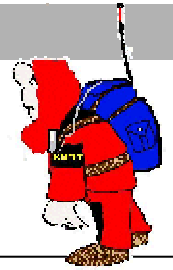


Mintcake



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

Reg. Charity No. 259539

December 2006

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Season's Greetings



Vehicle Officer has been testing the latest options for an upgrade to Mobile 1.

Editor's Comment

Well here it is! My first edition as Editor/Editor/Chief Scribe and I'm already suffering from identity crisis – methinks I need to consult Agony Doc! A chance remark in June within earshot of Keith Pittman indicating my interest in the role was immediately turned into a confirmed nomination – there's a moral in that tale somewhere.

A big thank you to Les for all his hard work (and patience with computers) over the last 3 years as Editor - I hope that I can keep up the good work. My starter for 10 is a bumper-sized 10 page edition so I do hope you enjoy it.

Merry Christmas and a very Happy New Year to you all!

Larissa

100 Club

The winning numbers in the December 100 Club Draw were:

1st	61	Mrs P Monkhouse	£10
2nd	18	Mr D Harding	£10
3rd	89	Mr S Marshall	£5

Peter Clarkson

Mintcake Nibbles and Tit-bits

- Ron Jarvis was co-author of the guidebook 'The Cumbria Cycle Way' (published by Cicerone of Milnthorpe). Following his recent death, Ron's executors have decided that future royalties from the book will be paid to the Team. Many thanks to his executors on behalf of the team.
- Ian Higginbotham was confirmed as a hill-going member of the team at the December Ops and Membership meeting – many congratulations. We've asked that Ian Johnson is given a calculator at Christmas to check his adding up of training points as 44 is such a large number for him to deal with!
- As this edition goes to press 10 of our team members are wading around the lakes and streams of Cumbria on an aptly timed Swift Water Rescue course. We wait with interest to hear how they fared – article planned for next issue.

Callouts



5th November

Team members who were already at Ambleside base on an MRC Casualty Care training session had an opportunity to put it into practice when assisting L&A with a rescue at Stickle Ghyll. Those already MRC qualified went to the help of a man with a fractured ankle who was evacuated to the roadside for transfer to hospital by ambulance.

Exercise Reports

Wednesday 13 September – Communications

We are still hoping to have a report on this exercise – may be in next month's issue...? Update on the author: his wedding went very smoothly despite power failures; he is now busy making honeymoon preparations...

*

Wednesday 8 November – Night Navigation

The evening of night navigation started with everyone meeting at base with suitable cold, dark, wet weather attire plus head torches. It was straight in with team members being paired up and given six grid references in various orders to prevent following each other.

The next part was to plot these grid references onto the map in the order given, and then in turn each team gave a brief description of how they may move between two of those points with the greatest accuracy. This led to a discussion on techniques of handrailing, pacing, timings, attack features and aiming off.

With the theory part covered it was off into the dark and unknown (aka Lord's Lot).

Each team set off to find markers at each of their grid references and the idea was to use and practice the skills as discussed earlier although some debate about one or two of those grid references and their accuracy took place. At least this introduced another valuable element to the exercise: "Searching for Something When You Get There".

So with beams of light dotted all over some poor farmer's fields, the squelching of footwear, startled cows, worried sheep, etc, all seemed to go well. Teams passed each other in the darkness with a friendly "Hello!" and a nod, and even no swearing (well, not that I heard but I do remember the location of one marker being under someone's foot...!).

With all the markers found and in the bag it was time to wind down the exercise and all team members found their way back to the vehicles and swiftly back to base for a debrief although a quick one as it was past everyone's bedtime.

Overall, a good training session with the lessons learned but I suppose the main lesson we really came away with is to keep practicing navigation as we can all get a bit rusty.

Many thanks to Kath Jackson and Abby Astle for all the organising.

Steve Crow

What's On

Wednesday 13 December

Training: Base operations 19:00h

Sunday 17 December

Training: On the move 9:00h

Wednesday 20 December

Equipment evening: 19:30h

Wednesday 10 January 2007

Training: Hypothermia/First Aid 19:00h

Friday 12 January

Annual Dinner Crooklands Hotel 19:00h

Wednesday 24 January

Equipment evening: 19:30h

Sunday 28 January

Training: Search & Rescue 09:00h

Wednesday 14 February

Training: Avalanches & Winter Navigation Theory 19:00h

Wednesday 21 February

Equipment evening: 19:30h

Saturday 24 February

Training: Winter Night Navigation

Timings to be confirmed and start praying for snow...!

2nd, 3rd & 4th March

(nights of 1st, 2nd & 3rd March)

Winter training based at Roy Bridge

Watch out for further details in Base.

Wednesday 21 March

Training: Water Rescue 19:00h

Sunday 25 March

Training: Stretcher Lower 09:00h

Wednesday 28 March

Equipment evening: 19:30h

Saturday 25 and Sunday 26 November 2006 – Late Night Search and Rescue

I was quite looking forward to the annual night exercise – cold but pleasant cloudless night and moonlit fells, and then Keith's pager message came. What, a joint exercise, with Bowland Pennine?! They have to be joking!!

Why the mild hysteria on the part of your Radio Officer? Easy – only 2 days previously I had completed the installation of a radio link to Parklands with software that Simoco said would not work, but the infamous Rob Brookes said would! Fair enough it worked on the bench at Base and between Parklands and Base – all of 2 miles. But now it was to be tested on a search exercise in the company of a team who I had criticised (mildly) over the way they had run their own joint exercise earlier this year. This looked like a recipe for egg on face with as many F words as Gordon Ramsay could muster.

Time to start lobbying – we (I) need to man base, monitor Channel 62a, make tea for our guests, clean the toilets – anything that keeps me on hand to doctor a major radio failure!

"Hello Keith, about Saturday nights ex."

"Yes, that's right, the one with Bowland Pennine – good idea that."

"It's where? THE HOWGILLS!!!!....." Gordon Ramsay! That is one big black hole for radio comms at the best of times, never mind with an untried system.

Saturday – I have sent several e-mails, made as many phone calls, borrowed every conceivable piece of radio kit I might need and several I conceivably will not, including a 25 year old replacement for the base radio. Assured Mr Brookes that he ought not to go to the pub Saturday in view of the weather forecast and incidentally as he's staying in perhaps he might be on hand if I needed him?

Result! Keith, resplendent in Hi-Vis Vest so we know he's in charge, tells me that Andy (Dell) and John (Everett) are running the show and perhaps it would be a good idea for me to look after comms. "Don't be disappointed Kev, have you seen the forecast? You are better off in Base."

Well, that's a worry off my mind. Soon to be replaced by another and another and, well, one at a time...

It was decided to deploy Mobile 2 as a radio repeater station: Mike (Waters) nursing an injury got the role. "Hi, Kev – I missed training that night – how does this mast thing work?" Aaaah, Gordon Ramsay me – quick training session, then!

"Hello, our radios don't seem to work on your channel, is it the same being on Bolton's?" Aaaah, Gordon Ramsay me – quick training session on how to use our radios, then!

Finally calm descended as, fully briefed by Andy & John, the Teams disappeared into the somewhat wet & wild night to find the 2 volunteer casualties.

Surprisingly, oops wrong word – sorry Boss, start again: as one would have expected from a slick outfit like ours, manfully supported by an equally capable contingent from Bowland Pennine, things went exceedingly well from here onwards.

Methodical and logical planning from Andy and John, reacting to the sporadic flow of information from Keith's mystery informant, who appeared to live in the garage and communicate via the intercom!

Radio communication maintained via the Team Working Channel or the Repeater Channel in all but the most difficult terrain. (Please don't switch radios off or expect them to work while in your rucksack lying on the ground.)

Good progress in difficult conditions by the troops on the ground. (Some, less than happy at their lack of illumination and the need to go back up what they had just come down, grumbled a bit. Didn't they Ed?) *[Editor is choosing to exercise her right to radio silence on this one – anyone interested ask George.]*

So well in fact that, unbeknown to Andy & John, the search pattern would have led the teams right to the exercise casualties. Thus Keith decided not to abort at the agreed time (10:00 pm) if no find had been made and allow the exercise to come to a natural conclusion. The casualties on the other hand decided to take things into their own hands and sent up a couple of flares! (Some casualties have no confidence or patience and just get plain fed up of waiting to be found.)

We at Base knew everything was OK because Keith took off his Hi-Vis waistcoat, did a bit of dusting around Base and put his pyjamas on. Still, everyone was back in Base safe and sound, kit sorted and debriefed by 3:30am.

So what did your radio officer take from the evening's entertainment?

- When working with other teams, make units up exclusively from each respective team. Everyone knows each other and the way your own team works. Only mix teams when absolutely necessary.
- Delegate and trust other Teams.
- The siting of the Repeater (Mobile 2) is critical. When you get it right it is a fantastic asset that makes an incredible difference to radio reception.
- The troops actually find channel choice between Team Working Channel (TWC) and the Repeater channel easy to get on with and implement.
- The TWC covers much more ground than we expected.
- The idea of a two channel scan, TWC and Repeater, is a very good one - we (at Base) actually changed between the two when trying to establish comms with the Cas Site while the Repeater was being re-positioned. (Working on this one, watch this space.)
- Using Memory Map to help me with recording comms strengths from various positions was overtaken by Andy and John who found Memory Map an extremely useful tool in its own right and my plots gave them a wider picture of things as they developed (as GPS would).
- A dedicated radio operator (not necessarily yours truly) is an absolute bonus on such occasions as this, whether an exercise or actual search / rescue. It makes the planning that much simpler with fewer distractions.
- Our radios are better than Bowland Pennines'. On the Monday the team members involved approached their radio officer with a "Can we have radios like theirs?" request!

Kevin Knowles
(Son of Rob)
Radio Officer KMSRT

Base & Vehicles

After the driver training on the safe use of winches, the B&V working group have purchased a second Turvor winch so that both M1 & M3 have identical winch systems. These are carried in the rear of the Land Rovers, under the stretcher platform and pushed towards the front of the vehicle. Each winch is contained within an old rope sac, and hopefully contains all that you will need to get you out of trouble. The vehicle layout sheets will be updated to reflect their location.

Why not start the New Year by getting a little more involved in the running of Our Team? Steve 'Male Model' Crow [Ed – please note this is John's personal view] recently joined The B&V group and any team member, full or provisional can come along and express their views or help with the few jobs that help the team run smoothly.

The next B&V meeting will be held at Base on Tuesday 2nd January @ 19.30hrs. Hope to see you there.

Merry Christmas and a safe New Year to everybody from The Base & Vehicle Group.

John Everett, Vehicle Officer

Ops & Membership Meeting Notes

Torches

- It has been recognised that our current torches are not performing as they should. Chris Marsden has undertaken research into possible alternatives and solutions, and discovered that if they worked properly, our current torches should give the longest life of those non-LED ones on the market (current LED ones don't have anywhere near the same distance coverage as our existing torches).
- He is therefore investigating why the batteries are not holding as much power as they should – one answer is that we may be causing more problems by leaving them permanently on charge. He is contacting the technical people at the torch manufacturer and will look at alternatives to the charging system.
- Replacement batteries have been ordered and hopefully we will soon have a way of making sure we get the maximum usage out of them.

Team Shelter

- We now have a fantastic new shelter which is mainly for fundraising use, but due to its compact but robust construction could be suitable as a portable Mobile Control on major searches etc. It also has personalised artwork with the team name printed on it (for aerial identification of course!).
- Methods of construction, use and securing it safely in strong weather will be built into a future training session.
- It is currently stored in the upstairs store room but a more permanent home is to be sorted.

Stretcher Lowering

- A review is soon to take place to make a decision on what needs to go in the stretcher lowering kit. Once this has been finalised, it has been decided that the stretcher lowering kit **will be taken on any callout in the first response vehicle**, similar to the doctor's bag, as we don't necessarily know what we will be facing at the casualty site.
- The vehicle whiteboard will be updated to reflect these changes.

Driver's Medical Update

- There was a discussion of the urgent issue of changes to the medical requirements for **all team drivers**. Please see separate section below for more details.

Urgent Information for All Team Drivers

The Medical Committee have reviewed the way we assess Medical Fitness to drive team vehicles. As a result of this review all drivers must obtain new forms and arrange for a medical. The **deadline** for this will be **February 28th 2007**. Anyone who has not done this by then **will be removed from the driving list**. The reason for this is:

- The current standard is probably not rigorous enough.
- The medical should be renewed every five years and this has not been happening.
- There is no appropriate way for the team to store confidential medical information.

This is the new procedure:

- To drive team vehicles you must conform to the DVLA Group 2 medical standards. These can be found at www.dvla.gov.uk/medical/ataglance.aspx
- Obtain a copy of the medical questionnaire and report from Paul or Abby Astle. You can either email Paul to request it and he will email you one by return, or pick up a hard copy from Base – available from the training session on Wednesday 13th December onwards.
- Complete the questionnaire and make a 20min appointment with your GP.
- Your GP will retain the medical information in your medical records and give you a completed Form A to give to the training officer if you have passed or failed the medical, or a Form B to give the medical officer if you are 'borderline'.
- You must repeat the medical every 5 years.
- You must inform the team medical officer of any changes in your health that may affect your fitness to drive. Alternatively, you could discuss things with your GP in confidence and simply inform the training officer if you need to be removed from the driver's list.
- The membership secretary (Ian Johnson) will store 'Form As' and ensure they are up to date.

Abby Astle

Base Cleaning

There has been a very good response to my request for volunteers for base cleaning (50% of what we need in fact). So we just need one more volunteer to make up a full team. Apply now before the opportunity passes.

Bill Malone
Acting Base Officer

Thanks to Prontaprint of Kendal for copying services

Annual Dinner Menu

Here's the menu for the Annual Team Dinner which this year will be held on January 12th 2007 at the Crooklands Hotel. Remember the dinner is open to spouses and partners also. Previous dinners at the hotel have been enjoyed greatly and this one promises to be just as good. Please spread the word to one and all and send your orders and cheques to Simon Thorn **ASAP** to avoid disappointment!! The cost is **£17** per person.

We are booked for a 19:00hrs arrival with the meal being served at 19:30hrs. For those who don't know the hotel, there is a public bar downstairs so if you wish to make an earlier start...

Annual Team Dinner - Friday 12th January 2007

Chilled Fruit Juice

"Crooklands" Homemade Pate

Served with a warm crusty roll, spicy fruit chutney & lemon garnish

Cream of Vegetable Soup

Freshly prepared sprinkled with crispy croutons

Cocktail of Fruits with Sorbet

Melon, Mandarin & pineapple topped with fruit coulis and sorbet

Braised Button Mushrooms with Garlic & Bacon

Slowly cooked in cream & white wine and accompanied with crusty bread

✱

Herb Crusted Salmon Fillet

Presented onto a pool of tomato Hollandaise flavoured with basil

Roast topside of Beef with Yorkshire pudding

Pork Tenderloin with a delicate Mustard & Mushroom Sauce

Cumbrian Roast Turkey with all the Trimmings

Stroganoff of Mushroom & Asparagus with
Basmati & wild rice

✱

Choice of Freshly Prepared Desserts

✱

Coffee with Mint Crisps

Please send your orders in **writing or via e-mail** to kmsrtsocialsec@aol.com please. Cheques and orders can be left at base in the Social Secretary's pigeon hole. **Cheques should be made payable to Kendal Mountain Search & Rescue Team.**

As always we are in need of raffle prizes for the evening, be they silly or serious! *[This is a great opportunity to put those unwanted Christmas presents to good use – brightly coloured oversized knitted jumpers are especially welcome to provide an alternative to last year's subtle sweatshirts – Ed.]* Would the two people in possession of the "special" prizes ensure that they are returned for this event please.

Simon Thorn

A quick reminder for any further nominations for the 2006 POTY awards to Keith Pittman by email on keith.pittman@hse.gsi.gov.uk, or phone (01539 721901). It was noted in November's Mintcake that nominations for Pete Munford were relatively thin – Keith, please see the pin-up on page 10.

A 'Retained' MR Service?

With the imminent reduction of full-time staff in Kendal, Cumbria Fire and Rescue Service is looking for more retained firefighters. Retained firefighters:

- Are trained to handle emergencies and respond to incidents.
- Help the community by passing on preventative information.
- Get to Basher Walk quickly.
- Have practical ability and are physically fit.

If it wasn't for the fact that they go into very hot and smoky environments it could be tempting to become one. (The need to wear rubber facemasks could be considered as a plus or a minus issue, personal taste there.) However it could be argued that it is very similar to MR (here starts the perpetual pub discussion about ability and fitness within the Team), but there is one difference: retained firefighters get paid from the public purse. For a guaranteed 120-hours/week availability there is £6,544 per annum up for grabs. The minimum availability hours figure is 40 hours per week (for which they get £2,181). £1.05 per hour (80p for trainees) is not the most lucrative wage rate around; I can only assume that Cumbria Fire and Rescue Service is relying on public spiritedness to prevent us all being burnt to death in our beds.

At first sight the 120 hours per week availability commitment seems high, but maybe not. Mind you, 40 does seem fairly low. But how does it relate to your average MR weekly availability? Do you actually know how many of the 168 hours in a week you are really available to respond to an MR call-out? Have a sit down one dark winter evening with a decent red wine and look back on the past week on an hour-by-hour basis. Be honest with yourself and add up how many of the 168 times you would have actually responded to the bleep-bleep-bleep 'Call-out, base ASAP - Andy' message. If your availability is currently less than 40, is the Team getting a fair share of your time for its investment in you? How could you up your availability?

A final thought: if MR were paid at retained firefighter rate (and forgetting all employer on-costs) then to give 16-person coverage (arguably the minimum for a call-out) 24-hour a day is heading towards £150,000 per annum; that's without the cost of all the gear! Do I hear the distant thunder of the hooves of the insurance companies heading towards hill-users yet again?

Barbellate

Congratulations and Thanks

- Following on from the previous thoughts I started to do the sums on how many hours of commitment both Steve Kelley and Keith Pittman have given in their respective long service to Mountain Rescue. The answer – an **enormous** contribution immeasurable in simple figures. Congratulations go to both of them on the receipt of their Mountain Rescue Council 25 year Long Service Certificates given at the team's AGM in November, with calculations showing that Steve has served at least 27 years and Keith 25 years. The words "Thank You" seem trivial compared to everything they have each done both on the hill and behind the scenes keeping the team functioning so successfully, but it is a huge and heartfelt thank you that is extended to them on behalf of everyone associated with Kendal Mountain Search and Rescue Team.
- Congratulations also go to John Hall, Ian Higginbotham, Kath Jackson, Steve Kelley and Sarah Woodford for passing their MRC Casualty Care course. Another clean sweep! I have been asked to pass on their thanks to all the people involved in teaching on the course and helping them pass their exam, especially Abby Astle, Sue Brookes, John Hall and Sarah Woodford for their many extra hours of input and coaching which is gratefully appreciated.

Agony Doc

Humorless *[sic]* letters that slipped past official censorship.

Q.1 *A team member writes:*

There is obvious interest in your new column, but perhaps some concern over directly discussing personal medical matters with such a distinguished collection of medical experts that exist within Kendal MRT. As evidence of this, a fellow team member has raised an issue with me that (s)he requests I pass on to you to respond.

Anon

A.1 Well, Mr/Ms Anon, you haven't read the instructions for the column have you (said with a stern look over half moon glasses)? This affliction to ignore instructions and flaunt yourself as "Anon" is obviously a matter we must take seriously for your own good (and to make us in the medical profession look caring). Instructions are the very essence of good health and safety practice. Fortunately we have a veritable H+S expert in the team to whom I must refer you for treatment.

Wishing you a good recovery,

Agony Doc.

Q.2 *I have been a team member for a number of years, however following an accident at Busher Walk I have not been as operational as I would wish. My question for Agony Doc relates to the apparent reluctance, by Kendal MRT, to undertake the effective treatment that I so clearly require. I would say that the examination and diagnosis, by a number of qualified Casualty Carers in the team was excellent. They diagnosed that I had an injury in the area of one of my knees. However, as regards treatment, I have had none! One kind person did put my (by now separated) lower leg on the kitchen counter; this was an improvement on being left on the floor, but hardly microsurgery. (And any way it only took one rather bad taste 'Long John Silver' joke and it was back on the floor.) If I was whole again, I feel could make a much more positive contribution to the operations of the team: be it as a hat stand, spectacle holder or even as a teaching aid for medical training. So, Agony Doc, why is there this reluctance to treat me?*

Charlie Bones

A.1 Well, well, Charlie I'm sorry to hear that you were treated with such apparent impropriety. The sympathetic, listening ear is so important in medical practice-----on the other hand you do moan a lot, moan, moan, moan. Remember, you're only there for us to practice on, and if you weren't broken all the time we wouldn't be able to practice fixing in order that we would know how to fix other people.

On a more cheerful note, Kess has been seen eyeing up your other leg (now stop that moaning, just think of the joy you will bring to that little doggy).

A.2 Dear Charlie Bones,

What a short memory you have. It is only recently that you laid on my operating table in Greyrigg to have your leg repaired. Unfortunately you know the inherent problem with your condition: there's not enough meat around your joints for an effective repair, and your favourite hobby seems to be hanging around in the corner of rooms with your feet just off the ground. Not a good recovery position.

Of course it would be easy to fix you up with no movement to the knee. Or replace the whole bone with a prosthetic limb. But is that what you really want? The last time I asked I got no reply.

Yours waiting with Araldite,

Ian Johnson

A.3 The reason that we all have two legs is that one is a spare. It is easy to identify which one is the spare-----it is the one that is not damaged. That is why hopping was invented. You simply hop around on the spare leg, see how easily your problem is solved? Absolutely no need for all that moaning.

Anyway you're dead (for the benefit of all our reader(s), dead ones don't breathe but live ones do.....or is it the other way round? This level of detail can be quite confusing - letters to the editoress please.

And remember, serious medical questions (i.e. of the humors) given priority attention; anything involving humour will have to ride the gauntlet of eagle-eyed censorship and editoressial scrutiny.

Agony Doc

Training Program for January to June 2007

Date		Training	Organiser
January	Wed 10 th	Hypothermia Talk / First Aid Round Robin	AA / DW
	Sun 28 th	Search & Rescue (Hypothermia)	CM / BM
February	Wed 14 th	Dell's Bakery Class - Avalanches & Winter Navigation Theory	AD / AB
	Sat 24 th	Winter! Night Navigation	LR / GR
March	Wed 21 st	Water Rescue	HC / DR
	Sun 25 th	Stretcher Lower	PA / SK
April	Wed 11 th	Mobile 2 Familiarisation / Round Robin	JE / KP
	Sun 22 nd	Air Ambulance Familiarization / First aid scenarios	DW / JH
May	Wed 9 th	Down Under Exploration (Fun)	SK / PA
	Sun 20 th	Crag Exercise	AD / DS
June	Wed 13 th	AED & Primary Survey	AA / EH
	Sun 24 th	1 st Aid Round Robin	SW / BM

Scotland Winter Training - Dates 2nd, 3rd & 4th March 2007 (Nights of the 1st, 2nd & 3rd).
Location - Roy Bridge (AB)

Lakes Winter Skills - Due to the unpredictability of snow (!), training will take place one weekend day from December onwards. If the conditions are right a pager message will be put out a few days beforehand.

Logbooks - Logbooks are due in for review during the first week of April! Please review the notes on page 2 so you understand the importance of this.

Driving - If you want to get on the driver list you need to:

- Conform to the DVLA Group 2 medical standards. These can be found at www.dvla.gov.uk/medical/ataglance.aspx
- Obtain a medical form from Training Officer.
- Get your GP to complete the medical form.
- Arrange to go for a drive with Simon Thorn (Tel. 01539 729033).

If you would like to take a vehicle off tarmac, contact: Chris Marsden (Tel. 07811 817053), Steve Kelley (Tel. 01539 731698) or Kevin Knowles (Tel. 01539 741942).

Caption Competition



Various responses have been received, which include the following:

- That wall is steeper than it looks. Luckily this car was here to break my fall.
- Is this a lay-back?
- Munford has yet another accident while posing for wedding photograph.
- New 007 caught lying down on the job.
- Cat attacks Munford on wedding day.

and the winning line is:

“Cash crisis at Jaguar deepens as glamour models refuse to work at 2006 Motor Show.”

The lucky person who penned this caption will win a bar of ...wait for it.... Kendal Mintcake!

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