



St Francis of Assisi Catholic Ramblers Club

Affiliated to HF Holidays

Visit our website at www.stfrancisramblers.org.uk



The club is Approved by the Archbishop of Westminster; Affiliated to the Ramblers Association

Programme of Events September - November 2009

Greetings Ramblers,

For this programme we are departing from the normal practice of beginning with the ramble list in order to give pride of place to the formal announcement of the AGM and invite nominations for the committee to run the club for the next year.

Over the last number of years this appeal for new blood on the committee has largely fallen on stony ground and that trend must be reversed if the club is to have a future as dynamic and rosy as its past.

This year the AGM will take place on Saturday 10th October at 4 PM in St Mary Moorfields Church Hall 4-5 Eldon Street EC2M 7LS. It will have an agenda consisting of the usual items such as a report on the last year's activities, accounts etc but the all important outcome from the AGM must be a committee consisting of four ladies and four gentlemen who are committed to the future of the club and prepared to prioritise the few activities that are required of committee members. If you the members are not prepared to come forward to make this small sacrifice then the future of the club must be in doubt.

Below is a nomination form on which membes can be nominated for membership of the committee. Each nomination form must be signed by a person nominating a member, a person seconding the nomination and the person being nominated. Forms that do not have all three signatures will not be presented to the AGM.

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SFA CRC: Election of Committee for the year 2009-10

Nomination Form: NB Please return to Tony Finnegan, 30 Avarn Road, Tooting, London SW17 9HA by 26th September 2009

NNB:If you wish to propose a motion you must ensure that it accords with the provisions of the constitution and send it to the same address to arrive by Saturday 5th September 2009.

I wish to nominate(NAME) for the position of (Please place a ✓ by the position for which you wish to nominate):

Secretary () Treasurer ()

Ramble List Compiler () Committee Member ()

Proposer.....(Please sign **and** print name).

Seconder.....(Please sign **and** print name).

Signature of person nominated.....

Club Committee 2008-09

NB: Committee members' contact details are given in confidence on the understanding that they will be used for the sole purpose of members being able to make contact with them on legitimate club business. The strongest possible action will be taken against anyone using them for any other purpose.

President: Fr Peter Newby, Parish Priest, St Mary Moorfields,
4-5 Eldon Street, London EC2M 7LS.
E mail moorfieldsrc@btinternet.com.

Vice President: Helen Hunt, 157 Coteford Street, London
SW17 8NT. Tel 020 8767 6956.
E mail helen.hunt7@talktalk.net.

Secretary: Tony Finnegan, 30 Avarn Road, London SW17
9HA. Tel. 020 8767 5293
Email secretary@stfrancisramblers.org.uk

Treasurer: Gillian McLauchlan, 64 Pankhurst House, Du Cane
Road, London W12 0UL. Tel 020 8740 5507.
E mail: treasurer@stfrancisramblers.org.uk

Ramble List Compiler: John Haworth, 30 Maple Leaf Drive,
Sidcup, Kent DA15 8WA. Tel. 020 8300 6243
E mail john_haworth2003@yahoo.co.uk

Publicity Co-ordinator: Robert Slater, 6 Shelley Close,
Hitchin Herts SGU 0PW. Tel. 0146 243 5229.
E Mail: rgs166@hotmail.com

Membership Secretaries:
Elizabeth Furlong, 18 Woodgrange Avenue, Kenton, Middlesex
HA3 0XD Tel. 020 8909 3286.
E Mail: elizabeth@stfrancisramblers.org.uk and
Francis O'Sullivan, 101 Bravington Road, London W9 3AA.
E Mail: francis@stfrancisramblers.org.uk

Committee Members:

Carol Anley, Flat 9, 36 Wellesley Road, Chiswick, London W4
4BN. Tel. 020 8742 1457.
E Mail: carolanley@hotmail.com

Marta Haworth, 30 Maple Leaf Drive, Sidcup, Kent DA15
8WA. Tel. 020 8300 6243
E mail martaafhaworth@yahoo.co.uk

The remainder of this page is blank to enable the other side to be clipped and used to nominate someone for the committee.

NB Items for the next programme must reach the Secretary or Ramble List Compiler by 31st October.

NNB Towards the end of this programme the evenings will be drawing in so it will be advisable to carry a torch in case the ramble does not finish until after dark.

Sunday 6th September (Landranger Map 177)

Leader: Teddy McNamara

MEET: East Finchley Underground Station (Northern Line) at 1030

LUNCH: Metropolitan Bar, Baker Street (Wetherspoons)

TEA: ?

DISTANCE: 7 miles

FARE: Travelcard to include Zone 3

Sunday 13th September (Landranger Map 166)

Leader: Carol Anley

MEET: Kings Cross 0930 for 0952 train to Hitchin (arr 1021)

LUNCH: The Three Magnets, Letchworth (Wetherspoons). Alternatively, the Esquire Coffee House for snacks.

TEA: Radwell Village Hall – home-made cakes as well.

DISTANCE: 10 miles, returning from Letchworth. Opportunity at end of walk to revisit the Three Magnets or try alternative restaurants.

FARE: £10.25 cdr Letchworth from Kings Cross, £6.25 from Zone 6 boundary, both with Network card.

NOTE: Carol will meet the ramblers at Hitchin.

Sunday 20th September (Landranger Map 176)

Leaders: Mary Lydon and Mary McHugh

MEET: Uxbridge Station (Piccadilly Line) 1045 for 1100 start to walk to Iver

LUNCH: The Swan, Iver (pub with garden). Good selection of reasonably priced food. Bench nearby to eat your own.

TEA: Uxbridge. A good choice for tea / coffee, and a Wetherspoons.

DISTANCE: 8 miles, returning from Uxbridge.

FARE: Travelcard to include Zone 6.

Saturday 26th September 2009: Reunion at St Mary Moorfields: The annual reunion will take place this year from 12 30 pm on Saturday 26th September in St Mary Moorfields Church Hall. No need to book for this but please bring a plate of food to share.

Sunday 27th September (Explorer Map 146)

Leader Maurice Hickman

MEET: Victoria 0940 for 1004 train to Redhill (arr 1104 – bus service from Purley)

LUNCH: The Railway Arms, Merstham

TEA: The Kiosk, Reigate Hill and The Sun, Redhill (Wetherspoons)

DISTANCE: 9 miles, returning from Redhill

FARE: £5.70 cdr Redhill from Victoria, £2.45 from Zone 6 boundary, both with Network Card.

Sunday 4th October (Landranger Map 199)

Leader: Robert Slater

A rare opportunity to have the Sunday ramble on the date of the feast of our patron Saint.

MEET: Charing Cross 0920 for 0944 train to Battle (arr 1103). Train calls at London Bridge at 0952.

LUNCH: The Plough Inn, Crowhurst.

TEA: The Sir John Logie Baird (Wetherspoons), Hastings.

DISTANCE: 10 miles, returning from Hastings.

FARE: £16 day return Hastings from Charing Cross, £11.60 from Zone 6 boundary, both with Network Card.

Robert will meet the ramblers at Battle

Why not spend the weekend in Battle and explore the Battle of Hastings site (English Heritage), Battle Abbey and the town itself? For hotel / B&B details contact Robert on 01462 435229, the sooner the better for reservations.

Wednesday 7th October (Landranger Map 164)

Leader: Maureen Cahalane

The first of the series of walks to celebrate the visit of the relic of St Therese of Lisieux to the South East of England

MEET: Grosvenor Gardens (outside Victoria Station) 0900 to get the next available Oxford Tube coach to Oxford, getting off at Gloucester Green, Oxford

LUNCH: A suitable hostelry in Oxford

TEA: To be confirmed

DISTANCE: About 5 miles, returning from an "Oxford Tube" stop in Oxford.

FARE: £16 (£8 concessions) same day or next day return London – Oxford.

The walk will be arranged so as to arrive at the Oxford Oratory in good time for the processional entry of the relic of St Therese which is expected at 6.00 p.m. Those who wish to remain at the Oratory can join in a period of quiet prayer following the arrival ceremony and / or attend a concelebrated sung Mass led by the Auxiliary Bishop of Birmingham at 8.00 p.m. There will then be devotions during an all night vigil.

Friday 9th October 2009 (Landranger Map 188)

Leader: Tony Finnegan

Special ramble for the Service of Welcome and Joy for the arrival of St Therese Relics at 2 30 at Aylesford Friars and blessing of roses.

MEET : Victoria at 10 00 am for 10 18 train to Maidstone East (Arr. 11 11). There will be later trains to Maidstone East which, up to the 11 48 would still make it possible to reach the Friars in time for the ceremonies at 2 30 but the 10 18 train gives the best chance of securing a good position for the ceremonies as well as being able to get offpeak rail tickets. When we visited the Friars on the walkout they did not know how busy these ceremonies will be but it is normal to have crowds of over 3000 at Aylesford and, judging by reactions in other countries, these special days in honour of St Therese may be even more popular.

LUNCH : Optional late lunch at the Malta Inn on the bank of the Medway or those who prefer can get a train from Aylesford station which is about half an hour's walk from the Friars.

TEA : Possibly at Maidstone.

DISTANCE : 8 very easy miles along the Medway returning from Maidstone East or Aylesford according to preference.

FARE : £13.00 OPR Maidstone East from Victoria; £8.40 from from boundary zone 6 both with Network Card. With Senior Rail Card the fares reduce to £10.30 OPR Maidstone East from Victoria and £5.55 from boundary zone 6.

Saturday 10th October: Annual General Meeting. 4 PM in St Mary Moorfields Church Hall (refreshments from 3 30). See front page for details and a nomination form for membership of the committee including Secretary, Treasurer and Ramble List Compiler.

Sunday 11th October (Landranger Map 188)

Leader: Helen Hunt

Special ramble for Mass and blessing of Roses with St Therese Relics at 1130 at Aylesford

MEET: Charing Cross at 0830 for the 0850 train to Aylesford (arr 1018, after changing at Strood). Trains from Victoria will be problematic because of engineering works near Swanley.

LUNCH: Optional at Fleur de Lys at Burham (grid reference 733609) after short easy ramble. Also possible to remain at The Friars for the departure of the Relics at 3.00 p.m.

TEA: Possibly in Aylesford village.

DISTANCE: 7 easy miles, returning from Aylesford.

FARE: £10.10 OPR Aylesford from Charing Cross, £5.55 from Zone 6 boundary, both with Network Card. Freedom Pass holders book OPR from Dartford to Aylesford, £5.00 with Senior Railcard.

Monday 12th October (Map: London A-Z)

Leader: Ron Scott

A walk to celebrate the first day in London of the Relic of St Therese

MEET: For 9.30 Mass at the Carmelite Church, Church Street, Kensington. The nearest Tube station is High Street Kensington, which is ten minutes walk from the Church. Turn right outside the station in Kensington High Street. Walk along the High Street. At traffic lights turn left up the left hand side of Church Street to find the Carmelite Church on the corner of Duke Street. The walk will begin after the 9.30 Mass, which we expect will be about 11.00 a.m.

LUNCH: Willow Walk Wetherspoons, Vauxhall Bridge Road.

TEA: After lunch, people will be free to disperse or, if they wish, wait for the Mass of Welcome for the Relics in Westminster Cathedral at 5.30 p.m., followed by a formal service of Welcome at 7.00 p.m.

DISTANCE: About 8 miles, returning from the Victoria area. No hills, no mud, lots of points of interest and dropping off points along the way.

FARE: Travelcard up to £7.50, but only after 9.30. Save up to £1.20 by showing Network Card at Train or Underground stations.

Thursday 15th October (Landranger Map 176)

Leader: Tony Finnegan

The last of the series of walks to celebrate the visit of the Relic of St Therese to England

MEET: Tower Hill Station (at top of steps outside the entrance to station) 1000 ready for a 1015 start

LUNCH: The Tyburn (Wetherspoon pub) Edgware Road

TEA: Westminster Cathedral Cafeteria or McDonalds. Victoria Street

DISTANCE: 10 miles, returning from the Victoria area. No hills, no mud, lots of points of interest and dropping off points along the way.

FARE: Travelcard up to £7.50, but only after 9.30. Save up to £1.20 by showing Network Card at Train or Underground stations.

We get to Westminster Cathedral 90 minutes or so before the St Therese ceremony to increase the chances of getting seats. If not concerned about seating, individuals can spend the time around Victoria Street.

Sunday 18 October 2009 (Explorer Map 174)*:

Leaders Virginia & Roger Yelland.

MEET: Theydon Bois Station (Central Line: Zone 6) 10am: Theydon Bois is approximately 50minutes from Oxford Circus).

LUNCH: The Forest Gate Inn at Bell Common (Camra).

TEA: High Beach, with excellent views over the Lea Valley below.

DISTANCE: 10 miles through the central and northern parts of Epping Forest, appreciating the Autumn Colours, and passing the Deer Sanctuary, returning from Theydon Bois. Quite hilly.

* But better is the dedicated map of Epping Forest produced by OS for the Corporation of London).



Saturday 24th October NB Clocks go back one hour at 2 am tonight. Put them back before you go to bed or you might be too early for the start of tomorrow's ramble

Sunday 25th October (Explorer Map 147)

Leader: Paul Brunning

Clocks go back this weekend – don't arrive too early!

MEET: Victoria 0920 for 0942 train to Otford (arr 1019)

LUNCH: The Horns, Otford

TEA: Possibly at Shoreham RAF Museum

DISTANCE: 11 miles, returning from Shoreham

FARE: £5.70 cdr Otford from Victoria, £2.80 from Zone 6 boundary, both with Network Card. Freedom Pass holders need only a return ticket from Swanley to Otford, £2.25 with Senior Railcard.

Sunday 1st November (Landranger Map 166)

Leader: Robert Slater

MEET: Kings Cross 0930 for 0952 train to Stevenage (arr 1016)

LUNCH: The Maiden's Head, Whitwell

TEA: Hitchin

DISTANCE: 13 miles, returning from Hitchin. Route crosses Knebworth House deer park and the late Queen Mother's estate.

FARE: £10.25 cdr Hitchin from Kings Cross, £5.95 from Zone 6 boundary, both with Network Card.

Sunday 8th November (Landranger Map 166)

Leader: Tony Finnegan

MEET : St Pancras Main Line station 09 10 for 09 37 train to St Albans (arr 10 08). NB allow about 10 minutes to get from the Underground to the Main Line platform for St Albans trains.

LUNCH : The Colney Fox, London Colney (grid reference 183037). Pub serves food. There are seats nearby where those who have their own food can eat it.

TEA : St Albans

DISTANCE : 11 Miles

FARE : £6.60 Cheap Off Peak (COP) Return St Pancras to St Albans, £3.30 from boundary zone 6 both with Network Card.

Saturday 14th November 2009: Mass for deceased members: This is another important annual event so please make a note of the date now. Mass will be at 6 PM at St Mary Moorfields Church, 4-5 Eldon Street, London EC2.

Sunday 15th November (Explorer Map 147) Leader: Paul Brunning

MEET: Victoria 0920 for 0938 train to Eynsford (arr 1024)

LUNCH: The Two Brewers, Shoreham

TEA: Possibly at Lullingstone Golf Club

DISTANCE: 9.5 miles, returning from Eynsford

FARE: £5.15 cdr Eynsford from Victoria, £2.05 from Zone 6 boundary, both with Network Card.

Freedom Pass holders need only a return from Swanley to Eynsford, £1.65 with Senior Railcard.

Sunday 22nd November (Landranger Map 165) Leader: Tony Norton

MEET: Marylebone 0905 for 0927 train to Great Missenden (arr 1008)

LUNCH: The Plough, Lower Caddiston

TEA: Maybe at Wendover

DISTANCE: 10 miles, returning from Wendover

FARE: £9.55 cdr Wendover from Marylebone, £6.65 from Zone 6 boundary, both with Network Card.

Freedom Pass holders need only a cdr to Wendover from Amersham, £4.10 with Railcard.

Sunday 29th November (Landranger Map 178) Leader: Ron Scott

MEET: London Fenchurch Street Station, near Tower Hill Underground Station at 0920 for 0940 train to Benfleet (arr 1022)

LUNCH: The Elms, Leigh-on-Sea (Wetherspoons).

TEA: The Barge pub (converted lighter), near Benfleet Station.

DISTANCE: 10 miles, returning from Benfleet.

FARE: £6.25 cdr Benfleet from Fenchurch Street, £4.10 from Zone 6 boundary, both with Network Card.

For rambles along the south coast or in the South Downs area "Daysave" tickets have replaced the "Downlander" ticket mentioned in previous programmes' The "Daysave" ticket must be ordered on line seven days before travel and covers return journey by train and bus travel throughout the South Downs area for £10 Visit www.southernrailway.com/downlander.

When joining us on a walk please ensure you bring your Network cards or Gold cards so that you can get the 1/3rd off full fares for yourself and up to three guests travelling with you. You can also get £1.20 off all zone travel cards even if purchased at underground stations. Senior Railcard holders can also get the reduction on train fares but only for themselves.

Don't forget Sunday train services can be affected by engineering works eg trains from Charing Cross are sometimes diverted to begin from Cannon Street or Victoria. Information on these can be obtained by calling 08457 484950 or see National Rail Website at www.nationalrail.com

Children and vulnerable adults must be accompanied by a responsible adult. It is the policy of St Francis of Assisi Catholic Ramblers Club to endeavour to ensure that no child or vulnerable adult is left in the company of a lone adult on a ramble or at a club event.

News, Views and Items of Interest

Archbishop Vincent Nichols has graciously given his blessing to the club's activities in the following letter:

ARCHBISHOP'S HOUSE,
WESTMINSTER, LONDON, SW1P 1QJ

23rd June 2009

Mr Tony Finnegan
St Francis of Assisi Catholic Ramblers Club
30 Avarn Road
Tooting
London
SW17 9HA

Dear Mr Finnegan

Thank you for your kind letter of 4th June and for telling me a little of the activities and history of the St Francis of Assisi Catholic Ramblers Club.

I am happy to give your activities my blessing and approval. I hope that they bring you much joy and serve the wellbeing of all your members. I am sure they do.

With every good wish.

Yours sincerely

+ Vincent Nichols

Archbishop of Westminster

Welcome to New members: A hearty welcome to the following who have become fully paid up members since the last programme: Maria Fox of Edgware, Middlesex, Lorna McKenzie of London W4, Philip Wright of Chelmsford, Essex, Stephen Page of Ealing, London W13.

We wish them many years happy rambling with the club. Congratulations to Elizabeth Furlong and Henrietta Van Zaelen on attaining Life Membership.

Renewal of membership will be due in October and this time it will be £7 (£9 for those living outside the UK postal area). Life membership is £140 (£180 for those living outside the UK). Anyone who has joined for the first time since 1st August will not need to pay again until October 2010.

Christmas Breaks with HF Holidays: HF holidays, to whom the club is now affiliated, are providing a wide range of Christmas and New Year breaks in the UK and overseas. Following is a selection of "Tinsel and Turkey breaks" in the UK before Christmas and "Twixmas breaks" in that low period between Christmas and New Year. I can send more details, including of more expensive breaks over Christmas itself, to anyone interested, or members can contact HF Holidays direct quoting the club's membership number LB429.



Before the celebrations start

Get into the Christmas spirit on our Tinsel & Turkey Breaks. Enjoy all the Christmas trimmings as well as a choice of guided walks adapted from our Classic Walking programme and plenty of festive fun. Or express the warmth and joy of the season and warm up your singing voice in time for Christmas on our Songs for Christmas break (some sight-reading ability is needed).

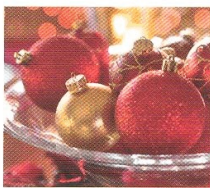
Holiday	Country House Venue	Date	Price
Tinsel & Turkey	Derwentwater, Lake District	Friday 4 Dec (3nts)	£199
Tinsel & Turkey	Derwentwater, Lake District	Monday 7 Dec (4nts)	£259
Tinsel & Turkey	Malhamdale, Yorkshire Dales	Friday 4 Dec (3nts)	£199
Tinsel & Turkey	Malhamdale, Yorkshire Dales	Monday 7 Dec (4nts)	£259
Songs for Christmas	Malhamdale, Yorkshire Dales	Monday 7 Dec (4nts)	£329
Tinsel & Turkey	Abingworth, South Downs	Friday 11 Dec (3nts)	£199
Tinsel & Turkey	Bourton-on-the-Water, Cotswolds	Monday 14 Dec (4nts)	£259

UK ho



Twixmas Breaks

If you are always stuck for things to do between Christmas and New Year – Twixmas! – or feel that you really need some fresh air and exercise after having had far too much to eat for days, you are in need of a Festive Walking break. Choose one of our wonderful Festive Walking holidays and we'll guarantee a lovely Country House atmosphere, great walks during the day, superb dinners in the evening, in short, a real treat for you after the busy Christmas days.



All UK holiday prices are in £'s per person and based on sharing twin accommodation.

Country House venue	Sun 27 Dec 09 (3nts)
Alnmouth, Northumberland	£279
Brecon, Brecon Beacons	£279
Conistowwater, Lake District	£279
Derwentwater, Lake District	£279
Dovedale, Derbyshire Dales	£279
Haytor, Dartmoor	£279
Glen Coe, Western Highlands	£279
Malhamdale, Yorkshire Dales	£279
Selworthy, Exmoor	£279



reservations

0845 470 7558

or call our standard rate number: 020 8732 1250

www.hfholidays.co.uk/festive

For Terms and Conditions, please refer to your *Walking Holidays* or *Leisure Activities* brochures 2009.

Publicising the Club: Many thanks to those who have put up our notices on parish notice boards. This is our main form of publicity for the club and essential to attracting new members. Of course personal recommendation is also a good way of attracting new members so don't forget to tell your family and friends what a treat lies in store for them if they join our Sunday rambles.

Obituaries: We are very sad to announce the death on 24th May of Alan Adkins after a relatively short illness. Alan with his wife Antoinette enjoyed a short period of membership of the club and he was an eager and cheerful Rambler and participant in social events. We offer our sincere sympathies to Antoinette and her family on their sad loss. A good number of members attended Alan's funeral. Antoinette has asked me to thank everyone for their support on that sad day and for all the Masses, prayers, cards and genuine concern for Alan throughout his illness.

October 2009 - veneration of the relic of St Therese of Lisieux. The relic of St Therese of Lisieux The Little Flower will be taken around England and Wales this year and the ramble list above includes a number of opportunities for club members to join in the celebrations. The relic will be in the South East from Wednesday October 7th to Thursday October 15th. Details of the relic's itinerary can be seen at:

http://www.catholic-ew.org.uk/ccb/catholic_church/relics_of_st_therese_of_lisieux/locations_and_dates

Please pray for our members who are not well enough to walk. We are always delighted to hear from long standing members who can no longer walk but express appreciation for being able to keep up with our activities by reading the quarterly newsletter.

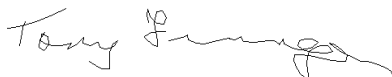
Future Dates for Your Diary

Saturday 16th January 2010. New Year Party at St Mary Moorfields. The party will be at St Mary Moorfields Church Hall from 7 pm onwards, following Mass in the Church which will be at 6 pm (for the benefit of new members St Mary Moorfields is at 4-5 Eldon Street which is immediately outside Liverpool Street Station). Bring food to share and your choice of drink and pay £4 on entry. Prizes for the raffle will be gratefully received. Our regular friendly disco will be provided by "Canute" with soft music for the first hour and music to dance to later. **Please bring your family and friends and get the social side of the rambling year off to a good start.**

8th to 15th May 2010: If you are going on the holiday in the Lake District next year you should already have sent Cheques payable to Marie Tisi (£35.00 per person) together with the form giving your preference of which walks to do. Bookings to date number 36. That splendid initial response qualified us for a 7½ per cent discount and we will have sole occupancy of the house. The cost will be £572.58. A significant selling point this time is that those who feel they cannot ramble any more can still come and do the "Rover" (motorised day trips) but still have time to spend with their friends in the evenings. At the time of writing all but one of the "Rover" places had been taken.

If you'd like to join the holiday contact Marie by e mail only at marietisi@yahoo.co.uk as soon as possible. If you do not have e mail you can ring me (Tony Finnegan) on 020 8767 5293 and I will be pleased to pass your details to Marie.

God bless and happy rambling.



Secretary



Ramble List Compiler