

Mintcake



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Reg. Charity No. 259539
February 2008

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A reminder of the sort of fun you're going to regret missing out on if you miss the annual dinner! See inside for details.

Editor's Comment

I went out running today and dressed (fairly reasonably, I thought) for February. The jacket came off within 100 metres of go and the gloves shortly after and by the end I had no water, a sac full of gear and sunburn. Anyone else feeling less than optimistic about the likelihood of Lakes winter training?

Kathy

100 Club

The winning numbers in the February 100 Club draw are:

1st:	25	Dave Meredith	£10
2nd:	59	Rob Brookes	£10
3rd:	27	Hilary Fouweather	£5

Peter Clarkson

Mintcake Nibbles

- Congratulations to Tom Barkas who became a full hill-going member this month and welcome to Adam Millwood who joins us a provisional.
- Advanced notice that training on Wednesday 9th April (Rescue), with guest speakers, will be "a little unusual" and you are requested to bring outdoor kit and maybe some beer money!
- Please note that the Swiftwater Rescue Exercise on 24th February is open to all team members, not just SR Technicians as previously posted, although be prepared for some standing around (more than normal!) whilst exercises in the water take place.

Callouts



29th Jan 15:35hrs

The first call out of the year was to assist the Langdale & Ambleside Team to search for a party of three males, two of whom were reported as beginning to suffer from hypothermia. The party was reported to be somewhere on Crinkle Crag at the end of Langdale and search parties were deployed. L&A Team Members found the party on the shoulder of Bow Fell just to the north of Three Tarns. L&A and Kendal Team Members guided the party down The Band and back to the valley where their car was parked. We were all home by 20.00hrs.

Exercise Reports

Wednesday 9th January 2008 – Winter Kit/Avalanche Talk

“Bring full winter kit” was the message... Did Andy Dell know something we didn't? Or did he have 38 Easyjet tickets for Geneva?! Alas no! The object of this evening's exercise was a kind of “show and tell” of what we carry in case of a callout in winter with each person picked out at random to pull the next thing out of their pack and explain why it was there. There were the obvious crampons, axes, goggles, some shovels and probes... and the less obvious such as a spare pair of glasses. The main theme was to share ideas on what is essential for safe travel over snow and ice and the ‘nice to have’ bits too.

We then moved on to avalanche awareness looking at the team kit at base and in vehicles and kit such as shovels, kisu and probes which can be shared between people on the hill. Next a short film about a group of friends on a backcountry ski trip, what happened to them and the rescue efforts made to save them. One of the lessons learnt from the film was that expertise is, in itself, no protection; the person killed was degree qualified and highly regarded in snow and avalanche research! You have to **use** your knowledge!

A quiz by the Scottish Avalanche Information service (available to download on the Glenmore Lodge website www.glenmorelodge.org.uk) tested our knowledge and is well worth a look.

Although our winters don't seem to come to much these days (although it was snowing outside during the exercise!) these skills are still vital to save your own, or someone else's, life.

- Have the right kit and the skills to use it
- Learn the basics of snow travel and avalanche awareness
- Be aware of the conditions and...
- ...if it doesn't feel right or good it probably isn't!

Steve Crow

Whilst I am delighted to receive as much as you'd like to say on exercises (or anything else for that matter) I feel that to improve the chances of getting volunteers to contribute I should point out before Rod's magnificently detailed report that a paragraph or two in summary is just fine too!! Ed

What's On

Wednesday 13 February

Training: Water Incident Command Structure 19:00

Friday 22 February

Annual Dinner – Crooklands Hotel 19:00

Sunday 24 February

Training: Joint exercise with Fire and Rescue Service 09:00

Wednesday 27 February

Equipment evening: 19:30

Friday 29 February – Sunday 2 March

Winter training – Scotland

Tuesday 4 March

Base and Vehicles Working Group: 19:30

Wednesday 5 March

Main Committee Meeting: 19:30

Wednesday 12 March

Training: Downed Aircraft 19:00

Wednesday 26 March

Equipment evening: 19:30

Sunday 30 March

Training: Stretcher Lowering 09:00

Wednesday 2 April

Operations and Membership Meeting: 19:30

Wednesday 9 April

Training: Rescue 19:00

Sunday 27 April

Training: Vehicle Recovery/High Lift Jack 09:00

Wednesday 30 April

Equipment evening: 19:30

Sunday 27th January 2008 - Gear Familiarisation at Base.

We were divided into small groups, and the following people showed us the following things:

Keith & John E on stretcher and Mobile 1.

Things I didn't know after all these years: Bell stretchers are Mark IV; each stretcher has its serial number stamped on both halves (serial numbers? - I must start collecting them!). Use the head-guard, but before putting the casualty in, check the webbing isn't sagging down.

When loading the stretcher into M1: use the roll-bar, but take the bar out before shutting the door. M1 now carries a tarpaulin to spread on the mud to put things on (i.e. at a gear-dump).

The question remains: what is the name of the pin holding in place the bigger pin which holds in place the wire which holds up the head-guard?

Kevin on radios.

Take a GPS mike per pair for preference. Don't forget to do a radio check and say which handset you've got. To turn the base or vehicle radios on, you need to press them as well as turn (I always forget). On the Parklands set it is necessary to press the green-phone button to confirm that you have changed channel.

If manning base at the start of a callout get rid of irrelevant GPS data by clicking "file", "delete trail", and "start" a new trail for this callout. To clear GPS signals from teams not involved: click "Assets" and un-tick unwanted radio symbols. You can cause a mike to poll its position by clicking on the time displayed beside the mike symbol. If you want to mark the cas-site on the screen, place the cursor on it, click "Add marker" and add (or edit) name. The roller zooms you in or out (rather like the roll-bar in M1).

At the end of the callout/exercise save the trails: "File", "Save as".

Use the repeater on M2; i.e. put the aerial up & plug everything in before leaving the vehicle.

Kev says we can't damage the system [*is that a challenge Kev? Ed*], so use it.

John F on Mobile 2.

John's main message was "Think of the logic of the thing"; why does he have to make things difficult?

M2 now has the capacity to be forward base, due to the addition of the centrally placed radio and the picnic table. The new radio controls connect to the radio box mounted on the grid at the back of the vehicle. But only have one radio on the same frequency in this vehicle at the same time (so turn the front radio off when parked up).

The laptop (which lives in the photocopier room, not in the vehicle), gets its power from a rectifier under the back seat, and also connects to the back radio box. The cables are all labelled to say where they go so don't panic. The laptop only picks up GPS signals broadcast on the channel the M2 radio is on. After turning the laptop on click "user" then click on the "MRMap" icon, after that it's the same as in base.

If reception is bad you can connect the vehicle radio to the pump-up aerial, connect the cable from this aerial to the back radio box rather than the coax-plug on the outside of the vehicle. Keep a handset with you in M2 so you can monitor other channel (eg., helicopter).

Dagmar on the equipment room.

Please help sort gear after callouts, put wet stuff in the drying room (and, since some radio cases got wet on Tuesday night, so we did), and also help sort gear after drying.

Paul on logbooks, crag sack, and lowering sacks.

Paul had a lot to say about the importance of filling in your training log (which reminds me, I'd better write mine up now).

Some time later... We now have two bags of kit for stretcher lowering; the barrow-boy's gear is in a temporary sack labelled "Medisac" (new sack, with less confusing label, on its way). The other sack contains the lowering gear; these sacks live in the equipment room. There are new harnesses, which are already buckled up and only need tightening. They are less of a confusing tangle of webbing than the previous ones. The associated gear (cows'-tails etc.) is set up for use, so please don't mix it up by swapping krabs about and so on. There are also new rope protectors. All these will be used during the exercise on 30th March – don't miss it.

Sorry this is such a long review but there was lots of good stuff in the exercise that's worth repeating. Relatively few of us get our hands on the gear on the more traditional – out-on-the-fell – exercises, so the consensus was everyone learnt something (mostly a lot of things). Many thanks to the organisers and the demonstrators.

Rod Muncey

Fundraising

Two dates for your busy diaries:

Valentine's Quiz Night.

If you're not already committed, come down to the Smithy Inn, Holme. They are sponsoring us with their Quiz and Raffle.

Teams of up to 4 people, entry fee £1 per person. Quiz starts 8.30pm on Thursday 14th February (but you knew the date already!).

Kendal College Hot Buffet, Quiz and Raffle.

Keith Pittman and I gave the Catering course students a presentation about the Team on Monday, as they are giving us all the profit from their Hot Buffet evening which is on Monday 17th March. Tickets are £7 each, available from Reception.

Peter Clarkson
Fundraising Co-ordinator

Training

Scotland Winter Training – 29th Feb, 1st & 2nd Mar 08 (Nights of the 28th, 29th Feb & 1st Mar).

Accommodation is Feshiebridge Lodge near Aviemore and the cost is £10 per night. You will need to bring your own bedding, towels and toilet roll. There are self-catering facilities. Directions are available on the board at base; please photocopy if required and *leave the original for others!* If you have not already paid **payment in full is now due**. Cheques should be made payable to 'Kendal Search and Mountain Rescue Team' and put in the Training Officer's pigeonhole.

M2 will be making its annual visit to Scotland. Contact Paul if you are interested - limited space available; first come, first served...

Water Rescue Course

Eight team members attended this three-day course in January. Everybody passed, so congratulations to all. Thanks to Howie for running the programme.

Revised Policy on Driving Team Vehicles

The team's driving policy has recently been revised in light of new legislation. Those of you who are astute will notice that in a previous newsletter I said I would put a paper copy in every team member's pigeonhole by Christmas, but they never appeared. Obviously I changed my mind.

The plan now, is that I will shortly place the policy in base with a team list attached. All drivers, and anyone wishing to drive, needs to sign the list to say they have read the policy. Also attached will be guidelines that John Everett has drawn up re. changing tyres on team vehicles.

Logbooks are due in for review during the first week of April.

Paul Astle

Sports Report

Corrections & Clarifications

It has been pointed out that the accuracy of reporting from our Sports Correspondent in January's Mintcake may have been influenced by the event centre for the Langdale Christmas Pudding Race being in the vicinity of the Stickle Barn / New Dungeon Ghyll Hotel. The slowest runner of our Team admits they were **never actually told** that the cup of orange liquid at the drinks station was 'orange juice'. Langdale First Responders, who were providing the drinks (not LAMRT), didn't mention Sport's England drugs testing sample collection point either...

Annual Dinner

I hope you have all booked your places for the annual dinner; Friday 22nd February 2008 at the Crooklands Hotel. If not speak to Simon about last minute availability! Don't forget your raffle prizes (particularly those who have had the honour of caretaking one of the team's precious heirlooms for the year). For the uninitiated the raffle is a golden opportunity to win stuff you didn't know you needed and offload your unwanted Christmas presents on others (although, be warned, there is a strong chance of winning them back again as Paul is a demon ticket seller) as everyone donates something of very differing nature from useful to baffling to downright silly, erring toward the latter. Also there is still time to get your nominations for the "Personality of the Year" (POTY) award to Keith. Again, serious nominations are welcome but there does tend to be some bias towards highlighting humiliating stupidity on the part of your team "mates"...

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