

# Mintcake



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## Notes from the editor

Many thanks to my contributors this month. For reasons of space, further articles from Abby (on hepatitis B), Kev (on his Himalayan trip) and Barbellate (on, well, on the sort of things that Barbellate does) will have to be held over until next month's issue.

You will notice the lack of columns this month. This may make reading Mintcake a little easier, especially for those of you who read on-screen.

Any feedback welcome. You know how to contact me.

Les

## Editorial

No prizes for guessing the main topic of this month's Mintcake. After so many comments in the preceding months about how quiet the Team was, last month turned everything on its head, especially the events of 17 May and their aftermath. A statement of fact from Andy Dell which was published on the MRC website is reproduced below, together with an update on Pete's condition. As one of those closely involved on the day, I should like to record how well the team pulled together yet again. I myself received many expressions of concern from my team-mates, and I know this concern is extended to Pete in particular, but also to Andy Dell who not only had to cope with the emotional shock of seeing one team-mate fall and another disappearing out of sight in a damaged helicopter, but then had to get on with the task of co-ordinating the rescue effort for the original casualty and Pete. Oh, and then he dealt with much of the follow-up in subsequent days. But the events of mid-May also affected others directly. First and foremost our team-mate and Pete's partner, Ali, while mention must also be made of the L&A team members who were en route to the original casualty and were close to the scene when the helicopter struck the crag. In his leader's report at the 50th Anniversary dinner last year Andy Dell paid tribute to the role our wives/husbands/partners and other family play in enabling the team to function effectively. No one associated with our teams will have been untouched by what went on, as expressed in an article from Barbellate, tempted back out of retirement. None of us in mountain rescue claims to be a hero; on the contrary, most play down the risks involved, knowing that such incidents are extremely rare. This incident was a salutary reminder of what can happen, but people venturing onto the fells will continue to require assistance, and there will be people willing to go out and help, as evidenced by the response of both Kendal and L&A teams to the callout to our RAF MRT colleague at the same location the next day when it was business as usual.

Les

## Update on Pete Munford



As reported below, Pete was originally taken to the Cumberland Infirmary, where his broken wrist was pinned, before being transferred to Newcastle General Hospital for treatment of his spinal injury. He spent almost 10 days there before being discharged on 28 May with his good looks fortunately intact. He reports that every day sees an improvement and that he can walk shortish distances slowly. Anyone wanting further information on the incident in general or on Pete's condition in particular is requested to contact Eddie Harrison only on 01539 724410.

## Callout incident on 17 May

Most, if not all, of our readers will have heard what happened during a callout attended by the Team on 17 May. However, not all the information read or heard will have been accurate. For example, the BBC website claimed that Pete Munford “fell out of the helicopter”. The following is a statement of fact issued on the day after the incident by Andy Dell, Team Leader:

*“Many thanks for the expressions of concern for Pete Munford, our team member hurt in the LAMRT incident yesterday [17 May]. To provide factual information, the course of events leading to the incident was as follows:*

*Circa 14.30 LAMRT were paged by Cumbria Police to assist a fallen scrambler high on the face of Pike O’Stickle. Nick Verrall (Team Leader) deployed his team, requested helicopter assistance and paged for Kendal team to assist. When Kendal MRT arrived in Mickleden LAMRT were still on the way up the fell to the casualty. Shortly after, Rescue 177, a Sea King from RNAS Gannett at Prestwick, arrived on scene and lowered its winchman onto a ledge about 8 feet above the casualty. The winchman requested rapid deployment of a team to belay and secure the cas site. LAMRT Team Leader directed the helicopter to lift the 3 Kendal members from the valley bottom to the top of the fell with rope and cragsac and helmets for the casualty and 2 informants/companions on scene.*

*The 3 Kendal members were:*

- Andy Dell, Team Leader*
- Pete Munford*
- Les Telford*

*I was first to be winched onto the crag, with 100m static rope and cragsac. Pete Munford was second to be winched. He made contact with the ground on a bilberry ledge about 5 feet from me. At the same moment the aircraft rotors made contact with the crag above, sending blade debris down the crag and the helicopter into a crash dive down into the valley bottom. I saw Pete tumbling down steep ground partly in the strop, which he was trying to get off. Both the aircraft and Pete went out of view from the cas site. The aircraft made a forced landing in the valley bottom, and all 3 aircrew and Les Telford were able to walk away shaken but unhurt.*

*With no comms to the valley bottom and limited gear, the first casualty was belayed to the crag along with his companion who was supporting his legs to prevent him sliding off from a very precarious position. Leaving the winchman and one LAMRT member who had arrived on scene to deal as best they could with the original casualty, I continued to abseil down the crag to locate Pete. I made the incorrect assumption that the aircrew had cut the winch cable. Pete was located about 60-70 feet down the crag. Two LAMRT members had traversed into the position where he lay and were providing immediate first aid. Using their radio comms were established with control and a situation report given. A second aircraft was sent from RAF Boulmer and arrived on site some 45 minutes later.*

*Pete was the first casualty to be airlifted, in a cervical collar / vacuum mattress and Stokes litter. He was flown to Cumberland Infirmary at Carlisle. An initial assessment at the hospital showed he had a fractured wrist. Later at night it was confirmed he also had a lumbar spinal injury, both of which we had picked up on our initial assessment. With the aircraft away to Carlisle, all efforts were turned to the evacuation of the original casualty who had been attended to by the winchman and other members of LAMRT. Using a Neil Robinson stretcher which the aircraft had winched down the patient was extracted and lowered from where he had fallen, to a safer place for winching. When the aircraft returned from Carlisle it lowered a Stokes litter in which the casualty was lifted along with the RNAS winchman. This casualty was also flown to Cumberland infirmary where he was detained with an upper arm fracture. RAF Leeming MRT arrived to secure the scene of the helicopter grounding. Another aircraft from RNAS Gannett arrived to recover their aircrew.*

*Today Pete Munford has had his wrist fracture dealt with. Tomorrow he is expected to be transferred to Newcastle for treatment of his spinal injury.*

*This afternoon a member of RAF Leeming fell approximately 100 feet on Pike O’Stickle whilst involved in the search and recovery of debris from yesterday’s incident. He was assisted on scene by his own Team members and airlifted to Carlisle by an aircraft from RNAS Gannett. I do not have a current report on his injuries or condition. Both LAMRT and Kendal Teams deployed to assist the RAF in dealing with this afternoon’s accident. The above is a factual statement.*

*I will make best endeavours to update the group on Pete’s recovery.*

*Once again thanks for your concern.*

*Andy Dell*

*TL Kendal MSRT”*

## Exercise Reports

### Wednesday 12 May: Plastic Carnage

'Lucky' Les Telford deserves a medal. Not for valour, though he coolly took in his stride the recent helicopter crash, but for devotion to duty. He is our newsletter editor, you see, and his first words to me as he stepped from the wreckage were "Dan, have you managed to write up that article for me yet?" So how could I refuse? Here it is.

Laughter and learning go well together and there was plenty of both to be had at May's Wednesday night training session on Scout Scar.

We found a scene of plastic carnage awaiting us as we de-bussed at the car park, resuscitiannies, lay scattered in the grass taking strange unnatural postures (but then they would, I suppose). And a real live human pretend casualty too - yippee, what fun we thought. The resuscitiannies, despite our desperate attempts at resuscitation, remained plastic and inanimate. Our human casualty, a very patient Jean Harrison who was feigning a fractured femur, had her leg pulled mercilessly, quite literally, as we fumbled with the new traction splint.

In conclusion I feel that the team can't get too much medical and first aid training. It is fundamental to what we do and, after all, practice makes perfect.

**Dan Shiels, KMSRT**

### Sunday 23 May: Steep Ground Evacuation

I was last to arrive at base on yet another bright and sunny morning, but only a few minutes late. As I stepped out of the car I was spotted by Keith and Les. Quickly and efficiently they pounced before their victim had time to do a quick risk assessment of the potential dangers or run quickly in the opposite direction. The price of being freed by this ruthless duo was to write the exercise report for this month.

The first two learning points of the day were hammered home and I had yet to step into the base.

- Arrive on time
- Avoid Keith and Les early in the day or at least until they have located a potential victim

The initial briefing outlined the plan for the day. John E would run an exercise involving the vehicle equipment then Keith and Abby had planned to do their part of the day *al fresco*. More details were promised later.

John's exercise was a memory game designed to test our knowledge of where equipment was stored in the vehicles. An equipment list and a blank diagram of the possible locations were provided, and we were given 5 mins to fill in the blanks. Two teams then stripped the equipment from the vehicles to check location of equipment before going back into base to repeat the same test. Fortunately for all, John was not scoring the test papers.

Next we were given a briefing on the *al fresco* activity. Two walkers were in difficulty in Grains Gill in the Howgills and in need of our assistance. Key tasks were allocated to many of the newer members of the team and a first-response vehicle left base for the Howgills. This group quickly located the casualty on steep ground in Grains Gills as the rest of the team arrived and carried in the equipment. Many of the techniques covered in recent training sessions were applied to good effect to secure the casualty and safely lower him onto easier ground.

A short stretcher carry back to the vehicles involved crossing a stream and all getting wet feet but it was a nice day. Dagmar and Ian then thought it would make a good team picture. Abby had a quick makeover whilst mumbling something about not being in any team pictures before we set off to paddle across the stream another two times in pursuit of the perfect picture. Over lunch we held a debrief with input from the casualty and his partner.

- Training on fitting collars in difficult positions is required

A few minutes later our previous casualty and partner were spotted heading off in the direction of Carlingill. Was another incident about to happen or were they off in search of another lamb for Kevin? More new members were suddenly given key tasks in the first response group as another incident started to unfold. A walker had fallen down steep ground and required our assistance. This time the ground was much steeper and the casualty required to be placed in a climbing harness and secured to prevent her slipping down the slope. Delays in equipment arriving caused concerns to the first response group who were unaware that Mobile 2 had been purposely delayed by Keith.

Finally ropes were rigged and it was decided to haul the patient out of the gully to practise this technique. The Alpine tube was used as part of the hauling system – with hindsight not the best choice. An alternative method of belaying would be better for hauling.

- The lowering device does what it says on the rucksack

Apart from the Alpine tube problem the haul was quick and relatively easy and we soon had the casualty back on the footpath and back to the vehicles, where John F tried to attract the attention of passing Virgin Express trains with an orange smoke flare.

Another debrief in the sunshine followed before heading off to Punchbowl House with Dagmar and Ian for afternoon tea.

**George Robertson, KMSRT**

## What's On

### Wednesday 23 June

Equipment Working Group 19.30 hrs

### Saturday 26 June

Collection: Asda

### Sunday 27 June

Exercise: Abseil/personal crag skills

### Tuesday 6 July

Base clean – HELP NEEDED

### Wednesday 21 July

Equipment Working Group 19.30 hrs

### Saturday 31 July

Collection: Asda

### Saturday 7 August

Collection: Killington Lake Services

### Wednesday 25 August

Equipment Working Group 19.30 hrs

### Saturday 28 August

Collection: Asda

### Wednesday 15 September

Equipment Working Group 19.30 hrs

### Tuesday 19 October

Equipment Working Group 19.30 hrs

### Tuesday 23 November

Equipment Working Group 19.30 hrs

### Saturday 4 December

Collection: Morrisons

### Wednesday 22 December

Equipment Working Group 19.30 hrs

## Shorts

### Emergency food/drinks

In addition to the usual orange juice cartons we now have 500ml bottles of water for you to grab. At present, they are in the kitchen with the juice, BUT an alternative place might be better - easy to get one if in a hurry. Your suggestions would be welcome.

**Dagmar**

### Collecting boxes

Many thanks to Kath Kirby who has volunteered to co-ordinate the collecting boxes. Anyone who would like to help with emptying these boxes which provide a significant amount of the team's income each year should contact Kath via Base.

### New team clothing

We have now taken delivery of the new T-shirts and lightweight waterproof jackets provided with the assistance of Lakeland Limited. Those hill-going members who have not yet received their new kit should contact Dagmar.

*Team members are reminded that this clothing is provided for team activities only – it is NOT intended to be worn socially.*

**Dagmar**

### Team photo

Contrary to the suggestion in last month's Mintcake, it is now intended to take a team photo before the exercise on 26 September. Please put this date in your diary so that, we hope, all team members will be able to be present for this photo.

**Trevor Cotton**

### It's the way he tells them

Overheard on the radio from the leader of a neighbouring team:  
"Does anyone have a fully-charged flat battery?"

## Ops & Membership

Andy Clifford, who has been a member of the team for many years has decided to retire as a hill-going member, though he plans to remain a patron of the team. Meanwhile, congratulations to Jonathan Burgess, Howie Crook and Sarah Woodford were recently promoted to become hill-going members on completing their year of provisional membership.

## Callouts



### 2 May

12 members of the team responded to a call for assistance from L&A. A party of three had been injured by rock fall in a gully on Red Screens. All three were able to walk off after first aid on site.

### 16 May

A fell runner competing in the Fairfield Horseshoe Fell race on a very hot day collapsed. L&A requested our assistance in case it was necessary to stretch the man off the fell. We drove to Ambleside base but our assistance was not ultimately required on the fell as the man was able to walk down.

### 17 May

Please see Andy Dell's report above for full details of this major incident.

### 18 May

While clearing debris from the previous day's incident on Pike O' Stickle a member of the RAF Mountain Rescue Team fell approx. 100 feet and suffered serious injuries. L&A and Kendal teams attended, though the incident was handled by the RAF team itself and the casualty was airlifted to hospital in a Royal Navy Sea King helicopter.

### 27 May

Les and Kess were involved in an all-night search together with Patterdale, Keswick and Penrith teams for a lone walker missing on Helvellyn. The man was found shortly after 5am having spent the night under a bush.



## Thoughts

'What?' 'There's been a helicopter accident!' 'Les, Andy and Pete were all involved!'

That sinking feeling. How bad is the accident?

Yes, I know that there was an original casualty (and a day later an RAF member) but these three are fellow members of MY team, they are MY friends – they matter more to me. What can I do to help them overcome their trauma?

Guilt – I was not there. Will they understand why I was not there with them? Guilt again – I am bloody glad I didn't get into that helicopter for that flight.

It is difficult to tell them that I care that they have suffered; but I do.

Times like these I need a quotation, no, a short verse (by Adam Lindsay Gordon) this time I think:

*Life is mostly froth and bubble,*

*Two things stand like stone:*

*Kindness in another's trouble,*

*Courage in your own.*

I think, that as mountain rescuers, we maybe show courage in times of another's trouble as well.

'Barbellate'

## Training Programme

### June – December 2004

Sunday, 27 June	Abseil/personal crag skills	AD (Trowbarrow)
Wednesday, 14 July	Collars and helmets	CM
Sunday, 25 July	Stretcher lower (guidelines)	PA/SK (Farleton)
Wednesday, 11 August	Splint and vacmat	J.H.
Sunday, 29 August	Water safety	H.C.
Wednesday, 8 September	Stake belays	PA/SK (Endmoor)
Sunday 26 September	Heli ex/flares or simulated callout	CM/SK
Wednesday 13 October	First aid course as programme	
Sunday 31 October	Heli ex/flares or simulated callout	CM/SK or PA
Wednesday 10 November	First aid course - defib	Lucy
Saturday 27 November	Night navigation	AD (Upper Eskdale)
Wednesday, 8 December	What's in your bag?/base layout	KP
Sunday, 19 December	Comms – new radios	EH/RB/KK/JF

Wednesday exercises all start promptly at 1900 hrs

Sunday exercises all start promptly at 0900 hrs

## Lockers at Base

There are only a limited number of lockers at Base. The lockers are intended for personal hill kit to be readily available for use on call-outs. Base & Vehicles Working Group are aware that some team members who have previously had lockers allocated to them are no longer using them; whilst there are some newer members who have expressed interest in having use of one - if they were available. There is also some uncertainty as to who is currently using some of the lockers. The working group have decided to sort out the situation by:

1. Auditing who currently uses the lockers
2. Finding out who doesn't use one but would like to
3. Re-allocating lockers where appropriate.

To enable this to be done YOU may need to do something. If you currently have a locker and wish to continue using it, or you don't have one but would like to – then see the notice in the locker room and fill it in as appropriate. All this needs to be done between before Sunday 20 June. Immediately after that date locker allocation will be reviewed. Non-action on this by you is likely to result in loss of your locker! If you currently have a locker but no longer need it, please remove any personal belongings from it and leave the key in the door lock. Thanks.

**Keith Pittman - Base & Vehicles Working Group**

## Fund Raising

### KENDAL MEDIEVAL MARKET

Monday 31 May 2004

The team were this year's organisers of the Raffle held at the Kendal Medieval Market which took place in Kendal Town Centre on Monday 31 May 2004. We sold raffle tickets at the Birdcage in Kendal on the three Saturdays prior to the Market and again on Market Day itself. Of those dates only one Saturday was wet, and we managed to sell over 2000 tickets, raising a total of £1083.00 for the Wheels Appeal. Thank you to all you assisted with this event especially Jean and Eddie who helped on all the dates. Congratulations to all the prize winners and thank you for supporting our cause.

	<b>PRIZE</b>	<b>DONATED BY</b>	<b>TICKET</b>	<b>NAME</b>
1st	MIDWEEK BREAK FOR TWO	RIVERSIDE HOTEL	0478	POGSON
2nd	MEAL FOR 2	DEJA VUE	0805	MRS GOLD
3rd	DAY'S MOUNTAIN BIKING	GRISEDAL	0656	MR/S TAYLOR
4th	MEAL FOR TWO	KENDAL COLLEGE	0336	J WALES
5th	BEAUTY SESSION	KENDAL COLLEGE	1253	MR RAINE
6th	2 PANTOMIME TICKETS	BREWERY ARTS	0880	ANNE
7th	PICNIC HAMPER	VIKING STATIONERY	1650	FLETCHER
8th	GIFT SET	BODY SHOP	0142	SIAN PITTMAN
9th	TOWEL	BOOTS CHEMISTS	1892	ROBINSON
10th	PESTLE AND MORTAR	MIDDLETONS	0947	WARD
11th	FLASK AND CUPS	VIKING STATIONERY	1957	WRIGHT
12th	JUG FLASK	VIKING STATIONERY	0570	MR VINCENT
13th	BOTTLE OF WHISKY	WENDY UPSALL	1332	ROOK
14th	BOTTLE OF WINE	MARKS & SPENCER	1829	MR HILL
15th	BOTTLE OF WINE	BOOTH'S	2667	WILLIAMS
16th	MUG	PAST TIMES	1597	GARNETT

The bucket collection in Kendal's Westmorland Shopping Centre on 22 May raised £472.83 for team funds. Please note the collection at Killington Lake Services on 7 August.

*Liz Parkes, Fund-Raising Officer*

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