

Mintcake



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

Reg. Charity No. 1125680

January 2010

This Month

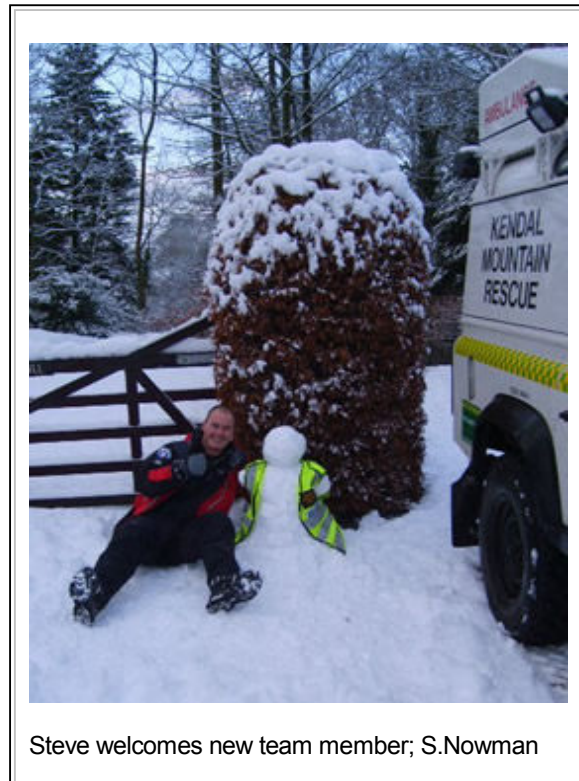
100 Club	1
Editor's Comment	1
Mintcake Nibbles	1
Callouts	2
Exercise Reports	3
Training	4
Is your Kit up to scratch?	4
Getting Lost, A Thing Of The Past?	5
Winter Aid	5
Up Coming Bucket Collections	5
Argentina Slideshow	6
Fund Raising News	6
Every Little helps	7
The KMSRT Agony Column	8
Allotment Tips	8
And Finally	8
Stop Press	9
Contacts	9

100 Club

The winning numbers in this month's 100 Club draw are:

1st	Mrs E Pickering	£15
2nd	Terry Simpkin	£10
3rd	Keith Pittman	£5

Peter Clarkson



Steve welcomes new team member; S.Nowman

Editor's Comment

From floods to snow – do we have non “extreme” weather anymore?

As well as increasing numbers of TV appearances, the team have been publically thanked by the County Council in the Westmorland Gazette!!! Our esteemed leader was also pictured in the exclusive “In Touch” newsletter sent to everyone at the County Council in a piece thanking volunteers. I for one thought the shades added the right air of mystery to our public image...

Congratulations to Dave Atherton, who won the spot the deliberate mistake competition in the last edition. In the time honoured tradition the prize is a lifetimes subscription – sorry Dave.

Dave

Mintcake Nibbles



Look out for the “Crooknowles” switch that controls the garage door. This should open the door fully after being activated. For safety reasons, this does work in reverse!



If team members are passing base and notice any thing parked there that shouldn't be or is otherwise blocking the way please put a no parking notice on the *Drivers* window (at least the first time!) The stickers are in the pigeon hole.



There are still some of the smaller bottles and sachets of Grangers cleaning and proofing products. Please take and use. *(They have certainly revived my team jacket –Ed)*



In order to store swfitwater kit, the Base and Vehicles Group are looking at the possibility of extending the tyre store.



Callouts

7 December 2009 13.40hrs

The Team was paged by the police and requested to join a search for a missing male in the vicinity of Fell Foot, Lake Windermere. We joined with teams from Duddon & Furness and Langdale & Ambleside and SARDA dog handlers in a search of the lake shore and the banks of the River Leven. The Coastguard and Lake Wardens were also involved in the search. Search parties were stood down as darkness fell and an underwater search team found a body in the lake shortly afterwards.

20 December 2009 10.50hrs

The Team was asked to assist the Police and the North West Ambulance Service due to heavy snow in the area. Our Land Rovers were used on various incidents including attending a man in Sedbergh who had fallen and had probably dislocated his shoulder. He was treated by team members and transferred to an ambulance at Junction 37 on the M6 for onward transport to hospital in Lancaster.

While this was on the go, reports came in that a young woman had decided to walk to her parents home in Sedbergh from Oxenholme Station dragging a suitcase (around 10 miles). One of our Land Rovers was despatched, with Police Officer on board, to find her. Back at base, while trying to make telephone contact, the team leader was speaking to her mother when thankfully she turned up having been given a lift by a local lady in a 4x4.



Mobile 1 & 3

A684 Sedbergh Road

Sunday 20 December.

What's On?

Wednesday 13 January

Training: Winter Theory 19:00

Saturday 22 January

Training: RAF heli training 09:00 Note: change of date.

Wednesday 27 January

Equipment Evening 19.30

Saturday 6 February

Annual Team Dinner Stonecross Manor 19:30

Wednesday 2 February

Ops and Membership 19.30

Wednesday 10 February

Training: Medical 19:00

Saturday 20 February

Training: Navigation Exercise 18:00

Wednesday 24 February

Equipment Evening 19:30

Thursday 25 February (eve) –

Sunday 28 February

Training: Scotland Trip

Wednesday 3 March

Main Committee Meeting 19:30

Wednesday 10 March

Training: Medical (water specific) 19:00

Wednesday 24 March

Equipment Evening 19:30

Sunday 28 March

Training: Water rescue and evacuation 09:00

Wednesday 7 April

Ops and Membership 19.30

Wednesday 14 April

Training: Search Techniques 19:00

Sunday 25 April

Training Search & Evacuation 09:00

Wednesday 28 April

Equipment Evening 19:30

22 December 2009 11.55hrs

With more over night snow, today we assisted in transferring a gentleman from Dent to Kendal for dialysis treatment. To avoid tying up vehicles on long jobs we arranged for the Cave Rescue Organisation (CRO) to assist in transporting the patient as far as the M6 Motorway where we transferred him to our vehicle for onward transport.

22 December 2009 17.30hrs

The Team was paged by the Police and asked to assist the North West Ambulance Service who were having difficulties in reaching a patient in Selside. A Land Rover with two team members was dispatched and the gentleman was transported to the nearest hospital for treatment for a possible DVT.

22 December 2009 22.00hrs

We were requested to transport a care worker to a house in Kendal for overnight stay and took them jhome the next morning.

23 December 2009 09:00hrs

Another care worker was taken to a house in the village of Crook where access was difficult. Team members waited and returned the care worker back to Kendal.

24 December 2009

Transport was provided for care workers again. Transport was also provided for a dialysis patient, this time the inward trip was a joint effort with CRO and the return trip was dealt with by Kendal MRT.

25 & 26 December 2009

Transport was provided again for the care worker to the Crook location.

5 January 2010 11.10hrs

Following further heavy snow fall, the Team was paged by the police and asked to transport our (now regular!) man from Dent to attend the Westmorland General Hospital in Kendal for dialysis.

6 January 2010 09.00hrs

The Team was requested to assist in moving an elderly lady who was feeling ill. Two team members attended the property in Grange-over-Sands where they met an ambulance crew on scene. Between them the lady was transferred into a team Land Rover and then taken down a steep ungritted hill to the waiting ambulance for onward transport to hospital.

8 January 2010 15.30hrs

The Team was asked to transport an elderly lady from Crook to a care home in Staveley during the bad weather.

Exercise Reports

Sunday 27 December Social

T'is the season of goodwill to all men, and as team members and families arrived at base for our Christmas walk and social, this was truly evident as our illustrious Chairman greeted members with the subtle (Trevor type) hint that the base driveway needed clearing of ice and snow.

Whilst this task was being carried out, led enthusiastically by Keith "P" & Dave Howarth our Team Leader arrived, and in echoes of young Mr Grace in "Are you being served" told us that we were "All doing extremely well", proceeded to take some photos, made his excuses and bugged off. (He claims that he was working).

With the driveway clear the main party, led by tour leader Sarah, set off for the walk to Staveley. The party consisted of Kath, Ian, Dagmar, Harry, Ian "H" with his new dog Kepple, Tony plus his wife Linda, kids Scott & Molly + Deefer the dog. The route

took us along the river Kent pathway, with great care being taken as the compacted snow had now turned to ice. We followed the path taking us past Kentrigg & Carus Green and headed towards Burneside. Once through Burneside we picked up the Dales way and headed towards Bowston. We arrived at Bowston and Ian felt that with Kepple still being only 7 months old had performed really well but needed to rest. Mobile 3 was not far away and would pick them up and take them on to Staveley.

The remainder of the party were now faced with a problem, do we cut down winter lane or do we continue along the Dales way. Kath persuaded us that the Dales way was much more scenic and although we would have to overcome several styles and more undulating terrain it would be worth our while. Little did we know Kath's real motivation. We trudged on through the snow covered fields and past Cowan head. As we entered Beckmickle ing Molly decided that she would act as pathfinder through the forest. It would have been a strange sight for any fellow walker, a group of *Mountain Rescue personnel* being led by a 7 year old girl in a pink coat!

Once we were safely through it soon became apparent why Kath was so keen to choose this route. Maybe it was the architecture. Maybe it was the different aromas that first attracted her to this place? Who knows? But to the rest of us, one sewage plant is much the same as another. (So as not to upset Kath we all agreed that it really was a very, very nice sewage plant).

After negotiating a few more snow covered fields we arrived at our destination, The Hawkshead Brewery. We met up with Keith and Dave (+ Ian) who had kindly brought M2 & M3 up from base for our return journey. Before that though we went up to the brewery where Sarah had pre-arranged sandwiches and snacks for everyone. One final concern was still outstanding though, no one had seen Trevor who was supposed to have met the main party on their way into Staveley. Whilst all possibilities were being discussed over a pint Christine arrived minus Trevor which confirmed that we still did not know his whereabouts.

As Harry contemplated either a search strategy or another pint the door burst open and in walked Trevor muttering something along the lines of "River Left not ***** River right". He also assured us that he was fine and that he had bumped into someone he knew and had a chat.

With that the Team Leader arrived with a lady on each arm and said "You have all done extremely well"

Many Thanks to Sarah for organising a great walk and a relaxing social afterwards

Tony Womack

* What is the collective name for a group of Mountain Rescuers?

Is it a Huddle?

Is it a Thickett?

Is it a Confusion?

Any Ideas please let us know

Training

This year's Winter Training in Scotland will take place in the Aviemore area. We will be staying at the Feshiebridge Lodge (details can be found at www.feshiebridgelodge.co.uk). We have booked the lodge for the nights of Thursday 25th, Friday 26th and Saturday 27th of February.

Please sign the list at base if you want to go on the Scottish Training Weekend. Priority will be given to those who can come for the full 3 days. The Team is going to pay for accommodation this year, but not food and travel. **However, if you sign up, but later pull out, you will have to pay the full accommodation cost.** If you would like to come to Scotland but can't afford the travel etc. then please have a word with me in private and the team may be able to help.

Training Officer
Paul Astle

Is your Kit up to scratch?

The Team's Management Committee has decided that Team Members who opt to use certain safety critical items of their own equipment when undertaking Team activities, such as training and call-outs, must make sure it is up to the same standard as that owned by the Team. The items covered are: climbing harnesses, helmets (rock and water), buoyancy aids and

drysuits. Full details are in Standing Order 2010-12 'Use of Personal PPE' that has been circulated separately to all hill-going & operational support members.

The Management.

Getting Lost, A Thing Of The Past?

What with the recent floods and now the snow and ice, we have spent more and more time on the lower levels than on the hill. Our main task has been helping the Ambulance Service and Care Workers get to locations and patients in need of attention.

An example was during the flood period, we were asked to attend a residential address where an elderly gentleman had severe chest pains, so time was of the essence. We had the address complete with post code, but not having a Sat Nav. onboard we could not go straight to the house. Base, via. their desk top were able to point us in the right direction, but by this time, the local Postie had come to our aid and we had a positive outcome.

As we seem to have spent more time around villages and housing estates, any time delays could have serious consequences, so it seemed only sensible, and with the approval of our new Treasurer (great chap) to equip all three vehicles with Sat Nav.

By the time you read this I hope to have hardwired them to each vehicle, but if not, they will work perfectly well via. the cigar lighter.

We will still have excuses and reasons (& I have plenty) for getting lost on the hill, but now we can navigate our way around the streets more effectively.

And finally, please ensure that you get into the habit, (just like the Radio`s) turn the unit off. The switch is located on the top left of the unit.

John Ev.
Base & Vehicles Working Group

Winter Aid.

To help us get around during periods of snow in Mobile Two, we now have a pair of fabric/textile Snow Socks.

Snow Socks are a fabric sock/boot that you place over the driving wheels which give you a degree of traction on snow and ice, just like a snow chains (but easier to fit and less bumpy). They are by nature of their construction, not as robust or as durable as chains.

Important Limitations. Maximum speed 30 mph, (if conditions warrant their use, then should you be going that fast ?) no sudden acceleration or heavy braking, use on tarmac should be limited to around 7/10 miles as this will cause rapid wear.

Remove as soon as possible, shake off any snow and return to the storage bag pending washing and further use.

These will be kept under the front seat of Mobile Two along with an instruction card.

John Ev.
Base & Vehicles Working Group

Up Coming Bucket Collections

We haven't had any collections over the last couple of months, but we do have two coming up:
Saturday, January 23rd at **Morrisons** and **Saturday 20th February** at **Booths** in **Kirby Lonsdale**.
I haven't heard from anyone else yet, so expect it will be a few weeks before I can issue this year's programme.

Peter Clarkson

Argentina Slideshow

Having travelled 300 miles by road to hear Andy's tales of his travels in Argentina (a mere local hop compared to the distances he covered on horseback) I was welcomed into Base with greetings of "Hey it's Larry, great to see you", and then some bright spark quipped "Oh good, she can write this up for Mintcake!". As it has been a while since I have written anything for this esteemed publication (and rarely one to turn down a challenge), here is my contribution.

As the lights dimmed and Andy worked out which button to press to start the slideshow it quickly became clear where he had been keeping himself busy since his 'retirement' from the team: watching Clint Eastwood classics! We watched the great man (Clint, not Andy) stubbing out his cheroot on a rusty nail and looking down a dusty track to **that** soundtrack from "The Good, The Bad and The Ugly" and we all tried to guess who those characters could be in the team. Could it be Eddie, Andy Bev and \$#@%* ?? [taken out to prevent any offence to the individual concerned] (*Shame –Ed*) Any attempt Mr Dell may have made to copy Mr Eastwood sadly only went as far as his hat: no beard, no cheroot, and definitely no ponchos on display.

We were sharply brought back to focus as a far more relevant tune floated round base: the theme to the Benny Hill show! The characters to the plot were introduced to us: there were two handsome young gauchos Juan and José (well what else could they be called?!), Andy's great friend John (here known as El Gringo Viejo) and then our Mr Dellboy, El Delo.

We settled back into our seats as it became clear what an extraordinary trip they had undertaken. With no maps, or only scribbles of directions from local gauchos that a 2 year old would be proud of, they made their way over a mountain pass that had not been tried with horses even by the locals, skirted round 'The Valley of the Dead', and went into a protected area that they had to obtain special permission to travel through. They faced the heat, the rain, the freezing cold and snow, high winds that ripped off the iron roof their horses were sheltering under (nearly killing them in the process), a lack of food or too much as they were entertained in the 'estancias' or local hostelries. The party split into 2 about halfway as they had different goals (and they didn't want to overload the local hospitality), leaving the young boys to gallop off into the sunset, and the older boys to finish off a journey that John had started 20 years earlier. Remarkably, they even met a gaucho who started talking about a foreigner on horseback he had met long ago, only to discover that it was John himself on his earlier trip.

We were shown some amazing photographs of their journey, the spectacular scenery and the wonderful people they met, interspersed with fascinating anecdotes from Andy and some great special effects (how many superlatives?!). At one point I wasn't sure if it was the slideshow or the amount of rum in the mince pies (thanks go to Ann Fitch for those) that caused a rainbow of colours to appear in swirls before my eyes. It was the colour green that abounded in our eyes as were all inspired into dreaming about our own expeditions into far flung places. Many thanks to Andy for putting together such an entertaining evening, and hats off (Clint Eastwood style of course) to him for undertaking such an amazing journey.

Larissa 'El Estudiante' Robson

Fund Raising News

In November and December, we seemed very busy with other events, and I should like to thank the many members of the Hill-going and Support Teams who gave their time.

The Brewery / Kendal Mountain Festival gave us a cheque for £345.60 from the sale of Kendal MRT Special Brew.

On Wednesday 25th Trevor and I gave a slide show to the Morecambe branch of retired members of UNISON.

On Friday 27th November, a bunch of us turned up at the Sawyers Arms for a Race Night and to be presented with cheques from the Kendal Buffaloes who had been collecting for us all year – including the barman Mark's very brave 'thong-a-thon'. We should try to have the odd pint in there this year.

Then on the first weekend in December we had the Christmas Craft Fair at the Shakespeare Centre at which we ran a raffle for the splendid prizes which the stall-holders provided. We sold £510 worth of tickets.

On Wednesday 9th Andy Beavon and I gave a slide show to Sefton Road URC Wives' Group,

We also had two nights out with Kendal Lion's Father Christmas collection.

Other Donations

In the past months we have had an incredible number of very generous donations and we will be organising a "Thank You" open day/ evening later in the year

New Supporters

I'd like to welcome the following new members to the Support Team:

Tom Booth, Jan Mcleod, Brian Mcdonagh and Joanna Roberts. I can report that the Support Team is growing nicely, making the job of organising collections considerably easier.

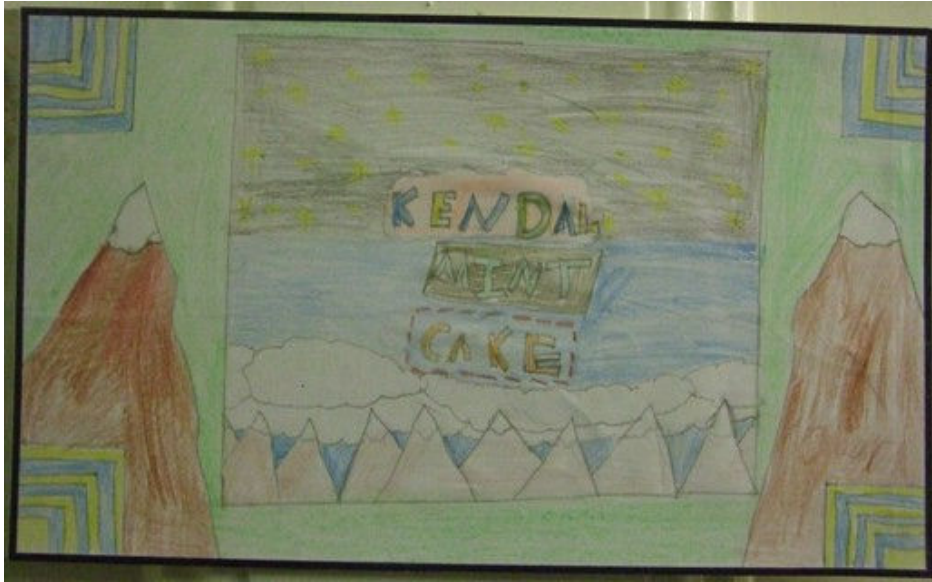
Peter Clarkson
Fund Raising Co-ordinator

Every Little helps.

We are always grateful for donations and the larger ones are very welcome to help pay for major expenditure like new vehicles and swift water rescue gear. But there have been some smaller ones in my short time as Treasurer that have been really, well dare I say, moving. In December we had three that stand out. The group of elderly folk living in a residential retirement complex hold a raffle at their weekly coffee morning and donated the year's profits to us. Eddie was coming into Base one morning when a charming elderly lady gave him an envelope and said "This is for you". Inside a cheque for 3 figures, nothing else. I had to use her bank to send the thank you letter. I can only hope she got it.

Finally a school in Darlington who had been learning about mountains as part of their geography course. They had talked about the Lake District and designed two wrappers for Kendal Mint cake, one of which has been named "Race ewe to the top"(see below). They had a collection and sent it to us. If these don't move you, you are a tough bunch!!





Terry Simpkin
Treasurer

The KMSRT Agony Column

Dear Honor, I am currently in agony having elegantly pirouetted off some steps in the ice. Can you help? Cheers, **Dave**

Dear Dave, Oh you poor love! A few years ago I would have slipped round with my little box of tricks to give you some therapy. It may not have made your injuries any better but it would certainly have taken your mind off them. Unfortunately, those days are gone, particularly now that we have the added problems of health & safety and litigation. In any case, some time ago my Bertie pinched the batteries for his GPS – now apparently you can hear him buzzing from miles away! All that I can really suggest is that you put your feet up, take it nice and easy and drink plenty of fluids (preferably alcohol). I do hope that there was no damage to that lovely beard.

Honor

Well, I suppose one is better than nothing!

Honor Corlowtt

Allotment Tips

You might not know, but several members of the team are keen allotment gardeners/ labourers. In the interests of mintcake having something for everyone, here is the first tip in an occasional series:

January - Look at seed catalogues, put another log on the fire.

Doug Patch

And Finally

Tom Barkas has stepped manfully into the breach and is working hard trying to clear up, tweak and otherwise boost the performance of the increasingly sluggish computers at base. This will ultimately result in the right hand PC with MR Map will just be for that and the left hand one will be for everything else.

Stop Press

Web Site - Members Area

We will shortly have a Members (only) Area on the Web Site. There will be a link to this under the heading of "Members" on the menu on the left hand side of the main pages.

When fully populated the secure area will contain: *(Disappointingly, it won't include the names of members who need to be "secured" –Ed)*

- Training Programme and Training Info.
- The Team's Standing Orders.
- Information on the Management of the Team.
- Various forms for the use of Team Members.

Other items may be included in the future at the Management Committee's discretion.

When it is generally up and working I will page out the information (username and password) you will need to access it.

John Fitch
Webmaster?!?

Contacts

David Hughes

E-mail
editor.mintcake@virgin.net

or
Editor's pigeonhole in base

or by post to:-
Newsletter Editor
Kendal Mountain Rescue
Busher Walk
Kendal
Cumbria
LA9 4RH

Copy deadline for next issue: Friday 5th February 2010

E-mail recipients please remember to let me know if you change your e-mail address. Postal recipients if you do have an e-mail address and would be happy to receive your Mintcake in that form (or if you are happy to pick it up off the website) please do drop me an e-mail, it saves printing and postage costs and a tree or two over the years!