

Mintcake



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

Reg. Charity No. 1125680

September 2011

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Editor's Comment

Although considerably later than even I anticipated, here is Septembers news, packed full of interesting reports and useful information.

DBH

100 Club

This months winners of the 100 club are

1st No. 76 Mrs E Joyce
2nd No. 25 Mr D Meredith
3rd No. 83 Mr K Speak

Congratulations!

There are still a few numbers left!

What's On?

Wednesday 26 October 19:30

Equipment Night

Saturday 29 October 16:00

Heli-training / Night Navigation

Tuesday 1 November 19:30

Base & Vehicles meeting

Wednesday 2 September 19:30

AGM & Main Committee

Friday 4 November

Collection Asda

Wednesday 9 November 19:00

Downed Aircraft talk

Sunday 27 November 09:00

Medical Teaching

Wednesday 30 November 19:30

Equipment Night

3,4,10 December

SRT Course (sign up at base)

Wednesday 7 December 19:30

Ops and Membership Committee

Wednesday 14 December 19:00

Medical Teaching

Sunday 18 December 09:00

Challenge!

Wednesday 21 December 19:30

Equipment Night

Tuesday 3 January 19:30

Base & Vehicles meeting

Wednesday 4 January 19:30

Management Committee

Mintcake Nibbles



Hello: To Paul Horabin, who has joined us a provisional member.

Goodbye: To Phil Latham and Tom Barkas, who have decided to leave the team.



Log Books are now overdue. These are a requirement of Team membership and are important to protect both the team and yourselves should anything go wrong. Remember there is a section for recording other activities that show commitment to the team like Torchlight, the Emergency Services Openday etc. Non compliance will result in amongst other things meeting with the "fist" of Fitch.



Early warning: First weekend in May, to celebrate 60 years of MR, Keswick MRT are planning to recreate the 1946 (*hmm 66 years ago - Ed*) rescue from Great Gable, rescuing Sir Chris Bonnington using vintage kit, whilst Wasdale MRT perform the same rescue (of Leo Houlding) using modern kit (*does this include helicopters or BASE jumping strapped to a Bell stretcher? -Ed*)

Why do you need to know this? It will culminate in a party & barbecue in Wasdale for MR people... More details next year!



TRiM – A short part of the 14 December training session will be about the arrangements that the team now have in place for counselling following traumatic incidents – see the members area for more details.



Team Insurance Details of the Team's Insurance Arrangements are now on the members area of the Web Site. Please note that, at 5.23MB, the Policy takes a little while to download.



Date for your diary

Winter Training in Scotland, based once again at Feshiebridge is 23 – 26 February. Sign up list at base. There is also a sign up for the preceding days for those that want to make a holiday of it!

Changes to membership requirements

There is a proposal to increase the number of training points required from 8 to 12 (out of 40 including winter training) per year. There are no proposed changes to callout attendance requirements. This is in addition to the changes requiring attendance of a basic first aid course.

This will be discussed at the December management committee meeting and ratified at the January Ops and Membership meeting.

If you feel strongly about this or think that other changes should be made to the membership requirements, come along 7 December 19:30 at base.



Footloose Fling at Netherhall Cricket Club is on 26 November with live music from the "Hoots"
Profits to Kendal and Duddon & Furness MRT tickets from etaplin@talktalk.net



The Cancer Care duck race was cancelled due to high water!

Callouts - September

04 September 2011 17.00 hrs

An experienced group of 4 local people were walking the Bannisdale Horseshoe when a female member of the party sustained an ankle injury while negotiating very boggy ground in the area of Long Crag. Her friends alerted the team through the police, with an accurate grid reference of the incident site. On our arrival the casualty, a young lady from

Kendal, was treated by team members and then stretchered to a team vehicle to be driven off the fell to a waiting ambulance. 15 team members were involved in the incident which took about three hours to complete.

08 September 2011 19.35 hrs

The Police paged the Team's Leader Group concerning a male who was reported as a little lost with a shoulder injury in the vicinity of White Scar, Whitbarrow. The Team Leader had already been alerted by Ambulance Control. It was quickly established that the casualty could see the main road and he met up with an ambulance at Raven's Lodge before the Team could be mobilised.

13 September 2011 20.40 hrs

We were alerted by the Penrith Team following reports that there were 5 American females missing on the Coast to Coast walk. They had departed from Patterdale, heading for Bampton and were overdue by 5.5 hours. The Patterdale & Kendal teams were put on standby but we were stood down at 21.00 hrs when they turned up in Kentmere.

21 September 2011 18.00 hrs

We were called to assist the NW Ambulance Service at Meathop, Grange-over-Sands. An 87 year old lady had fallen some time during the afternoon upstairs in her house, sustaining a possible broken femur. The Ambulance Service were on scene and treated her but they needed help with the evacuation. She was put on our Vacuum Mattress and carried out of house to the waiting ambulance for transfer to hospital in Barrow in Furness.

23 September 2011 13.45 hrs

The Langdale & Ambleside team asked for our assistance with the evacuation of a male who had suffered a painful dislocation of his elbow following a fall. We helped to stretcher him down Rosset Ghyll after the air ambulance failed to reach him due to the bad weather.

24 September 2011 14.30 hrs

We were again called to assist the NW Ambulance Service. This time it was an elderly female casualty at School Knott Tarn (near Bowness-on-Windermere) with a suspected fracture to the lower leg. Our vehicles managed to get to within 100 metres of the casualty and we undertook a short stretcher carry to one of our Land Rovers. The casualty was then transported down to the waiting ambulance.

29 September 2011 20.00 hrs

We were called to assist the North West Ambulance Service with a local woman who had sustained a lower leg injury close to the top of Craggy Wood near Staveley. She had been given some pain relief by the ambulance crew and we splinted her leg before stretchering her down to the ambulance at Barley Bridge.

Exercise Reports

Dealing with fatalities/potential crime scenes within MR.

Paul Burke presented a well attended training evening on the subject of dealing with a situation within MR which could be a potential crime scene.

1. Think Safety!

When approaching a scene consider the mnemonic "SAD CHALET"

Survey the scene from a distance

Assess the incident

Disseminate information back to base and to team members as appropriate

Casualties: triage any casualties involved

Hazards: eg. Weather, terrain, downed aircraft danger.

Access for both personnel and vehicles

Location: be exact, GR, GPS, photographic

Emergency services: present and required

Type and timescales (of incident)

2. Request Police

3. Cordon area and create a Common Approach Path

4. Obtain details of all those present

5. Remove all unauthorised persons from the scene

6. Log all persons entering or leaving the scene

7. No one to enter without permission, and unless absolutely necessary

8. Preserve where possible any visible evidence

Wear gloves, handle items carefully and bag separately

Remember!

Not everything is a crime scene

Photos of something that turns out NOT to be a crime scene can always be deleted...

Take photos on a camera NOT your mobile: the police will only confiscate the memory card of the camera but the whole mobile !

We are NOT police or SOCOs !

Pete Munford

Post Script There are evidence bags and another camera in the major incident bag in Mobile 2

East Cumbria Search Panel Exercise – Sunday 25th September.

The theory was that five Team Members (John Ev, DBH, Tom Booth, Kev and I) would turn up at Tan Hill as if called out for a major search and thus represent Kendal team on the ECSP search exercise. (Harry and Trevor already being there, but 'invisible', as they were involved in the exercise organisation and running [they had stayed there the night before testing the beer].) Even though the 5 of us had to leave Base before 07.00, we believed that we would have a nice day on the Pennines and be based from a pub; whilst the rest of the Team would be getting damp on the main exercise by/in the River Kent on a drizzly day in Kendal. In reality it was a glorious day in Kendal whilst in the Pennines an early morning wind outside (we troops were not allowed inside) the Tan Hill Inn suggest that shorts was a bad clothing choice. Come late morning as we squelched over the Penning bogs (looking for groups of Air Cadets be-nighted whilst on a navigation exercise) - the Team waterproofs had a thorough test. At de-brief time (where we were allowed inside for some good soup and a roll) the sun came out and the rain stopped.

A few facts on the exercise for you. There were just over 70 MR personnel (plus 3 dogs from SARDA England) involved on the ground or in search management roles and another 7 involved in planning / observing / supervising duties. They come from six different MR teams: Swaledale, Teesdale, Kirby Stephen, Penrith, RAF Leeming and of course Kendal. There were 20 Air Cadets (aged between 13 and 17) from Durham; split into four teams who were the missing people (they had five supervisors/outdoor education instructors keeping an eye on them but 'invisible' to us). A sneaky 'extra' added by Harry late in the morning involved a family of 4 from Manchester whose 9-year old daughter slipped down a sink-hole and injured her ankle; the father stayed with her whilst the 16-year old son went for help and the worried mother hassled the exercise control to get something done. 16 square km of the Gunnerside Estates (just in the top corner of the 1:25,000 Howgill map) was the location and the Tan Hill Inn kindly provided accommodation, hot drinks, soup etc.

This year the exercise moved away from the original ECSP system of a 'panel' of search managers drawn from all teams to giving the 'home team' (Swaledale) the task of providing the 'incident control' using their local knowledge with the added ability to draw on additional search management/admin support from other teams as required.

A couple of leaning points:

- Teams inside LDSAMRA do not use the same radio channel descriptors as those outside; this led to a little bit of confusion in getting a common calling channel.
- Some teams still do not use vacuum splints. So don't forget how to put a box splint on; this will enable you to look cool and collected when, after spending 10 minutes explaining to a young casualty what a vacuum splint is and how it works, you are confronted with a bit of padded wood being stuffed into the KISU with you.
- Effective chairing of de-briefs by setting out the big saucepan of soup in front of everyone just before the de-brief starts; but not allowing any one to access it until the de-brief is finished (really keeps the questions and comments to the minimum!).

Overall a good exercise (and much better than some ECSP ones I have been on) – will even consider going to another one.

Keith Pittman.

Swift Water Rescue Round Robin 25/9/11

Task One: Put on a complete set of swift water rescue PPE and jump up and down for two minutes...mmm sweaty!

Learning points: Get some help; get a suit that fits; choose boots two sizes too big; use the braces; remove the cardboard bungs from the feet first (thanks Paul); consider a she-wee (pee PPE?); don't expect a dry suit to keep you dry!!

Task Two: Inflate HMS Mobile, the team inflatable, upstairs in base...How deep are you expecting these floods?

Learning points: Use as the last option and even then only for rescuing grannies from slow moving water; don't confuse the red paddle lecture with the red shovel lecture; use Andy "Mark Cavendish" Beavon's legs to pump (probably quicker than using the vehicle powered pump); don't sit on the seat when you pull the bungs out!

Task three: Throw bag practice:

"Over arm, under arm, wobbling free. The throwers of swift water rescue are we. Making good use of the currents we find, currents that everyday rocks leave behind..."

Learning points: Practice under arm, over arm and side throws (and backwards through the legs if you're Ian H); shout "ROPE"; make sure you are braced sufficiently to hold the casualty; always wear a PFD if within three metres of the water; practice more (I nearly ended up in Arnside!)

Task Four: Tensioned lines...

Learning points: Use "no knots" so you can easily release the line; sit on the line to get some tension, or use a 3:1 or 4:1 pulley; the faster the flow, the more tension required.

Task Five: How to cross a river in a line...

Learning points: Line abreast works well to reach casualties in slow moving water; line astern works better in quicker water; a triangle is the most stable; consider the differences due to the river bed surface, the depth, and the water speed.



For all swift water rescue, remember the hierarchy: REACH, THROW, BOAT, GO.

Many thanks to Paul for a fascinating training day, and to the weather gods for being kind to us. Thanks also to Tinka and casualty Paul for an excellent Live Bait Rescue demonstration.

Pete Munford

Radio News

Sun Spots! The recent interference/ white noise is being caused by Sun Spots, which are forecast to end in December. On the bright side, it is not just us suffering problems – The RAF are having bother too! Kev has worked up a solution which should overcome the problem in the short term, however it means that:

1. While the 'white noise' should no longer be heard, if present the Parklands Link will fail to respond to the Link OK tone, sent via the 'green telephone' button.

2. If 'white noise' is present the Parklands link will not change channel and will appear 'locked' onto Kendal 634. It will unfreeze when the 'white noise' ceases.
3. The range of radio transmissions maybe reduced, especially in areas known to the Team as having poor radio communications in the past.
4. GPS data will take longer to establish and may give locations up to a kilometer out in the first instance. This will correct itself over a period of minutes.

Kev Knowles

GPS News

On some days between 28 November and 9 December (9am to 4pm), there will be a GPS jamming exercise centered around RAF Spadeadam. This will probably not affect us, although as the Parklands repeater aerial is so good and well located, it might do.

If there is a callout during this period where you or the casualty needs to use GPS, contact the police in the first instance and ask them to contact the relevant authorities to get them to desist. As this is an exercise, they will stop for "Safety of Life" operations!

Mobile 2 Laptop.

1. The battery discharges at 30% a week **when the computer is switched off**. If you use it, make sure you top up the battery before leaving it. Also, allow the computer time to shut down completely - if you close the lid before it has, it will hibernate and continue to use power, running the battery down even faster.

2. Re Kevin's previous plea not to trap the cable for the radio connection on closing the case, this also applies to the dongle cable for the modem which has clearly been trapped and squashed several times. It has now been moved it to where it should be safe, but take care with it.

3. In a similar vein, please roll up all cables after use - don't just stuff them in the box and jump on the lid till it closes.

Rich & Tinka Pyne's warm welcome from the Beskydy Mountain Rescue Team

During our stay in the Czech Republic in early September 2011, we visited one of the local Mountain Rescue stations, the Pustevny station in the Beskydy mountains. We had a very informative chat with one of the professionals, Mr. Dusan Zajic.(pictured)



The Team has around 600-700 callouts per year, with the majority being injured downhill skiers (the Team operates within ski resorts), lost and late cross country skiers and paragliders stuck in the trees. They also have the usual "recoveries". It seems the whole world is very similar.

The Team consists of 9 professionals and a list of volunteers. The base is manned 5 days a week during daytime hours (then the Team is accessible via phone), during weekends there is a 24 hour service.

These volunteers are amazingly similar to us in their attitudes and abilities, some of them even lookie-likies.

The Team doesn't have a schedule of regular trainings like we do but they run a week long session during summer and winter months, which is compulsory to professionals but

volunteers are also invited. The level of their fitness is tested annually; each member (incl. volunteers) must pass a standard fitness test.

The Team members are also encouraged to take a part in International MR competitions, which consist of climbing, first aid, running, skiing (winter) etc. We were also encouraged to try and test ourselves on a next year competition.

We found out later on from other Team members that Mr. Zajic won a silver (not only once) so we were talking to the top class man really! These races are apparently very competitive.

On Saturday 17th September, the Beskydy Mountain Rescue celebrated 60 years of Service with a party for old and current members. As a part of their open day, they also did a simulated rescue of children from a ski lift which was interesting to watch.

We were welcomed to their party and looked after well, served whisky, beer and suckling pig. Inside of the hotel where the party took a place, there was a small photo gallery of the Team over the years. There was even a guy who looked like Keith, we are sure he was also a health & safety guy!

From what we saw on their open day, the kit is quite specific. With the majority of accidents happening during snowy months, there is a big emphasis on sledging stretchers, with cas bags that are very well insulated (winter temperatures can easily drop down to minus 15-20). There are also skis, skidoos and a big Toyota. For tree rescues they use tree climbing crampons (looking medieval, but effective).

The Beskydy Mountains are situated in the north-east part of the Czech Republic (that's where Tinka grew up). The hills range from about 900 – 1300m above sea level. They are all heavily forested, with a very good access to the tops. The footpaths are all fairly even, although some of the angles of ascent/descent are similar to the Howgills on a good day.

Lovely people, great food, fantastic beer and beautiful hills....what more can you wish on your holiday?

Rich & Tinka Pyne



Last Months Caption Competition

Entries included:

Dagmar with: Amazing the length some team members go to in order to maintain their fitness.

Mr S Muttly suggests 'A mountain rescuer is pictured out in the mountains enjoying the craic.'

Ms C Lean puts forward 'After the unveiling of the monument to Mountain Rescuers, the sculptor admits he can only do heads.'

Anne Onymous came up with: Eddie tries out the new gale resistant team jacket



Election News

It is still not too late to stand!

The post currently up for election are:

- Chairman
- Director
- Deputy Team Leader (vacancy)
- Deputy Team Leader (renewal)
- Membership Secretary

The rules and procedures for the elections are set out in the documents in the Team Management section of the members area of the website.

Nominations so far:

Chairman

Proposed: **Dagmar Johnson**
Nominated by K Pittman
Seconded by T Cotton

DTL renewal (K Jackson)

Proposed: **Kath Jackson**:
Nominated E Harrison;
Seconded by I Johnson

DTL vacancy (S Kelley)

Proposed for post: **Dave Howarth**:
Nominated by E Harrison
seconded by K Jackson

Director

Proposed: **Les Telford**
Nominated by D Johnson;
Seconded by K Pittman

Membership Secretary

Proposed **John Fitch**
Nominated by I Johnson
Seconded by D Hughes

Proposed: Chris Marsden

Nominated by S Kelley
Seconded by P Astle

Caption Competition



Stan "Splashless" Aikrigg at the Emergency Services Day



Team members at the East Cumbria Search Panel

Is there a connection?

Adventures of a deputy Team Leader

Thanks Team!

Almost every race I have done has been the same. You enter, full of excitement and good intentions. This time you'll let nothing get in the way of training. This time you'll not find you have mandatory kit missing 15 minutes before the shops shut on race eve. This time you'll be the picture of mental and physical preparation. Yes... THIS TIME, dag nab it, you'll even clean the blasted bike!!

And so it was I found myself on Whitehaven harbour trying to outfit a kayak I'd picked up the day before while Keith and Julia (support crew recruited by desperate e-mail the week before) make frantic 'phone calls to family to find me a highlighter pen (!) and to 118 to find a bike shop to fix my seized bike brakes. I feel physically sick I am so nervous about the prospect of drowning off St. Bees Head/being mashed in the shorebreak at St. Bees or, should I miraculously survive the sea paddle, facing 4 days requiring the kind of stamina I haven't evidenced in well over a year. Humiliating and possibly painful failure looms every which way. How did I let this happen?!

Well I made St. Bees, even finding some head space en route to push the adrenaline and nausea aside and to enjoy paddling a sunshiny sea looking up for the first time from the base of cliffs I'd run the top of countless times. I didn't capsize in the shorebreak and Keith and Julia were waiting for me with a host of cheering family members, a selection of highlighter pens, a bike that stopped when you wanted it to and an extremely large pink frisbee... It was still only the start of the journey but marked the mental shift from dread of the challenge to knowing the challenge was why I was there.

This mammoth level of support continued with Eddie and Jean getting up at ludicrous o'clock the next day to see me through Keswick to Kirkby Stephen, including much manhandling of bike and boat, the provision of THE teaspoon and special journeys to furnish me with my heart's desire of Ready Salted crisps. Chris was also fortunately unfazed by my Prima Dona tendencies and is kind enough not to mention the fact that the "1st in 1st out" of transition at Swainby involved me having a massive tantrum because (largely due to my poor communication) he brought me the wrong trainers!

Adventure racing is a very self centred pursuit offering the opportunity to put myself in challenging and beautiful, physical and emotional places that day-to-day life doesn't always offer and to take part in a game where potterers like me can play on the same field as the big boys. I most often race solo and unsupported and I find it so amazing that not one but five people were prepared to give up time, work really hard and be abused especially so that I could put myself through this. I have been on the other side as marshal and there are, as Chris alludes, rewards in a great atmosphere, camaraderie and the inspiration of the elite guy's achievements but all my support crew still deserve a huge cheer!

Everyone else watch out for future desperate, last minute e-mails as, being poor at learning from experience, I am almost certain to foolishly commit to more challenges way beyond my comfort zone and next time my support crew (or race partner?!) could be you!

Kath

The support team view...

As the storm clouds gathered in the distance, the Maccaws squawked as they perched on the roof tops, we searched for food!

It sounds odd, but that was a fair description of Kirkby Stephen on Saturday night, I'd taken over the roll of support driver from Eddie on Kathy's quest to conquer the coast to coast race. Although the car was full of food a pub meal was the desire of our intrepid athlete, and you try finding somewhere to eat in Kirkby when there are about 200 other people thinking the same!

Sunday was an early start, with the alarm ringing in my ear at 5am, so my duties began. Get breakfast cooked and whilst Kathy ate it, take down 2 very wet tents; sort the kit for the 1st transition and finally walk to the square ready for the 06.03am start!!

As she set off on day 3 of this epic, it was time for me to go do what turned out to be an interesting puzzle. This may sound daft, but have you ever tried to fit a bike rack to a car?!? nobody had shown me how this contraption fitted, but I managed, and it stayed where its supposed to stay, so off I drove to the first transition point near Keld!

At these gatherings of supporters and competitors there is not much to say. You take the kit that is needed for the next stage into the transition area that has been cordoned off, then you stand around waiting! The one thing that did strike me, and that was, apart from those busy sorting their competitor out, everybody stopped and clapped and cheered when a racer approached! The camaraderie was great.



Next onto Castle Bolton, the things I liked about this transition site are; one, the nice cafe in the castle and two the cake stall run by the local WI. Bit of a wait this time, actually, most of the event staff had gone to the cafe when Kathy got there, so a change of tyres on the bike, food shoved at Kathy then off she disappeared again, in the direction of Northallerton, and my cue to head there and sort out the camp, and try dry the tents!

That night at the briefing and interim prize giving, Kathy was awarded a prize!! the biggest pair of bling sunglasses you've ever seen! Monday started nice and early, the alarm went off at 03.55am. A quick blast on the bike to Swainby for Kathy and for me to the first transition of the day, where we were first in, and first out! Following that was a run over Carlton Bank to a field in the middle of nowhere, this is where, for me, the funniest incident of the race happened. After a reasonable transition Kathy set off for the mountainbike ride over the moors to Glaisdale, on exiting the transition area she realised she'd forgotten an important piece of kit! Her Bike! oops!

Transition at Glaisdale was another reasonable one, and then it was the onto the final stage of the race, to Robinhood's Bay. A change into running shoes for the last half mile to the finishing line overlooking the village of Robinhoods Bay, and a rapturous reception from all the other competitors and supporters gathered there, What can i say about doing the supporting roll in this race??? It's actually good fun!! (4am in Northallerton isn't!!) you meet some very friendly people who have a passion for their sport and for the great outdoors. Would I do it again? Done it twice now, does that say enough!

And although Kathy didn't win, she conquered it!!!

Chris Marsden

Allotment News

Around this time of year, squashes and pumpkins are reaching maturity, which puts me in mind of my favourite pumpkin joke...

What do you get if you divide the circumference of a pumpkin by its diameter?

Pumpkin pi.

Doug Patch

Contacts

David Hughes

Cheer me up! Send me an email

editor.mintcake@virgin.net

or

Editor's pigeonhole in base

or by post to:-

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