

# Mintcake



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

Reg. Charity No. 1125680  
November 2010

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## What's On?

- Wednesday 8 December 19:00**  
Night Navigation
- Tuesday 14 December**  
**Christmas Meal (Note in Base for details)**
- Sunday 19 December 09:00**  
Social
- Monday 20 December**  
Father Christmas collection
- Wednesday 22 December 19:30**  
Equipment Night
- Saturday 22 January**  
Burns Night
- Saturday 29 January**  
Team Dinner

## Editor's Comment

Short one this month.  
News of next years training schedule will be in next month!

*DBH*

## Caption Competition



So what is Pete doing or about to do with the Mayors Chain and has anyone seen him since?

Answers to the usual address please...

## Mintcake Crumbs



The new Mobile 1 is reported to be going well, even if we have not quite paid the last invoice for it yet. However, on a recent callout a certain team member (who will remain nameless) but happens to be an Institute of Advance Motoring “Senior Observer” and also the Team Leader) managed to remove a spotlight with an inconvenient branch. Fearing the wrath of the Vehicle Officer, (who happened to be ahead in Mobile 3) a team member jumped out and picked up the broken lamp, only to find two almost identical lamps rather than the one he was expecting. John Everet was reported to have “No comment”



The vehicles are now on winter tyres – drivers take note!



Phil Latham is organising a Burns Supper next Month. Unless I have misunderstood, new Cas Carers take note. More details in the next edition.



Attempts to make the team greener are meeting a mixed response. One team member phoned base to say they would catch the train to the callout on 28<sup>th</sup> only to find no room in the Land Rover and a little bird tells me that our team leader has recently qualified for his bus pass.



Trevor Cotton will soon be having his other knee replaced, so on behalf of the team, if it happens before we see you next - Get Well Soon



Dave Hughes will be taking over from John Fitch as Pager Officer in the near future. John has assured me about how nice everyone is when pagers play up. I will of course report any particularly amusing breakages or losses here.

If there is a problem call / text me (the number is on the team database)

## Callouts

### 01 November 19.00 hrs

Two female walkers had reported themselves lost and benighted in the Langdale Pikes. They had thought that they were descending Stickle Ghyll but Langdale & Ambleside team members went up that way and failed to locate them so a search was on. We were asked to assist by going up from the Grasmere side via Easedale Tarn but shortly after we set off up the hill they were located on steep and difficult ground around Mart Crag above Mickleden. We returned to our vehicles, drove round to Mickleden, ascended the Stake Pass and assisted with the evacuation. One of the women was able to walk off but the other was cold and exhausted so she had to be stretchered off. The rain stopped for the carry-off but there was a lot of water coming off the hill - wet feet all round. Home for dinner at about 1am!

### 14th November 13.50 hrs

NorthWest Ambulance requested our assistance via the Police to attend a suspected cardiac arrest on a path about 2 km south of Kentmere Hall. A passer by performed CPR on the casualty until the Air Ambulance and paramedics arrived. Sadly, the 66 year old male died at the scene. We recovered his body to the Westmorland General Hospital.

### 21st November 15.15 hrs

We were paged by the Police and asked to assist a 70 year old male with a known heart condition who was experiencing chest pains. He was walking with a group in the Brant Fell area of the Howgills. An air ambulance was requested but unfortunately this had to abort due to bad weather and approaching darkness. We managed to drive one of our Land Rovers high up to Rowantree Grains. The casualty was treated by team members and transported down from the fell to a waiting Ambulance.

While returning from this incident, one of our vehicles assisted at a road traffic collision to the west of Sedbergh. There were no significant injuries.

28 November 17.00 hrs

Following a day out training in Kentmere, we were called to assist the Langdale & Ambleside team to recover a female casualty who was found unconscious by a passing walker on the summit of Bow Fell. Helicopters had failed to get through due to the severe weather. The casualty was located and treated by team members before being carried off the fell in full winter conditions. We sent 10 of our team members in two Land Rovers, keeping one Land Rover and some personnel back in anticipation of further incidents developing in the snowstorm that was raging.

The Team was quickly put on standby to assist the emergency services. The Police were concerned about the safety of an elderly lady and a child who were trying to get from Kendal to Sedgwick so we gave them a lift. Shortly after, we were back in Sedgwick taking care workers to assist an elderly patient. We were also sent to Bowness to help the Ambulance Service with the evacuation of a female with suspected spinal injuries. We were all tucked up in bed by about 1.30am!

## Exercise Reports

### Tuesday 9 November 2010 Consolidation of Rescue & Evacuation (Kentmere)

Following the successful rescue and Evacuation exercise Paul thought it a good idea to squeeze in an extra training session to consolidate some of the points learnt on the exercise and to practice a couple of things that might not have had the opportunity to do on the day.

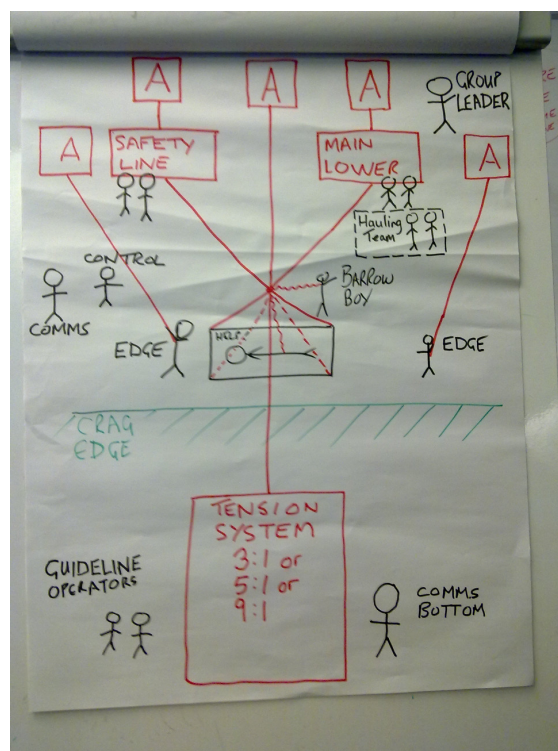
Paul went through the Radium releasable hitch.  
(Handy diagram and description at <http://slowmotrainwreck.blogspot.com/2010/01/radium-releasable-hitch.html>)

Kev P reviewed pulley systems and taught the dark art of calculating mechanical advantage.

Dave Howarth reviewed tying the stretcher and barrow boy on  
And Keith went through the different roles shown on the picture again.

All involved thought it a useful session.

Special mention to Ian Higg for his faithful recreation of the diagram....



## Search Dog News.

Goodbye to Kess, who is retiring after 7 years as a graded dog. Les has stepped down as a Hillgoing member but will remain involved with the team as an operational supporter.

Ian Higginbotham reports that his pup Kepple, is doing well has reached stage 2 of her training. Kepple (also known as Keppie, Kep and Oi) is of German working pedigree with ancestors including a czech border guard dog.

## WISHING YOU A MREW CHRISTMAS!

Often when I mention MREW merchandise, Central Fundraising, Central Purchasing and Basecamp, people ask me what relevance they have to Kendal MRT. This response seems to be common to Teams throughout England & Wales. So, the people at MREW have come up with a demonstration to prove the advantages of centralisation. A deal has been agreed with Mountain Equipment to purchase 3000 Fitzroy belay jackets for £56 each. Which is a staggering discount of 66% and means that 40 of these jackets will be given **free** to each Team in May 2011. This, we are assured, is only the start and we can look forward to more deals and more bulk discounts in the future. We have had standardised stretchers (Bell) for many years and there is a suggestion that we might work towards standard vehicles, producing a template that can be used by three or four contracted vehicle converters in various parts of the country. This could generate huge savings.

The ongoing improvement in MREW finances also means that 50% funding for certain courses is being reinstated.

This does not mean that we should give up on local fundraising as there are many things that MR Teams need money for that cannot be dealt with centrally. What I, and others would like is for us to have a more positive attitude to selling MREW merchandise, which would generate income for both of us. This would help establish our brand nationally and, hopefully, emulate the success of the RNLI.

It is an interesting point that when the "Rescue 2000" report was produced in the 1990's one of the main things that public consultation brought out was a need for a recognisable corporate image for MR Teams. We need to move further and faster to achieve that goal.

We still have a few copies of "call out mountain rescue" for sale at £8 and by the end of this week I will have copies of the MREW 2011 calendar available. This is much better than last year and is available from me for only £5. Both these items make good presents.

**Trevor Cotton**

*(This Jackets were discussed at the ops meeting last Wednesday. Whilst a few teams are unhappy with MREW doing this, they have a mandate to do so. Contact either Trevor or Ian Johnson if you want to see the relevant papers. The committee took the view that the jackets would be welcomed like any other donation, but as there is a little uncertainty about when the jackets would appear, it would not effect the order for new team kit. It was pointed out that the ME jackets use a heavier grade of insulation and don't pack as small as the Montane ones being ordered. It was also commented that there is no problem in having two – we already have two shell jackets. – Ed)*

## Gym news

Discussions are ongoing with the various parties involved in using the gym at Kendal Fire Station. Currently we expect that anyone who wants to use it will just need to:

- Complete a very short medical questionnaire
- Undertake a short induction on the gym equipment
- Have personal insurance cover in place (if you don't already have a suitable policy, a suggested one costs ~£31 a year) (*Precisely what needs insuring is one of the things needing discussion- Ed*)
- Pay the gym membership (~ £25 for 6 months)

The offer of gym membership will be open to ALL Team Members - Supporters, Ops Support, Provisional and Hill-going (but not other members of their family I am afraid). The aim is to complete negotiations so we can make the gym membership available from the start of January - final details should be in the next edition of Mintcake.

It would help negotiations if I had an indication of the level of interest amongst Team Members; so, with no commitment at all, please let me know (in the next week or so) if you might be interested in taking out gym membership (e-mail [keith.pittman@hse.gsi.gov.uk](mailto:keith.pittman@hse.gsi.gov.uk) or phone Kendal 721901) - thanks.

**Keith Pittman**

## Caption Competition 2



Following threats and accusations of picking on a particular team leader member there was a last minute change for this second caption competition with the “giant sausage” photo censored in the interests of decency.

I have already apologised to Kathy for spoiling a nice picture of her, but if anyone has any thoughts on this (or what is coming out of my head) feel free to send suggestions to [editor.mintcake@virgin.net](mailto:editor.mintcake@virgin.net)

## 2010 Personality Of The Year (POTY) awards

It is getting near that time of the year when nominations for the POTY are needed. For new members, a bit of background: the POTY award is an ‘annualish’ award to acknowledge both ‘good works’ and ‘silliness’. It can be awarded to anyone vaguely associated with the Team (members, supporters, their families, pet dog, etc). There is complete anonymity for those who make the nomination – only I know! The best nominations are read out at the Team Dinner (Saturday 29<sup>th</sup> January) and the overall winner awarded a prestigious award.

I have a few nominations (mainly silly!), but welcome more (both silly and good works); e-mail me, or phone 01539 721901.

Factual accuracy is useful but not essential.

**Keith Pittman**

## 100 Club

### November

1<sup>st</sup> Mr & Mrs J Everet  
2<sup>nd</sup> Mr J R Jenkinson  
3<sup>rd</sup> Mr & Mrs J Jackson

**Peter Clarkson**

### December

1<sup>st</sup> Mrs E Pickering  
2<sup>nd</sup> Mr & Mrs J Holdaway  
3<sup>rd</sup> Mrs D Sutcliffe

## Internet News

For GPS equipped "smart phone" users, View Ranger ( <http://www.viewranger.com/> ) are providing their software to MR teams for free and we can use our OS licence to provide the mapping (for free). This turns a compatible phone into one of those fancy GPS units that use OS mapping.

There are also some other features, which may (or may not) be useful, like the ability to track other users etc. Locally, Duddon & Furness & Wasdale Teams have taken up this offer. Dave Hughes is already using it and is quite impressed. If anyone else is interested have a word with him and we can look at giving it a trial.

*Tim Ternet*

## WISHING YOU A MERRY CHRISTMAS!

If my plan to get the December edition of mintcake out the week before Christmas (potential contributors take note!) does not come to fruition:

# Merry Christmas!

and a snowy new year!

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