



Liverpool Catholic Ramblers NEWSLETTER

Annual Subscriptions are now overdue

Autumn 2000
7th Series Issue 27

Newsletter was hijacked

THIS EDITION should have appeared just after the August Bank Holiday but it got hijacked by a cracked hip the day after the holiday. Not my hip, but my 87-year-old mother's. So while she's been in hospital I have been frantically spring-cleaning and decorating her house in Warrington (with the assistance of my three sisters). I'm doing this newsletter in between the paint drying! She is on the mend now and liable to get booked for speeding with her new Zimmer. She won't let me or my dad borrow it!

Talking of mothers, on a sorrowful note, Jack Henderson lost his mother a few months ago, and now our sympathy goes out to two more members who both lost their mothers recently (*see Obituaries below*).

NEW PROGRAMMES

THESE are also your membership cards and are only issued after your annual subscriptions have been renewed - due last month. Yours will be included with this newsletter if you have paid.

NEW MEMBERS

A SHEDFUL of new members have joined us over the past few months. They are: Maureen Lynch, Terence Parry, Sarah Connolly, Anthony Doyle, Ann and Trevor Berry, David Grimes, Robert Hughes, Bert Jones, Stephen Leguen, Karen Rooney, Evelyn Rooney, Josie Messerli and Carole Keenan.

We hope you all enjoy many memorable walks with us. Incidentally, those who have joined our club during the last couple of months are not eligible to renew their subscriptions until next September. Check with the Registrar if you don't receive your new programme with this newsletter.

OUR RECENT ANNUAL GENERAL MEETING

ASSUMING that all members sufficiently interested would have been present at the meeting, there is no need for a full report, but here is a just a brief account for the information of those who couldn't make it.

In the treasurer's report we learned that we have actually made a very slight profit on coaches plus weekends away during the past twelve months. This, however will be rapidly eroded away if the attendance on rambles starts to drop during the winter months, or if there is a sudden rise in the price of fuel. There are fewer rambles planned for the winter, but if we don't get good attendances the fare may have to be increased. Whatever happens, your committee will be carefully monitoring the coach situation month by month.

There were hardly any changes to the committee this year - just two stepping down and two replacements. One of the questions asked during Any Other Business,

IN THIS EDITION there are notices advertising the club's annual buffet dance and also a club dinner. There's details of forthcoming walks in the Ramblerite page plus details of our guest house weekend at Keswick at the end of March. We've also got another recipe in our Cookery Corner.

There weren't many contributors to this edition but many thanks to all who did. Contributions are welcome from all members, even the briefest - they don't have to be lengthy articles. We need extra material for the bumper Christmas newsletter which will appear at the end of November. You can either hand your snippets to me or post them to my abode at 7 Abbots Way, Billinge, Wigan WN5 7SB. Thanks. **Dave Newns**



"I know you said that he'd got strong legs for walking but you didn't tell me he couldn't swim!"

resulted in a short debate on how we should or shouldn't introduce new members on their first ramble with us.*

Finally Tom, our chairman, said he thought last year's committee had been a very good one and he thanked many members personally for their painstaking work during the past year. In return Jack proposed a vote of thanks to Tom for his valiant efforts during the past year as chairman.

It must have been one of the shortest AGM's ever, starting promptly and finishing well before 10pm.

*Members are reminded that many questions or complaints can also be dealt with on a regular basis at our monthly meetings. All you have to do is put it in writing and hand it to one of the committee members or send it to our secretary.

OBITUARIES - Sadly, we have to report all the following recent deaths in the club::

JULIA HYLAND - Julia joined the General Section of the club with husband Frank just three years ago. We offer our sympathy and sincere condolences to Frank, and our prayers for Julia. May she rest in peace.

The Mothers of Carol Kellett and Bob Carney for which we also give our sympathy and sincere condolences. We offer our prayers for them and may they both rest in peace.

And last week:

MONICA O'BEIRNE - Monica died after a short illness. She was not only an active member of the club for nearly 30 years but she was also involved with several other organisations especially the Guides and Brownies. We extend our sympathy and condolences to her brother who lives in Canada. We will pray for her. May she rest in peace.

Ramblerite

NEVER rely on a wet weather forecast for a Sunday. I say this because in spite of the wet summer, and many adverse weekend weather forecasts, most Sundays we have missed the rain, even on last Sunday's High Cup Nick walk (Oct 8th) after a really wet Saturday and a gloomy forecast, the day progressively improved into brilliant sunshine. I know of at least one member who didn't turn up last Sunday because of a bad forecast.

However, looking ahead, we must obviously pay heed to snow and ice warnings and then keep to low-level if necessary.

It is reassuring to see so many new faces out with us, but there were only 30 people enjoying last Sunday's three walks. So where have all the regulars gone? Have we burnt them out? They're certainly missing out on our dry Sundays.

We must be always aware of the dangers of fell walking (which is what we are really about as opposed to "rambling"), so I had better not mention Brenda's broken wrist on the Blencathra Ramble.



She did that just two months ago (*well it was the 13th!*). And I won't mention Bob's ankle injury on the August Bank Holiday break, so don't read the 'swimming' article overleaf. Happily, Brenda is out walking again, and our Bob even did a taxing scramble up Tryfan with a few die-hards last Sunday.

During the recent petrol crisis we had to cancel the walk on September 17th to Rievaulx Abbey in Yorkshire. The coach did have fuel but it was thought that many wouldn't be able to get down to the coach.

Thirty of us are now looking forward to the Ambleside hostel New Year "break?" (*This isn't advertised because it's now fully booked, but there is a reserve list for last-minute cancellations*). Meanwhile, here's hoping to see more of you out on future walks (described below) - you can even book now for next spring's Keswick "break".

Forthcoming Rambles

October

- 15 MONSAL DALE, PEAK DISTRICT - Spectacular rocky rivers and valleys sandwiched between majestic limestone cliffs east of Buxton. This walk usually includes Miller's Dale and Chee Dale. (Change of leaders).
- 22 STICKLE PIKE, LAKES - Very scenic area of hills, valleys and forests. Not to be confused with the Pike of Stickle in the Langdales this one is near Broughton-in-Furness and isn't too far from Coniston. Leaders are - A: Tom Reilly, B: Ray Mc, C: Dave Newns.
- 29 BOLTON ABBEY - This is a popular beauty spot and picnic area for Yorkshire folk (and rambles). It is just six miles past Skipton. The River Wharfe flows past the ruins of the abbey. The 'C' usually stroll past the famous "Strid" - a popular and spectacular section of waterfalls and rocks on the winding River Wharfe while the "A" and "B" usually ascend Simon's Seat via the Valley of Desolation. Both "A" and "B" often include the Strid section en route. *Note: Clocks go back this weekend (an hour extra in bed!).* A: Ken Regan, B: Roy Fletcher, C: Ray Segerberg.

November

- 5 PENDLE HILL Bewitched walking, near Clitheroe.
- 12 WHITBARROW, South Lake District. Quaint hamlets and woods nestling beneath limestone cliffs near Cartmel Fell, with views of Morecambe Bay to the south.
- 19 BEDDGELERT. A delightful corner of North Wales.
- 26 ANNUAL RETREAT - no walk. (See notice overleaf).

December

- 3 TROUTBECK to STAVELEY - South Lake District.

SATURDAY TRIP

- 9 GRASSINGTON FESTIVAL. Locals dress in Victorian costumes with an Olde Worlde market-place atmosphere and fete in the main street. The last few times we went on a Sunday, but have learnt that the best day of the Festival is Saturday. There will be time to do Christmas shopping and sight-seeing as well doing a bit a walking. Don't forget that all-day car parking in the city is expensive on Saturdays before Christmas so consider public transport or arrange to get picked up by the coach en-route.

KESWICK WEEKEND BOOKED FOR THE SPRING

LAKESIDE HOUSE in Keswick is a very large guesthouse which caters specially for walkers with a huge basement drying room. There's 3 and 4-bedded rooms, plus a number of twin-bedded rooms with the odd single rooms.

We have stayed here many times on a bed, breakfast and evening meal basis. Walks will be arranged. Normal guesthouse prices apply, probably in the region of £56 for the weekend (includes bed Friday night until after the evening meal on Sunday night) plus the cost of transport up there, either by sharing cars or mini-bus. Meanwhile a £10 deposit will secure your booking for this last weekend in March. When booking indicate if you are prepared to use your car. If we get enough cars we may not need a minibus. Suggested departure from Liverpool around 6.30pm Friday, but further details later.

SNOWDON CHARITY CHALLENGE WALK THIS SUMMER

CASH collected and donated to the charity "Integrate" from the above walk amounted to £100. "Integrate" is a local charity that mainly helps handicapped or underprivileged children to get away on holidays.

We have since had a thank you letter from them for our cheque.

Barn Dance and Hot-pot Supper

SYLVESTRIAN SOCIAL CLUB, Silvester Street, off Vauxhall Road
Saturday 25 November 2000

LIVE BAND and Caller - Late bar - Secure Parking available

This has been organised by the Ramblers' Reunion Committee (consisting of past club members)

Contact Dave Newns for tickets: £12 each (Cheques should be made out to T. O'Connor)

LCRA Synchronised Swimmers need to brush up their act

BOB hopes to do a full report for the Christmas newsletter on the last Bank Holiday weekend at Galloway. In the meantime here's just a brief insight starting with Bob, who carefully threw the minibus round the bends. Bob needed a "break" on the Saturday and almost succeeded when he wrenched his ankle badly down a boggy valley. He had just conquered the highest peak (The Merrick at 843 metres). His ankle looked really grotesque back at the hostel.

However, Bob's "lumpy" ankle was later revealed to be a pack of frozen veg strapped beneath his bandage!

Meanwhile the 'C' party had plenty of sunshine on that Sunday. Meanwhile our intrepid 'A' party (me included), had a really dramatic descent down to Loch Trool at the end of our conquest of Curley Wee - plus a couple of other mountains - then got drenched! Back at the hostel the sun was still shining.

On Monday some of our group tried a spot of pre-Olympic synchronised swimming in the sea near St Ninian's Cave. All skimpily attired, but they kept their boots on! It wasn't really the height of elegance! (but it was a rocky beach). Finally it

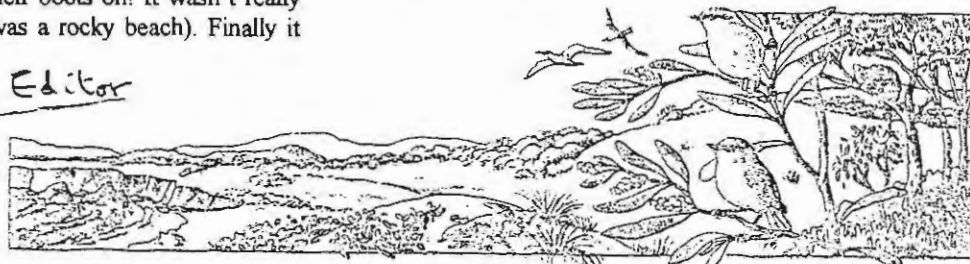
was a scenic cliff-top walk to a harbour town for late lunch.

The hungry car drivers had first been ferried back a few miles by Bob to fetch their vehicles but now joined the others (who were tucking into various pub meals) just in time to be told that meals were now finished - Sizzling sausages!!!

Anyway, we had skilfully avoided the mid-day Bank Holiday Monday exodus, but the timing was perfect to hit the afternoon Stranraer ferry traffic from Ireland, which was ten times as bad! Apart from these final hiccups - a great weekend.



by the Editor



The Liverpool Catholic Ramblers' Association invite all members and their friends to our

Annual Christmas Buffet Dance

SYLVESTRIAN SOCIAL CLUB, Silvester Street, off Vauxhall Road

Saturday 16 December 2000

Hamper Draw - Trophy Presentation - Secure Parking available

TICKETS ON SALE SHORTLY at very reasonable prices (Cheques should be made out to "LCRA")

Stop the World, I want to get off!

Well, this may be a slight exaggeration, but there's just one day each year on which we members of the LCRA stop our often hectic lives and gather together to reflect about which direction we are going. Mind you, some of our walk leaders do get us to do this many times. ALL Christians are welcome, especially non-Catholics and also Catholics who have fallen by the wayside a little.

It is, of course, our RETREAT for all the club and this year it's at The Cenacle in Wavertree

on Sunday 26 November 2000, from 10.00am to 4.00pm

Every Retreat is run a bit differently. At some we simply sit and listen to the Retreat Father; at others we have have discussion groups. Interesting or controversial questions are always invited. It could well be a combination of all of these. At the Cenacle we will be sharing the Mass with the congregation.

Cost is £12 including a hot meal (This charge also includes heating, running costs, etc)

Bookings: Contact Dave Newns, General Section, or Jean McDonald, Seniors' Section

Club Badges

STILL NO PRICE INCREASE

£2 each

for sale on the coach or at the Thursday socials.

Sew them on your rucksacks, etc.

BOOTS WANTED - Size 7

Contact the Editor. They're not for him but for an anonymous person.

Have you any rambling gear to buy or sell?
Why not advertise here?

A Meal and a Chat

Friday night, 27 October -

Choice of four set menus, namely Chicken, Beef, Salmon or Vegetarian. Cost approximately £10

The Place: Birch House, where our committee meet monthly and is situated behind Bishop Eaton, off Woolton Road.

Contact any committee member for bookings

Friday club nights?

OVER the years, the club's constant search for improving the club's weekly socials included changing premises every three years on average. But most times, after the newness of the move had worn off, we went back to dwindling numbers on a Thursday night.

My proposal earlier this year was that we have a trial period of monthly socials, but this was turned down by a democratic vote in favour of a confusing (in my opinion) second and fourth Thursday of the month which sometimes had a three week gap (eg: Are there five Thursdays this month or four?) and, not surprisingly, lasted for only two months.

It has now been suggested that maybe we have got the night wrong and should try a weekly FRIDAY night. Most people then don't have to worry about getting up for work the next day and, in theory, we should get bigger attendances. One argument against is that people go elsewhere on a Friday night. Would you go elsewhere or head for the "Ramblers" on a Friday?

The committee are split right down the middle on this idea and so would like to know what other club members think. So the simple question is: Would you prefer a Friday night to a Thursday night. Yes or No?

Additional minibus drivers

LAST YEAR the club funded a short assessment session for a reserve minibus driver, namely Peter Ramejkis. Now, this week, another driver has been assessed, namely your editor. Both now possess MiDAS certificates in competency to drive you all around the bend. I was assessed as driving just like Bob. "Well that's OK then," I thought. But no; it means that we should both drive with a little more consideration to our passengers. "Oh! OK"

Cookery Corner

A typical dish from the Basque country of south west France

"La Piperade Basque"
(Basque Peppers)

THIS COLOURFUL but simple dish to prepare is unusually inexpensive, and the ingredients are easy to find, except goose fat which they suggest using to brown the onions and peppers. But olive oil is a good substitute as follows:

Ingredients for a meal for four:

- 4 tablespoons of Olive Oil
- 2 Onions - chopped into large pieces
- 3 or 4 Peppers - red, green, or mixed, with seeds removed, then cut into thin strips
- 2 Cloves of Garlic, finely chopped
- 1 Small pinch of Chilli Pepper
- 900 grams of Chopped Peeled Tomatoes, with seeds removed
- ½ tablespoon of Oregano Soup or Dried Thyme
- 8 Eggs, lightly beaten
- Salt and Black Pepper
- Fresh Parsley for embellishment

Preparation:

1. Heat the olive oil on a gentle heat in a large deep pan. Add the onions and leave to cook for 5-7 minutes, stirring occasionally until melted.
2. Add the peppers, garlic and powdered chilli pepper. Cook for 5 minutes at least, until the peppers tenderise, straining frequently.
3. Add the tomatoes, seasoned with the salt, pepper and herbs. Cook on a medium heat for 15-20 minutes until the peppers are well done. The liquid must all have evaporated and the mixture must be quite thick. Stir occasionally to prevent burning and sticking to the bottom of the pan.
4. Add the beaten eggs. Leave to simmer on a low heat for 5-8 minutes, until the mixture thickens.
5. Garnish with parsley and serve.

Suggested serving: With a refreshing salad, fresh bread and a good little vintage wine - French, of course!

Richie (Delia Smith) Cannon



Social Events



AT THE CORNMARKEt ON THURSDAYS

October

- 12 **PLACE THE PLACE**
Mary and Lin
- 19 **NAUTICAL SAYINGS**
Ray McIntosh
- 26 **GENERAL KNOWLEDGE QUIZ** - Helen Riley

November

- 2 **CHEESE AND WINE**
- 9 **MUSIC QUIZ**
- 16 **PICTURE QUIZ**
- 23 **PIE and CAKES** - Peter R
- 30 **BIRTHDAY QUIZ**
Will and Chris Harris

December

- 7 **CHEESE AND WINE**
- 14 **QUIZ; THAT WAS THE YEAR THAT WAS**
Ken Regan
- 16 Sat **ANNUAL BUFFET DANCE:** Sylvestrian Club

HAMPER DRAW

We are now collecting donated items that will be suitable to fill a hamper for our Christmas Buffet Dance, i.e. tins of fruit, cakes, bottles of plonk, in fact anything that you would like to find in your hamper. Mike Riley is collecting the items, so contact him sooner rather than later. Thanks.

Tree-houses in Rochdale

10th September

FOURTEEN of us set off from Harry's house, and, for those who didn't, let me assure you that we were not about to walk through urban Rochdale. We were destined for a delightful afternoon, tasting the delights of meadow, valley, stream and hillock.

Walking through Carr Wood, we soon discovered how youngsters in these parts spend their time - building complex tree-houses. A little further on, in the delightful Naden Valley, we saw how their forefathers spent their time, the old mill chimneys *et al* reminding us of the area's industrial heritage. Our route took us up hill and down dale, along muddy paths, across bridges to viewing points for lovely waterfalls and for distant vistas.

Lunch was taken at a pleasant spot where one could enjoy the company or endure the banter - all taken in good spirit. Our leader, Harry, without reference to map or mobile, led us unerringly, never in doubt whether it was this way or that. We came eventually to Cheesebrook Brook, deep in a tranquil dell. I didn't hear any complaints as we ascended again; obviously we were all feeling younger. Our way back took us once more past the tree-house, but none of us, feeling young or old, seemed inclined to accept the invitation to have a closer look. Well, we didn't have hard hats!

We had all enjoyed a super walk and now we were to enjoy hospitality of a similar standard. Wash and brush-up, quick change and we were all ready to do justice to the magnificent spread. Suzanne, Harry's neighbour, supplied a few extra chairs, and we all enjoyed a wonderful evening. Thank you, Harry.

Gefa

A lollipop-type walk

Anglezarke and White Coppice - 21st July

THE PARTY assembled for morning coffee in the Lower Barn at Rivington, a civilised practice but not to be considered a precedent.

On emerging, we were disorientated to discover a signpost indicating "Liverpool Castle" - presumably an attempt by the local council to make us feel at home.

We took the woodland trail to the east of Upper Rivington Reservoir and then a track east of the Yarrow. The gradient, about 1-in-100 at this point, must have seemed a little tame to the group among us just returned from the Alps but then the views were good, the weather was good, the company was good so nobody was complaining.

Lunch was taken on the little knoll at a bend looking across a placid stretch of water. What more could anyone want? Well, there were Kipling cakes, jam tarts and drinks galore on offer. We continued along the eastern shore of Anglezarke before reaching the stick of the lollipop (it being a lollipop-type walk) and inevitably memories were evoked of days of yore when the Family Section had real lollipop walks. O tempora! O mores!

The aforesaid stick, before I was nostalgically interrupted, led us to White Coppice cricket ground, idyllically set in the fold of the hills. Our only disappointment was the absence of cricket on that day. There were refreshments, though no lollipops.

We returned along the stick and struck out along the western side of Anglezarke. I hope no-one has the impression that all we did was to eat and walk. Nothing could be further from the truth. We talked and talked, a most therapeutic activity. We were still talking four hours later as we left "The Owls" at Standish after a lovely day.

Gefa

Red spiders shared lunch

Whitegate Way - 25th June

SEVEN people met at Whitegate Station, all in good time for the walk starting at 12.30pm. We set off along Whitegate Way, the old railway line, in the direction of Winsford, soon to leave by a path taking us to Marton Hole. This lake was formed when a huge area of land subsided due to salt extraction.

Further on we were all enraptured by the wonderful carpet of wild flowers which enhanced the countryside - though sadly, for some, the pollen played havoc by causing incessant sneezing, sore eyes, etc. This however didn't deter from the enjoyment of the ramble.

One and a half hours later, Peter not being there to give the gentle reminder, Jack allowed us to partake of our packed lunches. This we shared with a thousand tiny red spiders which covered the seat, a piece of farming equipment, in the middle of a field. Nobody suffered except the squashed spiders we actually sat on. Once fed and rested we proceeded through fields of wheat and barley, with the beards of the latter tickling our armpits as they blew and swayed in the wind.

On arrival at Whitegate we found ourselves in the middle of a church fete. Harry treated us to a refreshing cup of tea, to lend support to their efforts. Thanks Harry.

Outside the church hall stood a veteran car which took everyone's fancy and became the topic of conversation having been closely examined.

On completing our walk a two-day-old blue Nissan became another topic of conversation, and so ended a very enjoyable walk. Thank you Jack for a pleasant afternoon.

Lilian and Maureen

An unknown wild flower

From Osbalderstone, Lancs - 27th August

THE WEATHER forecast for the Bank Holiday weekend was typically for rain, heavy at times - yet it did not deter 10 ramblers from meeting up on the A59, east of Preston.

Our leader made sure we set off as the rain came down, and, like true tourist disciples, we only had to follow "the umbrella" across many a wet field. Lunch was taken at a pleasant sheltered spot under dripping oak trees.

Declining to tell us where we were or even which direction we were heading was our leader's way of making us feel that we were not lost. And . . . there it was at last! A marvellous view of the winding river - the Ribble, or was it the Crosville? Anyway, joking apart, the weather had changed so dramatically that we were all soaking up warm and wonderful sunshine as we happily sat on the banks. So we weren't lost after all.

It was interesting to have a keen birdwatcher in our midst, compete with binoculars. It helped also to read any signs on the far bank. There was also interest shown when an unknown wild flower was spotted and became more common to see as the walk progressed. Just what was it? A sample was collected but the flower was lost. Could it have been Restharrow or Woundwort found in hedges? We must learn to count the petals in future.

With the Osbalderstone Riding Centre coming into view we sensed we were not far away from our starting point.

After a minor hiccup of possibly reading the OS map upside-down we were helped by a local to find the intended path. All were in need of sustenance as the walk ended and all proceeded to the nearby hostelry.

PJM

Seniors' Section Forthcoming Walks

October 22	Ashurst Beacon	-	Peter Atherton
November 12	Bickerton	-	Gerry McDonald
December 10	Freshfield	-	Tony Roche

Seniors' Section House Meetings

November 2	-	-	Maureen Howard
December 7	-	-	Molly and Tony Roche
January 11	-	-	Jean and Gerry McDonald