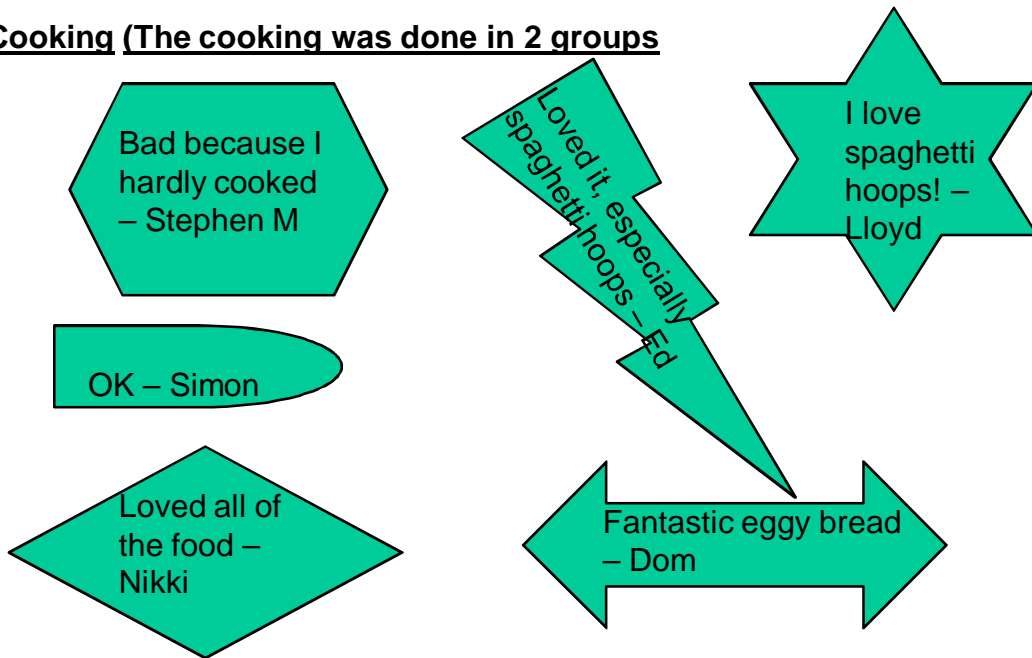


Cooking (The cooking was done in 2 groups)



Editor Joanne Keshishian
126 Ronald Park Avenue
Westcliff On Sea
SS0 9QW

80 years 1930-2010

Postellers Great Summer Special.
A few places left-Hurry to book

80 years 1930-2010

July 2010 No 500

EMERGING FROM THE CAVE



THE GANG



Postellers E-mail address: Postellers @yha.org.uk .
Postellers Website address :www.yha.org.uk/postellers
Diane writes the Diary, Jo sees to the rest of the newsletter. If you have any queries about the Postellers, write- ups etc... ring Diane on 020 8440 0203.

500 POSTELLERS DIARY 500

This is the 500th issue of the Posteller issue(see above). That means it's 500 times that Posteller newsletter has been written,copied,put together,stamped,posted and dropped through Postellers and friends letter boxes. Well done to everyone who has ever been involved with the newsletter and those who are involved now.

Fri 2nd July Emily Shanahan and Matt Warry's Wedding.
CONGRATULATIONS!

Monday 12th July LEADERS MEETING at YHA St Paul's, 36 Carter Lane, EC4 V5AD. 7.00pm-9.00 pm in the chapel.
PLEASE NOTE: This meeting that was postponed from June.

Sunday 18th July 2.00pm MINIBUS CLEANING. Calling all Postellers and Leaders to come and make the minibus sparkling clean again. It badly needs washing and polishing and any rustmarks treated. It's at Chris & Diane's in High Barnet. After all the hard work, stay for a delicious BBQ in the garden.



POSTELLERS POINTS: 20

Tues 27th July Newsletter Working Party at Diane's 7.30pm. If you are not away on holiday, please come and help get the newsletter ready for posting. It takes about an hour. Let Diane know if you are coming.



Posteller Points: 30

Sun 1st/
Sat 7th
August POSTELLER NORTH PENNINES SPECIAL
Here's your chance to explore the high moorland country of Northern England. We will be walking along part of the Pennine Way, Britain's longest Long Distance Path, see Waterfalls, go along Hadrian's Wall- built by the Romans and hire bikes in Kielder for a cycle ride just into Scotland. The hostels we will be staying are Langdon Beck for 2 nights Kielder for 2 nights, Ninebanks and Birdoswald which is right on the Roman Wall. Are you ready to challenge?



FLYING
LESSONS



THE LOCOMOTION



YOU CAN DO
IT



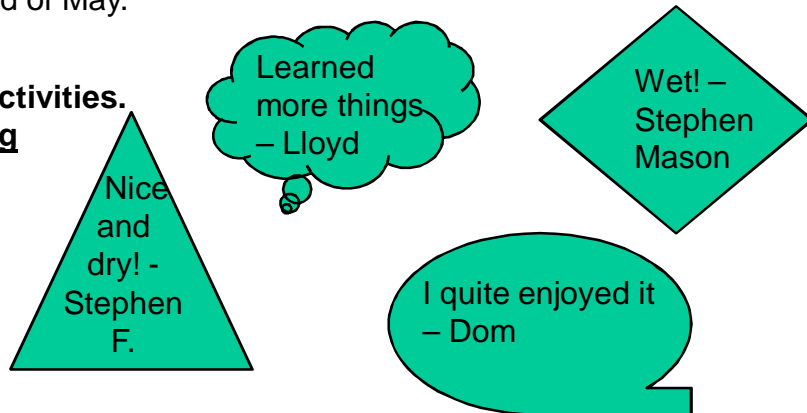
GOING ON HOLIDAY?

SEND POSTELLERS A CARD

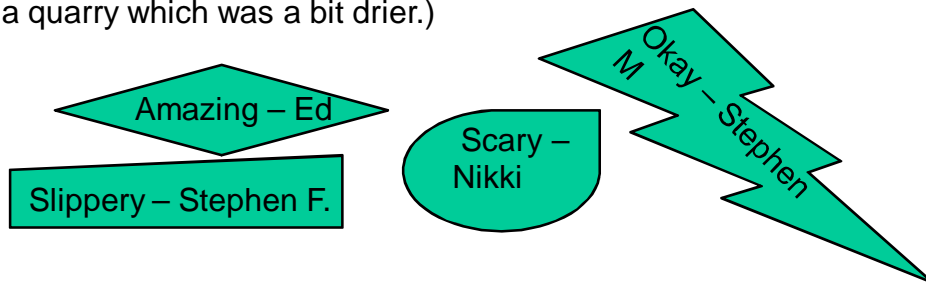
...
If you are going away in the school holidays, Postellers would love to have a card from you. Send it to the Editor (address on front of newsletter) and she will put it in the newsletter. How about going hostelling during the holidays? We know already of one Posteller and his Dad who are cycling and hostelling in Italy this summer (send us a card Lloyd!) Of course, there are lots of places and hostels to go to in this country as well. Families are welcome at hostels-go on the YHA website to find out more-www.yha.org.uk

Here's what the Edale trip Postellers wrote about the long weekend at the end of May.

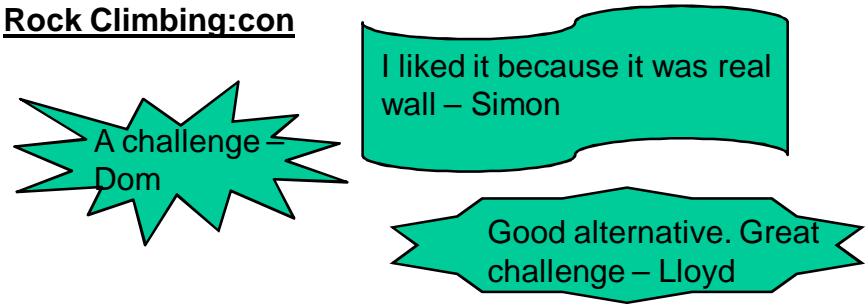
The Activities. Caving



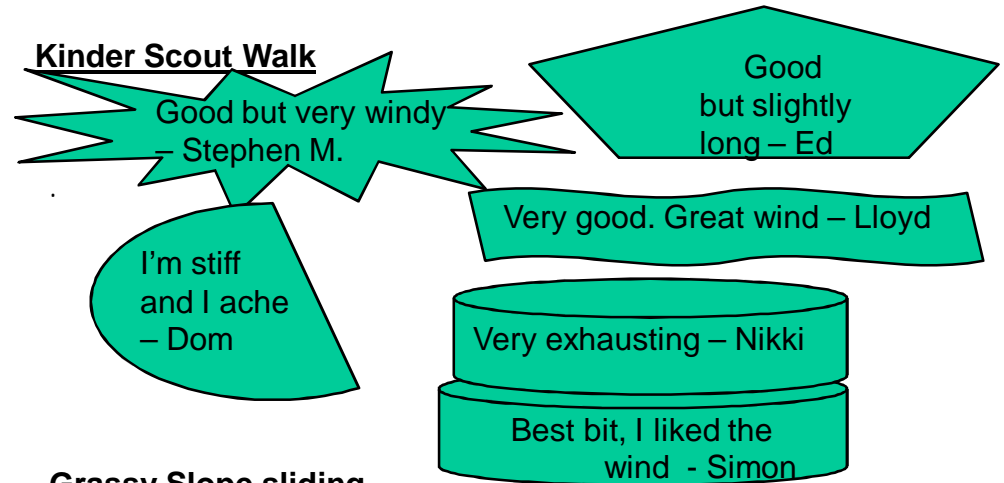
Rock Climbing (Because it was so wet, the instructors took us to a quarry which was a bit drier.)



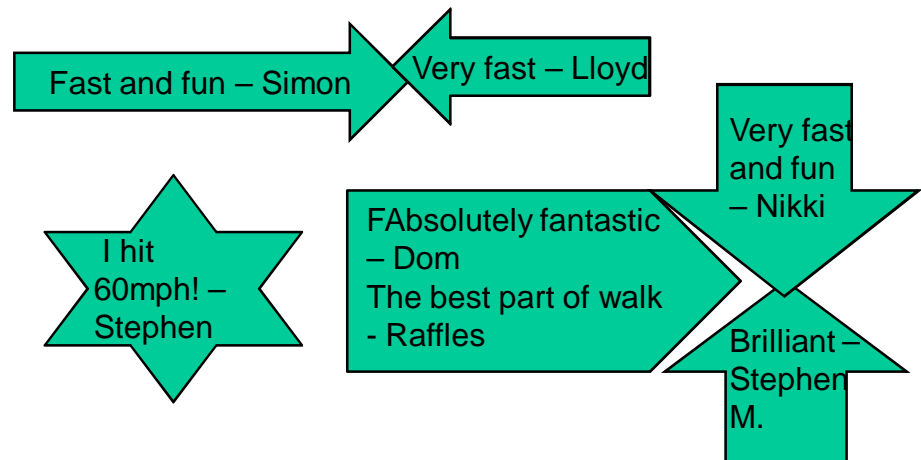
Rock Climbing:con



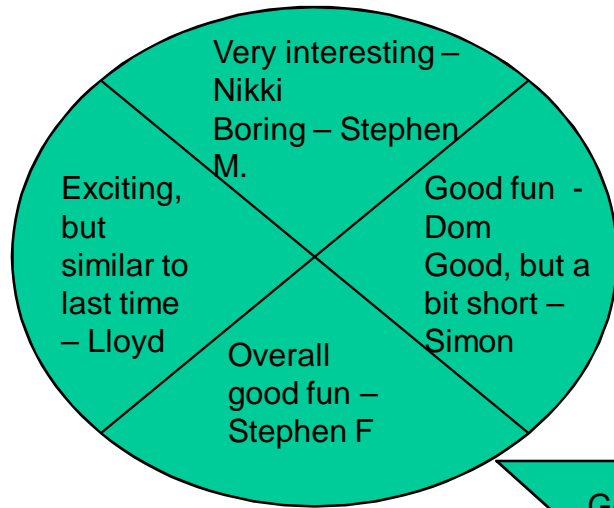
Kinder Scout Walk



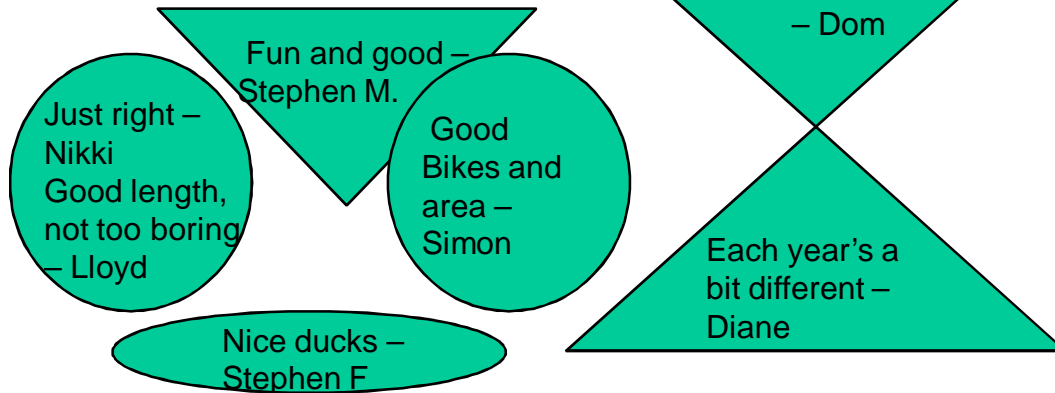
Grassy Slope sliding



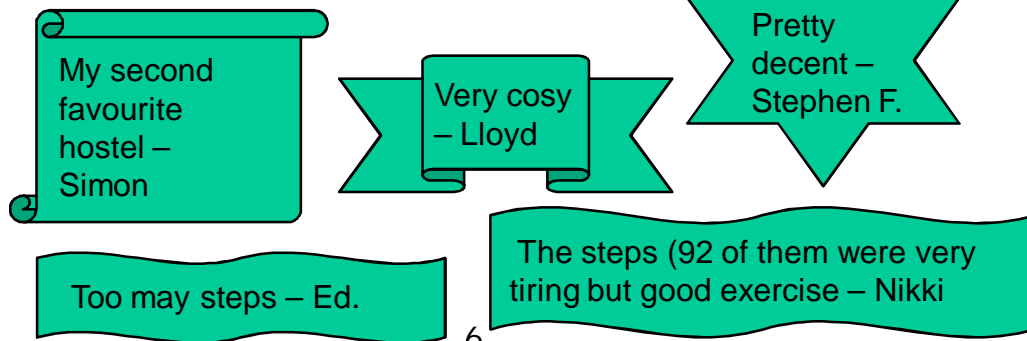
Search and Rescue



Cycling



The hostel (Kinder Cottage)



TRIP COST About £145.00. This includes 6 overnights, cycle hire, all meals and return travel from London. We will be doing our own cooking at the hostels with food provided by Postellers and your help cooking! £25.00 deposit makes sure of a place, but it helps the Postellers bank account if you can pay all at once.



TO BOOK Send the following to Postellers, c/o Carrie Martin, 20 Cornwallis Avenue, Bristol. BS8 4PP.
1) A Postellers booking letter (filled in!)
Mark it 'Pennines'
2) A stamped addressed envelope.
3) A cheque/postal order payable to Posteller YHA

Group for one of the following amounts:
UNDER 18 £145.00
18+ £163.00

Leaders overnights-£80 approx.
POSTELLER POINTS:60

All those booked on the trip will receive full details nearer the time.

Tues 31st
Aug

Newsletter Working Party

THANKS JON

Jon Carstairs –a Posteller leader, who wrote the Leaders' Weekend to the Lake District in the June issue, has done a great job on the Postellers cagoules and overtrousers kept in the minibus. He has checked them all, repaired them where necessary, and labelled them clearly so it's obvious they are Posteller ones. These are lent to people on trips who need them. It took a long time and Postellers are very grateful to him.

