may have to buy.

For advice and a good choice, one of my favourite shops is Adopt (formerly S.O.F.). Here the 10% discount offered to members is always welcome. Another is Outdoor World in Bootle but you can also pick up great bargains in TK Maxx and Greenbergs.

Bob Carney



Why do flocks of geese fly in V-formation?

WELL, scientists in California have found the answer by using flight simulators and computers.

The results show that geese fly in V-formation because it is the most energy-efficient way to fly long distances.

The air turbulence from the lead goose gives uplift to the two geese on either side. In turn, uplift is passed on to the geese further out in the V-formation.

Each goose takes its turn to be leader, and then moves to rest on the outer edge of the V-shape.

In this way, the geese co-operate with each other, and a flock can fly over 70% further than the same number flying individually.

It is also the case that if a goose has to drop out of the flock because of illness or exhaustion, one or two other geese will accompany it and stay with it until strong enough to fly again.

"We who are strong ought to shoulder the burdens of the weak" - St Paul to the Romans 14

AMBLESIDE AT NEW YEAR

All money should have been paid by 28th Oct. Any further enquiries for possible vacancies or private bookings contact Dave Dickel on 01244-533995

POSTER CAMPAIGN

Help us to recruit new members by displaying our poster printed on the reverse on a suitable notice board, or perhaps alongside our previous poster (Photocopy it if nec.)

KEEP FIT

simply by walking

with the

LIVERPOOL CATHOLIC RAMBLERS

ALL DENOMINATIONS WELCOME - 18 to 80yrs old

**We have walks most Sundays, departing by coach from
William Brown Street (opposite the Art Gallery) at 9.30am
Fare is just £7 return**

Three grades of walks - here's our list for November and December 2001

NOVEMBER

- 11 CAT AND FIDDLE (Peak District).
Walks will be held in and above the beautiful Goyt Valley nestling below the Cat and Fiddle Pass between Macclesfield and Buxton.
- 18 LLANARMON-YN-IAL (N. Wales).
Walking in the Clwyd Hills near Mold with an optional pub meal at the end of the day.
- 25 AMBLESIDE (Lakes). Lots of scenic walks are held in this popular area.

DECEMBER

- 2 CARTMEL, Southern Lake District.
Rolling Fells and varied walks.
- 9 BASLOW/CHATSWORTH HOUSE (Peak District). A choice of easy walking near Chatsworth House or along the rocky but safe edges of Baslow, Froggat and Curbar.
- 16 CASTLETON (Peak District). Time to enjoy the Christmas atmosphere and special festivities in this quaint Derbyshire village after the walks.

**For further details contact us on one of these numbers:
Tom: 737 1041, Ray: 424 0481, Will: 486 6541
or Dave: 01744 632211**