

Mintcake

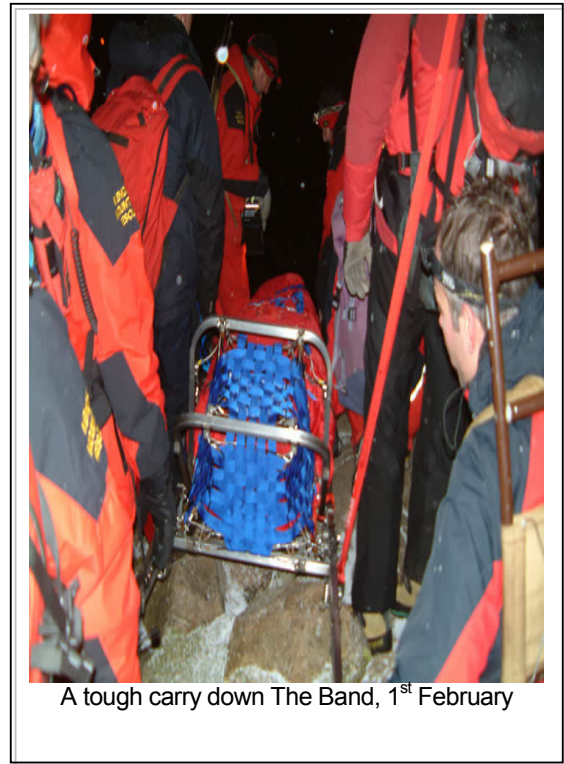


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February 2009

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A tough carry down The Band, 1st February

Editor's Comment

My body clock is still coming to terms with two 20+ hour days in one week and I'm feeling a lot of empathy for teams even busier. In other circumstances it would have been an absolute joy to be on the hill on Wednesday night –Lakeland at it's most magical- unfortunately it came with a sombre reminder. Take care out there folks.

Kathy

100 Club

The winning numbers in this month's 100 Club draw are:

1st:	80	Mrs. J Marsden	£15
2nd:	34	Mr. D. Rochelle	£10
3rd:	56	Mr.&Mrs. Baynham-Hughes	£5

Peter Clarkson

Mintcake Nibbles

- If you got that taste for fame after the BBC shoot (or missed out and were jealous of how gorgeous everyone looked!) Renault are proposing filming the team –watch this space.
- Ann & John F would like to thank R Burns for the flowers that he sent following our celebration of his 250th anniversary!
- Wheels Appeal Quiz Night: Fri 24th April at the Coronation Hall in Grayrigg. Teams consisting of no more than 6 per team with a cost of £2 per person. Bar facilities will be available. More details nearer the date from Tony Womack.

Callouts



20 January 2009 18.25 hrs

The Team was called to search for a party of six who were reported as lost on the Kentmere Horseshoe. The party apparently found themselves in a pub as the Team was assembling so we all went home again!

31 January 16.45 hrs

The Langdale & Ambleside team was busy dealing with two fallen walkers at Rydal Head when they got a further call and paged the Kendal team for assistance. We went to assist a woman with an injured ankle on a path near the New Dungeon Ghyll Hotel. She was stretchered from the fell and taken to the Westmorland General Hospital in our Mobile 1 Land Rover.

1 February 19.15 hrs

Here began something of an epic. The Langdale & Ambleside team was busy dealing with a group of four walkers who had been overcome by the full winter conditions on the top of Crinkle Craggs when they got another job. Sound familiar? The Kendal team was asked to assist and attend a man who was struggling to get down from Pike of Stickle with a knee injury. After a search, he was located high on the mountain near to Dungeon Ghyll and he was assisted down the Loft Crag path, in icy conditions, reaching the valley at about 21.30 hrs.

1 February 21.30 hrs

On reaching the valley with our previous customer we were asked to assist the Langdale & Ambleside team with their Crinkle Craggs job. They had located the walkers but they were making very slow progress down the fell. The walkers were struggling with exhaustion in the worsening conditions and two of them were close to collapse. We set off up The Band in falling snow with two stretchers, two cas-bags and oxygen. About half way up we met two small groups of L&A team members slowly walking down two of the party (who looked pretty shattered) and we met up with the rest of the group in the vicinity of White Stones. The two walkers were then stretchered from the fell in deteriorating weather conditions. Snow falling on steep icy rocks and frozen turf made the evacuation difficult and very slow. The valley was reached at about 01.30 hrs and the casualties were transported to L&A's base in Ambleside in our Mobile 2 vehicle for medical checks. The hot pies and mugs of tea provided by the L&A team at their base were much appreciated and most of us got to our beds at about 03.00 hrs.

4 February 21.00 hrs

The Langdale & Ambleside Team were part way through dealing with their second major callout of the day when their third came in and they asked the Kendal Team to take this on. An experienced and apparently well equipped lone male walker had failed to return. He was understood to be undertaking a route which included Crinkle Craggs, Bow Fell, Esk Pike and Rossett Gill. His car had been found parked near the Old Dungeon Ghyll Hotel. A major search of this route, along with likely alternative routes down into the Langdale valley, was planned and Team members were sent off in groups. We were joined by a SeaKing helicopter from RAF Boulmer with thermal imaging equipment. At around 23.00 hrs the Police paged the team with yet another callout in the Barbon area but this was rapidly passed to the Cave Rescue Organisation for action. All of our search areas were completed, unfortunately without a find, and Team members were off the fell by about 05.00 hrs. The search re-commenced the following morning with L&A, Keswick, Wasdale, Duddon & Furness, Bowland Pennine, SARDA teams and another SeaKing from RAF Boulmer. Very sadly, the man had apparently fallen from Bow Fell in the vicinity of the Climbers' Traverse and his body was found late morning.

What's On?

Tuesday 10 February

Medical Group Meet: 19:30

Wednesday 11 February

Training: Medical Teaching: 19:00

Saturday 14 February

Collection: Asda

Wednesday 18 February

Equipment evening: 19:30

Saturday 21 February

Collection: Booths, Kirkby Lonsdale

Saturday 21 February

The Annual Team Dinner

Crooklands Hotel

Wednesday 25 February

Training: Provisionals Night: 19:00

(All welcome)

Saturday 28 February

Training: Search: 18:00-late

Tuesday 3 March

Base and Vehicles Group: 19:30

Wednesday 4 March

Main Committee Meeting: 19:30

Friday-Sunday 6-8 March

Scotland Winter Training

Wednesday 11 March

Training: Rescue: 19:00

Saturday 14 March

Fundraising: Swim-marathon

Wednesday 25 March

Equipment evening: 19:30

Sunday 29 March

Training: Rescue: 09:00

Wednesday 1 April

Ops and Membership Meeting: 19:30

Exercise Reports

Wednesday 14 January: The Red Shovel Talk

I've been to several winter training lectures now and never actually seen the fabled red shovel but the name lives on... Andy started by failing miserably to get the technology to work and instead picking on someone to go through their winter rucksack contents. We all know it can be hard to always be in the right place with the right kit when the pager goes but at this time of year it really is vital to make sure we're all equipped remembering that low level rescue could turn into a high level search. We then went on to look at what makes avalanches happen and how to avoid them, including some anecdotes from those in the team who have experienced being avalanched. Worth noting that no-one recommended it!

Thank-you to Andy Beavon for the timely input pre-Scotland and, astonishingly, pre-Lakes winter training.

Wednesday 21 January: Swiftwater Rescue Refresher Training

This was the first of planned regular sessions which have been put in place with the aim of keeping SRT trained personnel up to speed between qualification courses. It was really useful to review knowledge from the SRT course in the light of incidents attended. We looked particularly at riverbank searching with some key points coming out being;

- Vital importance of the briefing
- Hasty searches should be just that (although we're often not mobilised in time for that stage)
- Benefits of working upstream including enabling downstream back-up to follow and watch the searcher
- An ideal would be search parties of four with a searcher, two downstream back-ups and a dedicated person in charge, back from the bank and in control of safety and communications. This person can also carry the spare kit it is difficult to carry as the searcher.
- Minimum PPE is buoyancy aid and helmet but it is open to debate as to whether full drysuit is always the best option.

The evening finished with the "winning" team cheating at the quiz which Howie was making up as he went along anyway... Sore loser? Me?! Well, it was a good reminder of how much you can forget and of why we're training more. The practical session due to follow this and postponed due to Barbara Minton's funeral will be rescheduled in due course.

Kathy Jackson

Medical Items

- The Medical Sub-Committee will meet this Tuesday, 10th February. All welcome.
- *[My apologies as I have been meaning to put this in since November (!) but, in case anyone was still unsure here is an extract from an e-mail from Andy Dell to the team regarding admissions at Westmorland General Hospital];*

"With some help from Tim Farron I have today received notification from the Chief Exec of Morecambe Bay Health Care Trust that we can take patients with minor injuries by Team vehicle to Westmorland General Hospital minor Accident Unit – in the same way as we have always done, despite changes to the unit and to the way the county ambulance service now has to treat patients. This is good news for us, casualties and their relatives. I did point out to Tim that if a member of public takes a minor tumble at home they may be better calling for us not the ambulance service!!! Meanwhile we are "Back To Normal!"

- Many thanks to Paul Crosby for his comprehensive write up on January's Medical teaching. It will be sent out to the team as a separate attachment.

Radio Active

There have been reports from team members about radio problems so just a few thoughts that may help:

- If the radio keeps switching itself off it is generally a battery problem. It could be simply that the battery is not fitted to the radio properly – please check this first (easily done on the hill). Or it could be that the battery is “duff”. If you think this may be the case, replace the battery and leave the old one on the table with a note on it (preferably stuck to it) to the effect that it may be “duff”.
- If the radio will receive and not transmit this is usually because the aerial is not screwed in firmly – again, please check this (the problem has occurred several times of late). When you come back from a callout or training and change the radio battery, please just check quickly that the aerial is screwed in properly before you put it in the bag.
- If you have transmission or reception problems it could also be the microphone. Please remember that you can remove the microphone and use the handset without it (there is a speaker in the handset and a transmit button on the side). Not quite as convenient I grant you but it can solve a short term problem. It should be noted that this is not likely to be the problem as in general the microphones have proved reliable and robust, so try other remedies first.
- Transmission and reception problems may be nothing to do with your radio at all. It could be a topography problem which will ease as you change your position. It may be an issue if we are working with other teams. For example, L & A have a very different control set up to us and it may be that if you transmit and they don't hear you it is because they are monitoring another broadcast site, which takes priority over listening for you, especially if they have more than one job to control – the best advice here is to keep trying, they will return to monitor your station. Remember that in the event of multi call-outs radio traffic should be very specific and identified to your job.
- If all else fails and you think there may be a problem with the radio or the microphone, please don't just put the unit back in the bag and leave the problem for someone else. Please take a little time to write a brief note about the problem, secure it to the radio and leave the radio on the desk in the Equipment Room. Please also let either Kevin Knowles or myself know as we are not quite sad enough yet to check for problems on a daily basis.

Generally speaking the radio handsets have proved reliable and robust, but we have had them for a few years now. So a little attention to some simple issues as highlighted above is becoming more necessary, especially at times of frequent usage when radios may be used again before Kevin or I get the chance to do routine checks.

Thank you for your co-operation.

John Fitch

Radio Officer

Annual Dinner

A final reminder to get your meal choices and cheques to the social secretaries if you have not already done so, to get your POTY nominations to Keith and to put the usual amount of time and effort into selecting a suitable raffle prize!

Crooklands Hotel

Saturday 21st February

7 for 7.30p.m.

Burns Night Thanks

I'm sure all who attended will join me in a big vote of thanks to John and Ann Fitch for hosting a tremendous Burns Night supper. With "Torchlight" several months away it was another useful outlet for those macho fellows on the team who would not otherwise brave public scrutiny in a skirt and entertainment in the form of Trevor addressing the haggis was a sight and a half too. Biggest thanks of all must go to the "Catering Corps." (pictured below) who produced a truly magnificent spread.



KMSRT: The Movie

After a series of 'phone calls from Stewart Hulse on Monday we were asked if we could provide "Aunty Beeb" with some people to artistically portray Mountain Rescue for an article on MR and VAT. On Thursday, after many hours in make-up [*some needed more than others...Ed*] we headed up to Longsleddale to do the "arty" shots then Sunday saw a live interview with MP Tim Farron with team members waving and saying "Hi Mom!" in the background.

Many thanks to those who came along to help at such short notice.

Chris Marsden

[If you didn't catch it the show is available on BBC i-player until Sunday 8th February – The Politics Show (North West)]

Thanks to Prontaprint of Kendal for copying services

Oops – did we do that?

After the all night search on the Crinkle Crag and Bowfell on the night of 4th February I noticed that Parklands was still polling a GPS on the Friday afternoon. MRMap showed the culprit to be Mobile One – the radio having been left on. More disturbing was the fact that while Mobile One was locked up, the charger had not been plugged in. This could have led to a very embarrassing situation had we been called out only to find Mobile One would not start due to a flat battery. Perhaps more disturbing still, Mobile Three was unlocked with the keys in the ignition!

Whilst we are all tired and thinking about our beds, or the day ahead, after all nighters like Wednesday and some things can wait till later in the day, there are some things we must attend too and take responsibility for. Vehicle security and readiness are very high on this list.

A little more care guys.

Kevin Knowles
Radio Officer

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