

Mintcake

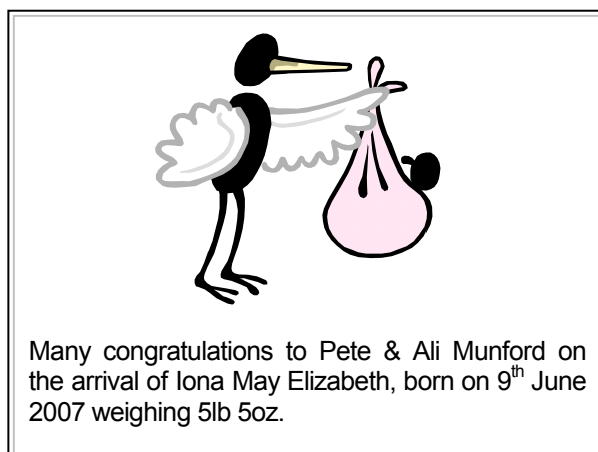


Find us at: <http://www.kendalmountainrescue.org.uk>

Reg. Charity No. 259539
June 2007

This Month

Editor's Comment.....	1
100 Club.....	1
Mintcake Nibbles and Tit-bits.....	1
Callouts.....	2
Exercise Reports.....	2
Training.....	5
MRC Casualty Care Course.....	5
MRC/IKAR Mountain and Cave Rescue Medical Symposium.....	6
Sounding Off.....	6
Pagers, Radios and Website.....	6
Fundraising Notices.....	7
Keswick to Barrow 2007.....	8
Joint Team Social.....	8
Team Barbeque.....	8
Contacts.....	8



Editor's Comment

Ah, the joys of summer! Long, hot lazy days, the smell of barbeques drifting across hedgerows...!

I am woken from my reverie by the sound of thunder and rain lashing against my windows. Never mind, there's plenty on to keep me distracted, with training in rounders techniques needed to avenge last year's score differences against Langdale Ambleside (not that I'm being competitive!), barbeques to provide the sustenance and collections to keep it all going! Many thanks to everyone for all their hard work in making it all happen.

Larissa

100 Club

The winning numbers in the June 100 Club Draw were:

1st	16	M Kerrigan	£10
2nd	68	Dr J Gorrigan	£10
3rd	48	R Wedderburn	£5

Peter Clarkson

Mintcake Nibbles and Tit-bits

- **New website!** Please note the change of website address: the new one is shown above. See article from John Fitch p6.
- Congratulations to Steve Crow who is now a hill going member.
- Congratulations also to trainee search dog handlers Bill Malone (with Blue) and Ian Higginbotham (with Vinnie) who both moved to SARDA's Stage 2 after a hot training weekend in Ennerdale in June. They'll now be expected to learn more about search strategies and put this into practice in larger and larger areas to prepare them for Stage 3 which is the assessment process over a minimum of eight days of searching.
- A warning about the increasing incidence of Lyme's Disease which is transmitted to humans by the bite of infected ticks. For more information, see the following article from the BBC on <http://news.bbc.co.uk/1/hi/health/6734811.stm> - the Lake District is mentioned as an area where infection has been acquired.
- Les Telford will be running in his decorated bra in the Edinburgh Moon Walk on Saturday 16th June. If you would like to sponsor him, please contact him directly on 01539 727051 or les.telford@dsl.pipex.com (and note that if he raises enough money Mintcake will get an exclusive photo of him in that bra...!).

Callouts



26th May 2007

Langdale / Ambleside team requested our help to assist with an injured casualty in the Loughrigg area of Ambleside. In the end Kendal team was stood down enroute.

3rd June 2007

One of the participants in the Garburn Trail race sustained a sprained ankle. Several members of the team were present as marshals so attended the incident before evacuating her to Westmorland General Hospital.

6th June 2007

Langdale / Ambleside team requested our help for the evacuation of a casualty with a sprained ankle in the Stickle Tam area. One vehicle with 5 personnel was despatched, the casualty was evacuated to Stickle Barn and then they took their own transport on to Westmorland General Hospital.

9th June 2007

An 81 year old lady sustained a suspected fractured neck of femur whilst out walking on Scout Scar. The team were called to assist with her evacuation to a waiting ambulance. 10 personnel attended. She was taken to Royal Lancaster Infirmary.

Exercise Reports

Wednesday 9 May – Down Under in Kingsdale...

A Pot Called Heron

Somewhere in the depths of Yorkshire, there is a huge hole in the ground called Heron(!). It was at this beauty spot that our small band of intrepid explorers gathered. We were met by our hearty leaders in their yellow trawler-men's oilskins, and ushered off to delights unknown (a bit like lambs to the slaughter really!!). It was raining outside, but we knew we would be nice and dry down our subterranean hidey-hole.

Switching our lights on at the entrance we went down through the 'door'. A little bit of squirming here and there, through narrow cracks, with magnificent stalactites reaching down from the roof (even the fibre glass ones looked real). Voices echoed in the dim caverns, voices carried as conversations became public. Ian H could be clearly heard waxing lyrical about the rock formations and the marvels of nature (incidentally, Eddie, what was all that about "virgin's delight"and why was Larissa giggling?).

Suddenly a huge hole appeared (though I suspect it had always been there). Fortunately our guides had taken the precaution of nailing a ladder to the roof so a safe descent could be made. Then, another hole with another ladder (now hang on lads you can have too much of a good thing, you know!). To those who like detail, the hole in the ground (down which the ladder hung) was actually a waterfall, over which torrents of water were pouring producing a deafening roar.....getting the picture?!!

Then we went along a passage way, standing up made progress easy.....but as the roof came lower and lower.....progress was first by crouching, then crawling, then flat on stomach (oh! and, did I mention that we were progressing along a subterranean river in full flow with all the aforementioned rain? No? Well we were). My mode of progress at this point would be best described as...swimming....yes I was definitely swimming and was beginning to doubt the effectiveness of my waterproofs (goretex and all).

What's On

Saturday 16 June

Collection: Asda, Kendal

Wednesday 20 June

Equipment evening: 19:30h

Sunday 24 June

Training: 1st Aid Round Robin, 09:00h

Friday 6 July

Langdale Ambleside / Kendal Teams Joint Social, Grasmere Cricket Club, 18:30h

Sunday 15 July

Team Barbeque, Punchbowl House, Grayrigg, 17:00 onwards

Wednesday 18 July (note date)

Training: Awkward Evacuations, 19:00h

Saturday 21 July

Collection: Kendal Town Centre

Wednesday 25 July

Equipment evening: 19:30h

Saturday 28 July

Collection: Westmorland Shopping Centre

Sunday 29 July

Training: Stretcher Lower, 09:00h

Wednesday 8 August

Training: Steep Ground, 19:00h

Saturday 18 August

Collection: Asda

Sunday 19 August

Training: RAF Heli or Water, 09:00h

Wednesday 22 August

Equipment evening: 19:30h

Saturday 25 August

Collection: Asda

Wednesday 12 September

Training: Primary Survey, 19:00h

Wednesday 27 September

Equipment evening: 19:30h

Sunday 30 September

Training: RAF Heli or Vehicle Recovery / High Lift Jack, 09:00h

As my sanity waxed and waned, I became aware that I could no longer hear any voices and could not see any other lights. Had I taken a wrong turning? Was I on my own and lost? Kath's stories of "little green men of the caves" flashed through my mind.....then I saw one!.....It was coming my way.....

The moment was broken by the sound of voices, I could clearly hear Andy telling us again and again that we were all enjoying ourselves, and that the next three miles would be even more interesting. Oh good, I thought (or words to that effect) as my thoughts turned back to those little green men.

The last obstacle put before us was a small (and when I say small, I mean small) triangular opening through which we had to pass. "Quite simple", said Andy, "just lie on your side and wriggle through.....oh, and don't worry about your head being under water"....then he was gone, off into the darkness. It was then that I started having doubts as to whether Andy really was bigger than me. Was he just taller and just appeared bigger? Was he really a 36 chest after all? Not to worry, I soon convinced myself that I was size zero (or the male equivalent), and through the opening I slid.

Once on the other side I waited for Larissa to come through. All was peaceful and quiet (and dark, yes, very dark) as I sat in my lonely vigil awaiting Larissa. Suddenly, at the narrow opening, appeared Larissa's red helmet, for all the world looking like a new born babe, exiting from its mother's womb. Immediately my obstetric training leapt into action, and in a moment I was checking for the cord around the neck, then a controlled pull on the head, and finally, as the body appeared, I slung Larissa up in the air and over my shoulder, while patting her back and clearing the mucus from her airways. Slowly, the haze of confusion cleared, and normality was reinstated. I then made my apologies and left!

We (the intrepid explorers) unanimously give our great thanks to Paul for all the effort he put in to provide us with a superb evening's entertainment that was a whole heap of fun.....something different that we would not have been able to organise for ourselves. We also offer our very grateful thanks to Andy (Dell), Steve (Kelley), Chris and Eddie who made our evening possible, enjoyable and safe. A really good night...well done lads.

Bill Malone

....And Up Above

Wednesday evening turned out to be warm and sunny. It's a pity it wasn't the Wednesday of the ex – a planned ascent of Wherside. I'd been asked to work out a route over the top from Kingsdale Head to finish at the Hill Inn for those among us who preferred not to spend the evening caving.

Not many of us left Base. In fact it looked as if only Steve Crow and I would be going up Wherside. But we arrived at Kingsdale to find several private cars already there. Abby joined us, sporting her latest tea cosy. There had been a change of plan. I dived into the Astle car to consult the map. The cavers quite sensibly had balked at the idea of driving all the way round to the Hill Inn at the end of the evening just to pick us up. Why not finish up at the Marten Arms just down the valley? Tea cosy turned to me with a cheeky grin. "Why don't we wait till they're down the cave and then leg it straight to the pub and wait for them there?" This girl should be on the committee.

In the end we didn't quite have the courage. We worked out a circular route starting and finishing at Kingsdale Head, taking in the summit of "thee ighyest poynt in West Yorksheer" according to the troglodyte standing next to me with white hair and a beard. Coming from one who'd spent most of his adult life searching for coal in limestone, this was not to be sneezed at.

The conditions were damp and cloudy, with the promise of more damp and cloud to follow. The cavers had given us two to two and a half hours to complete our circuit. It was now 7.45pm. We followed a green lane up the hillside, eventually being engulfed by proper hill fog about 100 metres below the summit. We topped out at about five past nine, after responsibly circumnavigating an unbroken stone wall that took us several hundred metres in the wrong direction.

The return route was along the ridge via High Pike. Head torches went on at Combe Scar. It was now very wet. Abby was getting concerned that we should radio in, as we seemed to have left the summit quite a while ago and lost almost no height at all. But we'd still only been less than two hours. If the others were still underground, we wouldn't be able to contact them. We decided to leave it for a bit.

Soon after that we reached the turning in the wall, which marked the start of our steep direct descent to Kingsdale Head. When we could see the farmhouse lights, we radioed in. "Kendal Mobile 2, this is Kendal Ian, over." Bash, bash, broken message. "Kendal Mobile 2, this is Kendal Ian, over." "Hallo Ian (snigger) what do you want?" It sounded a bit like Kath. But this was not the efficient unfazed voice I was used to. More the 'you've caught me in Mobile 2 with Larissa and we're both stark naked' kind of voice. Is there such a voice? It's all right, Kath, I can't see you over the radio. On the other hand, perhaps I should have a word with Kevin to see if I can get one of those new video mikes. "Hi Kath, we're approaching Kingsdale Head. We'll be with you in about one five minutes, over." "Ok, Ian. The boys are derigging the equipment. We're in the bus getting changed into

some dry things.” They are in Mobile 2 stark naked. Kevin? Wait a minute. What if I was five minutes later and I caught Eddie and Chris in Mobile 2 derigging their equipment? Better stick with the old mike.

The descent was easier than it appeared on the map. Gate followed gate, which led to a footbridge, and that was that. We were all soaked, but happy. As Abby said, “a bit of night nav. and a bit of wet. I feel as if I’ve actually done some training.”

Ian Johnson

Sunday 20th May 2007 - Barbondale

“Well”, says Andy Dell, “With gill scrambling getting more popular, the better known routes are getting busy so outdoor centres are looking for those more off the beaten track. The recent open access legislation means that there are some new routes that are now getting popular.” So we set off to Barbondale in the southeast boundary of our area. We parked by a robust dry stonewall topped with barbed wire on the uphill side (to Barbon High Fell). The only water in sight was the Barkin Beck in the bottom of the valley, no way was that a gill for scrambling: shoeless paddling maybe!

“Helmets on and off we go” calls out Andy, with just a slightly mischievous gleam in his eye. We have just started off downhill towards the beck when Andy suddenly double-backs up a dry stream bed and disappears in a troglodyte fashion into a stone built culvert going under the road! We follow and eventually reappear on the uphill side of the wall (and its barbed wire) in a narrow limestone gorge that meanders uphill. (Being in a pedantic mood I have not used the 18th century mis-spelling, ghyll; but stick with the spelling ‘gill’ as it is more directly derived from the Old Norse ‘gil’ - meaning a ‘narrow ravine’. Enough of this chatter about language, back to the exercise.) The gorge is hidden from sunlight by the trees growing part way up its sides. There is virtually no running water – but there has been! Eroded rocks, water tumbled boulders and plant debris tidemarks are everywhere – this could be ‘interesting’ after a bit of rain.



We scramble up the gill discussing different accident scenarios and how we could deal with them. The tree cover in the gill would mean that even if a RAF helicopter was available, they would not be able to winch out from there – we would need to get the casualty well out on to the fellside. There are a number of escape routes on to the fell: some easier than others, most a bit steep and slippery. Wear marks in places indicates that groups could be using this gill, so we consider how to deal with one person injured and lot of mildly hypothermic 12-year olds. As we progress upwards there is plenty of opportunity to mock each other when feet move quickly off slippery rock, then sarcastic comments on the ability of some Team members to squeeze through a rock tunnel. We find one area where a high line could be established and used to good effect, potential for a future exercise here.

Eventually we emerge onto the fell and explore another (well hidden again) gill about 20 metres away. Then down the road a short distance to find yet a third hidden gill – is there no end to them? This last one provides fun and yet more opportunity to ridicule - as a short pitch (wet this time, so really a waterfall) needed a rope to get us safely up.

Time for lunch and I make my second mistake of the day (the first one being to volunteer to write this exercise report) – I offer to be casualty on a ‘little search & rescue exercise’. I had forgotten that golden rule – if there is a Provisional Member there, they should be the casualty! Anyway, while others finished their lunch I head back up the first gill to find somewhere that would be a likely spot for a short fall resulting in a fracture and possible spinal injury – plenty to choose from! Having chosen one of the many locations that, whilst not requiring massive amounts of rope work, would require some of the rescuers being tied-on and a back-rope for the stretcher, I await my rescue.

The initial party of 3 searchers (one in the gill and one on the top of each side) soon found me, but interesting to note that they had to be fairly close and even then I was completely out of sight of one. I was assessed, treated (curse the cervical collar!) and lifted into the vacuum mattress on the stretcher before it (and me) is manhandled up the gill to an escape route. Then a sledge and carry down the fell before being put into the back of Mobile 2. With the collar on and stretcher head-guard up I did not see much of what was happening but am assured that where rescuers did need a belay they were put in place (but as not all rescuers had harnesses on, a bit of improvisation needed). I know there was a rope attached to the stretcher and from the instructions about the back-rope I have every confidence it would have stopped me disappearing down the gill or fell if things went wrong.

It was an interesting and useful day in an attractive bit of our area where we could be called out to more in the future. Thanks Andy.

Keith Pittman

Training

Log-Books

Old Logbooks - There are still some team members who have not handed in their old log-books.

New logbooks now being issued. You will note there has been a general reorganisation of the format, with new sections added to log call-out attendance and fund-raising activities.

CRO Invite Sat Morning 30th June

(Time - Leaving Kendal Base at 09:00 & back for around 13:00)

Following the Christmas Day Callout, CRO have invited Kendal Team Members to attend their Clapham Base. The aim of the visit is to improve joint working on any future incident, to get an overview of how they operate, and may also include the use of underground communications.

If interested please sign your name on the form on the white board at Base. Please try and make the effort for this one, which supports inter-team working.

Driver Training - Response Driving

The first wave of Response Driving and assessment has taken place. I have had excellent feedback from Andy and all trainees. On behalf of the team, I would like to express thanks to Andy Stokes for all the hard work and expertise he has given, and continues to give, to the team.

Training 18th July 2007

Please note that the Wednesday training in July is scheduled for the third Wednesday of the month (and not the second Wednesday).

Paul Astle

Training Officer

MRC Casualty Care Course

The course will be held at Kendal Base starting on Wednesday 12th September at 7pm. The timetable is displayed on the notice board in the meeting room at Base. If you want to do the course you need to be a Full Operational Team Member and will need to write your name on the list alongside the timetable to book your place. There are only 22 places available and the closing date for applying is 20th July 2007.

Course Dates

September	Wed 12th (T), Wed 19th & Wed 26th
October	Wed 10th (T), Wed 17th, Wed 24th & Wed 31st
November	Wed 14th (T), Wed 21st (& possibly Wed 28 th)
December	Sat 1st Morning Session (Practical Scenarios - Optional)
Exam Date	Sunday, 2nd Dec (all day).

John Hall

Medical Equipment Officer

MRC/IKAR Mountain and Cave Rescue Medical Symposium

This was held on 28 April 2007 and proved to be a most interesting, entertaining and informative symposium. Such a vast range of topics were reviewed, and in such detail, that I won't attempt to summarise it all, but will throw out some thought-provoking issues that arose, as food for thought.

- RSI (rapid general anaesthesia) on the hill? Only consider for unconscious head injury, and then only if you have the skills.
- Fractured pelvis? **DON'T FIDDLE!** No pressure to see if injured; pelvic sling helps control bleeding.
- Heart attack? IM morphine can complicate thrombolysis (in treatment of heart attack). Controversial! Aspirin: get consent (rashes to aspirin not necessarily a contra-indication, only TRUE ANAPHYLAXIS is an absolute contra-indication).
- Feedback on patients from hospital? There is a real confidentiality problem.
- BLS ventilation, best method? Mouth to mask best (with filter masks....as we have in KMRT). This gives most appropriate lung ventilation, without inflating stomach significantly.
- Fluids for hypovolaemic shock? Possible role for (warmed) hypertonic saline, in small volumes.
- Safety in avalanches? Get an air bag (as well as transceivers).
- Suspension syndrome? Don't hang about passively in a harness.....death comes quickly (10-30 mins). Mechanisms are still unclear.
- Definition of Advanced Medical Care? The basics carried out extremely well.

Bill Malone

Sounding Off

Having concluded the initial batch of training for the blue light drivers, I thought the title of this missive would be most appropriate, bearing in mind the amount of discussion I have had on the subject of noise. The training has been most enjoyable and I have never once been frightened! Having said that, I have been in contact with Ordnance Survey to request a few alterations on the next reprint: a drive along the B6254 between Kirkby Lonsdale and Carnforth will hopefully show such delightful locations as Beavon's Bend and, further along, Hall's Folly. And there is no truth in the rumour that the 2 sets of tyres will no longer comprise winter and summer treads but will be replaced by a set of slicks to aid cornering speeds on the dry days and a set of treaded tyres for the inclement weather.

A comment made to the aforementioned John after his blue light run, "Thanks John, now we can return to ordinary driving – oh, sorry, that was your ordinary driving", brought much laughter from the rear seat. As for the motorcycling photographer, who wishes to remain anonymous, attempts to deafen and scare the living daylight out of a group of children just metres from the front bumper were thwarted in the nick of time. One of the more experienced drivers, known only as Captain X, did a fine performance of Driving Miss Daisy. Once we'd all woken up.....

And finally, the Coroner responsible for Grange over Sands appreciates the efforts of those drivers that attempted to drum up a bit of trade for him as we passed through the town but states no increase in the mortality rate.

On a serious note, I have been very pleased with the overall effort put in by the team members. It is pleasing to see how much of my instruction in the general principles of driving, such as positioning, reading of limit points, use of steering wheel, to name but a few now form part of a person's driving skills. I'm sure you will agree that nothing less will suffice if you are in control of a Land Rover at speed with 5 lives and others depending upon the driver's ability.

Until the next training, handbrake, **then** neutral and "Au Revoir" (well, what else can I say after listening to French two tones for hours upon end!).

Andy Stokes

Pagers, Radios and Website

Error Messages to Pagers

You will be aware that there has always been a steady stream of error messages to pagers. Sometimes the messages say "tone only" and other times they are just gobbledegook. I know that they are very annoying, particularly when you leap out of bed at 4am charged with adrenalin (like a certain Mr Robinson a short while back). I have taken up the matter with Vodafone and they claim that the messages do not emanate from their system. The best explanation they can come up with is that your pager may occasionally pick up some spurious mobile phone signal. So, it seems that we cannot solve this one. If it's any consolation, I get the messages too (and the moans from you in addition!).

New KMSRT Website

After much consternation, organisation, fiddling, tweaking and electricrery the new web site is up and running – see www.kendalmountainrescue.org.uk. The new web site is little more than an updated version of the old one at the moment. However, the main difference is that we now have full editorial control over the site and the software to manage it. John Everett has promised an article on the team vehicles, Kevin Knowles has promised an item on the new GPS tracking system and Paul Astle has promised to do something on training. Something on equipment would also be very useful. Any ideas, suggestions or photographs will be very welcome. This is your web site so any contributions can be sent to me by e-mail or (preferably) left in my pigeon hole on a CD. The key aim is to keep the site up to date, to make it interesting and to show plenty of recent photographs.

John Fitch, Pager Officer and Webmaster

GPS radios and the Broadband link

The MR Map is now connected to the broadband link at Base. This will allow Base to monitor any movements, by any team, using GPS via the internet irrespective of what channel the Teams are operating on. We can of course still receive our own Team Members' signals via Parklands **or** the internet if we are working with another Team **on their channel**, such as L&A, who are GPS enabled. (You **do not** need to move Parklands from the Kendal Channel to achieve a remote link)

One point to note - the software will automatically seek out a broadband connection and therefore I have left the Router 'on' at base. It is a 24/7 service we pay for, so better it be immediately accessible to the software than present unaware Team Members with problems at Base during a Call Out.

Kevin Knowles, Radio Officer

Fundraising Notices

May's collections have gone really well:

Booths on May 5th £599

Asda, May 12th £846

Asda, May 9th £577 – and that's with the last couple of hours clashing with the FA Cup Final!

I know we've got a lot of Asda collections, but they offered us all these dates and the two collections we've done so far have been very successful. Please give me a call if you can help especially with Saturday June 16th, and then Saturday 21st and 28th July.

Peter Clarkson Tel: 01539 736316, Mob: 07831 830 200

And to reiterate the email request from Andy Dell to all hill going team members:

Liz Parkes did a fantastic job with fund raising, but it was the same old group of people that helped out all the time. Peter has done really well as our new Fund Raising Coordinator, getting us collection dates and venues, rallying help from the support group and with some fantastic totals being banked.

BUT if we are not careful we will burn him out along with the loyal members of the support group. We really do need the help of active hill going members AT LEAST once a year to assist with collections. So please check your diary now for the above dates - don't think up excuses - and remember there is now a space in the new style logbooks to record all the fundraising activities you take part in.

We set a budget of £7,000 more than last year. That takes some finding. When Peter makes that phone call please spare at least a couple of hours for the Team. I know we all have huge pressures and demands on personal time from work, family and 101 other things - it would really be appreciated if you could fit in a couple more hours for the Team.

Garburn Trail Race – Sunday 3rd June

Many thanks to all the team members, supporters and volunteers who helped out at this year's Garburn Trail Race. Despite the heat, humidity and the suspected sabotage of the course markers, the event was a great success with a record number of competitors.

John Everett, Marshal Coordinator

Torchlight Procession – Friday September 14th

It's nearly that time of year again! This year's theme is "People of the World". We are keeping it simple this year, so this means that John Hall doesn't need to search for a slinky dress!! We are doing 'Scotland' so search out your kilts, tartan car rugs or even tartan pyjamas! Any suggestions about music to me ASAP or you will get my personal choice of tunes again. Don't be afraid to volunteer, it is a good laugh and helps keep the team in the public eye (plus we aim to retain the 'Most Humorous Float' award!).

Chris 'McSporran' Marsden

Keswick to Barrow 2007

Kendal Mountain Rescue Team was represented by eight walkers in this year's Keswick to Barrow 41st anniversary event. Helped by excellent conditions, a cool breeze and only light showers, all eight members of our running / walking team finished in Barrow in brilliant sunshine in a position of 106th out of 281 teams, with our last two walkers arriving back in a time of 14 hours 12 minutes.

Thanks to Rod Berry, James Hake, Oliver Fallows, Emma Fielden, Maria Howell, Heather Scarrott and Dave Williams for running / walking for us and to Keith Pittman and Liz Parkes for supporting the Team. Thanks also to our K2B team for raising sponsorship. We are hoping to raise about £600. The money is sent to the Keswick to Barrow Walk Committee who pool all the money raised from all teams and then allocate it to a large number of charities. They have been kind to us in the past.

Anyone wanting to compete in next year's K2B should let me know ASAP as places are soon taken up (if pigs could fly!!!) It's well worth it for the free pint and pie with mushy peas and beetroot at the finish (another joke!).

John Hall

Joint Team Social

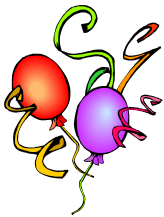
Friday July 6th 6:30pm onwards, Grasmere Cricket Club

This is another chance to show your skills at rounders and any other games you may feel like during a joint get together with Langdale / Ambleside Team. There will be a barbeque cooked by the Kendal Mountain Rescue Catering Team and very kindly paid for by Langdale / Ambleside. A bar will also be open during the evening.

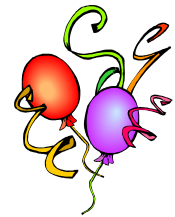
Please put your name on the list at base to give an idea of numbers to cater for.

Eddie Harrison

Team Barbeque



TEAM BARBEQUE
to be held at
PUNCHBOWL HOUSE, GRAYRIGG
on
SUNDAY JULY 15TH from 17:00 onwards
EVERYBODY WELCOME



Bring your own food and drink.

Some salads & sweets will be provided.

Our Masterchefs will be in attendance again to assist you with their culinary skills.

Further details from Ian and Dagmar on 01539 824345.

Contacts

E-mail

larissa.robson@tiscali.co.uk

or

01539 733505

or

Editor's pigeonhole in base

or by post to:-

Newsletter Editor
Kendal Mountain Rescue
Busher Walk
Kendal
Cumbria
LA9 4RH

Copy deadline for next issue: Friday 6 July 2007