

Mintcake



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

Reg. Charity No. 1125680

April 2011

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Editor's Comment

Better late than ever!

In a desperate search for fresh and exciting content, if anyone hears any amusing quotes during any team activities, you know who to talk too!

DBH

100 Club

Aprils Winners:

1st No. 93 – Mr & Mrs N J Willshaw
2nd No. 70 – Messrs. Temple & Burke
3rd No. 42 – Mrs Jill Clarkson

And for May

1st No. 5 – Mrs D Owen
2nd No. 18 – Mr D Harding
3rd No. 85 – J M Bailey

Congratulations!

What's On?

Saturday 14 May 09:30

Base Spring Clean

Wednesday 18 May 19:00

Blues & Twos Theory

Sunday 22 May 09:00

Search & Evacuation

Tuesday 24 May 19:00

Blues & Twos Theory

Wednesday 25 May 19:30

Equipment Night

Friday 27 May

Bucket Collection, Asda

Wednesday 1 June 19:30

Operations & Membership Committee

Saturday 4 June

Kentmere trail race

Wednesday 8 June 19:00

Medical Round Robin

Saturday 11 June

Town Centre collection

Sunday 12 June

Blues & Twos practical

Saturday 18 June

Blues & Twos practical

Sunday 26 June 09:00

Round Robin

Wednesday 29 June 19:30

Equipment

Tuesday 5 July 19:30

Base & Vehicles sub group

Wednesday 6 July 19:30

Main Committee

Wednesday 13 July 19:00

General driver training theory

Mintcake Nibbles

** ADDITIONAL TRAINING SESSION **

Wednesday 15th June - 19.00 start at Base Kev Knowles will give a Communications Overview. This is an extra session squeezed into the training programme, as we have recently identified that some confusion and problems are arising over the different communications systems (& related I.T. systems) the Team uses; as it would be useful (arguably essential!) for you to know what we have, what it does and which bit of it you need to know how to operate.



Whilst the session is primarily aimed at current Provisional Members and those Hill-going Members who have been in the Team for less than 2 – 3 years; it may be of benefit for ALL Hill-going and Operational Support Members - so please feel free to come along.



Blues and Twos driver training – The two theory sessions are open to all team members and could prove useful if you end up “riding shotgun” or simply as a refresher.



Better late than never warning! Base will be getting its Spring Clean on **14 May** starting at **9.30**
Go on, make a Frenchman Happy this weekend.



Dagmar has emailed all the hill going members regarding the new kit – read the email before removing the labels! Lets hope the belts are a little bit more effective than the braces on a certain deputy team leaders over-trousers!

All the serviceable old kit that is not being kept for supporters is being donated to Eden based Mountaineer Doug Scott for Community Action Nepal charity.



The team would like to thank Grangers for the last three years that they have sponsored us.



Trevor Cotton and Eddie Harrison presented the owners of Westmorland Services at Tebay a certificate of recognition for their past (and future?) support of the team and fund raising efforts. They were reportedly so touched that they will keep it at home rather than putting it up in the services!



Last Months Caption competition winner was Rod with “Can I have a locker for my umbrella, please?”

Callouts

05 April 2011 21.20 hrs

We were called to assist the Kirkby Stephen team on a major search in the Howgills, just to the east of Tebay. Apparently a male had gone off at 16.00 to lay an aniseed trail for hounds. He had become disorientated and lost with no torch and with minimal equipment. Search managers had mobile phone contact with the man but he was unable to give much of an idea about where he was. We joined other teams on the search in wet, windy and generally miserable conditions and we were pulled off the fell at about 04.00 hrs without finding any sign of him. It is understood that he was eventually found by a team from the Cave Rescue Organisation making his way down (cold and wet) at about 09.00 hrs.

05 April 2011 22.50 hrs

While the team was engaged in the above, the Police paged us regarding a missing person in Kendal. Three team members who were not engaged in the Tebay search were joined by 10 personnel from the Langdale & Ambleside team to carry out a search in the town. The search was called off at around 02.30 hrs without success. No further information regarding the missing person is available at this time.

Exercise Reports

Sunday 27th March 2011

Search & Evacuation; Sprint Mill

A sunny day with low water are not necessarily obstacles to a challenging water rescue exercise... The scenario was that one or two people were missing following a canoe trip on the River Sprint and that no casualties had been seen passing south of the road bridge across the Sprint just below Sprint Mill.

All available Team members were deployed using all vehicles with Mobile Two used as the control point. While some were donning Swiftwater gear (in the sunshine – there was probably more water in the suits than the river), a quick bankside search revealed two casualties. Teams were deployed to each casualty. The searchers commented on how long it seemed to take others to get to each cas site and start managing the casualty, especially when one casualty was doing his best to try and drown for real.

Extracting Andy Dell from his awkward foot jam in relatively deep water proved to be tough, whilst the other casualty, Jim, was lying in an awkward position at the foot of a steep bank. Following appropriate cas care and securing on a stretcher, the Team decided to haul him up the bank on the stretcher using a multi-person belay at the top of the bank. Sunny skies meant that helicopter pilots were up for flying and one was available on request to evacuate Andy Dell. Jim was carried to a nearby waiting ambulance.

Some attempts by Team members to feign falling into the river / drowning etc were rightly ignored by everyone else who carried on dealing with the 'real' casualties.

The exercise was followed by an at-times lively debrief with concern being expressed particularly about equipment knowledge of individual Team members and the speed at which some people were deployed. The casualties commented about how well they thought they had been looked after. Kev offered to run an additional comms training session for new and provisional members.

Ian Rodham

More Tales from Dublin 2010

A little later than planned the next installment helping to fill the MREW Conference delegates promise to share the experience...

Andy's January training session referring to our current spate of proper winters and being prepared made me think I should start with a mention of "**An Icelandic Approach**". This was one of the most entertaining lectures I attended in Dublin, presented by a dude with the snappy tag of **Sigurdur Olafur Sigurdsson** (Siggi for short... fortunately). However our climate changes I reckon we've a few years before we have to start worrying about training for crevasse rescue but, still, you might like to start thinking about how you would go about getting a guy out of a 40 metre deep crevasse which narrows to about 1 metre wide at the bottom... so far, so easy... until you factor in the superjeep he was driving which is wedged above his head. Apparently driving across the glaciers is what you do for kicks on an Icelandic weekend. Siggi was full of stories of how rescue works in this sparsely populated and extreme landscape. To provide an effective service 3000 of the 30,000 population of the country are part of the rescue teams! But it was the shots of snowmobile rescues on slopes of 60 degrees that blew my mind - what is it like driving down a slope so steep you have to bury your machine when you stop so that it doesn't just fall off? Nuts.

For more info and pictures go to www.icesar.com and www.sosimage.com

The theme of mad as a box of frogs presenters not from round these parts continues with **Bob Koester's** talk on **lost person behaviour**. This diminutive American has seemingly devoted his life to compiling statistics on missing persons with over 52,000 to date!! I have to admit to I spent much of the first part of his talk cynically thinking that I didn't really need 52,000 case studies and a lifetime of research to come to the conclusion that people were more likely to be found near linear features and terrain funnels and that the longer they'd been missing the further away they might be... But Bob started showing how he categorised by mental status, age and activity and could then create a probability map based on elevation, distance, direction of travel, distance from track, time and mobility and his case studies firmly convinced me he's working some way beyond the obvious. The tale of two elderly Alzheimer's sufferers who set off from the suburbs for the short drive into Philadelphia and disappeared showed the benefits of having a whole lot of knowledge to base your "hunches" on. "What if?"... checking gas station CCTV (they stopped to fill up twice!) and discovering of the direction of travel, a knowledge of the tendency of Alzheimer's sufferers to keep going straight once out of familiar territory lead to looking at probable roads and the discovery of the car at the dead end of a rural track 2 states away! Once on the ground the knowledge of certain behaviours common to those with dementia, including limited peripheral vision, was again key to search teams finding the couple quickly by first searching most likely routes, seeing them like the couple might, rather than intensively working through a huge area of complex, forested terrain.

After recent excursions for the team maybe I should check and see if Bob has hound trailing on his list of activity categories!

Kath

Fund Raising News

The next collection is **Asda on Friday 27th May**. All slots after 2.00 pm. still need filling.

Then on **Saturday 4th June** we have the **Kentmere Trail Races**. I heard a rumour that two fit chaps (John Hall and Stan Akrigg) are running as Batman and Robin – not sure who's doing which! (*I am hoping for some photos of this – Ed*) What is NOT a rumour is that I currently have filled all the spaces. Please talk to me or sign up on the whiteboard at base.

The following Saturday (**11th June**) it's **Kendal Town Centre** – but I guess that's long-range planning!

Also thanks to all who have helped at the recent bucket collections

- Asda, 4 March (Friday) £773.31
- Booths, 16th April £532.32
- Tebay Services, Sat 30th April £960.12)
- Tebay Services, Sun 1st May £792.65) TOTAL for 2 days £1,752.77

On Easter Sunday, Les Telford joined Kendal Lions "Eggstravaganza" behind Kendal Castle, primarily as a PR exercise, but collected £19.29 in his bucket. Thanks, Les.

I also received a cheque for £359.70 from sales of Kendal MRT Special Brew at the Kendal Mountain Festival's director, Clive Allen.

Netherfield Cricket Club gave us £112 which had been collected on the bar.

Peter Clarkson

Rubbish!

A Message from the Base Gnomes

Hi, we are the Gnomes who scuttle around Base trying it to keep it clean and tidy after all you booted people come in and make a mess of it. We know you are very busy washing the blood and sheep poo off your hands after you get down from the fiery mountain; but please give a thought for us and try to make our life easier.

If you have rubbish that is too big / too much to put in one of the bins then please don't just leave by the side of the bin; all you need to do is get one of the red bags from our Den (or the cupboard under the pigeon holes as you know it), put the rubbish in it and take it out to the Rubbish Eater (wheelie bin). In fact feel free to empty any rubbish bins that are getting full in the same way.

The Ogre of the Rubbish Eater will only accept our gifts of rubbish if it is in red bags; otherwise he sulks and leaves it behind after his visits to us. We suspect the Ogre's real name is Ryan Air; as we can only get the red bags from him and he charges us £1.80 a time! By the way - there is a shortage of Gnomes at the moment, if you would like to become one of us, have a word with the Chief Sprite, Pierre, and he will let you in to the secrets of the broom. (*Apologies: I think someone has been drinking the window cleaning spray again – Ed*)

Team Winter Equipment

The Operations and Membership sub committee are considering whether we need to purchase any additional winter search and rescue equipment. A small working group has considered the issue in detail and have produced a short report with recommendations. This will be discussed at the next O&M committee meeting – **Wednesday 1 June 19.30** – If you would like to contribute to the discussion or are just interested, please come along to the meeting. A copy of the working group's report can be obtained from Keith Pittman

The Management

Caption Competition



Taken at the end of April's training – does anyone have a caption for this unusual behaviour?

Special prize if you know who it is!

Keswick to Barrow

This year's walk was limited to one team per organisation with a maximum of 11 walkers, this did not deter John from getting a team together but unfortunately 3 walkers had to withdraw due to other commitments. However the remaining 8 duly donned their footwear for the 40 mile trek. This group consisted of John Hall, Tony Womack, Tom & Josh Betoin their friend Jack Blakeney-Edwards, Roger Wilkins, Gillian Llewelyn & Rod Berry. The walk is unique in the fact that unlike most endurance events there is no age limit and apart from the elite runners who start first, young and old all depart together.

A personal recollection of this years bimble

Despite the light downpour the first ten miles are relatively easy going with only Dunmail Raise to negotiate, once you have reached the Grasmere checkpoint(1) all is well with the world.

The next checkpoint is only 3 miles away but some bright spark decided to put Red Bank in the way. It's a case of head down and best foot forward. Once over top and if the clouds have lifted the view is stunning. Even managed to break into a trot for the descent into Elterwater and checkpoint(2).

From Elterwater there is a small stretch of flat ground which allows you to get the legs pumping again before the gradual climb up onto the A593. After negotiating the road section, with the bike marshals etc doing a grand job with the traffic, you are directed up a bridal path which although relatively short has a steep incline and once again the calf muscles take a pounding. Time to break out into a jog again as the descent into Coniston starts.

Monks car park serves as checkpoint (3), 18 miles cracked, with plenty of supporters vehicles parked to provide all sorts of refreshments to their respective groups. The halfway point is situated in Machells Coppice Brantwood checkpoint (4) and provides burger wagons teas/coffees, fruit, sandwiches all free of charge. 3 years ago I made the mistake of wolfing down a burger at this point. It did not stay down for long though so have avoided the cooked grub and topped up on banana and water.

The walk along Coniston water towards Lowick includes the 26 mile point so all budding marathon runners can imagine what they could achieve if they ran a flat race. Lowick is known as the walkers graveyard, it does not help that the pub is open and you can already see some who have succumbed to the voices in their heads and the taste of Guinness. Checkpoint (5) is the local church but nobody seems to stop there or any divine refreshments. The next stage takes in Kirkby moor and it is at checkpoint (6) at Rake that for the first time in my life I experience what is commonly known as the wall, that psychological point in the mind that makes you want to give in. To say it was weird is an understatement, I was going to resign from the team, go and live in a cave somewhere, I considered just giving up and waiting for a bike marshal and get transport back to Barrow. For 10 minutes I plodded along as the rain fell but just as quick as the wall appeared it disappeared and all was right with the world.

With that behind me and the highest point of the Moor cracked it was onwards to Marton and the checkpoint (7). It was here that many walkers were receiving treatment from the effects of cold and wet, they had left their waterproofs & bags with their support teams at Lowick and were caught out by the wind and rain across Kirkby Moor.

The penultimate checkpoint(8) 37 miles is at Dalton fire station with local scouts/girlguide units dotted along the way offering support and drinks which does give you a boost. With 1 mile left I looked at my watch and thought I may still beat my previous years time of 9hrs 35 min 52sec. So with what I thought was a jog but what must have looked like a drunken sailor staggering back to his ship (for which I have plenty of practise) I headed for the finish. I handed my tag over to the officials and waited at the control desk for my time, 9hrs 34min 00secs. Cracked it. Time for a pint with John and Roger in the Rugby club.

Many thanks for those who supported the team plus Ian J, Trev & Terry for getting us to the start and also marshalling along the route. Finally a special thanks to John who does all the organising and ensures everyone has transport back from Barrow.

If you have not done it yet and he does ask you if you fancy it next year all I can say is, try it, you might like it!!!!!!

Tony Womack

Help Needed

Give your voice to Cumbria Wildlife Trust's 'High Fell' project and help bring alive the history of our iconic landscape

Can you help tell the story of how the Lakes' high fell landscape and its wildlife has changed since World War II? Or perhaps you know someone with a good story to tell?

The high fells of the Lake District are a defining image of Cumbria, but the landscapes we can see today are very different to those of decades past. Changes in agriculture practices, tourism and land use have dramatically transformed the high fells landscape and its wildlife.

Cumbria Wildlife Trust is carrying out an oral history project to record the memories of people who have lived or worked in the Lake District since WWII. Their first hand accounts are vital to understanding how the changes have effected the landscape, wildlife and people.

We are looking for people from all walks of life to interview as part of this project. Would you like to participate, or know of anybody you think should be involved? Then please contact High Fell project officer Sarah Johnson on: 01539 816 305 or sarahj@cumbriawildlifetrust.org.uk. Everyone has a unique story to tell and interesting experiences to share.

Tell us yours!

An anonymous team member writes:

There was I thinking that an fine institution such as Kendal Mountain Rescue Team would be a keen advocate of equality in the workplace. But alas, after witnessing the behaviour of the team leader on a recent callout, it seems I am wrong.

It appears that if you are a female member of the ambulance service you get a hug and kiss when greeted by Eddie, but when a male member of NWAS approached him there was not so much as a handshake.

When the team leader was confronted by team members about this blatant act of discrimination, he insisted that he had done nothing wrong. However, this confrontation must have upset him as he refused to turn Mobile 2 around and stop at the ice cream van parked in the next layby. I am sure a strawberry mivvi would have kept this unsavoury episode out of the press.

Yours sincerely Mr PC Brigade.

Allotment Corner

With such good growing weather, all I can say is Get weeding!
In this respect, I cannot recommend a Japanese Razor hoe highly enough an effective yet inscrutable tool!

Doug Patch

Contacts

David Hughes

Cheer me up! Send me an email

editor.mintcake@virgin.net

or
Editor's pigeonhole in base

or by post to:-

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