

September 2002

Mintcake

*The Newsletter of
Kendal Mountain
Search & Rescue
Team*

Incorporating Ecake, the electronic Newsletter for Kendal Mountain Search & Rescue Team.

Editor's Comments

Having now returned from holiday, once again, it's newsletter time.

Many thanks to all of you who sent in items for this edition, in my absence.

Some of the Team Officer positions are up for re-election at the next AGM and editor of this newsletter is one of them. As it's not my intention to stand for this position, would anyone wanting to relieve me of the task, please contact Pauline Speak (ASAP!)

For the information of would-be contributors. Please don't include any 'sensitive' items for publication in this newsletter as it is now posted onto the public section of the Team web site and is available to all. Thinking about it however, this IS a newsletter after all and not intended to carry anything but news. If anyone wants to piggy-back items for distribution to Team members only, by all means send them in using any of the normal methods and I'll do the collation. However, any such items must be clearly marked '**For distribution to Team members only**'. In fact, very little ever comes into this category but the question has been asked.

Thank you to those who have pointed out that some of the search engines don't yet find us. I've spoken to our web-master and am assured that we are registered but like all else in this world, it takes time to get through the system.

Find us at:-

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

Base – A Users Guide

With a number of new members recently joined the Team, it would seem a good idea to publish a few notes on how the Buser Walk base should be used to maximise benefit and minimise hassle. (For the 'long in the tooth' Team members, a bit of a reminder for you – I know the memory starts to go.)

Car parking at Base – vehicles must have a team sticker or a membership card displayed in window – if you spot one without, then put a 'don't park here' notice on their side window (there is a supply of these in one of the pigeon holes). For call out you can also park behind the police station, but you must display a sticker or m'ship card.

Please do not bring bikes into the building; they can end up causing damage to the paintwork and generally getting in the way. There are bike racks outside near the Tyre Store. This location is a compromise between very conspicuous and totally hidden away; however they can be seen from inside the building (from the Gear Sorting Area

and also the upstairs landing). If you use your bike to get to Base but have forgotten a padlock, there are three available for you to use; they are inside the cupboard next to the notice board in the entrance hall.

Use pigeonholes for notes / letters for other Team members – designated by official / function or alphabetic sort of surname. Try to not use it as a filling system!

The heaters throughout the building are thermostat controlled to provide a low-level of background heating. They are designed to be 'fiddle-free', so please leave all heater switches on. If you need a higher temperature - just press the obvious circle on the white wall mounted boxes and it will be boosted and then maintained at a higher level for a couple of hours, before automatically reverting to its original setting.

There are lockers available if you want to keep your kit at Base, but there is only a limited number, so please don't use them as some where to store those old magazines that have been hanging around for months.

Please remember that this is NOT a drying room for your kit! There is only low-level background heating (with the normal boost switch) and the extractor fan stays on for just 30 minutes (so no damp or smelly things in there please).

Some doors have closure devices fitted and others have hooks to hold them open. The garage roller shutter door has a bolt at ground level near the switch – don't forget! If the motor ever breaks down, there is a manual override – handle & hook (& padlock key) on garage wall by switch, then go outside, remove padlock (high up and a bit hidden) then use put hook where padlock was & get winding!

In the Briefing room there is a retractable projector screen above the white board and a folding shelf to put the slide projector on. Folding tables and stackable chairs are in the storeroom at the top of the stairs tables, please put them all away when you have finished with them; the aim is to normally keep the un-carpeted floor space clear. The main white board is only for temporary notices – it is principally for training and call-out use. Notices can be pinned up on the notice board by window. A calendar is there to show base use / bookings, also when vehicles are away for service / displays. If you are giving a talk at base – let Liz

Parkes know as well so she can make sure the slides are available.

The Tyre Store (it is not a shed!) houses the spare wheels / tyres, generator, fuel can and assorted rarely used bits. The key for the store is hanging up in the Equipment Room.

The photocopier is for Team use, but if you do some private copying – please put money in the collecting pot. Similarly if you use the computer, please pay for any printing you do. (Also, surfing the net costs money – the calls have to be paid for.)

Keep base clean & tidy! If you (and/or partner) were willing to join the cleaning rota that keeps the base looking like new, then that would be very much appreciated.

Wash up after you. Don't leave food scraps in the bins – they soon smell, put outside in the dustbin.

When you do leave, make sure the two water heaters that are in the kitchen are turned off, all the inside lights are off, as well as the double flood lights that illuminate the tarmac immediately outside the garage (other lights are darkness & movement controlled), close all doors, set alarm, leave & make sure door locks as you exit. If you ever are unable to

open the front door to get in, contact one of the leader group or the Base Officer (or in the event of a call-out, wait for one to turn up [they won't be long] as they all have over-ride keys.)

The current base is the result of a project that was completed in April 2000. The design of the building did not happened by accident; the project team (Team members and an architect) spent a large amount of time to arrive at a layout that is right for what we do. This ranged from considering that the construction, positioning and colour of doors are right to ensure the flow of people during a call-out is optimised; to having a light automatically illuminate the front door key pad so it is easy to use at night; to demarcating working areas by painting the garage floor in different colours; to not using the memory buttons on the 'incoming' calls phone so as to discourage its use to make 'outgoing' calls.

A great deal of thought went into the design of the building to ensure an effective and user-friendly environment exists. However, it was realised that ideas for changes to the fixtures and fittings will come up, new equipment will be introduced and need to be found a home. But please do not jump straight in and start fixing new

cupboards to walls, changing the phone positions, sticking maps on blank bits of wall or painting a logo on the garage door without first considering how they will effect the overall ambience, use, interaction and maintenance of base. The base would appear to currently serve the operational and non-operational needs of the Team, is pleasant to come to and easy to maintain; it is important that these fundamental elements are kept as changes occur. If any such changes are being considered, please consult with the Base & Vehicles Working Group first.

If you notice any problems, report them to the Base Officer (Tina Judson) or the Deputy Team Leader with responsibility for Base & Vehicles (Steve Kelley); or fix them your self and let them know what you have done. Enjoy the base yourself and help others to do so as well.

Keith Pittman
Base & Vehicles Working Group

Call-Outs

There have been no call-outs to report for this month.

Oddly enough, Langdale are having a quiet time also, whereas Keswick are at full stretch and Patterdale are close behind. It would seem that this summer's visitors all went to the northern end of the Park. Strange, that's where the dragons live.

Dates For The Diary

As some confusion seems to have crept into the proceedings regarding start-times for training. Wednesday nights start at 19:00 throughout the year unless advised otherwise. Ed

Wednesday 9th October 19:30 for a 20:00 Start.

Paul and Abby Astle invite you to a slide show on Trekking & Mountaineering in Chile & Bolivia

Wednesday 16th October, Training:-



Carrots Improve Night Vision

October's Wednesday night exercise will be a short simulated call out, outside.

An exciting all action stumble in the dark that will start with a pager call at some time between 18:30 & 19:00.

Provisionals or anyone without a pager should be meet me and Paul at base at 18:45 to be guided, harmlessly, through the chaos.

Bring outdoor kit and a head torch or eat plenty of carrots in the next few weeks.
 Dan Shiels/Paul Astle

Tuesday 22nd October 19:45 at base

Base & Vehicles Meeting

Sunday 27th October

Training:- 1st Aid Round-robin
 JH/KP

Tuesday 29th October 19:30



Hil has arranged for a group from the rescue team to go to "Anything Technical" on Tuesday 29th October at 7.30p.m. It will start with a short talk and they will then make a foot bed to fit my feet which can then go in a trainer or boot etc. They also do "thin" ones to go in ordinary shoes that don't have a substantial insole. I wore mine for 6 weeks in Bolivia in a pair of boots that weren't particularly comfortable and I was hugely impressed.

Wednesday 30th October 19:30 at base

Equipment & Medical working group meeting.

Wednesday 20th November

Training:-

Defib, CPR, Life support SK

Sunday 24th November

Training:-

Search & Evacuation CM/PA

Wednesday 27th November 19:30 at base

Equipment & Medical working group meeting.

Friday 29th November

Team Annual Dinner. Watermill, Ings Details to follow

Wednesday 11th December 19:30 at base

Equipment & Medical working group meeting.

Wednesday 18th December

Training:-

Communications AD/RB

Sunday 29th December

Training:-

Navigation Exercise PA

General Team News & Comment

EQUIPMENT – THE LATEST CHANGES

As a result of the recent meetings regarding the way vehicles operate, significant changes have occurred in relation to the amount and location of our kit. Namely:

There is NO kit at the back of Mobile 2

It is primarily for personnel & their kit

There are **no EXPOSURE** or **TRAUMA** sacks in Mobiles 1 & 3

A **DOCTOR'S BAG (black)** was created instead of the old trauma sacks. This is kept in the Equipment room on the shelf next to DEFIB and goes out the same way.

- ❖ GROUND STAKES
- ❖ ADDITIONAL ROPES
- ❖ WATER RESCUE KIT
- ❖ STRETCHER LOWERING GEAR

ARE ALL GRAB BAGS

These are kept on the shelf in the Equipment room and go out if **NEEDED** – that decision will depend on the type of call out. So keep the red mist under control, you will need to **think or wait for** instructions before leaping into the vehicles.

(WATER RESCUE kit in Mobiles 1 & 3 stays in place).

- ❖ **DE-FIB**
- ❖ **DOCTORS BAG**
- ❖ **PHONES**
- ❖ **RADIOS**
- ❖ **HELI RADIOS**

THIS GEAR MUST ALWAYS GO ON ALL CALL OUTS

The "old" **BLUE** seals will from now apply to all operational kit kept in the Equipment room. Colours for Mobiles 1 & 3 remain **UNCHANGED**.

REMEMBER

STOP & THINK BEFORE LEAVING BASE

Eddie Harrison
Deputy Team Leader

Kendal Torchlight. September 02.

Oh what a night.

The theme for this year's Kendal Torchlight Procession was Anniversaries and Celebrations. We entered the event celebrating the Team's 50th anniversary, and Mobile 2's 14th anniversary.

Mobile 2 was transported on a breakdown truck, and carried posters stating her age, the number of people she has rescued and a request to retire. Team members were dressed in Team clothing, (no cross dressing allowed this year).

Diesel fumes from the breakdown truck, and the stench of the catalytic converter fumes from Mobile 1 were suffered by the Team, but not all in vain for this year we achieved the ultimate----- The best charity entry award. So you see, you don't have to parade as Snow White, a French tart, a cave man nor even set fire to yourself to impress the judges--- they just want us to dress up as Mountain rescuers. Clever really.

Thanks to Ullswater Garage for supplying the breakdown truck and driver, Brian Nicholson for lending the P A system, Kate (my dental nurse)for lending a smoke machine, Chris Marsden for making it all happen and for insisting that no cross dressing was allowed in spite of serious objections, the weather (which was excellent) and to all who took part, you were all brilliant.

Congratulations Kendal Mountain Search and Rescue Team.

Now we know we can win how about a really good float for next year with all Team members participating!!

John Hall
Medical Equipment Officer

POSTS FOR RE ELECTION AGM NOVEMBER 2002

CHAIRMAN
MEMBERSHIP SECRETARY
DEPUTY TEAM LEADER
(EDDIE HARRISON POSITION)
NEWSLETTER EDITOR
VICE CHAIRMAN

Your nominations to Pauline Speak, if you would.

(The above notification is for the information of Team members only. It does not constitute an official declaration. ed)

The Team welcomes Dave Richie as a provisional member.

100 CLUB

1st No 61 Mrs P Monkouse
2nd No 12 Pauline Speak
3rd No 55 Mrs J Keetley

100 Club members pay £12 a year for their lucky number. There are monthly draws for the £10 and £5 prizes and the remaining profits go into team funds. This year the 100 Club has generated **£1000** for team funds!

There are still a few numbers available so anyone out there who is not yet a member can get an application form from the 100 Club Secretary via the contact address at the end of this Newsletter.

**Sue Brookes
Treasurer**

Personality of the Year Award – Nominations Wanted

Nominations are invited for the 'Kendal Mountain Search & Rescue Team – Personality of the Year Award 2002'. This prestigious award is an occasional 'annual' honour to identify those associated with the Team who have done either 'good works' or 'something silly'. The award winner will be announced at the Team Dinner on Friday 29th of November, at the Water Mill, Ings.

Nominations are still being actively sought (particularly as currently this year there are

more 'something silly', rather than 'good works'). Please let Keith Pittman (tel. Kendal 721901) have all nominations (and the related justification) by early November.

All nominations will subsequently be scrutinised in secret by that august body, Kendal Entertaining & Initiative Trophy House; who also ensure that the rules of the award are strictly adhered to. Every effort will be taken to ensure there is no bias and also that the eventual winner is truly worth the title 'Personality Of The Year'. The outcome will be kept a closely guarded secret until coffee is served at the Team Dinner.

(Lets hear from you all!!)

Web-Site Update

As soon as I get five minutes, I'm going to have another try at producing the newsletter in .PDF format (to be read using Adobe's Acrobat Reader®). I've now got new software to enable me to produce these files which should result in a smaller file for those who receive it by email or web down-load. If anyone can't handle this format, please let me know via email and I'll try and help. Acrobat can be down-loaded from the [Team web-site](#) or from Adobe's site and is completely free. The advantages are that the newsletter appears on your computer, exactly as myself and contributors intended it to appear. Using Microsoft's Word® produces a big file that doesn't always travel well!

FUND RAISING

2nd collection at Killington on 27.7.02 raised **£352.48**, total for two collections **£881.13**.

Attended Cumbaree at the County Show ground on 1.8.02, 5 members attended.

Attended Lunsdale Show 13.8.02 – again very wet
Second Open Day 25.8.02, good weather this time when we could have done with the rain to bring more people in.

Talk to a youth group from Wigan on 27.8.02, but this had to be cut short with a call out. They seemed more impressed with seeing team members arrive and then dash out than bothering with the talk.

Collection Westmoreland Shopping centre 31.8.02 - **£595.71**

The team will be attending Westmorland County Show on 12.9.02 and taking part in the Torchlight Procession on 13.9.02.

The Cumbrian Mountain Festival, are holding a Close Out Party on Saturday 26th October and would like representatives from all the Mountain Rescue Teams to be present. The venue is the Sandton Bridge Hotel, at Sandton Brige, Wasdale, there will be a talk at 6.30p.m. by the RAF Mountain Rescue Team about their trip to Everest, then there will be a supper followed by a Barn Dance. If possible they would like four team members, and partners from each team to attend.(attached full E-mail).

“.....The close out party is now going ahead - it is going to be more of a mid term celebration though as we have received additional funding to cover some more events up to 31 March 2002. It will be at the Santon Bridge Hotel, half way between Gosforth and Eskdale, 45 mins from Ambleside, 30 mins from Broughton, 10 minutes from

Gosforth. The celebration will be open for up to 4 team representatives plus partners for all of the 13 LDSAMRA teams including SARDA. More if teams drop out. We can cater for max. 80.

I am in the middle of negotiating getting the RAF MRT speakers down from Scotland to do their lecture on the successful climbing of Everest last year. I will call them again today (I met them both at the Mountain Rescue Conference a week ago).

We have already booked the band for the barn dance and will be laying on an inexpensive tatty pot supper. I am hoping to cover the cost of the evening (not drinks) from the CMF festival funding (just waiting for clarification from the chairman).

There will be 22 at the do from RAF Leeming and RAF Stafford (they are booked in at the Santon Bridge village hall). RAF Boulmer have said they are hoping to get a crew across on the Sat evening for the do and stay over for a practice with the RAF lads on the Sunday. Ft.. Lt. Mike Holman (RAF MRT Liaison Officer) and his wife are coming over anyway. There is camping in village but the Santon Bridge itself has no rooms - there should be B&B around the area although it is half term I think.

Provisional programme is
6.30pm start of lecture - 8.00 pm food - 9.00 pm barn dance - finish at 12.00

It will be great to have an all team evening - Millom, Kendal, Cockermouth, Wasdale have all said they will come so I am hoping that the rest of the teams will also be represented. I will send confirmation details out at

the end of this week. Please let me know if you can get 4 members plus wives/husbands together.

Cheers
Richard"

Anyone interested please let Liz Parkes know so she can pass the info on to Richard Warren.

Liz has arranged a Fund Raising, Wine Tasting Evening at Kendal Rugby Club on Monday 4th November. Oddbins will be doing the promotion. Tickets will be £8.50 per person. Please contact Liz Parkes for tickets.

Contact Email until next AGM is

rob-brookes@supanet.com

or

on 01539 728684

or

Editor's pigeon hole in base

or (as suggested by one of our Patrons.....) via surface mail, at

**Kendal Mountain Rescue
Busher Walk
Kendal
Cumbria
LA9 4RH**

(Now why didn't I think of that!? ed)

Next Issue : First week in November