

# Mintcake

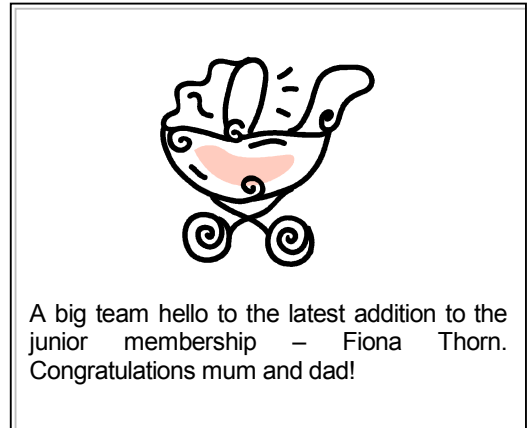


Find us at: <http://www.kendalmountainrescue.org.uk>

Reg. Charity No. 259539  
May 2008

## This Month

|   |   |
|---|---|
| Editor's Comment.....                           | 1 |
| 100 Club.....                                   | 1 |
| Mintcake Nibbles.....                           | 1 |
| Callouts.....                                   | 2 |
| Exercise Reports.....                           | 3 |
| Social Secretary.....                           | 4 |
| Fundraising.....                                | 5 |
| Base and Vehicles Notices.....                  | 5 |
| Parking at Base – a note from our Chairman..... | 6 |
| Team Barbeque.....                              | 7 |
| Caption Competition.....                        | 7 |
| Technical Arachnophobia.....                    | 8 |
| Flying For Freedom.....                         | 8 |
| Contacts.....                                   | 8 |



## Editor's Comment

As I sit here getting a wee bit high on the 'deep heat' fumes, my usual skip around the corner to base having been reduced to a slow and painful shuffle, it's difficult to think about anything except how I'm never, ever, EVER listening to John "it gets easier each time you do it" Hall again; but something tells me I will find myself on that 6am start line in the future, having somehow forgotten just how far (and how sore) 40 road miles really are! Heartfelt congratulations to all who took up the Keswick to Barrow Challenge for the team this year and to Keith and Pierre for support, but especially to John without whom we'd never even make the start and who, in addition to running there (very quickly!), drove to Barrow at least three times to ensure everyone got home; a medal winning feat in itself! Thank-you also to all those who spent their Saturday on the equally worthy challenge of collecting at Tebay services instead!

*Kathy*

## 100 Club

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

|      |    |                 |     |
|------|----|-----------------|-----|
| 1st: | 19 | John Everett    | £10 |
| 2nd: | 59 | Rob Brookes     | £10 |
| 3rd: | 89 | Stuart Marshall | £5  |

*Peter Clarkson*

## Mintcake Nibbles

- Wednesday's exercise (14<sup>th</sup> May) is a simulated callout – please be aware there will be a paged EXERCISE callout. Do not attend until paged and mentors please inform provisionals.

## Callouts



### 6th April 15.00 hrs

The Team was called to assist the Langdale & Ambleside Team to search for a missing walker who had become lost in cloud and cragfast somewhere on the Fairfield horseshoe. They were in telephone contact with the missing person who thought that he was on Heron Pike. L&A Team had searched Heron Pike, Great Rigg and Fairfield without success. Shortly after members of the Kendal Team were deployed to search up Low Pike and High Pike, the gentleman was located by L&A Team members on steep ground in Link Cove (just north of Hart Crag).

### 26th April 18.30 hrs

Shortly after returning to base from the previous callout, the Team was requested to assist the Penrith Team in searching for a group of four missing walkers in the Wet Sleddale area. Fortunately, the group turned up just as the Team was assembling so we did not miss our dinners.

### 30th April 08.25 hrs

The team was called to assist the Langdale & Ambleside Team with a group of 5 walkers who were reported to be hypothermic and in the vicinity of Esk Hause. Team members were deployed up Rossett Gill and up The Band and an RAF SeaKing was also deployed. The RAF located the group below Scafell in Eskdale and dealt with the incident. Team members returned to base at about mid day.

### 6th May 14.55 hrs

The Team was called to assist the Langdale & Ambleside Team at an incident on Gibson Knott, Greenburn as they were already committed to another job (more on that later!!!). A lady with a knee injury was stretchered from the fell in absolutely beautiful weather for a change.

### 6th May 17.00 hrs (approx)

At the end of the previous incident, the Team was asked to assist L&A on their other job which was turning out to be a lot more difficult than expected. A female climber (one of a group of three) had got her knee stuck in a crack in the rock on "A Route", Gimmer Crag, Langdale. She had got stuck at about 12.30 hours and they called for help after spending about 90 minutes trying to solve the problem. L&A team members abseiled down the crag and found the knee to be well and truly stuck. It looked like a long job and Kendal team members were dispatched to the top and the bottom of the crag with additional equipment, food, water and lights. After repeated attempts to free the knee failed, the Cave Rescue Organisation and a SeaKing from RAF Boulmer were mobilised. The RAF (Rescue 131) lifted members of CRO and their specialist equipment to the top of the crag. Eventually the CRO managed to break off the rock flake that was trapping the climber and, uninjured, she managed to abseil off the crag and walk down to the valley as it was getting dark (about 2100 hrs). A good example of how a small mishap can turn into something of an epic even for experienced climbers. The brew and the hot pies at L&A's base were much appreciated.

## What's On

### Wednesday 14 May

Training: Simulated Call-out 19:00

### Sunday 18 May

Training: RAF Helicopter 09:00

*\*note date change\**

### Wednesday 28 May

Equipment evening: 19:30

### Saturday 31 May

Garburn Trail Race

### Wednesday 4 June

Operations and Membership Meeting: 19:30

### Saturday 14 June

Collection at Marks and Spencer

### Wednesday 18 June

Training: Joint Exercise with CRO 19:00

### Wednesday 25 June

Equipment evening: 19:30

### Sunday 29 June

Training: Basic Ropework 09:00

### Tuesday 1 July

Base and Vehicles Working Group: 19:30

### Wednesday 2 July

Main Committee Meeting: 19:30

### Saturday 6 July

Collection at Asda

### Saturday 20 July

Team Barbeque at Grayrigg: 17:00

## Exercise Reports

### Wednesday 9<sup>th</sup> April 2008 - A NIGHT OF ENTERTAINMENT AND VARIETY GALORE! (KEITH PITTMAN and STEVE CRAW)

Keith and Steve obviously spent many evenings putting together such an extravaganza (you really must get out more lads!). The evening comprised:

- A talk by Don Gladstone on behalf of our generous sponsors, Grangers.
- A presentation by Pete Dodd (from the police perspective) on how to deal with death on the fells.
- A synopsis of search techniques by Keith Pittman.
- A search exercise at Helsington Barrows organized by Keith Pittman and Steve Crow.

#### **Don Gladstone**

Many thanks to Don for making a personal appearance to develop our relationship with Grangers. We heard of some of the interesting technical achievements of Grangers products (particularly in reference to keeping us dry!), and Don urged us to give feedback (via Andy Dell) on the products, especially in relation to durability. It'll be interesting to see how many washes the proofing withstands. I personally was not aware how much electricity and water could be saved by washing at 30C and using 2in1, respectively. I was surprised to hear that we washed our kit when it got muddy (come on, I'm not the only one!!). We look forward to a long and mutually beneficial relationship.

#### **Pete Dodd**

Pete covered 3 main areas: Overview of circumstances (sudden death, self harm, suspicious death)  
Practical aspects of scene management  
Police perspective (evidence and continuity...? a major incident)

Pete enlarged on the Practical Aspects section, giving us useful advice in relation to (a) team activity and (b) individual member activity.

##### (a) Team Issues.

“Preserve and Protect Life”

Radio log and GPS data serve as evidence.

Scene preservation and continuity until police in attendance.

Designate responsibility: The finder becomes CAS OFFICER..... Confirm police notified  
“Advise” bystanders etc away  
No unnecessary handling  
Take photographs  
Look around, anything odd?

The Cas Site Manager becomes SCENE OFFICER

Remember 5WH+1H (who what why when where and how)

All others provide cordon, equipment or RV points.

##### (b) Individual members

Be familiar with “FOXTROT” and its implications (radio discipline/5WH/record anything unusual).

Police liaison through MR Team Leader (on scene but not necessarily at cas site).

Use MR Base or Mobile 2 as Control and Command.

#### **Keith Pittman**

Keith gave us a succinct overview of search techniques and tips.

Effectiveness of searcher higher due to being trained, particularly in the following points:

Details of who is missing (and why).

Searching for clues as well as the person.

Focusing on colour of clothes etc.

Looking for lights.

Calling out MP's name

Using whistles (listening and blowing).

Using binoculars.

Looking BEHIND and UP (trees etc)

Concentrate on searching (avoid idle chatter).

Understanding how effectiveness is affected by weather, tiredness etc.

Keith described the main pros and cons of the 3 principal search modes (Line, Corridor, and Purposeful Wandering).

### ***Search Exercise (Keith Pittman and Steve Crow)***

This was held on Helsington Barrows. The team was split into 7 teams of 3 searchers with an action plan of search areas predetermined at base. Within 30 minutes of setting off, the "A" team (Kath., Steve Kelly and me) had successfully located "Colin" and treated his ankle injury (we would have been quicker but we stopped for a brew!). Then the whole team arrived with all the kit requested, as Colin was stretchered off to the waiting vehicles. We offer our most grateful thanks to Colin our injured rescuee (if there is no such word, I suggest we vote it in at the next AGM).

### **Debrief**

A few important points came out:

- No parking in front of garage
- First job on return is to SIGN IN ... (while remembering our review of SIGNING OUT last month)
- GPS radios to be turned on when leaving Base ("warm-up" time).
- On searches, each member to communicate with any other member through Command+Control (Base or Mobile2)  
Use GPS radio number to identify self/group.  
If "local" comms required, use another channel.

All in all, a very positive, interesting and productive evening's training with some important learning points. Our grateful thanks go to Keith and Steve (and, of course, Colin) for organizing it all on our behalf. Special thanks are in order for organizing a search on such a pleasant evening with no rain/hail/snow!

### ***Bill Malone***

#### **Sunday 27<sup>th</sup> April – Vehicle Recovery**

Having checked the Sunday weather, it said, Rain with Thunder. I thought you may have shied away from another wet day. But as it turned out the weather stayed fine and we had a great turn out.

I may have confused some into thinking that a high lift jack is the only option for changing a wheel while off road. This is not so, my intention was to remove a wheel to illustrate how unstable a vehicle on a high lift jack can be. So I think some clarification may be required.

As with all vehicle recovery equipment, safety must be the key. This applies to all types of jack.

Should you puncture a tyre off road your first option must be the manufactures jack. But if circumstances dictate it can be used in conjunction with the High Lift jack.

High Lift jacks are generally used to recover a vehicle from ruts or soft ground, but used with the approved jacking points (tubular recess in the bumper) along with a purpose made Jack Adaptor (which we demonstrated) the vehicle can be raised (with care) so that the wheel can clear the ground by a few inches to aid removal.

I hope this answers any questions you may have had, if not please ask the next time you see me.

One last vehicle related item, can I remind all drivers that it is their responsibility to ensure after any journey, Training or Call-out to refuel the vehicles.

### ***John Everett***

## **Social Secretary**

With his increasing family commitments Simon Thorn is standing down as Social Secretary. Nominations for a replacement are invited to Trevor Cotton. Many thanks to Simon for his efforts during his term.

## Fundraising

### Bucket Collections

An excellent result at the Asda collection on Saturday 3rd May, where we collected £863.61. Thanks to all collectors.

### Other Donations

Following the Hot Buffet and Quiz night at Kendal College on 17th March, we received a cheque for £133.61.

We responded to a note in the Westmorland Gazette suggesting that local charities may like to apply for a grant from the Gannett Foundation, the charitable arm of Newsquest. I've just had a letter from the Gazette to confirm that the trustees have awarded us the £1,550 I asked for to fund 10 White Knight search torches.

### Future Activities

We're providing 20 marshals for the Garburn Trail Race, on Saturday 31st May. However, Graham Patten, the event organiser, tells me that if we can get more than 20 that would be a real benefit to him. The Team should be aware that this year he has arranged for the last 20 race entries to write their cheques to KMSRT. This gives us an additional £600 from the event.

We have been asked to provide a stand at Heaves Hotel for the weekend of June 28th and 29th, at the exhibition of the Levens Quilters Society. They have chosen us as the charity they wish to support this year. Since I won't get back from Italy until Saturday evening, I'm looking for some assistance in getting our display stand down there, and attending on Saturday.

Arnside Arts Group have their exhibition from 24th to 31st May in the WI, Arnside. This year they are supporting KMSRT and have asked me to take down some publicity material and a couple of collection boxes.

*Peter Clarkson*  
*Fundraising Co-ordinator*

## Base and Vehicles Notices

### Spring Clean

The unsung workforce of the cleaning rota do an amazing job keeping base a clean and pleasant place to operate but twice a year we ask that all the team muck in to give the place a thorough clean and to do all the jobs that don't get done any other time. Please make an effort to free up some time on Saturday 21<sup>st</sup> June to help out –details to follow next month.

### Gardener's sought

And whilst we're in a tidy mood! Thank you if you have done your bit in the garden over the last year. As the warm weather brings out the plants (and the louts to throw litter in amongst them!) things are starting to get a little unruly again so anyone able to offer a little time and "TLC" would be gratefully received.

### A 'thank you' from the Base & Vehicles Working Group

There has been a positive and helpful response by Team Members who have lockers at Base; to last month's request to consider down-sizing or vacating them if their need for a locker has changed over time. This has freed up lockers (most already reoccupied!) for use by Members who currently need to keep their call-out gear at Base.

### Lost and Found

A number of tents have been found sadly abandoned in the Locker Room at Base. They felt out of place abandoned amongst the boots and rucsacs that were regularly being taken out on trips to the fells; so have been removed to a place of safety. If they are your tents and you would like to take them to their true home, please contact Keith.

*Base & Vehicles Working Group*

## Parking at Base – a note from our Chairman

There have been a number of complaints recently about the way some Team Members have been parking outside Base. These incidents seem to have been caused by thoughtlessness on the part of the Members concerned. All we ask is that you use some common sense when parking and if you see that something is happening at Base (call-out or training etc.), and you are not taking part, please park somewhere else. **Nobody has a right to park there!**

Thank-you,  
**Trevor Cotton**

The following is a modified version of some “rules” that appeared in Mintcake last December.

The prime purpose of the parking spaces at Base is for use by Team Members when on Team business. However there has traditionally been an acceptance that any Team Member (or spouse/partner) can make use of the space if going into town. This is a useful ‘perk’ of Team membership, but it can only continue to be available if it does not have a significant impact on the Team’s operation. The Base and Vehicle Working Group work on the basis that there will never be enough parking space at Base to cope with the numbers who arrive by vehicle for a call-out or training. So it is essential to make best use of what space we have, whilst not impinging on the operational response of the Team or putting pedestrians at risk. The B&VWG are looking at ways to safely increase/maximise the number of vehicles that can be accommodated – but in the interim it is essential that the existing guidelines are followed by you all:

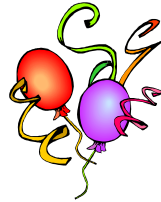
- The pavement is not for parking on! It is to allow pedestrians to get in and out of Base, as well as giving a safe area to congregate prior to loading vehicles.
- The area in front of the garage door (all the way down to the road) is not for parking your vehicle on. It is for getting the Team vehicles in and out (be it call-out, training or other Team business) and parking them there for loading, unloading and cleaning – so please only park in the area to the right of the building line.
- Park as tidily/closely as possible to maximise use of the limited space, but don’t block the fire exit route down the side of the garage.
- If you are at Base for a call-out, training, meeting or other Team event; please feel free to block other parked vehicles in - just keep clear of the building line! Also leave your keys hanging up in the Briefing Room (near the call-out details board) so your vehicle can be moved if necessary.
- Vehicles not associated with the Team will be ‘discouraged’ from parking at Base by having polite notices put on their windows. To make sure your (or your partner) do not get one of the notices please ensure you have a Team sticker displayed on your car window, or failing that put a Team membership card on the dashboard.
- Do not ‘give permission’ for non-Team Members to park at Base (this includes members of the other emergency services or other MR teams), unless they are attending a meeting in Base. You must ensure that your visitors are aware of these parking guidelines.

If there is no space left for you to park at Base, you have a number of options:

- There is sometimes space outside the County archive building (the flat-roofed brick building to the left of Base). However, please keep the area in front of the garage door, which is near Base, clear – it is often accessed early morning and late evening.
- On-street parking is available outside the Police Station, but there is a 1-hour limit before 18.00 (and this applies seven days a week).
- During evenings and weekends, there is normally space available in the staff car park behind County Hall. We have no agreement to use it, but it does not seem to be a problem.
- An old agreement to use the Police car park (at the rear of their station) during call-outs seems to have lapsed. It is currently felt ‘unwise’ to formally request it is resurrected as the Police sometimes struggle to find parking for their own personnel.
- Walk, run or bike in to Base - it is often quicker than driving through the traffic of Kendal! There are bike racks to the left of the Base front door, please do not store bikes inside the building. Cable-locks are available in the cupboard just inside the front door if you have forgotten yours.

*TO BE HELD AT*

## **PUNCHBOWL HOUSE, GRAYRIGG**



**On**

**SUNDAY, JULY 20<sup>TH</sup>, 2008**

**From 17.00 onwards**

Everybody welcome

**B.Y.O. Food & Drink**

Some salads & sweets will be provided.  
Some assistance with the cooking will be available.

Further details from Ian & Dagmar on 01539-824345

### **Caption Competition**



Does Ian blame Les for the toughness of his SARDA Assessment?

The only publishable version of an entry for last month's competition was "If we'd tied this rope round the tree 10 years ago it would have been high enough by now!" Others largely revolved around what the person behind the tree was up to...

## Technical Arachnophobia

There's nothing to it! If you can use Windows it will be a breeze! That's how the Kendal Team Webmaster job was sold to me. Of course having been sold the other poison chalice of pagers, I should have known better. But, to my surprise, I soon mastered the essentials, with just a little help here and there from the Boss.

Now us poor retired people are always looking for a little job on the side to make ends meet so when I saw the advertisement "Webmaster Wanted by MR(E&W)" in the April issue of the Mountain Rescue magazine I thought that's just the job for me! It must carry a five figure salary and with all my relevant experience with the Kendal job I must be the best candidate.

I read on and all was well until I reached the section entitled "You will need the following skills", which I reproduce below:

"Unix systems administration. Comfortable coding in php. Experience of apache, php, mysql installation and maintenance. Familiarity with phpBB2, CMSMS, majordomo a distinct advantage."

Now what the .... is that all about? All I can say is that I must be a lot cleverer than I thought I was!

How about a rise Boss???

***Boris the Spider***

## Flying For Freedom

Some of you might know that my late father was a wartime RAF bomber pilot and a POW. He wrote a book about his exploits which was published several times in Czechoslovakia. However it was his dream to have it published in England. To this purpose he asked me in my capacity as a qualified translator to do the honours. Sadly he died before I completed the translation.

However, his dream will come true on the 20th August this year when the book titled FLYING FOR FREEDOM will be published by Pen & Sword Books Limited. For those of you who are interested, the book is currently advertised on the Amazon website.

***Dagmar Johnson***

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