

# Mintcake



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

Reg. Charity No. 1125680  
February 2011

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## Editor's Comment

There may be some changes to Mintcake in coming months.

Please let me know what you think is good and bad, or if you have any bright ideas for features. I would welcome any comments or criticism from supporters, patrons, fund-raisers, Hill going team members and even former editors of this or any other publication! I will not even get upset if there are complaints about punctuality or file size!

Whilst sometimes editing seems like a bit of a vanity project, this newsletter is for you! Tell me what you want to see.

Thanks in advance

**DBH**

PS Apologies to Peter Clarkson, the Revenge of the POTY victims caption competition will not be run as Keith offered me a sufficiently large bribe.

## 100 Club

This months winners are

- 1<sup>st</sup> Liz Parkes.
- 2<sup>nd</sup> Mr F Hodson.
- 3<sup>rd</sup> Mrs D Sutcliffe

Congratulations!

## What's On?

**Saturday 19 March**

Swim Marathon

**Wednesday 23 March**

Disasters & Dilemmas

Talk by Hamish Wilson

**Sunday 27 March – 09:00**

Rescue and Evacuation

**Wednesday 30 March – 19:30**

Equipment Night

**Wednesday 6 April – 19:30**

Ops & Membership Committee

**Wednesday 13 April – 19:00**

Rescue Rigging Theory

**Saturday 16 April**

Bucket Collection, Booths

**Sunday 17 April – 09:00**

Search and Evacuation

**Wednesday 27 April – 19:30**

Equipment Night

**Saturday 30 April**

Tebay Services / MR Awareness Day

**Sunday 1 May**

Tebay Services / MR Awareness Day

**Tuesday 3 May – 19:30**

Base & Vehicles

**Wednesday 4 May – 19:30**

Main Committee

**Saturday 7 May**

Keswick to Barrow

**Saturday 14 May**

Base Spring Clean

## Mintcake Nibbles



A draft of the new MREW insurance policy (which is apparently at least as good as the previous LDSAMRA one) is available from Ian if you wish to see it. A copy will be in the members area of the website when it has been finalised.



The new team kit has nearly all been collected..

Some of the old shell jackets in better condition are going to be kept for the fundraising team. If anyone wants a red and black coat for gardening or washing the car, or a pair of outer trousers talk to Dagmar!



Quick Survey:

Hill going members, please send me an email when you read this!



The problem with the rear axel of Mobile 1 turned out to be a manufacturing fault (that Land Rover have fixed under warranty) and not the fault of Steve Kelly getting it to go sideways around Plumgarth's roundabout on the way to Langdale or over exuberant off roading on the way up to Low Pike.



Early Warning! Base will be getting its Spring Clean on **14 May** Put this in your diary. Many hands make light work!



Goodbye to Jo Robers and welcome to Jo Roberts. (I thought it was an unusual name!) Also goodbye to Martina and welcome to Tinka. ("Hey, I like this one!" - M Pyne.)

## Callouts

### 8 February 2011 11.30 hrs

The Langdale & Ambleside team ask for our assistance on a river bank search in the Grasmere area. This followed the recovery of woman's body from the northern end of the Lake at Grasmere yesterday.

### 17 February 2011 16.00 hrs

We were asked to assist the Langdale & Ambleside team with a male who had sustained a knee injury on the Stickle Ghyll path in Great Langdale. He was carried from the fell and transported to the Ambleside base where he was transferred to a waiting ambulance.

### 20 February 2011 20.00 hrs

The Police paged us and asked us to assist two mountain bikers who had become benighted on the Nan Bield Pass. They had no lights but had managed to get to the stone shelter on the ridge. The ascent was steep and slippery with wet snow on wet grass but we found them safe and well, if a little cold, in the shelter. They were given warm clothing, warm drinks and chocolate before being walked off the fell to our vehicles at the Kentmere Reservoir, arriving just after midnight. Their mountain bikes were also recovered (much to the delight of certain team members!)

### 22 February 2011 16.00 hrs

The Langdale & Ambleside team were already dealing with some lost walkers on Crinkle Craggs when they received another call to a female with a lower leg injury on the summit of Low Pike. We were asked to assist on the latter. The casualty was located, treated, stretchered from the fell and transported to the Ambleside base where she was transferred to a waiting ambulance.

## Exercise Reports

### November Search and Evacuation Exercise.

We started off with a briefing at base, where we were given sketchy details of the injured parties and their approximate location. We were given a location of Rainsborrow Crag up the Kentmere Valley. A quick search plan was formulated while the first and second vehicles left base.

The search plan however was soon scrapped when the first vehicle called in saying that they could hear shouts and were soon able to locate the casualties. Once at the casualty site, the list of required equipment was passed to us. This equipment was sent up the hill and we were still able to retain a few team members for any further requests to be sent up. The medical assessment of the casualties was that a helicopter evacuation was going to be required. To our amazement, a virtual helicopter was available!

As we waited for the helicopter to arrive, a landing area for the aircraft was identified. When the aircraft was in the area, we made smoke at our location. To our horror, the aircraft ran into difficulties on approach to the landing site. This ultimately led to the virtual helicopter crash landing.

Four team members were sent to deal with the situation initially but only one of those four was MRC qualified. On arrival a quick assessment of the situation was made and we approached the two casualties. An assessment was then made of the two casualties. The casualty with the more serious injuries received more attention from the MRC holder. The casualty with the lesser lower leg injuries after initial treatment from the MRC holder was left with other team members for observation while evacuation and other qualified team members arrived. There was a virtual smell of aviation fuel so relocating the casualties became an urgent consideration. Team members arriving on scene were advised to turn off phones to reduce the risk of ignition of spilt fuel.

More team members were diverted from the original incident to bring equipment and manpower. Some virtual L & A members arrived to guard the wreckage of the aircraft while we evacuated the casualties down to the valley bottom where yet another virtual aircraft was due to arrive and collect the casualties.

Points to take note:

1. The snow socks used on Mobile 2 worked very effectively, allowing the vehicle to get past the interestingly parked cars down the Kentmere Valley. The socks were also very simple to put onto the vehicle. Please remember that the vehicle is front wheel drive and that the socks need to be removed when tarmac is reached.
2. The correct use of flares! The flare that we released at the landing zone is of slightly different design to some of the other flares that we have previously used. It was felt that it could be quite easy to hold the flare the wrong way round when trying to set it off. **Please take a few moments to read the instructions** on the side of the flare before setting them off even if you have released flares before.
3. Ensure that casualty cards are started and filled in for each casualty. This is a very important record that needs to be transferred with the casualty to either helicopter crews, county ambulance or to the A&E department directly depending on which is most appropriate.

Finally, thank you to the friends of Keith who volunteered to be our casualties for this exercise, despite the snow and ice conditions that we were experiencing.

*Simon Thorn*

### Communication and Debriefs – February

We were joined by a couple of members of Patterdale MRT for this best attended training evening ever organised. Was this a result of the membership secretary's letter communicating the importance of showing commitment to the team, or had the football been cancelled? – I guess we will never know.

After a couple of "ice breakers" (including getting the team to order itself starting with those members that remember when tweeds, plus fours and hobnails were de rigueur, all the way through to those just starting their provisional year) We were then split up into groups to talk about examples of good and bad communications.

This was an opportunity for the more experienced members to regale others with tales of derring do. This was an interesting (and possibly useful) exercise in its own right, which could have only been enhanced by a beer.

When we fed back, the call out to the fatality at Cautley Spout on Boxing day became a good illustration of how communication depends on perspective. Andy Bev, who was at the sharp end, helping prepare the body to be lifted out by helicopter thought that comms were good and the operation quite slick; Ian, halfway up the hill thought it went like clockwork; Trevor, who was at the blunt end (who would imagine?) helping to identify a potential landing spot thought that comms – particularly when the Police got involved - were a shambles and the team members at that end did not know whether the helicopter was going to land to pass on the body or not.

#### Key Points.

- In most situations you only see part of the picture, there is a danger in making assumptions.
- Bad news – there is nothing that you can do to make it better. Honesty is most likely to be appreciated.
- Most people fear reacting badly or inappropriately when breaking bad news.
- Some people are better at it than others.
- Trying to steer a situation may be useful, but remember everyone behaves and reacts differently.
- Debriefing after a major incident is most effective within 72 hours, but after sleep.
- Defusing (talking the whole incident through) may be useful for some people but is not of universal assistance. Focussing on what happened rather than what might have happened is a good way of dealing with this.
- Some people might not be comfortable talking to other team members about incidents although talking to an inside – outsider (who understands but is not directly involved) can be very useful.
- When dealing with the recently bereaved, listen, try to avoid euphemisms, don't worry about silence but equally, don't assume that someone wants to be left alone. Try to make the person feel safe and give reassurances.

Thank you to Lucy Belson and Juliet McDonnell for a very interesting and thought provoking evening (even if it was a little difficult to communicate the essence of it!)

## Winter Training at Feshiebridge

**In a departure from our usual training reports. I have asked everyone that went to Scotland for winter training to give me a few thoughts, quotes or learning points about the trip.**

For those that did not go, we spent **Friday** walking from the ski centre car park to Ben Macdui. Good walk, only improved by the weather clearing on the way back.

**Saturday** in Coire Laogh Mor with an instructor from Glenmore Lodge showing us the tried and tested methods for anchoring in snow.

**Saturday night** Rich had organised (?!?) a surprise birthday party for Tinka, with cake and decorations. Half the team were distracting her with increasingly desperate stories in one living room to prevent her from coming in to the other living room whilst it was being decorated and I spent over an hour cooking "Oh its dead easy it will only take about 10 minutes" pasta

**Sunday** we all went our own way. Team Burgess ended up in Stirling Hospital through some sort of food poisoning/ bug, although I understand he is a lot better now. (No one can prove that Saturdays meal and Sundays hospitalisation were in any way connected!)





I'm glad you could all join me this year.....

Maybe next year we will invite the 'Laker Girls' (I bet you won't winge about the long trek out to 'Ben Macdui' then) as well as 'Team Burgess'. - **Paul**

Destroying Single Malt Whisky with Stones Ginger Wine  
Rucksack attached to heather by cable ties  
The smile on Tinka`s face Saturday evening  
Adam`s head dress  
A buried rucksack found by stepping on it with crampons  
Bollards  
Warm sunshine on snow covered slopes  
The amount of empty cans & bottles  
Jonathan`s face on release from Stirling Hospital

Once again a **GREAT TEAM** weekend---Thanks to all for making it so, **Eddie**



Cairn Lochan – 3 cairns, one bump. Which is the summit?

It's a long way from 1076 to 1141 when your legs won't work.

Remember the neat trick when tying a clove hitch around your ice axe? **Kev**



Having been delayed in travelling to Scotland, I was absolutely gutted to have missed the high altitude route march on the Friday! The snow anchor/belay training on the Saturday was excellent and very worthwhile. Tinka's party was extremely enjoyable from what I can remember through the whisky-soaked haze. However, having never before heard of the LA Laker Girls it is this aspect of the weekend that has changed my life – I am now glued to their web site (<http://www.nba.com/lakers/lakergirls/index.html>)! The possibility of “twinning” Kendal MRT with the Laker Girls is now being vigorously pursued. Ann said that her highlight was seeing so many team members simultaneously suffering the effects of the Friday night curry

**John F**



Incidentally these quotes are, at best, similar to what was actually said.

"Is the dead man I placed supposed to be progressing steadily down hill?" Adam Milward.

"Why is no one else wearing their pants on their head?" Adam Milward.

"Yes, Dave, a top rope would be sooper right now." Adam Milward and Richard Pyne.

"Which bit of 'Go to spot height 1141' did you not understand?" Paul Astle

"I'm going to cable-tie his bag to the heather" Mat Burke

"Why has someone cable-tied my bag to the heather?" Jonathan Burgess

"Any where else in the world a barometric pressure of 1044 would mean blue skies, but not here, oh no, here it's still \*\*\*\* raining!" Member of public.

"This re-heated pasta is really nice!" Jonathan Burgess [I gather it was pasta, but am hoping to get confirmation] **Adam (No, I blame the rice Jon had before the pasta. The pasta could not have been fresher if I had gone to the spaghetti trees myself! – Ed)**

Plenty more photos on the website, and hopefully a few more comments next month?

<http://www.kendalmrt.org.uk/Scotland2011.htm>

## Disasters and Dilemmas – from Dafur to Helmand

*"Immersed in some of the world's most dangerous humanitarian assignments, development specialist Hamish Wilson recounts the impossible challenges and dilemmas of working on the front lines of war and natural disaster"*

Ex-team member Hamish Wilson has never been one for the quiet life. His work over the past few years has been far from the average 9-5 as in various guises, with many organisations he has undertaken to help improve lives in areas of the world where problems are so complex most of us consider solutions impossible. Hamish has kindly offered to come and present to us a talk initially put together for the Royal Geographic Society and I hope you will join him. From experience even the difficulties of his subject will not detract from making this an eye-opening and positive evening.

**Wednesday 23<sup>rd</sup> March 2011 @ 7:30pm**

Free entry – donations to team funds welcome

Light refreshments available

All are welcome. An RSVP with numbers to [kathryn.jackson@talktalk.net](mailto:kathryn.jackson@talktalk.net) would be helpful but not essential. Hope to see you there.

For those of you who remember Ham from his time on the team apparently he hasn't tripped over his own shoes exiting a helicopter for some time now! For more information on Hamish's current projects visit <http://www.wasafiriconsulting.com/>.

*Kath*

## **Box Collections**

Ailsa Hulme needs some more volunteers to collect the collection boxes that we have dotted around particularly the patch between lngs and Windermere. If you are interested, please contact her by email at [ailsa.hulme@googlemail.com](mailto:ailsa.hulme@googlemail.com)

## **Laptop in Mobile 2**

There have been problems with the Laptop in Mobile 2. It is likely that the problems are due to the machine being kept in M2 in the cold garage and the infrequent use of the machine. It has been decided, therefore, that the Laptop (in its box) will be kept in the Equipment Room, attached to the Radio Bag - so when you take the Radios on a call-out please take the Laptop too. We will also try to ensure that the machine is charged up regularly.

*John Fitch*

## **MREW up to it?**

With Trevor looking to retire from his chairmanship of the team later in the year, we are looking for someone to be the representative for the team at LDSAMRA and MREW meetings. This is a total of 6 meetings a year. Anyone interested needs to carefully consider this responsibility and needs to regularly attend the management committee meetings to understand the team's opinion on particular matters. If you are interested, please talk to Trevor and come to the next management committee meeting at the beginning of May. The next MREW meeting is on 21 May in Preston.

*The Management*

## **Its Goodbye from me (John E) and Hello from him, Tony.**

After several years as Vehicle Officer I thought the time right to hand over the roll.

During those years the B&V working group have replaced three vehicles to a cost of around £120,000 all monies raised by the Support / Fund raising group as well as Team members.

I would like to thank all members of the B&V group for all their time, hard work & patience and every body who has helped in what ever way you could, it really makes the job that much easier.

All vehicles are fully operational with little or no repairs outstanding, yes the lights and mud flap have been replaced, we have no major projects on the horizon, no more spending large amounts so now seems like a good time to hand over responsibility to a very willing candidate in Tony Womack.

May I make one last request, that you all continue to treat the vehicles with care and continue to give our new Vehicle Officer the support that you have so willingly given me over the years.

See you all soon,

*John Ev.*

## Free Smoke Alarms

The very nice people at the fire station in Kendal are providing smoke alarms free of charge.

There are some forms on the coffee tables at base if you do not already have a smoke alarm in your home, all you have to do is fill in the form and they will arrange with you for a convenient time for them to come and fit it for you free of charge.

When you have filled in the form place in in the envelope marked "Purple Watch" which is on the white-board.

There is a questionnaire attached to the form, you don't have to fill this in if you do not wish to,

*Chris*

## Giving up 'lazing around'; for Lent?

Membership of the gym at Kendal Fire Station is available to **ALL Team Members** - Supporters, Ops Support, Provisional and Hill-going (but not other members of their family I am afraid). As well as us, some of the Police based in Kendal are already members and NWAS staff may be joining as well.

If you want to use the gym you will have to pay just £50 as an annual membership fee, have insurance in place (if you need to take one out this will cost about £35 p.a.) and attend a short induction session. The gym is available 24hr a day / 7 days a week (but the only Team Member to be seen there in the early hours is the Mintcake Editor). Whilst Fire Service members use the gym as part of their work training as well as us paying members; there is often no one else in there at all when current members use it.

Interested? Then have a chat with me or give me a call on Kendal 721901 or 07811 590111.

**Keith Pittman**

## View Ranger Trial

Notwithstanding a few instances of operator error (how far was the walk to Ben Macdui?) and issues over battery life (which is being worked on) View Ranger performed very well in Scotland.

Trials are ongoing and anyone who is interested and has a compatible phone or is interested in getting a compatible phone should get in touch with Kev. There are other developments in the pipeline that may help us locate people just by them agreeing to send us a text. View Ranger have agreed to supply some suitable phones at cost for the team leader and his deputies.

## Blackmail Corner



One team member gave me the great suggestion that with all the photos I get sent for caption competitions etc. that I could turn this to my advantage and supplement my income with a little bit of recreational blackmail. (All proceeds going to the Mintcake Editors ~~beer~~ benevolent fund.)

So Mr R, what do you think of the great new feature you suggested? I am not sure I have got it 100% right...

In the meantime if anyone has got a caption...

## Allotment News

Doug has been busy thinking about the allotment this month..

## Contacts

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