

Mintcake



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

Reg. Charity No. 1125680
December 2010

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Editor's Comment

Happy New Year!

Okay, this is officially December's edition (as it has December's news in it) even though it will be published in January.

Anyway, although I'm beginning to lose count, which is not a bad thing, this is my twelfth edition of mintcake. I hope people still look forward to it! If you don't, I'm sorry, but both Kathy and Les both insist that they are far too busy to take it back on!



DBH

100 Club

This months winners are

- 1st Mrs D Sutcliffe.
- 2nd Mrs E Morris.
- 3rd M Kerrigan.

Congratulations!

What's On?

Sunday 9 January – 09:00

Helicopter training / Vehicle round robin

Wednesday 12 January – 19:00

Winter Theory

Saturday 22 January

Burns Supper

Wednesday 26 January

Equipment night

Saturday 29 January – 19:00

Team Dinner – Brewery Arts Centre

Wednesday 2 February – 19:30

Ops & Membership Committee

Wednesday 9 February – 19:00

Debriefs & Communication skills

Sunday 27 February – 09:00

Medical Round Robin

Wednesday 2 March – 19:30

Main Committee

Thursday 3 March – Sunday 6 March

Winter Training - Feshiebridge

Friday 4 March

Bucket Collection Asda

Wednesday 9 March – 19:00

Swiftwater Training

Sunday 27 March – 09:00

Rescue and Evacuation

Wednesday 6 April – 19:30

Ops & Membership Committee

Wednesday 13 April – 19:00

Rescue Rigging Theory

Sunday 17 April – 09:00

Search and Evacuation

Mintcake Nibbles



In 2010 Kendal Mountain Search and Rescue Team had 47 callouts, compared to 42 in 2009



The new Mobile 1 is now paid for. The project came in £500 under the budget of £44,000, which the treasurer suggested should be kept as a contingency fund to replace lamps when the vehicles are driven by certain team members. Eddie and John Ev had "no comment"



Dagmar is about to order some head torches for Mobile 4. These will be LED Lenser H7's. If any team members want one for their own kit, please let Dagmar know by email (**before 19 January**). They should be around £26 and normally retail around £44.



The nice people at Goodyear (who sponsor Mountain Rescue England & Wales) have agreed to supply a set of 4 tyres to the team in one go instead of one as and when required. Well done John Ev for negotiation this for us.



The new team kit has been ordered from Montane and should be with us soon.



There are two sets of snow chains for the Land Rovers – more details below. However, they are only of use if they are in the vehicles, so if you are prepping them for a call out please remember to put them in (if appropriate).



The Base Officer is trying to fill the cleaning Rota for this year. If you can help, please put your name in a box on the sheet (downstairs near the pigeon holes) or get in touch with Pierre. Rumours that a slot on the rota might be a raffle "prize" at the team dinner have not been denied!



We have been warned that there is a major orienteering event being held on 13 February at Hutton Roof and that our services might be needed!

Callouts

3rd December 14.10 hrs

We were asked to assist the Langdale & Ambleside Team with a fallen climber at Tarn Crag (above Easedale Tarn). As we were starting up the hill from Brimmer Head Farm, it was established that the location was incorrect and that, in fact, the climber was on the headwall of Helvellyn. The Patterdale Team were tasked and we were stood down.

7th Dec 16.45 hrs

In snowy weather, two team members were asked to take one of our Land Rovers to assist the NW Ambulance Service with a patient in the Singleton Park area, to the east of Kendal. On arrival they found that the ambulance had managed to get to the patient and was just departing for Westmorland General Hospital.

8th December 15.20 hrs

We were asked to assist a couple in Garth Row (to the north east of Kendal) who were having difficulty getting to the Westmorland General Hospital due to steep slippery roads. Two team members assisted in one of our Land Rovers.

10th December 14.00 hrs

Two of our team members transferred a patient from Crook by Land Rover in slippery conditions.

12th December 17.20 hrs

The Police paged our Leader Group following a report of a flare being sighted in the Hutton Roof area. Enquiries were made but no further information could be obtained. It was agreed with the Police that no action would be taken unless more details became available.

19th December 09.40 hrs

Team members had just set off on a pre-Christmas social walk in the Kentmere valley when we were asked to assist the North West Ambulance Service with a casualty near Grayrigg who was thought to have suffered a stroke. Icy conditions could have prevented the ambulance from gaining access to the remote property so we re-called one of our Land Rovers which went to help. Those team members involved still got back in time for a pint and a sandwich!

20th December 14.20 hrs

We were asked to assist the North West Ambulance Service at High Borrans. The casualty was an 8 year old girl who had been sledging and had a broken her femur (as it turns out in two places). She didn't even cry - an example to many of us. We managed to drive one of our Land Rovers to her, put her in our vac mat (this is basically, a full body splint) and stretchered her to the waiting ambulance. Due to the slippery conditions, the ambulance was then escorted back to the main road. The casualty subsequently had two operations to pin her leg, and had to spend Christmas in hospital.

26th December 11.10 hrs

The Police paged the Team following reports of a fallen climber at Cautley Spout in the Howgills and the Kirkby Stephen team was also asked to attend. The North West Air Ambulance was tasked and team members from Swaledale, Teesdale and CRO who happened to be in the area assisted. It transpired that the climber has fallen while leading on a climb of the frozen waterfall, sustaining multiple injuries. Very sadly, and in spite of rigorous attempts by the paramedic to revive the casualty, he was pronounced dead at the scene. In view of the difficulties and dangers associated with recovering him from the gorge below the waterfall, an RAF Sea King was requested and he was winched up into the aircraft. His body was taken to the Westmorland General Hospital.

27th December 09.50 hrs

More heavy snow! We were asked to assist the North West Ambulance Service to transport a patient to the Westmorland General Hospital.

Exercise Report

Night Navigation – Rod Muncey and Dave Howarth

In true night nav exercise tradition, it was a snowy night when we were sent out to look for white lettered labels on white sticks in the dark.

We headed off up Kentmere in our quest. Snow lay on the ground, but none had fallen for a couple of days. It was going to be easy – find the right area then follow the footprints. Or maybe not. So well planned was this exercise that decoy footprints had been trodden into the snow!

Having set off in our own little lettered groups – ours was E - after a few markers we soon found the free party going on in a small gill. Everyone on the hill seemed to be there! We found the white stick and pocketed another E, but we were all still

wondering where Rod and Dave had hidden the crate of beer. Maybe at the next stop off. So the whole party went on their merry way to the next point. Good after-party, but still no sign of beer.

Eventually we were all called back to Base via a complicated mission of getting the right number of people to the right Landrovers in the right location.

Back in the warmth of Base, a discussion was held on the use of MR Map to guide hill parties into a specific location, which had worked well. Also raised was the question of whether a handheld GPS was still used by team members, and the relative merits of each.

Thanks to Rod and Dave for their excellent planning and an enjoyable night of navigation.

Sarah Nield

Last Month Climb for Kendal Special Caption Competitions



This winner for this pic is John E with "Have you tried Cash4Gold?"

Runner up prize to Keith for "Well I'm not sure that this is the new rectal Diazepam applicator; but I'll give it a go - roll him over."

An anonymous commentator asked "Has anyone seen Pete since?"



And for this one:

Keith wins for

"I see that Kathy has ended up with the heavy half of the stretcher whilst Dave has the 'light' half."

And to prove water is thicker than blood and that the editors decision is final, the runner up is Elliot Baynham-Hughes with "Ming the Merciless beams down to help Kendal MRT" (thanks Dad)

The Social Whirl!

Burns Supper

Phil Latham has kindly offered to host Burns Night at this house on 22nd January. Haggis, Neaps and Tatties are already in-hand, but please do bring some booze and/or a side dish for the buffet or dessert.

Are there any volunteers to bring plates, bowls and cutlery? And most importantly, any deep-voiced pseudo-Scots want to volunteer to do the Ode to the Haggis?

Please could you email me by 16th January, telling me if you're coming, how many people you're bringing and what kind of food/beverage you can bring so that we know how much haggis to get? sarah_nield@hotmail.co.uk

Address on the night is 7 Greenside, turn up after 7pm, food at 8pm. As usual, partners/families welcome.

Annual Dinner - Saturday 29th January, 7 for 7:30pm

The Annual Dinner is going to be held at the Grain Store restaurant (next to the Vats Bar) at the Brewery Arts Centre on 29th January. Dress up or dress down - up to you!

For all those wishing to come but who haven't got their names down yet, the menu is at Base and sign-up sheet will be removed from the board on **21st January**. Please tick your menu choices and get the money to me before that date.

POTY nominations to Keith ASAP.

Also, don't forget to bring a little something for the raffle. Any quality of prize appreciated... and we'll try to avoid it looking as much a fix as it did last year! (How did you do it, Harry?!)

Sarah Nield

Fund Raising News

The last bucket collection of the year at Asda raised £793.33

Other Activities and Donations

A collection after "Guys and Dolls" put on by the Kendal Operatic society raised £128, Climb for Kendal raised over £600, the Grange Forum were very generous after a talk we put on; we collected £299 on the stand at the Mountain Festival and were given £350 for all the very nice Heskett Newmarket beer we drank. Finally we collected £438 to split with Kendal Lions with the Father Christmas float.

A big thank you to all that have contributed their time and good humour in raising money for the team this year.

We have also received a cheque for £1400 from the Keswick to Barrow walk, so a particular thank you to John Hall for his work organising that.

Peter Clarkson

Snow Chains

Winter has arrived with a vengeance, snow & ice will not only make walking difficult but driving very hazardous.

Recent winters have seen a change, we have experienced snow for the past three or four years on the trot, some time early some times late, but always white.

Requests from the Ambulance and caring services for assistance is becoming a regular occurrence. This takes us away from the hills to the surrounding lanes, villages and estates. Ambulances find it difficult to get up and down icy gradients safely, get patients to hospital and carers can not get to the needy.

To help us to help them, we have purchased two sets of snow chains to supplement the fabric snow socks used on M2.

These chains will fit any of the three Land Rovers, but for safety reasons should only be fitted by those who attended the recent instruction evening.

All drivers should make allowances when driving on chains as braking and steering will be affected and you should not exceed 25 mph (if conditions require chains should you be going this fast anyway?).

Excessive use of chains, particularly on tarmac will speed up the wear of tyres, so judgement as to how long you leave them on will be for the driver to consider.

The chains are kept in individual storage bags complete with gloves supplied by Dagmar. (to protect the manicure, bless her) in the equipment room and should only be taken out when required.

Safe Journeys & a Safe and Happy New Year.

John Everet - Vehicle Officer

Still time to make POTY nominations!

Less than a month until the POTY awards and nominations are still open! Whilst there are a couple of members who both have quite a few nominations, there is still time to send me more.

e-mail me, or phone 01539 721901.

As always, factual accuracy is useful but not essential.

Keith Pittman

In the Bleak mid-winter

The recent and future (*fingers crossed –Ed*) snow and ice; along with its related salt, grit and extra call-outs takes its toll on both Base and the vehicles. To keep us effectively operational whilst looking after the Team's gear it would be appreciated if you would ALL do your bit by:

- o Making sure the windows and lights of the vehicles are left nice and clean.
- o Sweeping out the floors of the vehicles (and washing the seats if dirty).
- o Leave the vehicle windows open just a bit if the inside is wet after use.
- o Keep the Gear Sorting Area (outside the Equipment Room) clean and clear (the work bench etc are to be disposed of).
- o Keep the kitchen area both tidy and clean.
- o Wash and put away all mugs etc before leaving Base.
- o Do not leave part-used milk cartons or bottles for 'someone else' – it inevitably 'goes-off'.
- o Empty any rubbish bins that are getting a bit full.
- o Give the floors a quick wash if they need it.

The last 5 items will make the work of the volunteers who regularly clean the Base much easier (it has been commented on by a couple that Base is now quite often being left in a bit of a mess by the Team).

By the way, the water boiler is ~~kn~~ broken, it will be removed and we will see if just using kettles is adequate.

Thanks for your future help in making our job easier.

Base & Vehicles Working Group

K Bay

Early Spring Sale.

Due to lack of space and need, we have a double vehicle seat complete with integral seat belts and covered in blue vinyl.

This seat was removed from the rear of mobile two; and would be suitable for a van conversion, lounge or patio and could easily be bolted to a flat vehicle floor pan.

Any team member who is interested, or who knows somebody that would like to donate a small fee to team funds please get in touch to arrange viewing.

John Ev

Internet News Update

A couple of months back I mentioned the View Ranger App for GPS equipped smart phones, only to find that the rep at the Mountain Film Festival had not been entirely truthful about free mapping. However, View Ranger have now signed up to the terms of the MREW map license and we can now use some mapping for "free" (on the proviso it is deleted if you leave the team). Kev Knowles and Dave Hughes have been using this and are quite impressed with what it can do and there may well be some trials of it later this year. So if you have a suitable smart phone and what to get involved have a word with Dave or Kev.

Tim Ternet

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