

Mintcake



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

Reg. Charity No. 1125680
May 2009

This Month

Editor's Comment.....	1
100 Club.....	1
Mintcake Nibbles.....	1
Callouts.....	2
Exercise Reports.....	2
Training.....	4
Training Program for July to December 2009.....	5
Team Leader – Job Description.....	6
Fundraising.....	8
Torchlight!.....	7
Kilimanjaro.....	6
The Cumberland Challenge.....	6
Why would you want to walk to Barrow?!.....	7
Contacts.....	8



Base Spring Clean date has been moved to **Saturday 13th June** from 9am. Please make the same effort to attend as you would for other team activities. All are welcome and the more attending the easier, shorter and more enjoyable the task!

Editor's Comment

Support is being sought for several upcoming fundraising and profile-raising events (and not forgetting Spring Clean-see above) within this month's issue so please do take time to check whether you can possibly make time on any of the dates to help out.

You may have noticed that Prontaprint have pulled out of Kendal. Whilst the same team are now operating independently from the same premises as Printing Plus the number of people receiving Mintcake by mail has decreased and we have had a laser printer donated to base so are going to print in-house. Many thanks to Prontaprint and particularly the staff at the Kendal shop for their support over the years.

Kathy

100 Club

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

1st:	25	Dave Meredith	£15
2nd:	68	Dr. John Gorrigan	£10
3rd:	22	Mr. and Mrs. S&J. Smith	£5

Peter Clarkson

Mintcake Nibbles

- Advanced notice of the Team Barbeque at Punchbowl House, Grayrigg on Sunday 12th July. All welcome.

Callouts



23 April 2009

10.45 hrs

A lady was running in the Eaves Wood area (near Silverdale) with her border collie (Nap) on the previous evening when her dog disappeared. She continued her search for him the next day and eventually spotted him trapped on a narrow ledge about 5 metres from the top of Middlebarrow Quarry with a precipitous drop below him. The police paged the Team and asked for assistance. Vehicular access to the top of the quarry was difficult but, with the assistance of a National Trust Warden, the dog was located. Belays were set up and a Team Member was lowered down to the ledge. Nap was recovered to the top of the quarry, checked over and found to be none the worse for his ordeal. One happy doggie and one happy lady owner. - Thanks to Alan (the Warden) for the photograph.



Exercise Reports

Wednesday 8th April: Search, Treatment & Recovery

The exercise had been planned for Potter Fell but so that game birds in the area could enjoy an undisturbed quiet life before they were shot, the location was moved to Farleton Knott.

Arrival at base found John E and Tony W in a huddle with Chris M in the Control Room. "Can you get a couple of people to help you prep the vehicles please John" said Chris and I duly obliged. That's my bit done I thought but then I was asked to take over management of the search with assistance from Harry A. One of the learning points was, of course, about achieving a smooth and efficient handover from John and Tony who had done the initial search planning. So, we had a missing depressed male of 55 years old, 5ft 11in tall, medium build with dark but slightly greying hair (slightly!?) and a beard. This started to sound familiar! He was apparently wearing dark clothing and had an interest in wild life (don't we all?). His car had been located near Holm Park Farm. I briefed the troops on what we knew and we departed for the Farm.

What's On?

Wednesday 13 May

Training: MTB Rescue: 19:00

Saturday 16 May

Collections: Asda AND Town Centre

Tuesday 19 May

Garburn marshals pre-meet

Wednesday 27 May

Equipment evening: 19:30

Saturday 30 May

Collection: Marks and Spencer

Sunday 31 May

Training: Rescue: 09:00

Wednesday 3 June

Ops and Membership Meeting: 19:30

Saturday 6 June

Garburn Trail Race

Wednesday 10 June

Training: Crag Skills: 19:00

Saturday 13 June

Base Spring Clean: 09:00

Wednesday 24 June

Equipment evening: 19:30

Sunday 28 June

Training: Medical Teaching: 09:00

Wednesday 1 July

Main Committee Meeting: 19:30

Wednesday 8 July

Training: Ropes Course: TBA

Sunday 12 July

Team BBQ, Grayrigg

Sunday 26 July

Training: Rigging for Rescue: 09:00

On route, I studied the attendance list, selected three group leaders and allocated the other team members to the three groups. These groups were to be deployed on arrival at the farm to carry out corridor searches on three lines in a generally northerly direction on Farleton Knott, meeting at the high point if no find was made (from where they would be re-deployed). I also resolved to send off Ian H with search dog Vinny and a navigator on the difficult ground on top of the hill in advance of the main party (fortunately, the wind direction was appropriate). A learning point here (which was pointed out in the de-brief) was that I should have made sure that there was a cas-carer with each group – good point!

So off they all went as Harry and I set up forward search control and GPS tracking from Mobile 2. Another learning point here – Harry's smart little clock was very useful for recording the time on the communications log but it would have been even more useful if he had remembered to put it forward an hour when the clocks had changed! It was only about 15 minutes before Richard P announced on the radio "Found 'im, 'es over ear!" I mentioned later about radio protocol and priority messages – another learning point. The rest of Richard's group zeroed in on the cas site while Harry recalled the other two groups to transport kit from the Land Rovers.

The casualty was found to be semi-conscious and rambling with an empty bottle of booze and a bottle of tablets nearby (Ah yes, I thought the description sounded like Keith P!). It seemed that he was also being watched over by the Archangel Malone who just flitted around being of no practical use whatsoever, claiming that he was only there to observe. The cas-carers got to work, protecting the casualty from the elements and requesting both medisacs (with oxygen and the defib), the cas-bag and a stretcher. These items were dispatched with additional manpower for stretcher carrying, etc. but I kept two or three team members back in case any further kit was requested. At the subsequent de-brief, Bill M said that he was very happy with the treatment he saw being administered and he went through the likely effects of alcohol in association with stage 1 hypothermia (apparently it can stop shivering all together and rapidly hasten the slide in to stage 2 and the associated complications).

The evacuation of the casualty on the stretcher seemed to take place rapidly and without a hitch. When everyone was back at the vehicles we returned to base for the de-brief (key points already covered above).

Photos can be found on our web site (www.kendalmrt.org.uk) on the "Gallery" page.

John Fitch

Sunday 26th April: Water Margin Search

Theory first - many items were discussed, the main item was the '1-4 method' (as I've called it) of searching –

1. Searcher JOB: Search ONLY, near the water KIT: Helmet, PFD, Throwbag, Torch
2. Comms/Link JOB: Link with 1 & team Comms, not near water KIT: Hill kit, Radio(s), Torch (no water kit)
3. Rescuer JOB: Safety/rescue of 1, possibly in water KIT: Full Swiftwater PPE (inc. Throwbag), Torch
4. Rescuer link JOB: Link with 3 & Comms with 2, near the water KIT: Helmet, PFD, Throwbag, Radio, Torch

Comms - There were more detailed 'debates' about one or two Radio Frequencies, this may be resolved at a later date, or decided on a need basis, for certain types of callouts.

Numbers – There is also the possibility of being short of people, therefore the role of 2 and 4 would be looked at, and if needed changed for certain types of callouts.

Later, a search exercise was carried out on the banks of the Lower Kent, with little water actually in the River. It was a hot sunny day, which gave the Team members in Drysuits an impromptu personal sauna...

During the search, the team used the '1-4 method', with most people seeing the benefits and some limitations.

A quick Communication...err - debrief was held in the field (literally), which was followed by lots of Throw-bag practice.

To any onlookers this must have looked pretty bizarre, but maybe not as bizarre as seeing people in Drysuits walking along the path next to a nearly dry river!

Some of the Swiftwater Technicians remained after this concluded, and attempted to look at scenarios on that stretch of the Lower Kent, this was difficult due to access, which in itself was a useful lesson.

Hope it rains next time.....

Dave Atherton

March Training write up with sincere apologies to all but especially Pete who got this to me well in time for the last issue!... Ed

Wednesday 11th March: Search and Rescue

As Dire Straits once asked "And what have you got at the end of the day?"

Well, in this case, a missing walker on a known route somewhere in the Cunswick Scar area. The usual search pattern of covering the main footpaths first was implemented, and relatively quickly a find made by Wolf Vinny (Sorry Searchdog Vinny). The find however was less than usual: John Fitch, with a knife sticking out of his thigh, repeatedly asking for whisky! (Suggestions as to what Anne had done to push John this far on a postcard please...)

In addition to dealing with an unusual wound and constant nagging for whisky, the team members in attendance had to take on board the concept of dealing with a crime scene: retaining any obvious evidence and setting up an exclusion zone around the casualty. Super sleuth Eddie has experience of such things and promptly used a couple of torch beams to demarcate the night crime scene with lines of light. Theoretical first aid later, we were lucky enough to have a number of keen provisional types on hand to carry the stretcher back towards the waiting vehicle.

So what did we learn at the end of the day?

- Appoint a cas site manager to oversee things.
- Appoint *someone else* to deal with comms.
- Beware of open mikes – footsteps start to sound really boring after a while...
- Remember, the walls have ears! Use EXERCISE casualty on the radio if it's an exercise, and never use full casualty or informants names.
- What we do can be very serious, but you don't always need to be too serious doing it, or training for it!
- Make sure the back man on a stretcher party is informed of any hazards coming up: steps, rocks [Or in this case *mostly cow pats...Ed*] etc; as you're walking along.
- We need to practice loading stretchers into Mobile 2, but preferably not at 10 o'clock at night...
- Don't forget to order ahead county ambulance, air ambulance or Sea King, as appropriate, or to tell the hospital you're on your way.

And what have you got

At the end of the day?

What have you got

To take away?

A bottle of whisky.

A new set of lies.

Blinds on the windows

And a pain behind the eyes.

Scarred for life.

No compensation.

Private Investigations.

With thanks to all of those involved in running the evening's events and to Mark Knopfler for the classic Dire Straits lyrics.

Pete Munford

Training

Log-Books

For those of you who have handed them in, they will be signed off and available for collection from the Logbook shelf on Wednesday 13th May 2009. Team members who still have not handed in their logbooks need to do so ASAP (before being named and shamed in June's newsletter).

General Driver Training for New Team Drivers

Andy Stokes will be providing **theory sessions** covers attitude, system, cornering, positioning, overtaking and the use of emergency equipment this training on the **17th and 18th June**. All Team members, full and provisional, are welcome to attend the theory session. Start time will be 7pm prompt.

Full day practical session in the Land Rover, in a group of three, **Saturday 11th July**

There are only two places left on this day. However, I will hopefully be organising another practical day later on in the year for those who don't get in this time or current provisionals who will be full members by then.

Practical sessions only open to those who have attended BOTH of the theory sessions above and meet the requirements set down in the policy on driving team vehicles (See Standing Orders folder at base).

Paul Astle

Training Program for July to December 2009

Date	Training	Organiser	
July	Wed 8th	Ropes Course	PM (+ Helpers)
	Sun 26th	Rigging for Rescue	AD / SK / PA
August	Wed 12th	Round Robin	Keith P / KK
	Sat 22nd (7pm)	Water Search	KJ / DR
September	Wed 9th (6.30pm)	Scenes of Crime (L&A Base 7pm)	P Burke / PA
	Sun 20th	RAF Heli Training - Kentmere	CM / JF
October	Wed 14th	Medical Teaching	BM / Medical Group
	Sun 25th	Medical Teaching	BM / Medical Group
November	Wed 11th	PPE Inspection & Testing	Kev P / EH
	Sun 29th	Medical Teaching	BM / Medical Group
December	Wed 9th	Search Management	HA / DJ
	Sun 27th	Social Sec(s)	SN / PM

Logbooks - Logbooks are due in for review during the first week of October. There is now an action plan in place for those that don't!

Swift Water Techs - Extra training for qualified Swift Water Technicians (date(s) to be announced). Swift Water Rescue course to be run Nov / Dec time (Dec 06 certified SWTs are due for renewal).

Driving - Blues and Twos training (date(s) to be announced).

If you want to get on the driver list you need to (in accordance with the team policy):

- Be a full team member, age 25 or over and meet the minimum age specified on the insurance policy.
- Obtain a medical form from Training or Medical Officer and get your GP to complete the medical form. (If your GP plans to charge for this, speak to Bill Malone first).
- Hold a full UK driving license that must be seen by the Training or Vehicle Officer.
- Obtain a driver form from Vehicle Officer, complete it and return it to him.
- Arrange to go for a drive with Simon Thorn (Tel. 01539 729033).

If you want to maintain your current status on the driving list you must:

For a General Driver do 3 reasonable drives a year in a team vehicle.

For a Callout Driver do 4 reasonable drives a year in a team vehicle (Need not be callout drives).

If you would like to take a vehicle off tarmac, contact: Chris Marsden (Tel. 07593326640), Steve Kelley (Tel. 01539 731698) or Kevin Knowles (Tel. 01539 741942). We now have use of an off road driving course, so let's make use of it!

Team Leader – Job Description

Job Title:	Team Leader
Location:	Kendal
Reporting to:	Management Committee
Purpose of Job:	To provide operational management of the Team on Search or Rescue Operations and to maintain appropriate liaison and working relationships with other agencies.

Principal Requirements

Contribute to the operation and management of the Team by:

- Ensuring the Team is in a state of preparedness to deal with any mountain, urban or civil emergency it might reasonably be tasked to deal with.
- Demonstrating ability to confidently direct members of Kendal MRT and other organisations during incidents.
- Operating in a variety of roles in order to bring local, regional and national incidents to a successful conclusion.
- Liaising and networking with officers from other emergency services.
- Representing the Team at local, regional and national level.
- Maintaining records relating to incidents.
- Maintaining currency in training for Search management.
- Participation in planning and delivery of awareness, technical and familiarization training to Team members.
- Maintaining currency in developments in technical and water rescue.
- Demonstrating substantial knowledge of the Team's operational area and historic incidents within it.
- An awareness of the geography of regions peripheral to the Team's own boundary.
- An awareness of national governing body awards as they relate to the mountain and water environments.
- Confidently and competently represent the Team in attending Courts of Inquiry.
- Maintaining an overview of the operation of the various working groups within the Team.
- Possess appropriate soft skills to be able to lead and motivate others.
- Understand the statutory framework under which the Team operates as an Agency of the Police Service.
- Liaise with the press in all its various facets on matters relating to Team operations.
- Be able to resolve interpersonal conflicts and handle complaints from other Agencies or members of the public.
- Be able to make site and scene specific risk assessments.

Kilimanjaro

At the end of June I am going to attempt to climb Kilimanjaro. I am going to use the trip to try and raise some sponsorship towards the team's Wheels Appeal. Details and sponsorship forms are available on my website www.bellsofkendal.co.uk. Could I ask team members please to spread the word, along with sponsor forms, to all and sundry? Thanks.

Stuart Bell, Team Supporter

The Cumberland Challenge

John Hall and I have entered a cycling event called The Cumberland Challenge, which takes place on Sunday 6th September 2009. We would like to invite other Kendal MRT members to join us. It is only 105 miles and you have 10 hours to do it in. There are 4 whole months to get fit for it and you could raise some money for the Team as well as impressing your friends and family. Please let me know if you are interested.

Further details on the event website www.thecumberlandchallenge.co.uk

Trevor Cotton

Torchlight!

Friday 11th September 2009

The theme is "Celebrations". We need help! Ideas! And lots of volunteers!!!

This year we are also one of the nominated charities so we will need plenty of extra people to collect money on the night as well as for the team entry. This is an excellent opportunity to raise the profile of the team and to raise much needed funds so don't be shy in offering your services.

Chris Marsden

Why would you want to walk to Barrow?!

With apologies to all those working for Barrow as a tourist destination, and indeed those who live there, the most common response when telling people you're walking from Keswick to Barrow is "Why?!!" and the disbelief grows when they realise that's 40 miles of tarmac you plan to pound to get there. At least it usually makes people agree to sponsor you, if only out of pity for your obvious mental instability. But there must be a bigger reason than "for charity" that gets thousands of people from all walks of life to sign up for the kind of challenge that, depending on your mental and physical readiness and the conditions on the day can range from uncomfortable to positively painful.

This year another motley crew of hill-going, supporters, friends and friends of friends were rounded up by K2B master John Hall to create the Kendal Mountain Hares and Kendal Mountain Tortoises who spanned a wide range of motivations and aims. Some, like John were veterans of the challenge and knew what to expect and their capabilities. Some were taking part for the first time and were less sure of how they would fare. How they fared was quite amazing; two of our first-timers for example came in as first man (Harry Stainton, at 18 amongst the youngest ever winners) and first lady (Lindsay Harrod) finishers! The Tortoises basked in reflected glory! And, despite taking more than twice as long to finish (and the longer you were out the worse the nasty conditions got!) as first lady, our last lady across the line equaled the achievement of making a phenomenal effort and stretching her capabilities. Well done all!

When, at the end, I announced that this had been my third **AND LAST** Keswick to Barrow (disbelievers may like to look at the Editor's Comment from the May 2008 issue of Mintcake...) fellow Kendal Tortoise Colin pointed out the uniqueness of the event; "Where else will you get school kids and pub teams doing something like this?" And he's right. This is not an elite event; despite the fact that it is of a distance to make seasoned marathoners think twice you'll see people carrying their kit in a duffle bag over one shoulder, umbrellas as their waterproof, teenagers goofing about, trying to run whilst sharing MP3 headphones, stopping for a cigarette break... With this in mind you could reasonably expect that at least half would quit when, inevitably, the going gets tough. But they don't. The support, atmosphere and their determination gets most to the finish despite the aches, fatigue and blisters.

That evening, in the warm glow of deep heat and deep relief it was all over I had the following 'phone conversation:

"Hello?"

"Why didn't you talk me out of it?!!"

"Er..."

"That was horrendous! I can hardly walk! Never again!"

"Yeah, I'm aching a bit myself..."

"Kirkby Moor goes on forever! My knees! Never again!"

"Pretty cold up there with the rain..."

"We got hail! And that headwind! Never again!"

Etc.

I rather gathered Mr. Pittman may be back on support duty next year! But when pressed he had to admit how good it felt to have done it and I've heard "Never again!" some place before!

A huge thank-you on behalf of all the Tortoises and Hares to our sponsors (money raised goes to the Keswick to Barrow Committee who distribute it to hundreds of local charities, including ours) and to this year's support crew; Ian, Andy, Chris, John and Trevor; for the willingness to get up at 4am to drive and the patience to wait roadside for many hours to give a few much appreciated minutes to each walker. And of course, John Hall. Above the fact he can run the thing in times that would shame most half his age he does a huge amount to organize the KMSRT teams and is absolute in his support for and pride in everyone. We may even forgive you for roping us in to it in the first place!

Kathy Jackson

Fundraising

Bucket Collections

We collected both Saturday and Sunday at Tebay Services the weekend of 2nd/3rd May, which needed a lot of collectors, and I'd like to thank everyone who came out to help. The result was excellent with a weekend total of £2110.65

Other Donations

Quiz night at the Smithy Inn raised £130

Quiz night at Grayrigg, organised by Tony Womack (thanks Tony), raised £179

Forthcoming Activity

There is a lot of activity over the next few weeks and I'm afraid I'm going to need a lot of support. The good news is we then have very little activity until September.

May 16th: Town Centre and Asda

I have only 1 slot to fill at Asda but am looking for a number of town centre collectors from 11am onwards. As always this is the collection where we need to get as many people as possible exposing themselves on the street – if you know what I mean!

May 30th: Marks and Spencer

I currently only have one volunteer for this collection!

June 5th: Specsavers

Specsavers in Kendal are sponsoring us and I've been asked to provide a presence in their store. I shall take our display stand and it would be good to have another body there for some of the time – to give me a break!

June 6th: Garburn Trail Race

The race organiser tells me he needs even more than the 20 marshalls we provided last year so please add your name to the list (or rope in friends and family) if you can. As well as paying the Team all marshalls are offered a free pair of Bridgedale socks. How can you resist!

Sponsorship Forms

If anyone is considering a sponsored event to raise team funds I now have a sponsorship form template for use.

***Peter Clarkson,
Fund-raising Co-ordinator***

Contacts

Kathryn Jackson

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 June 2009

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 please do drop me an e-mail.