

# Mintcake



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

Reg. Charity No. 1125680

June 2011

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## Editor's Comment

I can only apologise for the inadvertent inclusion of a rude word in last months edition. Yet again I tendered my resignation only for it to be refused... Perhaps I need to hack into the team leaders pager?

**DBH**

## 100 Club

The lucky winner in July's draw was Peter Clarkson. Before cries of "Fix!" are heard, he was busy (on holiday again?) and had passed the balls to Ian!

1st No. 13 – Mr P Clarkson  
2nd No. 77 – Liz Rothschild  
3rd No. 40 – Mr J Swire

Congratulations!

## What's On?

**Wednesday 27 July 19:30**

Equipment Night

**Friday 29 July**

Bucket Collection – Asda

**Saturday 30 July**

Bucket Collection – M&S

**Sunday 31 July 09:00**

Vehicle Recovery

**Wednesday 3 August**

Operations & Membership Committee

**Wednesday 10 August 19:00**

Exercise

**Sunday 21 August**

Medical Teaching

**Wednesday 24 August 19:30**

Equipment Night

**Tuesday 6 September 19:30**

Base & Vehicles meeting

**Wednesday 7 September 19:30**

Main Committee

**Friday 9 September**

Torchlight

**Wednesday 14 September 19:00**

Exercise

**Sunday 25 September 09:00**

Round Robin

**Wednesday 28 September 19:30**

Equipment Night

## Mintcake Nibbles



**TORCHLIGHT** Just a reminder that we are once again beneficiaries for this years parade. The theme is Kendal's got talent (So dressing up in women's clothes again?-Ed) and we need maximum support from team members. Families are more than welcome to walk with the team and enjoy the evening.



M3 is now fully operational, the GPS system has been fixed and you can no longer drive around without being spotted. M2, M3 & M4 have all had yearly services with no major faults identified.



**A Vehicle Officer Rants:**

Landrover bonnets are not designed as coffee tables, but seeing as the designer sensed that people would not understand this they embedded nice black place mats either side of the bonnet.

**Please keep cups off the paintwork.**



Goodbye to Kev Pennells, who is stepping down from being a hill-gong member. On behalf of the team, can I say that we are sorry to see you go, your calm, no nonsense instruction and technical knowledge will be missed.

## Callouts - June

### 4 June 2011 13.00 hrs - 17.00 hrs

A number of team members acted as marshals on the Kentmere Trail Race and we dealt with the usual mixture of blisters, abrasions, twisted knees, turned ankles and exhaustion.

### 20 June 2011 12.15 hrs

We were put on standby following a call from the Bowland Pennine team who thought that they might need assistance in searching for a missing person in the Silverdale area. The missing person was located before we were mobilised.

## Exercise Reports

### Wednesday 15 June 2011

#### Communications. (Extra session)

Comms are absolutely critical for the safe and effective operation of the team. Take a radio whenever possible and if you are in the unusual position of being tasked to do something as an individual, you must get hold of a radio before running off.

Handsets – If there is a problem, check the battery is properly in place first. Also check the aerial and connection of the mic. At the cas site think about the aerial and the volume. Remember the stubby aerials (in the radio pouches) if searching a confined space such as trees. The little toggle on the old (square) mics will ½ the volume. GPS mic must be pointing upwards for GPS signal. Also remember a Radio can affect your compass.

To change channels press “OK” to unlock and use the + & - keys to change channels. “Scan” channels can be useful “Heli scan” will cycle through Kendal L&A and 62a (helicopter) but remember will transmit on the last channel heard – so check before talking! Do not use the police heli channel ever – it is for listening to only

The Parklands aerial gives us excellent coverage within our area, however there are some spots where it just cannot reach. If working in these areas (and they are reasonably well known by the long standing team members, Mobile 2 can be set up as a repeater. With the mast inflated, aerial plugged in and the red switch on the dash board switched, Mobile 2 can be left and should there be a problem team members on the hill can switch to repeat channel and still talk to base. It would probably be good practice to set this up routinely on a call out, although Parklands coverage is so good it is infrequently needed.

Protocols –

- DO NOT talk to the Helicopter or coastguard unless told to do so!

- To start a message use: "Kendal Base, Kendal Base this is..." (it gives whoever is on control opportunity to grab a pen, put the cup of tea down etc.), the response will be "pass your message".
- Use "over" if you want a reply and "out" if you do not or "listening out" if you don't expect a reply.
- When passing numbers (phone numbers grid refs) use "figures to follow" and use single numbers (zero to nine) only. "Priority Message"(or sometimes "immediate" or "flash") – everyone else shut up.
- In cases of fatality, it is best to communicate with base via mobile phone. If this is not possible ask for permission to pass message, so base can clear the control room (of relatives if necessary). Also more secure than radio, sometimes the press listen in.
- On exercise preface statements with "exercise..." to avoid confusion if anyone else is listening in

**Sunday 26 June 2011**

**General Ropework and Lowering Systems.**

Sunday training exercise in June covered a multitude of crag skills and general ropework techniques. The site selected for our outdoor classroom was Hutton Roof Crag near Burton-in-Kendal. We were blessed with fair weather; everyone enjoying the sunshine and the spectacular views over the bay.

The day was ably lead by our trilogy of crag rats Adam, Richard and Paul who shared their knowledge from the recent rope rescue course. The aim of the day was to brush up on essential personal skills and standardise our approach within the team to rope systems . So what did we learn I hear you cry...

Adam guided us through 'safe' abseiling; using a 'french prusik' knot the descent can be safeguarded at all times with or without hands. Which proved very useful as we all launched ourselves over the edge like lemmings.



Debate ensued about the merits and pitfalls of attaching this autoblock knot directly onto the harness central belay loop or onto the leg loop. The conclusion is that attaching a 'french prusik' to the leg loops is ok but the climber will needs to be aware of the potential for being pulled to one side whilst descending. The top tip from this session was to wrap the rope around your back first before wrapping it around your leg if you want to lock off the rope mid descent.

Paul's practical session covered knots, pulleys and mechanical advantage for hauling systems. After been issued with SAS style black rope and discussing why the rabbit goes round the back of the tree before disappearing down the hole we practiced our beloved classic climbers knots (figure of eights, bunny ears, alpine butterflies, interlocking bowlines and Italian hitches) . The top tip was the use of the bowline finished the correct way with a Yosemite finish



We tackled the issue of mechanical advantage and practiced rigging 3:1, 5:1 and 9:1 hauling systems.

Our final session lead by Richard covered the critical topics of rigging 'safe' belays and crag site management. We lashed the crag with enough slings to lower a fleet of landrovers down the cliff by always ensuring that the load was equalised between the multiple anchor points. To round off the day we setting up a twin rope system for lowering or hauling casualties. There was so much hot air generated by the technical discussion that one of our fellow team-members rucksacks was seen blowing away landing in a nearby tree. All agree that the twin rope system was more versatile and should be adopted as standard protocol. Our day was deemed a great success, well done crag rats!

**Elliot Whitehead**

## Extra Training Report

### Technical Rigging for Rescue

It started on the Sunday from Patterdale MSRT Base. There were Team Members from Wasdale, Cockermouth, Bowland, Penrith..... and me.

The aim of the course was to gain experience and knowledge of current safety considerations and practical skills in a vertical environment. We went through which rigging systems each team uses, for lowers with and without stretchers, and the different belaying methods used, including rope lengths. I was very surprised to find out that no two systems were the same. Where we currently use a separate "Main" and "Back up", it was suggested that it is more practical to use two identical systems that run parallel to each other, which are both capable of lowering or lifting. This worked brilliantly with all of the systems we tried out, with a wide variety of loads, with the load able to be transferred from one rope to another at any time with no need for stopping to allow for system re-sets.

Also, the "command and Comms" developed over the course make for a very slick system. The system used was :-

**Cragmaster** - In overall control of everything, giving instructions as necessary.

**Barrowboy** - In the usual spot!

**Edge person** - Helps with "vectors", and is the "eyes" for the Cragmaster if he cannot get visual contact with the Barrowboy

**Main Line** - Any people that are responsible for that system

**Back Up** - Any people that are responsible for that system

NB-"Main" and "Back Up" lines are identical systems, but they need to be identified by name only.

There was a Radio at each station, all instructions were given on air, so all the crew were informed of every action that happened. Radio protocol was very short to keep the instructions clear and concise, so no overs or outs, just "top to bottom, lowering" or "STOP". I'm sure that in the near future the system will be demonstrated in its complete form, not as the 15 minutes we managed on Sunday, and it will all become clear...

If any of you are interested in any form of crag work, then you should seriously consider doing the course next time it comes around, as it was a real eye opener, and I learnt shed loads. It was good fun too, especially the three nights of wild camping I got in:))))

*Rich P*

P.S. Check out you tube, "The MPD:CMC Rescue Multi Purpose Device"

(<http://www.youtube.com/watch?v=XhanApMKQNw> ) which is the unit we used, a phenomenal piece of kit.....

## Radio News

Just to keep everyone aware of the latest situation with the radios etc please be aware of the following:

Mobile 4 – Like Mobiles 1 & 3, Mobile 4 now has 4 handsets assigned to the vehicle, 2 are GPS enabled and 2 are standard handsets. The latter are dedicated Swift Water Rescue handsets which are different in appearance to the 'standard handset' and being totally waterproof do not need the protection of a radio bag, but can obviously be used on the hill. Simply clip them to your rucksack or similar and use the push to speak bar to transmit as opposed to the separate mic on other sets.

Parklands – We have finally convinced OFCOM of the need for new frequencies to use in the relay between Busher Walk and Parklands. This should cure the interference issues the team has suffered from in the past and having been granted a significantly higher power output may well enable communications in areas not previously covered. However, the proof will be in the systems trouble free use, so in case of problems the old frequencies have been left in the spare sets. If you experience major operational problems changing to the spare radio's will put the old frequency back in place. This will provide a short term operational solution in my absence. Once we are confident in the operation of the new configuration I will program the spares to mirror the ones currently being used.

MRMap – The latest edition of MRmap has been issued and installed onto the computers in Base and Mobile 2. Drawing is now achieved via a button on the Tool Bar, otherwise the changes which have increased stability and

security are unseen. I have put a MRMap Manual in pdf form on the desktop of both computers if you a reference document for any reason.

One final point – please take care when re-bagging radios after they have been recharged. All sets with a whip aerial should have a similarly colour coded short aerial in the radio bag. This is being missed on occasions and more worryingly the short aerials are being bent and damaged by radios being crammed in on top of them. The short radios fit snugly down the side of the radio body and are protected in that way, likewise please make sure the aerial and mic lead are positioned correctly allowing the closure to secure and protect them. Thanks.

**Kevin – Radio Officer.**

## Caption Competition



With several contenders from the rounders match, I chose this on artistic grounds (or was the field steeper than it looked on other pictures?) and the other to continue the theme of “Stan”...

## Situations Vacant?

At this years AGM, the following posts are due for election / re-election:

- Chairman
- Deputy Team Leader (Kath Jackson)
- Membership Secretary

Anybody wishing to stand for election will need a proposer and seconder. All of the rules and procedures for the elections are set out in the documents in the Team Management section of the members area of the website.

Trevor has announced his intention to step down from the post of Chairman. Kath and John are understood to be standing again.

## Situation Vacant 2

No election required!

Another excellent well paid position available within the team, we are looking for someone to take over as collecting box co coordinator, if you feel you have the flair to join an excellent team of people with ongoing progressive opportunities all you have to do is contact Peter Clarkson 01539 736316 or [clarkson19@hotmail.co.uk](mailto:clarkson19@hotmail.co.uk) or Terry Simpkin 01524 271276 (in the likely event they are on holiday) speak to any committee member to find out what's involved.

## Caption Competition Results



“Ere Stan, its a bit quiet on the display today!! do you think they're not taking us seriously?”  
&  
“Whilst there was some support for Dagmar's proposals for the new Team kit, there was concern that it was not in the standard red and black colour”



Now what did my physics teacher say? If I exert a force opposite to the original force, that should counter-act it?

The winner however, is Keith with a caption for both photos –

It has been observed in the sub-species *Montane Rescuus* that they are trying to develop the ability to flight. They do this by spreading their arms wide at every opportunity - so far it has not been successful. Their are two opposing theories as to why they are doing this. One argument is that they may be to attempting to copy a related species *Montane Rescuus Raf* who do have the power of flight; the second argument is that is an essential evolving of the species in view of the mobility problem they have started to experience as the result of the spreading debilitating disease *Landiknackerdbackaxleus*.

## We are the Champions! (more reports of exercise)

T'was a dull and grim evening when the Kendal Team met the L&A Team at Windermere for the duel of the year. The rain just about kept off and all spirits were raised by the first class culinary efforts of Eddie Harrison and Dave Howarth (not to forget Chris “I provided the beef burgers” Marsden).

The weather was not the only problem – nobody seemed to know the rules of rounders, nobody seemed to know how to score and nobody seemed able to add up anyway (including Sarah the Maths). Undaunted, we pressed on. The coin was tossed and Kendal were first to bat.

The considerable choice of bats was more than a little bewildering but we were soon underway with the very competitive Kathy Jackson and Stephanie Whitehead making the rest of us feel just a little inadequate. Shouts of encouragement rang out and the old-timers were soon suffering with pulled muscles and strained hamstrings but we soldiered on. Eventually, L&A made the last catch and it was their turn to bat. More shouting ensued, particularly when that nasty PC Burke ran out his own little lad! More injuries were sustained (I thought this was supposed to be a nice game played by children and nuns!).



A cheer went up with the final catch and we had trounced them (at least their maths was even worse than ours and we convinced them that we had won). The L&A Team Leader, Nick Owen, was eventually persuaded to grin through his clenched teeth and present the trophy to an ecstatic Mr Marsden.

Thanks to Sarah for organising the evening, to Kathy for providing the venue, to Eddie and Dave for the cooking (and to Chris for the beef burgers), Julia Pittman for Umpiring (and being on our side) and to L&A for loosing!

*John F*

## Team Burgess News

*Following on from escapades in Scotland, here is another instalment in the occasional series about the elite sub team within Kendal Mountain Search and Rescue, known only as Team Burgess...*



Here we see Team Burgess rescuing a rucksack, apparently blown into the trees by all the hot air of a technical rigging discussion... Anyone recognise the sack?

Beyond his commitment to Mountain Rescue, there are rumours flying around about what Team Burgess is up to in his spare time. Has he taken up geology as a hobby? Is this part of some cross generational plan to move a mountain to Stavely, one carefully selected block at a time? All we know for certain is that a thoughtful member of LAMRT put a rock in his sack on a recent callout after JB had told him what rotten team mates he had putting a rock in his rucksack during Winter training in Scotland...

## Internet News

It looks like the long search for truly multipurpose kit is at an end. This video shows how the Chinese Army cope with a wide variety of situations with only a shovel (although I suspect that the Geneva convention might have a thing or two to say about calling it that) <http://www.youtube.com/watch?v=b60OZhrTB6o> For those with a short attention span – check out the climbing applications at 2:58 onwards, and the swift water rescue from 5:35.

*Tim Ternet*

## Mintcake Classifieds

### NEED A WALL BUILT?

Then look no further than J. Burgess esq, Bespoke amateur stone mason.

Each stone is individually sourced from locations around the UK and carefully transported back via a safe carrying system.  
Each 5ft section wall is carefully constructed over a ten year period.



## Contacts

David Hughes

Cheer me up! Send me an email

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