

Mintcake



November 2002

Find us at www.kendalmrt.org.uk

Registered Charity No 259539

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Editor's Comments



Season's greetings to all our readers, keep those articles coming in.



An apology is in order from your editor to our president, Mr Morgan. In last month's issue, I referred to him as 'Our erstwhile president'. This, it was pointed out to me should have been 'Our esteemed president', erstwhile meaning 'Ex'. Sorry Phil, didn't want you to think there was something I knew that you didn't!

In keeping with the approaching festivities a solitary little joke.

What do you think a camel with three humps would be called?

Answer on the back page.

Rob

Exercise Report

Sunday Training 24 Nov 2002 – Search and Evacuation

Rob asked me to write this article about the training session at Kentmere on Sunday. I'm not quite sure why I got the dirty deed as Les, Dan and myself spent most of the exercise sat in the Landrover eating sandwiches (Oh the life of team leader and his minions is so hard!!).

The exercise was planned and prepared by our two resident experts Chris Marsden and Paul Astle, ably assisted by John Hall as the missing mad archaeologist. It was one of the best training sessions I've attended and the most realistic, reflecting some of the actual problems and weather conditions we often face on call outs and something I believe that could never be replicated at base.

The turn out was excellent with 16 members being sent out into the wilderness in pairs to search local historical monuments, burial mounds, sites of ancient battles and a few old quarries. The casualty was quickly spotted, aided only slightly by a mysterious trowel (*which didn't belong to us!? Ed*) and his fluorescent yellow kisu flapping in the wind. It was a tricky location, wet and cramped. You could almost hear Chris Marsden's instructions 'find the most awkward and inaccessible spot you can find John and lie low' (minus the swear words), well he did you proud Chris.

Ian and Ritchie were first on the scene and while John's medical needs were being attended to the Cas site was made safe. Gradually all team members were redirected to the new location via the landrover and assisted in carrying kit up the hill. I remember quite clearly my own reaction when I hit the first ridge only to find I had another one, which was even higher to climb, and I didn't have any kit. The casualty was made ready for evacuation, with careful placing of the traction splint to preserve John's manhood and only a few broken bones remaining undiscovered.

Evacuation commenced following the easiest route possible identified by Sue and Dagmar and helped by the strategic placing of a few belays. There were only a few groans when team members saw the length of the carry out and knowing Paul's determination to see a job through to the end. With only a little more sledging to go we were all let off the hook, except Rob who nearly had to climb all the way back up to collect his rucksack.

After a final river crossing where everyone but Paul got wet, we arrived back safely and everyone else then had the opportunity

to eat their sandwiches. To round a fantastic day off, John Everett impressed us all with his stamina and backed up the old cliché 'size is not important, its what you do with it that counts'.

Christine Holbrey (24 Nov 2002)

Dates For The Diary

Tuesday 10th December

Base & Vehicles Working Group meeting @ Base, start 19.30. All welcome

Wednesday 11th December 19:30 at base

Equipment & Medical working group meeting.

Wednesday 18th December

Training:-

Communications AD/RB

Sunday 29th December – Social/Navigation Exercise

All welcome including family and friends.



A quick revision of timing and pacing; off for a high level fell walk with some questions to answer, and maybe a prize; then back to the pub for a pint (or two!). Pub venue TBA in advance so others can join later. Paul Astle

Friday 28th February 2003

Team Winter Training - Scotland



This year, in the Ben Nevis area, based at the Alte Cruinnichidh bunk house at Roy Bridge.

Accommodation has been arranged from Thursday evening (27th Feb) until Saturday evening (1st March)

Those wanting to come along, add your names to the list in base.

(No complaints please, if the bunk-house spelling is wrong. I couldn't even begin to check it. I suggest that Team members traveling up, get a grid from Andy Bev, then you don't need to ask the locals and thus look a complete Sassenach pillock. Ed)

Wednesday January 29th

Equipment and Medical

The evening starts at 19.30hrs

For those who've been there and done it - It still is a chance to handle the kit you otherwise might not see all that often!

For the provisionals and newly qualified hill going members - this is your opportunity to get to know the kit we carry.

Wednesday February 26th

Equipment and Medical

Wednesday March 26th

Equipment and Medical

Wednesday April 30th

Equipment and Medical

Wednesday May 28th

Equipment and Medical

Wednesday June 25th

Equipment and Medical

Wednesday July 30th

Equipment and Medical

Callouts



20th November

The Team were called out to assist with a female horse rider whose horse had not yet worked out the correct way to get over a style, preferring the direct, straight through approach. The lady was reported as having suffered neck injuries and was evacuated by Lancs Air Ambulance who arrived on scene just before we did, we having had to go the long way around. Up. Langdale MRT also turned out a vehicle to assist and a total of 23 combined Team members attended the callout.

Mr Green fulfilled one of life's fantasies when required to assist a rider back onto her mount, there being none too many places on a pair of jodhpurs that offer a sufficiently substantial purchase for a good push.

In the true spirit of the mountain rescue service and being the gentleman he has always been, I feel sure that Ray closed his eyes.

Sunday 24th November

Not a callout in the usual sense, but a situation where we were in the right place at the right time. Simon, our social sec, and his wife, happened to be walking in the area of Hart Crag when they heard shouts for help. Langdale & Ambleside had been called to attend and Simon was able to assist by walking a disorientated couple down to meet The Cat and his Team. (Not so disorientated, however, that they couldn't eventually find the pub and buy everyone a drink. That's how all jobs should end!)

General Team News & Comment

Annual Team Dinner

Another year has passed and the annual dinner has come and gone. This year it was held at the Watermill at Ings. This turned out to be inspired choice with good food, good beer and comfortable surroundings.

Somewhere in the region of 50 people attended including several provisionals, team supporters, partners and a cross section of team members. Obviously mountain rescuers have a reputation for big appetites as the servings proved more than ample.

Speeches are traditional at these events. Phil Morgan, Team President cracked a couple of jokes before handing over to Andy Dell, Team Leader. Andy reviewed some of the changes seen by the team over the years and took the opportunity to thank Hil for her contribution to these over her 5 years as Chairman. (see *Team Leaders message elsewhere*)

Then it was the chance of the provisionals (with about 15 minutes warning) to acquit themselves under pressure by making a speech in front of this critical audience. They all passed the ordeal with flying colours and will now be allowed to continue the rest of their training.

The speeches were followed by the 'Annual POTY' awards (Personality of the Year) introduced by Keith. This years 'celebrity envelope openers' were the founder (and only!) members of the Kendal Team Catering Section, Eddie and Rob, who read out the nominations to much laughter and not a few blushes.

In a first for the team, raffle tickets sold out before all of us managed to get our hands in our pockets, however the landlord came to the rescue and produced another book of tickets. There was a good selection of prizes but a reluctance for anyone to take home the 15 year old bottle of Liebfraumilch. This raffle has raised another £70 for the Social Fund.

Many thanks to Simon for organising such a successful dinner and can we reserve our places for next year?

Sue Brookes
Treasurer

The somewhat dubious honour of Team Personality of the Year, was awarded to Simon Thorn, our Social Sec. Ed

TEAM LEADER'S RAMBLINGS!

With all its commercialisation we sometimes lose track of the fact that Christmas and New Year are times for families to come together to celebrate not only the Nativity but also to reflect on the events of the year and look forward to the next one and whatever it might bring.

The inescapable fact of life is we all get older and that we have to face change. How we handle the ageing process is very much down to what goes on between our ears as much as how the body deteriorates, sags and droops! Coping with change is very much an attitude thing too. We can see it as a threat or as an opportunity.

Over the years the Team has faced a good many changes. Some exceptional personalities have come and gone. The techniques and equipment we use have changed, sometimes radically. Our base has changed beyond recognition.

It is always difficult to single out the contributions of individuals, for fear of not recognising the efforts of many. However, I felt I might mark the turning of the year by highlighting the contribution to the Team of two people.

The first is Dr Dick Jackson, whose untimely death this autumn brought home to me the meaning of living life to the full and each day as if it were your last. To me Dick was very much another Tillman – out there doing it for real, not talking about it and dreaming. We can be sad that

he is gone or look about and follow his example, not only living life to the full but motivating others to do the same. We hope to have a photograph of Dick on display at base in the very near future. I for one will look at it with a warm smile and each time be reminded that life is for living.

The second individual is Hilary Fouweather, who since the mid 90's in her role as Chairperson has steered the team through a great deal of change and brought us safely into the present millennium. When she took over from Dave Rochell, to the best of my knowledge she became the first female chairperson of any MRT in the country. Kendal Team has always been at the forefront of breaking away from the traditional image of Mountain Rescue Team members as being aging middle-aged men with beer bellies and beards, who need something to do when their hill walking careers have been shelved! We probably have one of the highest percentages of female members of any Team, none of them being a "token female", each making a huge contribution, something I am proud of. Hilary steered the Team through about four changes in Team Leader, was instrumental in the rebuilding of base from the project's conception to completion, (although leaving the country for a whole year whilst the builders were in was a radical thing to do!).

Winston Churchill was recently voted the Greatest Britain of all time, in a BBC poll. It was certainly his leadership in those dreadful years of World War II; The Battle of Britain, The Blitz, The Normandy landings and Victory in Europe that won him the respect of the British People. And yet when the war was over they did not re-elect him. It seemed they had turned their back on him.

At the recent AGM Trevor Cotton was elected as our new chairperson. Another change for the Team (although he has ably filled the role of Deputy Chair for a good few years). I very much look forward to working with Trevor in the future.

However, it is important that Hilary's contribution over what has been a time of great change for the Team should be publicly recognised. We should say a big thanks for the way she has tirelessly promoted the Team in the eyes of the general public; for the way she has steered the Team when difficult decisions have had to be made; and for the base we now proudly operate from.

The Team is in the very fortunate position of having recruited a very talented number of new members—something I said we needed to do, to secure our operational effectiveness. Whilst this change in membership is an extremely positive one, it does need balancing by the level headedness of long standing and experienced Team members. I see Hilary as one of those, with a vital contribution to make to the Team. Like Churchill I am confident Hilary will develop a new role within the Team and I look forward to many good days out on the hill to come, both on exercises and on callouts.

Before closing, it would be remiss of me not to recognise the enormous contribution to the Team of that tireless group of people – our wives, husbands, partners, family and friends. Without their tolerance of the time pressures and disruptions our being members of the Team brings, we would not be able to function. I thank you all. Maybe it is you folks who really deserve the Queen's Jubilee medals!

I am sure we are all dreaming of a White Christmas, dusting off the ice axes and crampons and looking forward quality days on

the fells, with snow underfoot and blue skies overhead. Whatever the reality, may I take the opportunity to wish you all a Very Merry Christmas and Happy New Year .

Andy Dell
Team Leader
01/12/02

Keswick to Barrow Walk 2002

6am on Saturday 11th May, cool and overcast. We're off. 40 miles to walk, or run,

on road.

Why are we doing this?!!
For Kendal Mountain Rescue.

Our team, called Kendal Mountain Rescue, consisted of three from the Kendal Mountain Search and Rescue Team and seven other very nice people who helped to make up the number to ten (the minimum required for a team).

We came 6th out of approximately 200 teams, which was excellent.

Matthew Beresford, in a time of 5 hours 30 minutes took over all second place and was our first team member to finish. Rose White was the first female to finish in a time of 6 hours 29 minutes. I was the sixth overall finisher in a time of 5 hours 57 minutes.

Dave Ireland finished for us in a time of 7 hours 20 minutes.

Next came our fast walkers.

Brian Hake, Boyd Millen, Kevin Knowles and Dave Williams fast walked to finish in 10 hours, shortly followed by Steve Kelley and Rob Brookes who were carrying heavy loads on their backs.

Black toe nails and blisters.

Why?

To raise funds for **the** Kendal Mountain Search & Rescue Team, and the reward of a free pint with sandwiches, and a free massage. OK, it was the St John's Ambulance giving the massage, but after 40 miles you are hallucinating which helps.

So, thank you Steve and Rob, Rose, Brian, Matthew, the two Daves, Kevin and Boyd for being absolute heroes. Together we raised £642 for the Keswick to Barrow Charity, and last week Steve and I attended the presentations and received a **£400** cheque from the Keswick to Barrow Committee.

With Gift Aid we will receive a further amount of about **£100**.

Next year we're off again, so please let me know if you want to join us!!

Free pint, sandwiches, massage, and hallucinations.

John Hall, Medical Equipment Officer.

When John Hall asks you to join him in an event, give it some serious consideration ! John is ultra-fit. He ran 40 miles in under 6 hours and then walked six miles back to support Steve and I. After accompanying us for the final six miles, he'd covered 52 miles in less time than it took we two to do the 40 !!

However, if it was going to be easy, it's no fun. Steve and I will be there next year, any other volunteers, speak to Mr Hall. Ed
Note, competitors can trade their sandwich voucher for another pint. Which was what attracted me. Ed

Discount Night – Kentdale Rambler

The annual discount night at Kentdale Rambler outdoor gear shop, was well attended and a considerable amount of dosh was spent. Seemingly, much in demand, at 20% off, were the RAB Vapour-Rise wind-proof tops that were fairly recently issued to Team members as part of the standard hill-going kit. It's always a good endorsement of equipment when people buy their own version of something they've just been given for free!!

Many thanks to the staff at Kentdale Rambler who have long supported our Team.

Anyone with a perverse sense of humour should ask Alison why she rejected the orange approach-shoes. Best stand well back though.

Base & Vehicles

A note from John Everett, our new Vehicle Officer.....

Rob, first gas then electric and now an E mail address what next ???? ...

As the new vehicle officer I would like to thank Trevor for keeping the vehicles in such good order, and as with all new brooms, I would like to think we can only get better.

However, only with your help can we maintain the high standards set by Trevor. Lets not forget that they are your vehicles and to keep them reliable and in a state of readiness I need your input. Any faults or ideas,.... you can phone me or leave info on the notice board.

many thanks
John Everett
Vehicle Officer

Communications

We continue to try and get as much information onto the Team website as possible. Now that I've got the hang of creating Adobe Acrobat .pdf files, it's a lot easier. The index and information sheets are currently available from this source:- <http://www.kendalmrt.org.uk/comms/factfiles/index.htm>

Once again, if anyone wants anything to be available to Team members via this route, send it to me and I'll upload it onto the web.

For the information of those who might need it. The Team has a license from Ordnance Survey, to use reproductions of the **1:50,000 OS maps** of our area (only). Hard copies up to A3 size can be produced and the maps can be used in their original electronic form. Equipment working group have them available as .bmp files on CD should you need to use them. All reproductions should carry the proscribed copyright information, the wording of which is also available from EWG, and must be adhered to. Reproduction of these maps for private use, is not allowed by the terms of our license.

The recent alterations to the colouring of major roads has been received as an update. Note, these are now green

rather than red, in order to be consistent with the colour of existing road signs.

At the end of the last exercise, I demonstrated the use of our **smoke flares** to provisional and pre-provisional members, attending the ex. This exhausted our final stocks of out of date flares. (The ones used for training). If any Team member has still never fired a smoke flare, please let Rob know and we'll get that sorted out. At about £10 each, they're an expensive piece of kit to train with but it has to be done. Very nearly everyone in the Team must have done this by now so we're down to one person/one flare levels until a few more OOD ones turn up or the smoke-flare fairy pays us a visit.

Note that our orange smoke flares are not just used for signalling to helicopters but can be used to quickly indicate the position of a cas-site, etc, for the benefit of other team members coming in to assist. A dissertation on the use and mis-use of flares will be in the next issue of Mintcake, when Sue has got far enough into her digital imaging course to be able to do the graphics work for me.

The radio equipment that has been long unused at **Sedbergh police station**, has now been removed by Eddie and myself. Due to the fact that the aerial had got stuck inside the steel scaffold tube being used as a mast and, in common with most men, neither Eddie nor myself are very good at estimating the length of anything, we accidentally put the angle-grinder through it. The radio survived but the aerial didn't.

Use of the old yellow relay set has been discontinued as it was heavy and seldom saw any use. It's batteries are now shot.

To conserve it's operational battery life, the radio's power had been reduced to that of a standard MR handset. In fact, it was less efficient than a handset as the receivers are better in the latter. Originally, it was designed for use from a temporary location that was equipped with a mains electrical supply. It's actual design purpose was usurped by the equipment fitted to Sedbergh nick. I helped Dave Judson build it many years ago and I only recall it being used once in all the time since, when Dudley humped the thing to the top of Arrant Haw on an ex.

Should we need a relay station on a live shout, the method of choice remains a strategically placed Team member with a handset. Get as high as you need to be, make sure you have comms with both sides you are relaying for, then stay exactly where you are. Pack a couple of spare batteries and adopt the callsign 'Kendal relay'. It's as easy as that.

Rob Brookes
Radio Officer

Fund Raising

Confirming Bill Morris' retirement from the job of Co-ordinating emptying of the Team's collecting boxes, I would like to pass on the Team's thanks for the many years Bill has been doing this on our behalf. Out in all weathers, carrying heavy bags of money and all without the benefit of Team kit. Well done Bill and his colleagues. As reported after the AGM, last month, Phil Morgan is taking over the role but Bill will continue as a Team member in the capacity of Supporter.
Ed

NOTES FROM THE KITCHEN

All food and drink is monitored and gets replaced as needed. If you at any time feel there is something getting very low OR you think of something you would like to see available – PLEASE let Dagmar know.

Coffee & Chocolate:

WE DO NOT WASTE MONEY ON BUYING SMALL (200g) JARS OF COFFEE

The jars there are for **REFILL** from the 500g tins found under the shelf. It does not take all that long to look there and top up the jar...

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Next Issue : First week in January 2003

I'm informed by our membership sec that there are still some lost souls missing from the Mintcake distribution list. This list has now been updated. Some emails are restricted access and will continue to be so. If anyone else requires this, let me know and I'll send your copy blind.

If you know of any team member, in any capacity, who is not receiving a newsletter, I would be grateful if you could advise them to contact me with suitable details. I do not seek out this information as a matter of course as the newsletter is posted on the team computer, the team website and several copies are left in base each month, my details are on all of them. There is also the editor's pigeon hole, which I do check.

The onus is on you to tell me if you're not getting your copy as I don't know that, (or you would be getting it).

If provisionals are not receiving their copies then their mentors need to pass their contact details on to me.

At the close of this year, I'm sending out 42 copies of the newsletter by post, (one overseas) and another 36 go by electronic means, mainly email. Eighteen copies go by post, to Patrons and non- Kendal Team members. Average time to produce the newsletter (according to MSWord) is 11.6 hours spread over each month. Photocopying, computer colour copy printing and envelope stuffing time is another four hours at the end of each month. Email dispatch is about 4 seconds the day before. Total cost is about £12 per month if I remember to get receipts.

Page one joke answer.....

Humphrey

The joke was unashamedly nicked from the Plumtree (Nottingham) parish magazine edited by my sister Ann. Ed

