

# Mintcake



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Reg. Charity No. 1125680

October 2009

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It's wouldn't be the October issue of Mintcake without a torchlight photo on the front and this year we've two stone-age stunners to make you smile – full report inside.

## Editor's Comment

So there I sat, smiling self-consciously at the camera and feeling somewhat daft at telling everyone what I had for breakfast as a "soundcheck" (don't know how much they managed to check with "toast"). After giving a 2 minute (do you know just how long 2 minutes can last?!) interview on the effects of the recession on voluntary agencies I realised the worst was yet to come with the agony of watching the playback for debrief! As the trainer positively enthused at how much more confident I came across on camera than he guessed I'd felt I tried not to focus on the fact I looked about 10 years older on camera than I felt! "Media Skills" training, another to add to the list of experiences I didn't anticipate when joining a Mountain Rescue team!

*Kathy*

## 100 Club

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

1st:	55	Mrs. J. Keetley	£15
2nd:	42	Jill Clarkson	£10
3rd:	12	Mrs. Pauline Speak	£5

*Peter Clarkson*

## Mintcake Nibbles

- Congratulations to Matt Burke who becomes a full hill-going member this month.

## Callouts



**28 September 2009 18.00hrs**

The Team was paged by the police and asked to assist in the recovery of a body from Hagg Wood in Arnside.

## Exercise Reports

**Wednesday 9<sup>th</sup> September: Scenes of Crime (or How to Make a Complete Burke of Yourself)**

Super-sleuth and member of the L&A team PC Paul Burke was kind enough to come along and try to teach us what to do if we found ourselves at a possible crime scene. Most of us didn't have a Clouseau it seemed a good idea!

Straight away it got difficult with the revelation that a crime scene could move about. Not only could it be the physical location, but it could be any fixed or movable objects, the victim, the suspect, the witness or anyone who has come into contact with them. One of the tricks was to do as much as reasonably possible to ensure that the crime scene does not move about. Another good thing to remember is that crime scenes rarely present themselves with big "Crime Scene" labels on them – more often it's just that something doesn't add up or you get that "uneasy" feeling. So here came the first mention of the advice that was going to run throughout the evening: If you are not sure, "Ask a Policeman"

On reaching a (possible) crime scene, a team members should: Think Safety (including personal safety); Request the Police; Cordon off the area and create a Common Approach Path; obtain the Details of all persons present; Remove all unauthorised persons from the scene; Maintain a log of all persons entering the scene; Ensure that nobody enters the scene without permission; Preserve (where possible) any visible evidence. Nothing should be touched unless it needs to be moved to preserve evidence (gloves must be worn). If you are not sure, "Ask a Policeman".

We were also told about "SAD CHALET". No, this is not a bungalow where coppers sit and drink tea, it is in fact an acronym or is it an anagram or even an aqueduct? Anyway it means "Survey, Assess, Disseminate, Casualties, Hazards, Access, Location, Emergency Services, Type & Timescale". If this is not entirely clear "Ask a Policeman".

By the end of the evening we were all budding Inspector Gadgets and our new knowledge was tested in various cunning and dastardly scenarios that were devised by our tutor. Our cooperation was secured with bribes of sweets, key rings and pens – should we have accepted gifts from a stranger? If in doubt, "Ask a Policeman". We also received practical gifts of police evidence bags and something called a "Police Support Bag" (not the lady in the police canteen) containing a log book to record visitors to the scene, exhibit bags, police tape, etc. Two more bags were promised so that we can carry one in each of our official vehicles. When should these be used? Well, on any official job when considered appropriate - If you are not sure, "Ask a Policeman".

Many thanks to Burkey for an amusing and very informative evening. Not sure who Burkey is? - "Ask a Policeman".

**John Fitch**

## What's On?

**Wednesday 14 October**

Training: Medical Teaching: 19:00

**Friday 16 October**

Collection: ASDA

**Wednesday 21 and Thursday 22 October**

Training: Response Driver Theory

**Saturday 24 October**

Training: Response Driver Practical

**Sunday 25 October**

Training: Medical Training: 09:00

**Wednesday 28 October**

Equipment Evening: 19:30

**Saturday 31 October**

Collection: Booths

**Tuesday 3 November**

Base and Vehicles Working Group: 19:30

**Wednesday 4 November**

ANNUAL GENERAL MEETING 19:30

**Saturday 7 November**

Training: Response Driver Practical

**Wednesday 11 November**

Training: PPE Inspection: 19:00

**Wednesday 18 November**

New Members Night: 19:00

*(Nb This is a correction from August edition! Apologies, Ed.)*

**Thursday 19-Sunday 22 November**

Kendal Mountain Festival including Climb for Kendal and KMSRT stand at Brewery Marquee.

**Wednesday 25 November**

Equipment Evening: 19:30

**Sunday 29 November**

Training: Medical Training: 09:00

**Wednesday 2 December**

Operations and Membership Meet: 19:30

**Wednesday 9 December**

Training: Search Management: 19:00

**Wednesday 23 December**

Equipment Evening: 19:30

**Sunday 27 December**

Training: Social: 09:00

## **Sunday 20<sup>th</sup> September: Helicopter Training (or *Veni, vidi, vinchi (I came, I saw, I got winched – we didn't do the last!)*)**

*Flares:* to be set off when helicopter sighted. Mark downwind end of landing site with smoke, or to one side if not practicable. Person with arms raised in yellow jacket at upwind end.

*Do's and don'ts* with a helicopter:

1. Do approach from the front when told/beckoned to do so (10-2 o'clock from the pilot's point of view (see point 2 regarding rear side rotor).
2. Don't put your head in the top or side rotor to see if your helmet works.
3. Do beware the ice/eyes collector just in front of the left side door
4. Don't help the winchman to pull you in by pulling on ANYTHING (especially the cable cutter).
5. The big yellow pods over the wheels are the floatation bags. When they do expand, they reach about triple their volume at high speed and pressure. Not sure how often they malfunction, but maybe give them a wide berth.
6. Don't have anything loose that can be blown away

*Getting winched in:* In pairs facing each other, one person holds the snaplink holding two strops while the other gets into his/hers, then puts his on. Tighten up the strop and have it under the shoulders, not lower, with the arms down. Rucsacs are good at the front on a sling and snaplink. On arrival, will be pulled in by winchman and told where to sit. Back right-hand seat is the winchman's and some are very possessive.

Strap in.

*Winching/getting out:* Once out with plenty of headroom (see don't 2), leave downhill if you can.

If not enough headroom, stay put till the helicopter goes away.

*Odds and sods.*

Torches and radios off. They do have a crampon mat to stop crampons and ice axes piercing the hull, but take them off outside if possible. If not, do it while you're sitting on your bum after getting winched in – no rush.

*Crashes*

Brace position – one hand holds seat frame under legs, the other holds the opposite shoulder, head tucked down. Know where the nearest exit is.

Exits other than doors or holes – pull release tab and push out windows, pull one or both of the levers on the main side door and push it out.

Water crashes – probably will turn over. Don't open exit till the helicopter has almost filled with water, as you'll get washed away and trapped. Stay belted up till time to move.

**Tom Barkas**

## **Sunday 27<sup>th</sup> September: East Cumbria Search Panel Joint Training Exercise**

After agreeing with Trevor that I would be happy to take part in a joint exercise I found myself not quite awake, on the base car-park at 6.45 a.m. on a Sunday.

After shuffling vehicles, loading radios, packing bags etc we set out from base. Our driver for the day, Steve, chose this moment to announce that he also didn't feel fully awake. A point he proved by having to be helped with directions to get out of Kendal. On route I explored the various options for tea mug holding within the new mobile 3, and came to the conclusion that this consideration might have been overlooked during the spec up preparations for the vehicle.

Arriving with no further incident at Kirkby Stephen base Trevor gave directions to our driver. Apparently "turn right here" means exactly that - Turn! Right here! - **not** take the right fork in the road. Although Trevor might have phrased it slightly differently.

Today would turn out to be a day of discoveries. The 1st of these came from our beloved Editor. From arrival at Kirkby base to persuading a member of the host team to provide her with refreshments was accomplished in less than 30 seconds. She must have been very thirsty.

After Trevor had finished “networking” Kath went into control and was briefed. It turned out that with some reluctance our unlucky chairman had been assigned the task of helping out in base (I can tell everybody he was so disappointed to not be coming out). Kath briefed the rest of us, now known as “Kendal Hill Party”. The scenario was a search with 21 missing people as the result of a fell race gone wrong. Was this wishful thinking as the RAB Mountain Marathon was taking place less than 10 miles away?!

We set out on our way, and made our second discovery of the day. Mobile 3 has a 6th gear. OMG! The journey to the start of our search area was further enriched when we passed several bullet riddled cut out men, a burnt out tank, a house which had recently suffered damage and looked like somewhere hostages were kept in the eastern block and, finally, our next discovery, I spotted several flag poles with big red flags on them. The maps from base didn’t even have these marked!

Our search area went up a valley following a footpath. We were kept well informed by plenty of radio chat, and were eventually asked by control to divert our efforts to a steep hillside searching the area with a Kirkby hill party. After a while a casualty was found who we were told over the radio had been “blown off”. At this point the next discovery came. I was not aware that it was humanly possible to put on a pair of latex gloves as quickly as Steve managed.

The casualty dealt with we were given a new area. This proved challenging terrain, and after a further hour of searching we came up with nothing. Our dampened spirits were lifted when we heard that one of the search dogs had also drawn a blank. Retracing our steps we overheard radio chat that said we and the dog had come within feet of the casualty. A group of walkers we met also mentioned that they had seen the casualty who was helpfully in a shake hole inside a camouflage bivvy bag. I understand that this is standard issue for all fellrunners who have long since abandoned the highly visible orange ones.

Once back at base, 20 plus km under our belt for the day, we were greeted by scenes of total devastation. As you entered control one had to be careful not to trip on discarded tea mugs, cream cake wrappers, chip papers and plates of biscuits. Trevor announced to us that he was very fatigued by his obvious efforts, again I think he might have phrased it differently.

In summary the exercise was valuable. In particular;

1. We worked with other teams
2. Experienced working with dogs
3. Operated in different areas.

***Phil Latham***

## **Driving Passenger Vehicles**

At the Operations and Membership meeting this month there was a discussion over the confusion surrounding the requirements for driving larger vehicles. If you have held a car entitlement since before 1997 you can drive a minibus up to 17 seats on a “not for hire or reward” basis. Those with a post 1<sup>st</sup> January 1997 license may only drive vehicles up to 8 passenger seats unless they hold a PCV entitlement or are operating under the permit scheme (certain volunteer and educational groups). There are exceptions to this based on age (driver and vehicle!), type of use and vehicle weight restrictions. The concern from a Mountain Rescue standpoint is that drivers may inadvertently drive vehicles that they are not licensed for. This shouldn’t be a problem for Kendal team vehicles as our maximum passenger load on Mobile 2 is 8 (part of the reason the seating was revised) but if you are asked to drive a vehicle for another team the message is to be aware of what you can and can’t drive and, if in doubt, don’t! If you are as confused reading this as I was writing it the DVLA website at

<http://www.direct.gov.uk/en/Motoring/DriverLicensing/WhatCanYouDriveAndYourObligations/index.htm>

makes things marginally clearer! It’s worth noting that in all cases you have to be over 21 to drive anything with more than 8 passenger places... Now how many team members does that rule out...?!

***Kathy***

## FUN-raising!

Volunteers all, we know the funds to keep the team ticking have to come from somewhere and fundraising co-ordinator Peter Clarkson is always on the lookout for those special places. Whether he would have chosen for two major opportunities to come along on consecutive days is another question! The County Show was graced with perfect weather and a correspondingly huge crowd and, after all the pre-planning and rounding up of supporters, there was a good crew representing the team, answering questions at our stand or wandering round with buckets trying to get the show-goers to part with their cash!

That cash was hardly counted before the fund-raisers were out again at Booths as one of Kendal "Torchlight" nominated charities. Buckets rattled all day and into the night and float-ing members got themselves ready to parade the streets as Mountain Rescue Past, Present and Future with Chris continuing his traditional role of selecting the most tenuous link possible to the official carnival theme and directing operations. Pierre excelled himself as float techie by building a Stone-age MR Mobile 1 (BC), I got all stropky and artistic flinging some paint around (I think I've got most of it off the base floor now...) and the usual suspects got their fancy dress fix as fur-clad cavemen. Pierre and Tony provided past and future in the form of their boys, who joined the parade as a cave-kid (complete with low-tech "Painkiller"!)



As well as the usual opportunity to make complete eejits of ourselves and keep ourselves in the public eye we also had the chance as a nominated charity to collect and the spectators showed their appreciation generously to the big posse of KMSRT collectors working the crowd.



The frenetic activity continued into the weekend as folk got on their bikes to pedal for Breast Cancer Care at Boots in Kendal. Good PR and good charity Karma with some cash to an extremely worthwhile cause (although from the photo it looks like Trevor was largely supporting Greggs!). Elsewhere Great North Swim participants were also sending sponsorship our way.

Phew! Lots of people and lots of time and effort put in, but hopefully a good degree of enjoyment gained... and certainly amazing results for team funds. Between County Show (buckets **£909**, boxes in Made in Cumbria tent **£302**) and Torchlight (**£1837**) in two days we managed to collect **£3049!**

After all that Peter and Jill could do with a holiday... so they jiggered off to France with their bikes! Hope you had a good time!

A huge team thank-you has to go to them for all their hours of hard labour and to everyone who answered the call and helped in whatever way (especially the usually unsung cash counters!) towards these great results. Hope you're raring to go for the October collections!!!

**Kathy**

## Climb for Kendal 2009

Those of you who joined in with this event last year will remember that it was run at the time of the Kendal Mountain Festival. It involved making the ascent from the Birdcage (Base Camp) to Beast Bank (Summit Camp) with a view to the combined effort being equivalent to climbing Everest. In the event, Everest was climbed more than three times and a lot of money was collected for charity. As part of the event, the team carried the Mayor down on a stretcher.

The good news is that the event will run again this year (on Saturday 21<sup>st</sup> November) but it is planned to be bigger and better and the Team will share the profits with the Mayor's charities.

If you have any ideas for activities, attractions or corporate sponsors please pass them through Eddie Harrison.

### **John Fitch**

*To expand, the Kendal Mountain Festival organizers have been open to a stronger presence from the team at this year's event, likely to take the form of a stand in the marquee at the Brewery Arts Centre. Peter Clarkson will no doubt be pleased to hear from members with some free time over the weekend (particularly Saturday through Sunday morning) to man the stand, talk to event goers and run a competition. Can you fit a stint in between films? Ed*

## Barbara Minton's Memorial Tree

### **Invitation to Tree planting in memory of Barbara Minton in Kentmere**

The planting of Barbara's tree under Raven Crag in Kentmere is to be held on Sunday 15th November at 3pm.

As parking is limited in Kentmere, it would be best if we could all meet at the Kendal Mountain Search and Rescue Base at 2pm and organise transport from there. Please let me know whether you can attend.

### **John Hall**

## Sports Report

It is normally the 2<sup>nd</sup> January that you expect a burst of physical activity to be seen as people get on with their New Year's resolutions to get fit and lose weight. I can only assume there was a Cumbrian New Year in late August as since then Team Members have been participating in numerous sporting events; none of them easy ones.

It started with Kathy Jackson and former Team Member Hamish Wilson spending the August Bank Holiday completing the gruelling Coast to Coast adventure race (see September Mintcake for the agonising details). At the same time Richard and Martina Pyne competed in the Senior Guides Race at the Annual Grasmere Sports & Show. This is a lung-busting race uphill followed by a suicidal run down!

Getting on their bikes were Trevor 'new knees' Cotton and John Hall; they took part in the Cumberland Challenge on 6<sup>th</sup> September. They were raising money for the Team on this 105 mile cyclo-sportive event that starts in Brampton and traces a figure of eight around the North Pennines taking in the climb of Hartside before heading back to Brampton and then alongside Hadrian's Wall and onwards for a brief incursion into Scotland before finishing back in Brampton. A 'challenging' ride with 2900m of climbing – I feel tired just writing the route down! Continuing the cycling theme - numerous Team Members cycled hard and fast (but got nowhere) when they joined others outside Boots in Kendal on Saturday 12<sup>th</sup> September to 'Pedal 1000 Miles' for the Breast Cancer Care charity (and gave the Team plenty of publicity as well).

The Great North Swim took place on the 12<sup>th</sup> & 13<sup>th</sup> September, this is an open-water swim in the cold water of Windermere. Spurred on by their previous events were both Martina Pyne and Kathy Jackson who successfully completed the course; as did Sian Pittman - who was doing the swim as a sponsored event to raise money for the Team. A week later the chilly water of Windermere would have seemed like Nirvana to Stan Akrigg and Keith Pittman who complete the Great Langdale ½ marathon on one of the warmest days in past few months.

To fulfil my Cumbrian New Year Resolution, like all our fine athletes, I am off to exercise – now where did I put the dominoes?

**From Mintcake's Sports Correspondent**

## Annual General Meeting

The Annual General Meeting of KMSRT will be at base at 19:30 on Wednesday 4<sup>th</sup> November 2009. All members are encouraged to attend.

The posts of Team Leader and Treasurer are for re-election this year due to the present position holders standing down. These positions will initially be for a 1 year term and then will be re-elected in the normal course of events.

The following posts are for re election having completed their elected term.

Director/Company Secretary David Ritchie  
Vice Chairman (elected annually)  
Deputy Team Leader (Steve Kelley)  
Fund Raising  
Newsletter Editor

Nominations for these posts should be sent to me, preferably before 20th October 2009 to assist administration. However, nominations up to the start of the meeting can be received. Any nomination must have the agreement of the nominee and must be proposed and seconded by any FULL MEMBER.

**Pauline Speak**  
**Secretary**

## And Finally...

A mountain rescue team called out twice to investigate shrill whistling suspect it was the call of deer and not walkers in distress. Members of the public raised the alarm after hearing what they believed to be the sound of emergency whistles being blown. Lochaber Mountain Rescue Team made two separate fruitless searches.

New team leader John Stevenson said wildlife experts advised that it may have been the call of sika stags.

The animals make the whistling sound as a warning and during mating season, which runs from September to November.

Sika are also known to make raspberry noises.

In the first call-out last week, the mountain rescue team and a search and rescue helicopter spent six hours searching Glen Nevis after a family raised the alarm.

The team searched the same area for a further two hours the following night.

Mr Stevenson said: "On the second night we did hear a whistling noise and we thought it was some kind of bird.

"Later, local wildlife people told us that sika deer can make this sort of whistling type noises."

Sika deer were introduced from Asia to parks in the UK in 1860, but escapees have established themselves in the countryside.

**Submitted by Les Telford from a BBC Scotland report**

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**Copy deadline for next issue: Friday 6<sup>th</sup> November 2009**

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