



EDITORIAL

By now many of you who are at school will be bearing up to take on the exam system. It is that time of year again. Certainly, whatever you are now undertaking you must be looking forward to the summer and for many it will mean a long break to the north-west coast of Scotland and beyond to the islands. Those involved in organising the expeditions are working hard. The equipment is being serviced, transport plans are being finalised and all the complicated logistics of fuel and food are being organised. All we have to do is hope the Weather will behave and then it will be up to us to make the most of it.

Living in Scotland, I am in the very privileged position of escaping to the mountains at weekends and given a couple of days off ranging further afield as far as Skye. Last weekend I went with a few friends to just that island. I can't say it was a successful weekend for climbing as the weather was atrocious, elsewhere apparently there was a minor heat-wave. Still, Saturday was a good day to begin with, and we gained the summit of Sgurr nan Gillean at the Sligachan end of the Cuillin ridge. It certainly felt good to be back in the Hebrides and from the summit we looked across to nearby Raasay and to the south-west to Knoydart. I thought of those coming to these parts with SHS Expeditions this year. I believe it's going to be a good summer. In the meantime, if you have exams ... good luck, they'll soon be over.

ASSISTANT LEADER TRAINING WEEKEND

'Newslink's' roving reported descended from the North of the border to the heart of the Pennines to sniff out the first assistant leader course. It took place on the weekend of 19/20 April in Greenfield, near Oldham. This was the first weekend of its kind organised by SHS Expeditions and was designed to give future AL's exposure to some of the difficulties that could arise on expedition and how to tackle them. Since it was still early-in the year, the numbers present were small but several useful and important tutorials were given on various subjects. These included mountain leadership, first-aid, hypothermia, route planning and a very interesting discussion on expedition psychology. Saturday afternoon involved a hearty march across the high moorland above Greenfield on the Pennine Kay. On Saturday evening we all descended en masse to the home of Chairman Phil Renold for an Impromptu soiree.

As a pilot weekend it was a great success and a very useful adjunct to the experience of AL's going on expeditions. It was superbly organised by Jonathan Bletcher who is currently planning a similar venue in London. I really recommend these weekends. As well as being useful and interesting, they are an ace laugh.

Later on in June there will be a further AL training weekend. This time down in London, I strongly recommend, in fact urge, everyone of AL status to attend. Details will be sent out but if you require information then contact:

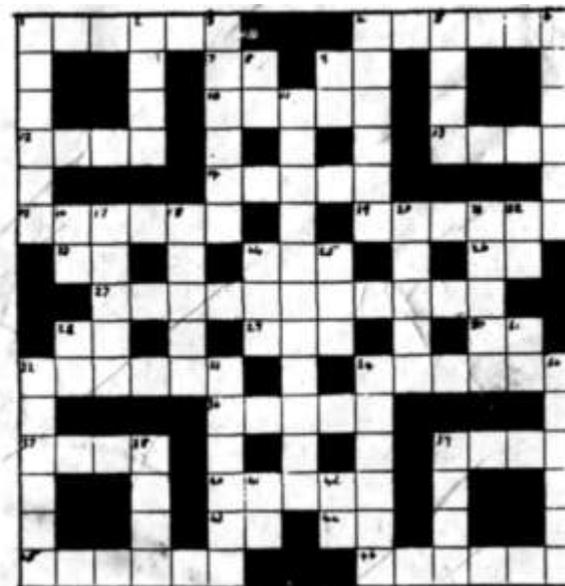
Jonathan Bletcher

Dobcross  
Oldham  
Lancs

CROSSWORD COMPETITION

Newslink is grateful to Rob McDermott for producing this challenging crossword. The idea is that the first correctly completed entry drawn will win a prize! The winner will receive a Petzl Head Torch valued at over £15. All completed crosswords should be sent to: SHS Newslink, TTH. 24 Blackwood Crescent. Edinburgh NB Please include your name and address.

Competition closes 15 September 1986. Incidentally, we will need a crossword for the October edition', so if anybody wants to get together to produce one whilst they are on expedition, they are most welcome.



ACROSS

1. Nickname of SHS founder?
4. Fort on Islay?
7. 13th letter of the alphabet?
9. See 9 down.
10. A timer gone wrong?
12. Ancient Mexican civilisation?
13. Before the storm?
14. A very mixed-up part of the body?
15. Main meal of the day?
19. Perhaps not if your there to tell someone?
23. A negative?
24. Plus?
26. and 22 down. Easily had on Expedition?
27. Village without a road?
27. A number -- perhaps?
29. Chickens do this?
30. and 31 down. Mineral from rocks?
31. Going out canoeing?
34. Summit (3-3)?
36. Usually what is slept on on Expo's?
37. Searily always said in court?
39. Side of a doorway - tasty substance?
40. Get rid of the 'newslink' boss (3-2)?
43. Army, RAF and ?
44. Opposite of she?
45. 1 across's real name?
46. 1986 site island?

DOWN

1. Another name for 1 across?
2. Musical instrument NOT recommended for expo's?
3. Majority of expo participants?
4. Expeditions provide this?
5. Part of the P4?
6. Ancient form of P4 - with slaves?
8. Myse[?]
9. and 9 across. Frozen water?
11. Needed for the P4 to reach deep water (6-1-4)?
16. Opposite of out?
17. No fishing without this (2-3)?
18. Long fish which has ceased to be (2-3)?
20. The top of a tree (2-3)?
21. Occasional members state?
24. Possible after eating SHS food?
25. Night and ?
26. Thanks?
31. See 30 across
32. A fear of things?
33. Needed at the start of an expo?
34. Works on a market?
35. Island near Mingulay?
38. A leader might wear one of these?
39. Island of Orwell fame?
41. Countries together (1-1)?
42. Pardon - first letter?

## EMERGENCY RATIONS

It was decided that a sound bit of advice which should be given to all members of expeditions and indeed anyone venturing out onto the hills, is the inclusion of emergency food in their first-aid kits. Often as not people leave home with emergency rations of chocolate etc and scoff the lot on the train journey northwards! What is proposed is that everyone buys a couple of mars bars or a large slab of chocolate (Fruit and Nut is good stuff), wrap it in some silver foil and Sellotape the lot inside a plastic bag. This package should then be left and forgotten about in one's rucksack and only used in emergencies. It should not be eaten as a supplement to one's lunch nor eaten because you're feeling a little peckish. That way, should a real emergency arise such as a forced overnight bivvy or an accident, you will always have a supply of ready available glucose handy. It is remarkable how stupid you will look when you actually do need some food in an emergency and you had already scoffed your ration in rounding off a good meal with a cup of coffee !

## CLIMBING WEEKEND 7/8 June 1986

Here is a date for your diary. Jonathan Bletcher and company have organised a climbing weekend for all AL's, future AL's or anyone else who considers themselves keen. The venue is Birchen Edge Rocks in Derbyshire, some of the best crags in Britain. Basically it is a club meet ... bring your own overnight accommodation or at least a sleeping bag and the meet will assemble at 2.00 pm Saturday 7 June at the car park next to the Robin Hood Public House, which is located at the bottom of the rocks.

If you are interested, then get in contact with

Jonathan Bletcher

He will be able to give you precise directions and it will help him to get an idea of numbers.

## MEMBERS WANTED

Although we are not at crisis point we have some places on this summer's expeditions which are still unfilled. This year we are unable to rely on the support of Trident who usually sponsor many expedition members. Therefore, we are having to bend further and further backwards to recruit new members.

Please try to inspire those who you think might enjoy our expeditions. Tell your friends about us. Basically, let everyone know about SHS Expeditions.

We really have to fill the expeditions. An expedition particularly in need of a few more members is Raasay, so if you know of any 12-14 years who might be interested then tell them about us, give them a brochure or suggest they write off for details to:

Colette Amitage  
Director of AL's  
Lyonshall,  
Nr Kington, Herefordshire,

Finally, if you are at a loose end this summer, why not challenge- yourself again by going on expedition to the Hebrides °

## OUTER ISLES EXPEDITION

Unfortunately the Outer Isles Expedition has had to be cancelled this year for several reasons. One is over certain administrative problems, but also because the leader has had to pull out due to totally unforeseeable commitments that have arisen. However, all is not lost. The expedition members are able to join the Knoydart expedition. My own view is that it is more than fair compensation to take on Britain's wildest and remotest outpost. In fact Newslink's Editor is planning on joining the expedition for a few days himself. Hopefully that thought won't put too many of you off going. Besides, the expedition is being led by Rob McDermott which is a dead certain recipe for success. He made a successful site visit at Easter and has found an ace site at "Torr Morr" Grid Ref: 722012. Hopefully a good few Munro's will be bashed and other dynamic feats accomplished.

## MORE WEDDING BELLS !

It seems more and more board members are getting married. Still it's all good news and it couldn't happen to better chaps. Newslink is delighted to announce that Steve Paynter is getting married on 24 May and on behalf of everyone in SHS we wish both him and his bride Jenny all the best and of course our sincerest congratulations!

## FINALLY

The next Newslink will be produced in October after the Summer expeditions. Enjoy yourselves and if whilst on expedition, you have a great urge to write something, then post it to me and I'll print it. At least send me a postcard!

Please note that as from 9 June I will have a new address:

Graham Kramer  
'Newslink' Editor  
Top Flat.  
Blackwood Crescent  
EDINBURGH