

Mintcake



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

Reg. Charity No. 259539

June 2005

This Month

Editor's Comment	1
100 Club	1
Tree Planting	1
Exercise Reports.....	2
Fundraising.....	2
Radios.....	2
How to craic the fund-raising issue?	3
Medical	3
Keswick to Barrow Walk 2005	3
Callouts.....	4
Membership	4
Training Programme for July to December 2005.....	5
Log Books	5
Driver Training.....	5
Equipment	7
Base & Vehicles	7
Vehicle Officer's Quiz.....	7
Shorts	8
Help Needed	8
Congratulations... ..	8
Contacts	8

8 JUNE EXERCISE

- Bring a full change of clothes, headtorch (with new batteries), helmet, harness and (optionally) an abseil device.
- You are likely to get wet, dirty and cold!
- The menu will also include a vegetarian option, i.e. something for those who normally eschew hanging around on ropes, but please bring a harness for safety reasons.

Editor's Comment

Note to Membership Secretary: "People do not want their mountain rescuers to be politically correct or bland. They expect rugged people..." Westmorland Gazette leader, 13.5.2005. With that in mind, welcome to Bill Malone and Dave Howarth who have joined the team as provisionals since this date and who can obviously expect to come under close scrutiny. Perhaps the first step towards proving their credentials is to grow a beard? Fortunately, we've moved on a little, and there are plenty of other qualities that are needed and are, dare I say it, perhaps a little more important. Our new members will find this out for themselves as we get to know each other better and, we hope, will have their own contribution to make.

Les

100 Club

A reader rightly asked why the 100 Club results are no longer published in Mintcake. *Mea culpa*. The 100 Club which contributes to team funds is still very much alive (my interrogator obviously hasn't won for a while, or he would have been contacted directly!).

The winners of the June 100 Club Draw were

1st	86	Joan Davies	£10
2nd	53	Mrs E Morris	£10
3rd	72	Stuart Marshall	£5

Tree Planting

The second instalment of tree planting in Longsleddale went ahead in better weather than the first and has resulted in a couple of donations to team funds.

Exercise Reports

Wednesday 11 April – Water Safety

After a briefing emphasising the golden rule of self and team safety first, an initial five were sent out to respond to reports of a water-related incident. When reinforcements arrived they found downstream back-up ready with throw-line should the casualty fall from his perch in the middle of the raging torrent that was the River Kent. The rest of the crew, having found the casualty to be abusive, possibly mentally unstable and certainly Australian, were attempting to hit him on the head with a throw-line on the pretence of trying to get a buoyancy aid to him. That was eventually successful with lesson 1 learnt – we all need to practise with the throw-lines! What next? This prompted much discussion with the main conclusion being that waiting for those with more specialised equipment and expertise may be the only safe action in some situations. Water can be powerful stuff, and history has many examples of situations escalating through rescuers feeling they had to do something.

Further stabilising the situation by setting up a diagonal line was suggested and attempted but abandoned with the learning of more lessons. Firstly, common to all team situations, the planning stage is vital, including communication to everybody of their roles before deployment. Throw-lines again proved more difficult than expected, and the importance of buoyancy aids for all was reiterated as the temptation to reach for so-close throw-line attempts nearly had a couple of members swimming. Finally we learnt to bring insect repellent on summer evenings. Look forward to more wet stuff with Howie soon.

Kath Jackson

Sunday 22 May – Steep Ground

A select group headed out to Longsleddale on a very wet morning. The theme of the day was 'security on steep ground' and we were ably led by Paul Astle and Pete Munford.

We donned our full team waterproofs in driving rain and our merry red team set off to work on the very chossy ground below Buckbarrow Crag.

With safety paramount, we put on helmets, then discussed route choice through steep loose scree and slippery wet grass – imagining, too, how much more serious it would be if it was wet snow, dark, or there were cliffs below us. We talked about moving safely in a group and avoiding knocking rocks down on each other or the casualty, and admitting to one another our own 'comfort zones' on intermediate ground.

Paul's group then set up a 'vertical safety line' and looked at techniques for self-belaying up and down this - predominantly using prussiks.

Pete's group, meanwhile, set up a 'hand line' i.e. a horizontal safety line for the team to work safely above steep ground. We clipped into this using cow's tails.

Much time was spent looking at anchor choice in very less than ideal conditions; and a variety of techniques were used including spikes, threads, rocks, chocks and linking anchors (the later coined as the ABC method - Astle, Burgess, C*!? - you had to be there).

The weather cleared a little and, after a quick lunch, Paul demonstrated how to set up the new ground stakes (anchors for use in grass when nothing else is available). We discovered that cheap rubber hammers don't last very long (but it has since been agreed that for weight saving on the hill it's still worth keeping these and replacing them regularly).

We tested the anchors by some heaving tug-of-war style (Bob made a good anchorman) and discovered that 10 people weighting a figure of eight makes it very difficult to untie....and that ground stakes are actually very strong but move a bit, and rock anchors are definitely better.

Abby Astle

Fundraising

- The recent collection at Tebay raised over £1100, while the Westmorland Centre collection in Kendal raised just over £500 for team funds.

Radios

The microphone leads on as many as half of the radios need to be returned because of a faulty sheath. The radios can, of course, be used without a radio mic – the press-to-talk button is on the side, though this will probably mean that you have to remove the radio from its bag. The status quo will be restored as soon as possible.

John Fitch

How to craic the fund-raising issue?

After the Comms exercise / callout in December most of those present finished with sandwiches, chips and the odd beer in the Ring O'Bells. Afterwards the landlord agreed to have a box on the bar.

Several weeks later Kath and I went down for a quite drink and to deliver the box. When we arrived, only a couple of other people were in the pub. Gradually over about an hour or so the pub started to fill up. Strangely everyone had Irish accents. Within the hour the place was heaving - literally no room at the inn! Both bars full to the rafters. We decided now was the time to leave, and Kath produced the box from her rucksack. "What's that you have?" enquired our neighbour. "Oh, we're members of the local Mountain Rescue Team, and the landlord agreed we could leave a collecting box on the bar," volunteered Kath.

"What - we're all members of a walking group from Ireland - we love the Lakes, come twice a year. Coach load and 2 cars this time. You could be rescuing us lot tomorrow!"

"Well let's hope not."

"Give it here - I'll get the buggers to donate all right! Jimmy [*Surely some mistake? Ed.*], put money in the box and pass it round - we might need this pair of buggers and their mates. Come on, don't be shy!"

And so the box disappeared, never to be seen again that night. Well, not before we left.

Not sure how many euros we collected that night, but sometimes one's timing can be embarrassingly right.

Kevin Knowles

Medical

Update of Personal 1st Aid kits (first issue only)

The replacement Hypostop for the holders of the first issue of the Personal 1st Aid kits (Paul Astle, Andy Beavon, Pierre Betoine, Andy Dell, Eddie Harrison, Dagmar Johnson, Ian Johnson, Steve Kelley, Chris Marsden, Keith Pittman, Les Telford, Simon Thorn, Sarah Woodford) is now in the Equipment Room. Please collect it and sign the list there to confirm collection.

John Hall (Medical Equipment)

Keswick to Barrow Walk 2005

Our team of twelve consisted of three Kendal Mountain Rescue Team members and nine non-members. We had all raised sponsorship for the Keswick to Barrow Walk charity, which allocates money to a large number of charities. Last year we raised about £2000 and the Kendal Mountain Rescue Team received a cheque for £1500 for its Wheels Appeal.

The aim again this year was to raise funds for the Wheels Appeal, so it was appropriate for Mobile 2 to demonstrate its need for replacement by breaking down en route to the start with most of the team aboard on Dunmail Raise. Fortunately we all made it to the start on time by successfully hitchhiking, and Andy Dell was left with a dead Mobile 2 to await recovery from the AA. All made it to the start, and all bar one made it to the finish. The first ten miles went unnoticed, probably because we were still asleep (start time 6am). From then on each mile appeared to be getting progressively longer. By the marathon stage you still have Kirkby Moor to negotiate, a seven-mile climb before the descent to Marton village, but a helpful north easterly wind blew us over Kirkby Moor towards Barrow in brilliant sunshine. Our last walker arrived at the finish in just under fourteen hours, in time for his free pint, pie but no peas (they had all been eaten).

Thanks to Roger Wilkins and Peter Llewellyn for providing support for the team during the day and to Andy Dell for driving us almost to the start and for getting Mobile 2 back to Lound Road for repair. Thanks also to our K2B team, Pierre Betoine, Liz Parkes, Jayne Bielby, Rod Berry, Gillian Llewellyn, Linda Hamblett, Dave Williams, Saed Karimi, Eric Wood, Danny Murphy and Sue Morden for suffering lots of pain, and hopefully adding some healthy funds to the Wheels Appeal.

Anyone for next year?

John Hall, Running Officer

Callouts



18 May

A 64-year-old lady slipped on the Helm and suffered a broken leg. Members of her family managed to get her part of the way down the hill before calling for assistance. An ambulance crew would have been unable to carry the casualty the required distance to their vehicle, especially as it involved lifting the stretcher over a gate. Twelve team members attended the afternoon callout.

21 May

Nine team members attended in response to a request by the police to recover the body of a parachutist who had died during a jump near Flookburgh and transport him to Westmorland General Hospital.

23 May

A lady on the first day of her first Lake District holiday for over 20 years twisted her ankle descending from Nan Bield Pass. 13 Kendal team members were assisted by four from L&A in locating, treating and carrying off the casualty to the waiting vehicle at Kentmere Reservoir through driving rain and high winds.

24 May

L&A requested our assistance. Seven team members who were en route to assist were then stood down when the situation was successfully resolved.

27 May

The team was put on standby at 8.30am to assist in the search for a man suffering from Alzheimer's disease who had gone missing the previous night. The team was stood down at 9am when the man was found.

30 May

4am Bank Holiday Monday and the team was asked to assist the police in searching for a 17-year-old who was thought to have been assaulted in the Lyth Valley and then gone missing. Twelve team members attended. We were stood down after 4 hours of searching woodland and fields in the vicinity when the missing person turned up. Fortunately he was not seriously hurt.

What's On

Wednesday 8 June

Training: "Ghyll scramble" 19.00h

Wednesday 22 June

Equipment Working Group 19.30h

Saturday 25 June

Collection: Asda

Sunday 26 June

Training: Water Safety 9.00h

Wednesday 6 July

Main committee meeting 19.30h

Saturday 9 July

Collection: Killington Lake Services

Saturday 9 July

Team barbecue: Punchbowl House, Grayrigg

Wednesday 13 July

Training: Ropes Course 19.00h

Saturday 30 July

Collection: Asda

Sunday 31 July

Training: Water Safety 9.00h

Wednesday 3 August

Ops & Membership sub-committee 19.30h

Wednesday 10 August

Training: Rescue 19.00h

Saturday 13 August

Collection: Booths

Sunday 21 August

Training: First Aid & Extrication 9.00h

Saturday 27 August

Collection: Asda

Membership

How important is your membership card?

A trip to Spain suddenly made me realise the many uses for the team's membership card. Having just spent an hour with a colleague filling the supermarket trolley with wine, beer, and anything alcoholic, we duly arrived at the checkout to find that the store's policy was to produce some other means of photo ID if paying by credit card. Having not taken our passports with us, we tried all means of persuading the cashier that our credit was favourable and the card would be authorised if used, but she was having none of that. The thought of leaving all that booze sent shivers down our spines. Anyway, just as we were leaving I suddenly remembered my Mountain Rescue Membership Card, duly produced it and the cashier was more than happy to sell us our pickings (and so were we).

Eddie Harrison

Note: If you haven't yet got a team membership card, send Ian Johnson a passport photo of yourself. A number of local outdoor shops are also prepared to give you a discount on the basis of your team membership, so there's no need to go all the way to Spain to enjoy the benefits!

Training Programme for July to December 2005

	Date	Training	Organiser
July	Wed 13	Ropes Course	Pete Munford
	Sun 31	First Aid and North West Air Ambulance	Dave Winchester John Hall
August	Wed 10	Rescue	Chris Marsden Dave Ritchie
	Sun 21	First Aid & Extrication	Paul Astle Abby Astle
September	Wed 14	To Be Announced	Howie Crook Hamish Wilson
	Sun 25	Search & Rescue Mobile 2 Familiarisation	Chris Marsden John Everett
October	Wed 12	Communications	Kevin Knowles
	Sun 30	Stretcher Lower	Paul Astle Steve Kelley
November	Wed 9	Defibrillator Training & Testing	Steve Kelley Eddie Harrison
	Sat 26 Sun 27	RAF Heli/Night Navigation	Chris Marsden George Robertson
December	Wed 14	Table Top Search Exercise	Keith Pitman Trevor Cotton
	Sun 18	First Aid Round Robin	Abby Astle Sarah Woodford

Log Books

IMPORTANT

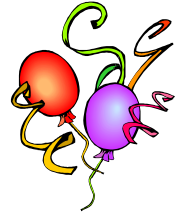
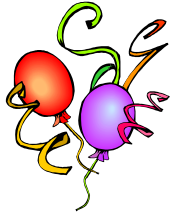
As stated on page 2 of the Log Book: Log Books are due in for review during the first week of April and the first week of October every year (or when requested by the Training Officer). Many people have not yet handed them in. Please review the notes on page 2 of the log book so you understand the importance of log books. Please hand them in to the Training Officer by **Wednesday 8 June**.

At the next Operations and Membership Committee meeting in August, we will be discussing what action needs to be taken for people who consistently fail to produce log books.

Driver Training

Driver training is due to take place in the autumn months. Details to be announced.

If you would like to take a vehicle off tarmac, contact Chris Marsden or Steve Kelley.



TEAM BARBECUE

to be held at

PUNCHBOWL HOUSE, GRAYRIGG

on

SATURDAY, 9 JULY 2005

from 19.30h onwards

Everybody welcome

B.Y.O. Food & Drink

Some salads & sweets will be provided.
Our Masterchefs will be in attendance again to assist you with their culinary skills.

Further details from Ian & Dagmar on 01539 824345

Equipment

- All ropes in both Land Rovers have now been replaced. In order to try and protect some ageing backs while carrying a heavy rope, we have put the static rope in Mobile 3 into an old rucksack to see whether this would work better. We'd like to reassess this after 3 months. If that is the preferred option, proper rucksacks would be supplied for both static ropes. So, please let us have your views.
- We are also looking into a better way of attaching the existing pack frames to our stretchers. Cannot promise anything yet, but will keep you posted.

Please note:

It is not good enough to put something into the drying room without making a note of it on the board provided. We can do all sorts of things but we have not got a crystal ball ... yet. Might put it in the next budget.

Dagmar Johnson

Base & Vehicles

- Those of you who have been to base in the last few days will notice a different layout in the garage. From now on, Mobile 3 will be parked behind Mobile 1, while Mobile 2 will be parked on the other side of the garage. In most instances, Mobile 1 should be the first-response vehicle.
- Changes are planned in the drying room to make it more efficient and user-friendly. Pierre is looking for help in the form of carpenters, plumbers, and electricians. Please contact him if you have any of the above skills (or know someone else who would be prepared to offer assistance).
- Base is accumulating a selection of personal clothing / equipment which is being left around the Locker Room and Briefing area. If any of it is yours, please remove it before the Working Group has to recycle (bin) it.
- Working Group members have changed the wheels on M1 & M3, so both Land Rovers are back on summer tyres.

Vehicle Officer's Quiz

- Q1 How old is M2?
A. 5 years
B. 10 years
C. 15 years
- Q2 Annual mileage?
A. 1000 miles
B. 2000 miles
C. 4000 miles
- Q3 Who's responsible for M2?
A. Team leader
B. Vehicle officer
C. Team members
- Q4 Major service interval?
A. 10,000 miles
B. 20,000 miles
C. 30,000 miles
- Q5 How many major services?
A. One
B. Two
C. Four
- Q6 How many clutches during lifetime (including original)?
A. One
B. Two
C. Four

Please don't take this too seriously, but I am concerned by the replacement clutch to oil filter ratio.

Answers: Q1(C) Q2(B) Q3(C) Q4(B) Q5(A) Q6(C) Q7(B)

Tie-breaker question:

- Q7 Cost of replacement clutch?
A. £150
B. £300
C. £500

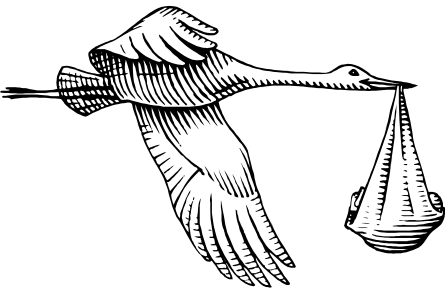
Shorts

- Q. How do you get all the members of your organisation to take part in a silly event?
A. You get the oldest to go first.
Well that was what Arnside Ramblers did in the sponsored abseil on 6th May when they were jointly raising money for the Team and Bendrigg Lodge. They got their 89-year old lady member to go down first, a well executed abseil got a truly well-deserved round of applause. No one dared back out after that! So, do we apply the same logic for training and fund-raising? Who is the oldest member? So is Jonathan really 85, but had a really easy life? Do Australian years count double, so is Hamish really 104?
- Team members are requested to note their holiday dates on the board in the control room. It certainly makes the organisation of events easier if you know who is away.
- The latest MRC Newsletter is in base. Please feel free to take a copy.
- Things to remember when going on a callout: 1) Your rucksack (Pierre), especially if the weather in the fourth week of May decides to be extremely wet, windy and cold. 2) To unplug the mains power cable when driving a team vehicle out of the garage (unknown driver in M2).

Help Needed

- Sunday 19 June. The Team will have a vehicle and display boards at the Vicarage Park School Fete on the afternoon of 19 June. I will require a bit of help to show people around the gear, chat about MR, drink tea etc. Any team member (that includes provisionals and supporters) who can come along for a few hours would be welcomed with open arms. Please give me a call ASAP on Kendal 721901, thanks. - Keith Pittman
- The editor still needs someone to do a short précis of the parliamentary committee report on SAR, as mentioned in last month's issue.
- Plumbers, electricians, carpenters – see Base & Vehicles

Congratulations...



to Daniel Burgess who weighed in at 7lb 12oz or 3515 g on Sunday 5 June. Asked for his reaction, a clearly tired and emotional father, team member Jonathan Burgess, stated "He had a cone head". We are sure proud mother Hannah will slap Jonathan back into place. Best wishes from everyone in the team to the enlarged Burgess family.

Contacts

E-mail
les.telford@dsl.pipex.com
or
on 01539 727051
or
Editor's pigeon hole in base

or by post to:-
Newsletter Editor
Kendal Mountain Rescue
Busher Walk
Kendal
Cumbria
LA9 4RH

Copy deadline for next issue: 30 June 2005