

Mintcake



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

Reg. Charity No. 1125680
October 2011

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Editor's Comment

Lots of little things this month, and as this is the last bit to be written and often immediately before howls of anguish as the formatting changes when the newsletter is "PDF'd", I've run out of things to say!

DBH

100 Club

This months winners of the 100 club are

1st No. 11 Mrs S Brooks
2nd No. 76 Mr Andy Beavon
3rd No. 4 Mr Ian Johnson

Congratulations!

Mr Johnson was heard to cry "First time ever" as the ball was plucked from the bag.

What's On?

Sunday 27 November 09:0

Medical Teaching

Wednesday 30 November 19:30

Equipment Night

Saturday 3 December

Swiftwater Rescue Technician course day 1

Sunday 4 December

SRT day 2

Wednesday 7 December 19:30

Ops & Membership Committee

Saturday 10 December

SRT day 3

Wednesday 14 December 19:00

Medical Teaching Exercise

Sunday 18 December 09:00

Are you up for the challenge?

(Social ex!)

Tuesday 20 December

Lions Father Christmas Collection

Wednesday 4 January 19:30

Management Committee

Mintcake Nibbles



Congratulations to Rod Muncy, who was presented with a 25 year service certificate at the AGM. Rod thanks the team for the support and encouragement! To thank Trevor for his hard work over the years, he was presented with a framed montage of pictures some of which he is actually in!



Christmas Lunch will be in December, probably on a Tuesday lunchtime at, as yet, unconfirmed venue. Watch this (and other) spaces! The Annual dinner will be at the Eagle and Child on 10 March.



Congratulations to Phil Allen who is now a provisional member



Date for your Diary

20 December Lions Father Christmas Collection – there will be a sign up list at base very soon



Mountain Festival

Thank You, everyone who has put their name down for a stint at our stand. Peter can continue to enjoy his holiday. Anyone who is between films is welcome to come down and offer support!



The Swiftwater Rescue Technician course is going ahead in December

Callouts - September

03 October 2011 11.50 hrs

We were paged by the Police and asked to attend a male with a lower leg injury near School Knott Tarn. It seems that he had been walking on the Dales Way with a small group when he stumbled, sustaining a compound fracture. A Paramedic had already administered pain relief and splinted the leg so we carried the casualty a short distance to one of our Land Rovers. This transported him to the public highway and a waiting Ambulance.

11 October 2011 13.40 hrs

Another lower leg injury. This time we were called to an elderly male from Carlisle who had fallen between Arant Haw and Nab, to the north of Sedbergh. Fortunately, we were able to drive our Land Rovers most of the way up to the casualty. We then stretchered him up to the North West Air Ambulance which had managed to land on the ridge. The helicopter took him off to hospital.

12 October 2011 19.45 hrs

We were at our base listening to a training lecture when we were asked by the Penrith team to assist them in a search for a couple who had reported themselves lost in the cloud and darkness. The Penrith team were deploying south from Haweswater and we sent search teams up towards Kentmere Pike, to the Wrengill Quarry area and up on to Sleddale Fell. Search dogs and handlers from SARDA were also being deployed when the couple were located, fit and well, in the vicinity of Artle Crag by Pentith team members at around 21.30 hrs..

23 October 2011 17.00 hrs

The Langdale & Ambleside team asked us to assist with the recovery of a male who had slipped and apparently developed an achilles tendon problem while walking in Far Easedale. The casualty was located and stretchered down to the team vehicles. He was transported to Ambleside where he was transferred to an ambulance.

25 October 2011 14.15 hrs

We were again asked to assist the Langdale & Ambleside team, this time on Crinkle Crag with a female who had a dislocated shoulder. We were stood down while on route when the Air Ambulance managed to get in and evacuate the casualty.

Exercise Reports

No reports this month, I'm afraid.

Our Leader writes

I warmly welcome onto the leadership role Kath in her re-election & Dave as a new Deputy. Dave replaces Steve who has done sterling work over many years not only as a team member but as a fully supporting Deputy Team Leader. Steve has contributed many ideas to the benefit of the team and has played a great supporting role in the leadership set up. I know his dedication will continue as a team member. THANK YOU STEVE

My thanks also to Trevor as chairman, and Dagmar for all her work on the equipment side, all of you are continuing in new roles and that can only benefit the team, finally a warm welcome to everyone who has taken on all those vacant positions.

Eddie

Election News.

At the AGM of Kendal Mountain Search And Rescue Limited, Les Telford was appointed as a director and Pauline Speak retired and was then reappointed as a director.

At the subsequent Operational AGM of Kendal Mountain Search and Rescue, after several excellent reports from the various team officers (delivered for the most part with wit and aplomb) Dagmar Johnson was elected Chairman; Keith Pittman, vice chair; John Fitch was elected Membership Secretary; Kath Jackson was re-elected as deputy team leader and Dave Howarth was elected as the other deputy team leader, taking the reins from Steve Kelly.

At the Management Committee Meeting which followed, Ian Rodham was elected Equipment Officer and Jo Willmott was elected Medical Equipment Officer to follow in the footsteps of Dagmar and Dave Howarth.

Mobile 2 Laptop.

There is now a register in the laptop case to sign when it is used (for anything!) This is so that we can keep track of changes to it, battery charges etc, because the last thing we want is for it to not be working when we need it! Joining it in Mobile 2 is a battery powered printer, which should help search managers produce map extracts for team members or updates for the police etc.

MREW Fitzroy Jackets

As an experiment in bulk purchasing, MREW purchased Mountain Equipment Fitzroy insulated jackets. This was a little while ago, but the rumour circulating around equipment corner is that they may be on their way. The rumour that they were last seen on a container ship heading to northeast New Zealand was hotly denied...

Drivers

Its time for the annual inspection of driving licenses for **all** drivers of team vehicles. The requirements are that you produce a photo copy of your `paper` driving licence and complete the review form. Forms will be left on the coffee table at base and must be returned (with the copy licence) by no later than **Saturday December 17th**.

Completed copies can be left in the Vehicle Officer Pigeon hole.

This is a not only a requirement of the Team, but more importantly, our Insurance company. Failure to comply will result in your removal from the Drivers List.

Another reminder for drivers,
Is your driver's medical due to expire? You can check your due dates on the spread sheet displayed at base.

John Ev

Team Business

Anyone driving their own car on team business (such as going to a meeting or a talk etc.) must check with their insurance company whether or not they are covered for business/ charity use. Some insurance companies do and others don't! Also, from now on, the team will reimburse the mileage at the HMRC rate of 45p per mile.

The Management

Training Business

As has been reported, there have been changes proposed to the team membership policy. It has been suggested that the number of training points required to retain hillgoing and operational support status be increased from 8 to 12. Although the requirement to attend 10% of callouts, at least one fundraising event a year and the basic first aid course (once every 3 years).

If you feel strongly about this, (& there are arguments both for and against this proposal) make sure that you come to either the December Ops and Membership committee or January Management Committee meetings when this will be discussed.

The Management

A message from Vehicles

Found a problem with a vehicle? Any damage or faults must be noted on the status board and the Vehicle Officer informed as soon as reasonably possible.

So the vehicles start when we want them to, please ensure chargers are plugged in correctly when returned to Base (& radios are turned off).

B&V

A message from Base

Found a problem with Base? If you can fix it – then do so; if you can't - then put a note on the status board; in both cases let the Base Officer know.

To ensure no urgent communications are missed, check (and clear) your pigeon hole regularly – ideally weekly.

B&V

Caption Competition



Fern is an English Shepherd, which confusingly is an American breed descended from collies that settlers took to the States. The breed has only recently been brought back and she is one of 36 in the country. Dave is hoping that she has got the aptitude (and he has the patience) for SARDA training. Contrast this heart melting face with that of our esteemed Vehicle Officer and send me your captions or story linking the two!

A message from Equipment and Medical Working Group

Come to equipment night!

As well as keeping yourself familiar with our kit (and which bag it's carried in) and ensuring it is in tip top condition when you really need it, it's a good excuse for a swift half in a local hostelry afterwards!

Last Months Caption Competition



Keith suggested "Stan celebrates his return to the Caption Competition." & "Auditions for the title role in the Team's production of 'Oliver' are underway."

The other suggestion was "Look Ma, no hands" thanks to Mr E John for that one.

Anagram Corner

Whilst waiting to be stood down some team members were waiting in the hallway at Low Fold (LAMRT base in Ambleside) and saw a board with moveable letters. Whilst the temptation for mischief was strong, the urge was resisted! However, we started to speculate as to what anagrams the board provided so...

LANGDALE AND AMBLESIDE MRT

Small Lead and Abridgement

Libel Lane Mad Grandstand

Embalm Allied Grandstand

KENDAL MOUNTAIN RESCUE

Dual Snack Mountaineer

Adulterous Men In Cake

Adolescent Uranium Ken

Prince Hardy (and yes this is an anagram too)

Letters to the Editor

Dear Sir,

I am writing to bring to attention of your readership the money being wasted in the name of health and safety! The attached photograph of a newly erected 'warning sign' was taken on Scout Scar. The 'Strictly no cycling' wording is completely superfluous as you would have had to man-handle your bike over a stile and two kissing gates to get to the sign - nigh on impossible. And what about the 'steep drops, uneven paths and tracks'? It's an area of limestone pavement; what else do you expect to be there - a bloody ship!

Now if you are going to warn people about things, what about the slip risk from the little plastic bags of dog mess left everywhere - well? If you are going to put a warning sign up - make it useful. For example I have noticed a worrying increase in the occurrence of a rather frightening event in the Kendal area that could do with a warning sign. I of course mean the large number of sightings of the genus '*Stanius Akriggius*'. Up until a few months ago sightings of this genus use to be low key. But of late sightings are common-place; and more often that not they are also acting silly - apparently so a picture will be taken for your damn Caption Competition. The last time I saw a 'Stan the Man', as they are colloquially known, carrying out a so-say 'performance' I had to go to a local hostelry to recuperate. In fact I think I will go there now.

Yours faithfully,

G.R. Umpy (Senior Citizen) Mr.



Gym Membership

11 Months on and Cumbria Fire & Rescue are continuing to offer membership of the gym at Kendal Fire Station available to all members of Kendal Mountain Search & Rescue Team. The gym has a wide range of equipment: treadmill, spinning cycle, ergociser, cross trainer, rower, stair climber free weights & multi-gym and is available to use at any time except for Sunday morning. To use it you need

- Personal sports accident insurance cover in place (if you don't already have a suitable policy, a suggested one costs ~£31 a year)
- Pay the annual gym membership (£50)

The offer of gym membership will be open to ALL Team Members - Supporters, Ops Support, Provisional and Hill-going (but not other members of their family I am afraid). Although it also gets used by Fire & Rescue, the Police and NWAS, at peak times there may be as many as two people in there.

If you are interested in taking out gym membership (e-mail keith.pittman@hse.gsi.gov.uk or phone Kendal 721901)

Keith Pittman

Chutney Corner

There are few things I like more than a good chutney in a sandwich and now is a great time of year to make some. I have persuaded my friend Pip to part with the secret recipe for one of my favourites, East India Company Chutney. However you must remember, in the words of Mr Sarson, "it's for Colonels not for Children!"

2 kg of apples
1 kg of sultanas
½ kg of raisins

2kg of sugar

250g salt

75g garlic

75g red chillies

150g mustard seed

150g ginger root

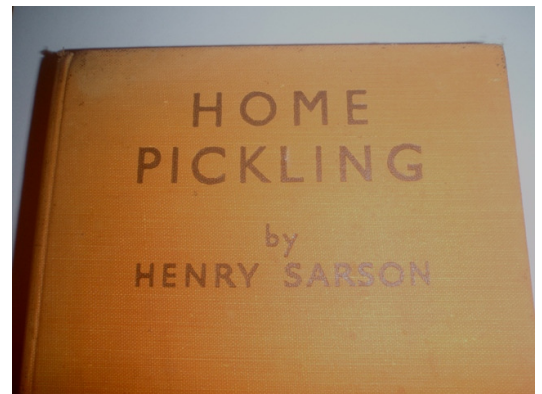
1 litre of vinegar

- Peel and slice the apples (about thumbnail size is good) mix with salt and allow to stand 24 hours.

Next day:

- Pour half the vinegar over the apples.
- Mince the sultanas, raisins, garlic and chillies together
- Pound the ginger and mustard seeds (although I would not worry too much about crushing the mustard completely)
- Mix the remaining vinegar and sugar in a big pan and simmer until a syrup is formed, add the mustard and ginger and simmer for another 5 minutes.
- Finally add all of the rest of the ingredients, simmer and stir until it has a glossy consistency then pour into sterilised jars and seal.

Leave alone for as long as possible, it matures really well!



Not easily available in shops and remarkably europhobic for a cookery book!

Pip Ckle

Contacts

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Wake me up! Send me an email
(Jo Roberts did and now she's got a job!)

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or
Editor's pigeonhole in base

or by post to:-

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Copy deadline for next issue: 5 December 2011