

# Mintcake



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

Reg. Charity No. 259539

November 2005

## This Month

Editor's Comment .....	1
100 Club .....	1
DVD .....	1
Shorts .....	2
Christmas Lunch .....	2
AGM.....	2
Speed Cameras.....	2
Fund Raising .....	2
Exercise Reports.....	3
Callouts.....	4
The KMSRT Agony Column.....	5
Training Programme for January to June 2006 .....	6
Contacts .....	6

## Notes and Clarifications

- Saturday's night exercise: meet at base at 17.30h, prepared for winter conditions. Any changes to the start time will be notified by pager.
- Despite previous reports, Hamish is not leaving us (temporarily) to return to Australia for an MBA. Instead, he's leaving us (temporarily) to assist in Kashmir in the aftermath of the earthquake and will then be working on a project in Zambia for 3 months.

## Editor's Comment

The forecasters have been promising us a hard winter for some time, and as Mintcake goes to press we seem to be in the midst of, at the very least, a cold dry snap. All a bit different from the conditions for October's Sunday exercise (see below) which even prompted one of Mintcake's contributors to turn to verse. Like London buses, you wait for an exercise report to turn up and suddenly three come along at once (for only two exercises). Normal service will, I'm sure, be resumed as soon as possible. But to return to the cold weather, the possibility of snow at the weekend does not seem to have frightened John Fitch who is to marry Ann at 12.30 on Saturday at the Registry Office in Kendal. Whether it's a white wedding or not depends on the accuracy of the weather forecasters. Anyone wishing to wave an ice axe or something at the happy couple as they emerge into the Kendal winter will be more than welcome. So far, it seems that John has not asked Mintcake's own Agony Aunt for any advice on his big day. Hard men Chris Marsden and George Robertson will also not let the threat of snow on Saturday put them off organising our night exercise. Hope to see you many of you at some stage on Saturday.

*Les*

## 100 Club

The winners of the November 100 Club Draw were:

1st	14	I. Winchester	£10
2nd	33	Mrs. E. Pickering	£10
3rd	69	John Hall	£5

*Liz Parkes*

## DVD

After a huge amount of work by Dave Weatherley who donated all his time for free and for which we are all immensely grateful, the team DVD is finished. It is available for sale at £5 to non-members of the team or £2.50 to team members. Orders (cheques payable to *Kendal Mountain Search and Rescue Team*) should be sent to Eddie Harrison or Ian Johnson at base (for address, please see Contacts, on the last page). Its main use is intended to be as an aid to fund-raising.

## Shorts

- The new mayor of Kendal, Geoff Cook, has chosen Kendal Mountain Search and Rescue Team as his charity for his year in office. We are obviously very honoured and grateful to have been so chosen. We have been invited to attend a coffee morning at the Town Hall on 17 December. Please contact Liz Parkes if you are able to help.
- Many thanks to Simon Thorn for organising the annual dinner held recently and to Keith and his charming assistant for the award ceremony. A full report will be published in the December issue.
- If any readers who currently receive Mintcake by post would prefer to receive it by e-mail instead (which saves the team money...), please contact the editor. I endeavour to keep the file size to a reasonable level, in the interests of those who do not have a broadband connection.

## Christmas Lunch

Traditionally, the meeting place for unemployed, self-employed or retired team members or any other general layabouts amongst the membership. To be held this year at the Miles Thompson (the Witherspoon pub) – now all non-smoking - in Allhallows Lane on Friday 16 December, 12 for 12.30. Cost: £7.99 per person. Please either sign up in base or contact me by phone. The deadline for bookings is 30 November.

**Dagmar Johnson**

## AGM

The AGM was held on 2 November. The overall tenor of the meeting was that we had had a good year as a team. New members had joined, lots of callouts were attended, and everyone had returned safely. It seems likely that 2005 will surpass even 2004 for the number of callouts.

As for the posts that fell vacant at the AGM, the Chairman, Vice Chairman, Membership Secretary, Deputy Team Leader (Eddie Harrison), President and Vice President were all re-elected unopposed.

## Speed Cameras

For those who didn't spot the following item recently in the Westmorland Gazette, "the fixed speed cameras in Ings will be going live ... before the end of the year."

Cumbria Safety Camera spokesman Kevin Tea said: "During tests we noted that there were multiple offences committed by a handful of drivers who knew the cameras were not fully functional. Those individuals had better be warned that they now face losing their driving licences within a week if they continue with this behaviour."

Some work was going on near the cameras last week... A timely reminder, therefore, to all drivers of team vehicles: when driving under blues and twos on a callout, you must **not** exceed the speed limit by more than 20 mph or you risk prosecution!

*Vehicle drivers are also reminded that M1 and M3 are now on winter tyres, and the usual extra caution must therefore be exercised!*

## Fund Raising

- The collection at ASDA on 22 October raised a further £515.84 for team funds.
- John Hall and his team of runners who took part in the Keswick to Barrow event earlier in the year earned the team a cheque for £1400 which John collected a few days ago.

## Exercise Reports

### Wednesday 12 October – A beginner's guide to mobile communications

All credit to Kevin Knowles and John Fitch for tackling a subject regarded by many as a necessary evil: the team's mobile and base communication systems. Despite much heckling from the audience, Kevin was able to explain the intricacies of our hand-held radios in a palatable form that brought a number of members to realisation that they actually didn't know how to use the system properly.

He then went on to explain the vehicle radio sets and base Parklands set in much the same way – God bless Bill Gates for creating PowerPoint! Kev produced copies of his presentation for each person attending the training; a copy is available in base for those poor unfortunates not able to make training that night. The discussion then moved on to an explanation of the workings of M2's rebroadcast (repeater) facility.

The last part of Kev's presentation concerned ROGER and his mates OVER AND OUT. To the benefit of all present, we talked about the need for disciplined communications when using the system. All hill-going members have a call sign allocated, but clearly few of us remember beyond 4 or 5 other call signs beyond our own (that's assuming we actually know our own!). I use radio comms every day of my working life in the emergency services so it sits more comfortably for people like me but I had forgotten how daunting some people can find using handsets when they have no real familiarity with them. This becomes heightened if they are then concerned about the protocol of what and what not to say and who is *Kendal 20* (Team Leader by the way!).

If you are concerned about this issue, then can I offer some words of advice? There is a simple rule for using comms, the **ABCD** rule;

**Accuracy:** know exactly what you want to say before you say it

**Brevity:** Be concise, say no more than is necessary to get the message across

**Clarity:** Speak clearly what ever your message is

**Discipline:** Don't use the system for chat; above all, use it professionally. You don't know who is listening!

Communicate when you have to, and if you use the wrong phrase that isn't "radio speak" move on, don't worry about it ..... we'll bring it up at the Christmas dinner for other people's amusement at your expense later – that's called a debrief by the way!

The last part of the training enabled Kev to demonstrate M2's aerial deployment and for John to give an excellent description and demonstration of all the comms systems in the control room at base and what to do if it all goes a bit Pete Tong. I heartily recommend a copy of the PowerPoint (see Kev) and, if any nagging doubts are troubling you, ask Kev or John (they'll ask Rob Brookes when they next see him!).

**Pete Dodd**



### Sunday 30 October – Steep Ground Stretcher Lower

"The weather's much better than the forecast," Paul reminded us jauntily, as he finished his brief and exited stage right with a knowing grin. So three full vehicles (a great turn-out, despite the forecast...) set off for Bannisdale in hot pursuit of Andy and casualty, Terence.

"It's much better than the forecast", we proclaimed cheerily stepping from the vehicles into horizontal rain.

The searchers having eventually tracked down a casualty, the next problem was, despite Ian's call of "You're a casualty! You're supposed to lie down under a KISU", each time the team approached he kept getting up and walking away!

With team, gear and casualty in the same place, folk were set to planting ground stakes, rigging belays and back-up, attaching the stretcher and barrow boy. Terence was prevented from further wanderings by being strapped into the stretcher, and the lower commenced with demos of how the releasable back-up worked, how knots could be passed and how to remember to check the height of the lower and the length of the rope!

Although it was much better than the forecast, little time was wasted in packing up and returning to base. It was agreed a good demonstration of the procedure had been achieved but the high turnout made it difficult for everyone to get hands-on experience of the systems so suggestions for further (possibly even indoor!) practice were welcomed.

**Kathy Jackson**

### Robert Peters: Connections: In the English Lake District

**Storm**

We race  
over the mountain  
up the mountain,  
huddle against  
the green slate-slab fence  
as rain  
whistles into snow  
as lightning  
flails its brash  
connections,  
thunder disjoints  
the bones, synovial  
fluids fall  
into whitish treacle  
icing the sheep  
fields, soaking  
thighs and knees  
creeping congealing  
into shoes.

## What's On

### Saturday 26 November

Training: Helicopter/night nav – meet at base at 17.30h

### Wednesday 14 December

Training: Table-top search exercise 19.00h

### Saturday 17 December

Mayor's Coffee Morning, Kendal Town Hall  
9.30-12.00h

### Sunday 18 December

Training: First aid: 9.00h

Yes, it was raining. In fact, raining men, as 27 team members were out searching for (a no-doubt unamused) Terence on the Sunday exercise in October. Dagmar, doing a fine job of organising the day, then split the wet crowd into teams to assemble the stakes ("mine's a rare one" was bantered about) used to lower the stretcher.

My recollections of comments made on the day were:

1. Could the barrow boy have a radio with an open microphone to allow easier communication on the speed etc of lowering?
2. Could we have more practice on a Wednesday evening, setting up the lowering and safety ropes in the garage (in the dry)?
3. My trousers are leaking.
4. Should the safety line be on a completely different anchor or is it there just for "struck by lightning" episodes where the primary lowering rope would fail?

I leave you with a quote from the Lake District National Park website:

"The Lake District receives the same number of rain days as the rest of the country. What differs is the intensity of the rain!"

Reassuring.

**Sarah Woodford**

## Callouts



### 15 October

A couple heading south from High Street overshot their descent route to Mardale Head and walked, as it were, off the end of their only map on a cold clear night. Penrith team asked for our assistance in locating them. They were found near Kentmere Pike by Penrith team members.

### 22 October

Eight team members assisted L&A with the evacuation of a casualty with a broken arm in the Pavey Ark/Harrison Stickle area.

## The KMSRT Agony Column

**Dear Honor,** I seem to be covered in spots and an unpleasant rash. This only seems to have happened since I was handed my pager back on my return from holiday. Do you think that there could be any connection? **Anon**

**Dear Anon,** It sounds more than likely that you were the unlucky recipient of the "toilet" pager (see September's column). Apparently, you were lucky to get the pager back at all as the unreliable individual who you left it with (and who will, of course, remain anonymous) did his very best to lose it, together with his SARDA pager, by leaving both pagers on the roof of his black Jeep while attempting to drive from the centre of Coniston up to the car park on Walna Scar (including the extremely steep hill). The SARDA one fell off and was retrieved by a fellow dog handler but yours unfortunately stayed put on the roof. The only advice that I can give you is to avoid giving your pager to the same irresponsible individual again and to try some TCP on the spots. **Honor**

**Dear Honor,** I must say that I was most grateful for the Radio Officer's advice, during his excellent presentation at last Wednesday's training, to the effect that the close proximity of a radio microphone to a compass can adversely affect the accuracy of the instrument. This could well account for the fact that it took me three days to get home from the last callout.

**Anon**

**Dear Anon,** What can I say? I bet your wife didn't buy it either! **Honor**

**G'Day Honor,** D'yer think there's any chance of getting those Committee people to let me have the old Mobile 2? It would be a ~~bonza passion wagon for the sheilas~~ an ideal vehicle for getting me to remote places to help me parents with their ornithological thingies. It's the least they can do after nicking the Ashes from us. Bugger, I wasn't going to refer to that again! Please don't mention me name in your column as those bloody poms in the team will start taking the mick again and I'll have to chuck some more rocks at 'em. **Anon**

**Dear Anon,** By the time the November Mintcake goes to print you, and the rest of the team, will know that Mobile 2 has gone to Devon, so tough luck! I'd heard that you were going back to Australia to ~~learn proper English~~ complete your education and wondered why our internationally recognised English MBAs were not good enough for you. So many of your compatriots are now coming over here with their MBAs that the qualification has become known as "More Bloody Australians" Only joking, my dear. Anyway, I've now heard that your plans have changed, so good luck in your travels and various endeavours. ☺ **Honor**

**Dear Honor,** It wasn't my fault that I couldn't get the gate open at Shap Quarry and take the vehicle up the track. I bent down to look closely at the chain and padlock and got my beard caught up in it. After such a painful experience, I just assumed that it must be locked. Anyway, I know that the extra exercise was appreciated by team members and it gave more time for their feet to dry out. **Anon**

**Dear Anon,** Never mind, my dear. From what I hear, you couldn't have taken the vehicle up the track anyway as someone had gone off on the callout with the ignition keys in his pocket. The day was, of course, saved by the heroic efforts of Mrs Brookes and Mrs Everett who rushed to the quarry, each with a spare set of keys for the vehicle. I'm told that it was amazing to see them screeching to a halt simultaneously, with tyres smoking and waving identical keys out of their windows. **Honor**

**Dear Honor,** My father drew my attention to the advertisement in the October issue of Mintcake and I must say that one is most interested in the position of General Assistant. I have had some relevant experience while working part-time (when my other duties have permitted) with one of the Scottish teams but I have found it impossible to keep up with their heavy drinking and I cannot understand a word that they are saying. They seem convinced that my name is Jimmy and they really are the most tiresome of people that one has ever come across. I have not had the opportunity to wash any of their emergency vehicles as they do not seem to remember where they left them but I have washed my father's Aston on the odd occasion when my stepmother has been cracking the whip. I have some staff who keep my equipment clean and answer the telephone for me and I would be pleased to bring them with me, along with the chap with a bulge under his jacket who just seems to stand around flexing his knees saying "evening all". So far as collections are concerned, I have significant experience in this area having spent my entire life collecting from something called the Civil List (whatever that is). My degree appears to meet your requirements and I seem to recall communicating with the general public on at least a couple of occasions. Do you think that I have a chance? If not, I shall just have to proceed with my plans to join the Army. At this stage it is probably best if you just call me "**W**". PS – Who is Anon? He seems to have so many problems, poor chap. PPS – I hope that you are pleased with the little present that I have sent to you.

**Dear W,** It is so nice to know that Mintcake is read by such a select family. I was just about to pass your letter to the Membership Secretary when I realised your true identity. I'm afraid that I must tell you that the Ops & Membership Committee has resolved not to give any more jobs to Mr Winchester. Thanks for the present anyway.

**Dame Honor Corlowtt**

## Training Programme for January to June 2006

Date		Training	Organiser
January	Wed 11 <sup>th</sup>	Avalanche Awareness Talk Personal & Team Winter Kit	A.D.
	Sun 29 <sup>th</sup>	Joint Training Exercise with Bowland & Pennine	P.A.
February	Wed 8 <sup>th</sup>	1 <sup>ST</sup> Aid Round Robin	A.A.
	Sun 26 <sup>th</sup>	Winter Skills / Winter Navigation	A.D.
		Base Operations / Search Skills	E.H & K.P
March	Wed 8 <sup>th</sup>	<b>RACE NIGHT</b>	S.K. & C.M.
	Sun 26 <sup>th</sup>	Base Operations / Search Skills	E.H & K.P
		Winter Skills / Winter Navigation	A.D.
April	Wed 12 <sup>th</sup>	Case Site Management / Comms	D.S. & J.H.
	Sun 23 <sup>rd</sup>	1 <sup>ST</sup> Aid Round Robin	A.A.
May	Wed 10 <sup>th</sup>	Boat Use / Water Safety	A.D. & H.C.
	Sun 21 <sup>st</sup>	Search & Rescue	S.K. & C.M.
June	Wed 14 <sup>th</sup>	Operating on Marginal Ground!	D.S.
	Sun 25 <sup>th</sup>	Crag Exercise	A.D. & P.A.

Scotland Winter Training Dates 3-5 March 2006 (nights of the 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>). Location: Cairngorm area – Venue: TBA

### **Note:**

Due to the unpredictability of Lakes winters, Winter Skills Training will take place one weekend day from December onwards. If the conditions are right, a pager message will be put out a few days beforehand.

If you would like to take a vehicle off tarmac do not hesitate to contact Chris Marsden or Steve Kelley.

## Contacts

E-mail  
[les.telford@dsl.pipex.com](mailto:les.telford@dsl.pipex.com)  
 or  
 on 01539 727051  
 or  
 Editor's pigeon hole in base

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

**Copy deadline for next issue: 30 November 2005**