

Mintcake



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Reg. Charity No. 259539

November 2006

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CONGRATULATIONS

to team members Ritchie and Sarah



Editor's Comment

And so farewell. Thanks to everyone who has contributed articles during my time in the Editor's chair, to all of you for reading, to my predecessor Rob Brookes who stayed on for a few more months while I had more pressing matters to occupy me and, of course, to Larissa for taking over! Don't aspire to become irreplaceable. If you can't be replaced, you can't be promoted.

Les

100 Club

The winning numbers in the September 100 Club Draw were:

1st	25	Dave Meredith	£10
2nd	66	Mrs. S. Beswick	£10
3rd	68	Dr. J. Gorrigan	£5

Liz Parkes

Social Evening

Many thanks to Leo from Langdale Ambleside team who proved he *can* organise a piss-up in a brewery on 10 November, with food thrown in (courtesy of Wilf's Café) for good measure at the new Hawkshead Brewery in Staveley. A large number of LAMRT and KMSRT members plus families were present as, spookily enough, was the leader of the allegedly fictitious MR team from "On The Rocks". I don't think he repeated the "prima donnas" line too loudly, though...

Callouts



25 October

The team was asked to assist the police in a search starting in the late afternoon for an elderly lady who had gone missing from home in Grange-over Sands in the morning on a cold, very wet day. Team members searched the area around her home while six search dogs were also used. She was found unconscious by three SARDA handlers and their dogs at the very start of their woodland search area, treated there initially, then carried to the road for evacuation to hospital by county ambulance.

Exercise Reports

Wednesday 13 September – Communications

We hope to have a report on this exercise in next month's issue. The author had wedding preparations to make...

*

Sunday 29 October 2006 – Calfhowe Crag

[Replacement for the Boulmer trip]

Chris improvised a replacement exercise by delegating. Bill and Eddie ran 45-minute sessions on 1st aid, and Steve and Howie ditto for steep ground.

Bill ran a scenario on how to approach the casualty.

- If the casualty is talking they have effectively done the ABC bits for you.
- If someone else is available, get them to immobilise the unconscious casualty's head.
- Even if the casualty is unconscious, keep talking to them, since hearing is the first sense to come or go (but don't say anything alarming).

It was reported that a person doing this scenario in a later group thought the "P" in AVPU meant response to pregnancy!

Steve had rigged up an abseil down the greasiest bit of rock in Kentmere. We also had a discussion on whether the prussic/autoblock should be above or below the figure-of-eight; I prefer below but this is no good if you have to pass a knot. We were also shown the knot that will grip on a loaded rope. (Rough description: middle of the cord used for prussic-knot is placed behind the loaded rope and then both ends of the cord are brought across the loaded rope. This is repeated until there's no more cord left. Thread the ends as for an autoblock and clip into screwgate. Better still, get Steve to demonstrate.)

Lunch in the sunshine!

Howie did a session on the rescue of cragfast persons. The first point was personal safety at the cliff-edge; suggestion, use a rope to mark off a forbidden zone – a strip 2yds wide back from the edge, delegate someone to enforce this if possible, but at least keep an eye out for your buddies.

It was suggested that for lowering two people, or a stretcher and barrow-boy, a figure-of-eight may not generate sufficient friction. If this is likely then use two stitch-plates in series. Don't forget the back-up belays.

For the rescuer: (i): have what you want to use to secure the casualty (slings, autoblocks) ready to deploy before you set off down the crag, e.g. have a sling to loop under the casualty's arms as a temporary support (cf. helicopter strop). This saves fiddling about getting the sling off your harness or out of the tangle round your neck. Then use another sling for a seat harness.

(ii): If tying a Parisienne Baudrier *[is that legal? Ed.]* make sure you don't tie a slip-knot by accident.

(iii): Chris says get behind them so they can't grab you. He should know!

Eddie did a revision session for the defib with a very realistic casualty improvised from the medisac and a team waterproof.

Mr. Marsden was very eloquent on the problem of locating the nipple line and has convinced me that there is potential for a research project therein; it's just a question of funding.

What's On

10-19 November

Kendal Mountain Festivals

Wednesday 22 November

Driver training: see whiteboard for details

Sat/Sun 25/26 November

Training: Late-night rescue/evac

Time to be announced

Wednesday 29 November

Equipment evening: 19.30h

Hands will be needed as the October evening was cancelled due to a callout

Saturday 2 December

Driver training: see whiteboard for details

Wednesday 13 December

Training: Base operations 19.00h

Sunday 17 December

Training: On the move 9.00h

Wednesday 20 December

Equipment evening: 19.30h

Thanks to all those involved in finding us something to do. (Incidentally only two team members arrived at base at 6.30 a.m., in both cases this was because they hadn't heard the bleep from Chris's message about Boulmer being cancelled. This implies there are only two team members who are not so paranoid about the new pagers accidentally going onto mute that they don't check every half hour in case a message has arrived silently.)

Rod "Actually I'm not a Dr. until the degree ceremony in December" Muncey

Base & Vehicles

WATER PROOFING

With the coming climate changes, its possible that we shall get more water than snow.

To keep our skills level and equipment ready for what could become a regular request for help during floods, we shall be protecting both Land Rovers against water ingress up to the door bottoms. This means that we can drive (with care) through water above the axle level. At this level the exhaust will be under water so care will be required. Should we go any deeper, water will then get into all our electrics causing major problems.

If we need to go any deeper, (particularly on road) unseen obstacles or missing man hole covers could cause problems. Should we wear buoyancy aids? Or should we be using the boat?

We shall keep everybody informed as to when the waterproofing is complete and offer some driving hints if you think they are needed.

DRIVER TRAINING

The recent extra driver training seemed to go very well, and I thank you all for turning up. This event is fast getting the reputation of being a training day not to be missed (we have always had good weather) due mainly to Bob Barkes who freely gives of his time and knowledge.

ALL DRIVERS

A reminder to all drivers, general and callout, that each vehicle has a driver's logbook that must be filled in for EVERY JOURNEY. There are reasons that we have the logbooks, but for those who need reminding they are: to oversee vehicle use, to compile driver training lists and requirements, and to monitor who's driving at any given time. We have a legal duty to name the driver if asked by the authorities. This is so important for getting speeding tickets incurred during callouts dropped if appropriate, and helps Andy maintain the very good working relationship that he has with the local constabulary.

Another one for all who use the vehicles: **ALL DRIVERS MUST**, on return to Kendal, **REFILL THE FUEL TANK**. If you are unable to do so because the filling station is closed, leave a note on the whiteboard and phone the Vehicle Officer. On a recent callout it was discovered that one vehicle was less than half full which could at the least have delayed our arrival, or at worst, if it had gone unnoticed, run dry.

John Everett, Vehicle Officer

Fundraising

Liz Parkes retired as Fundraising Officer at the AGM when she was presented with a photo and the team's thanks for her huge amount of work to raise money for the team. She is also retiring from work this week and (maybe) putting her feet up for a short time before heading off to New Zealand for an extended trip in the New Year.

Team supporter Peter Clarkson is to take on the role of Fundraising Co-ordinator. The changed title is intended to reflect the fact that we cannot expect one person to do all the work. Rather, someone has to co-ordinate the efforts of as many other people in the team, so please support Peter.

SALE EVENING

For Kendal MRT, families & friends

only at

db outdoor

Friday, 17 November

18.00 – 22.00hrs

footwear, rucksacks, clothing

**(BERGHAUS, PARAMO, MEINDL, HAGLOFS, MOUNTAIN EQUIPMENT,
LOWE, SCARPA, RAICHL, DEUTER, EDELRID, MAD ROCK, SPORTIVA etc.)**

Mainly 50% off retail price

Those who cannot make it on the night, can view & purchase on

Saturday 10.00 – 18.00 or

Sunday 10.00 – 14.00

though these two dates are not exclusively for KMR

AGM Notes

- Steve Kelley, Dagmar Johnson and Barbara Minton were re-elected as Deputy Team Leader, Vice-Chairman and Vice-President, respectively.
- Peter Clarkson is to take over responsibility for fundraising from Liz Parkes, as reported elsewhere.
- Larissa Robson is the new editor of Mintcake from the December issue onwards. Contact details are on the back page.
- There is a vacancy on the cleaning rota, as Liz Parkes has also retired from that. Please speak to Bill Malone if you can help.

Shorts

- Mike Seaton was confirmed as a hill-going member of the team at the November committee meeting.
- The annual team dinner will be held, subject to confirmation, on 12 January. More details in due course.
- The Scottish winter course will take place in the Fort William area in the period 2-4 March 2007. Approx. cost £35. Please sign up on the notice at Base.

2006 Personality Of The Year awards

It is getting near that time of the year when nominations for the POTYs are needed. For new members, a bit of background: the POTY award is an 'annual-ish' award to acknowledge both 'good works' and 'silliness'. It can be awarded to anyone vaguely associated with 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, and the overall winner receives a prestigious award.

I have a few nominations, but welcome more; e-mail me [keith.pittman@hse.gsi.gov.uk], or phone [01539 721901]. In most years there are two members who get a disproportionate number of nominations, but for some reason they are thin on the ground in 2006; so if you know why Pete Munford and John Hall have not been silly, please let me know. But I do want nominations for anyone. Factual accuracy is useful but not essential.

Keith Pittman

Thanks to Prontaprint of Kendal for copying services

Curse of The Newsletter Editor

So, another AGM has come and gone. With this year's meeting we saw Les Telford finish his 3-year sentence and stand down from the role of Newsletter Editor. No more will he have to make his plea for articles or declare that he is neither Honor Corlowtt, nor indeed myself. His infamous computer crashes will no longer impact on the team (just his income). He will have more time to do the things that retired Editors do (speak to Chris, Rob, Keith, etc. if you really want to know what that involves). Thank you, Les, for continuing the exponential rise in content and presentation that Newsletter, then Mintcake, have experienced over the past years. As there is an unwritten rule that if you cannot find someone to take over your post at the end of your tenure, you have to carry on for another 3 years, the look of relief on Les's face as Larissa Robson arrived just as the AGM started was a sight to behold.

The Editor's mantle has now passed to Larissa. I wish her well, not just as Editor but also as an elected member of the Main Committee. In this role (which may have come as a surprise to her) she will have to make decisions about how the team continues to function – many minor decisions, but there will sometimes be major ones. She, like all the other people elected to the Committee, should take into account the needs and opinions of all members. But how will she know what they are? That is where you, dear reader, come in. You need to let those elected to represent you know your feelings, or even attend the meetings yourself. But, as the attendance at the AGM shows, many people could not be bothered to attend or even apologise for not attending (you knew I would have a moan somewhere in here, didn't you?). However, as those who did attend the AGM know: the team is in a strong operational and financial position, we are to consider changes to our legal status, there are good people willing to carry out the roles essential for the team to continue. So, finally, a thank-you to Les for the past three years as Editor and a thank-you to Larissa for being willing to take on the next three (and also for possibly printing this).

Barbellate

Waterworld

In September I was awarded a grant from the Cumbria Community Foundation to attend an Advanced Swiftwater Technician course with Rescue 3 in Bala. The Community Foundation (www.cumbriafoundation.org) has a number of categories under which they distribute funds; may be worth taking a look at if you've a course in mind or are involved in other charitable work. They also administer a scheme called 'Cumbria Prohelp' where professionals from accountants to graphics designers volunteer their help – also worth knowing about.

The 4-day course took us right back to basics, asking a lot of fundamental questions regarding rope work and rescue: Why do we do what we do? How do you know it's right? How do you really know? It took me all the way back to Newton and various other laws of physics, introduced standards I never knew existed, and provided solid platforms to build all rope systems. Reassuringly, Rescue 3 uses the same standards as rigging for rescue, so all the rope work was compatible with MR. For a water course we spent a huge amount of time rigging stretchers; lowering, ascending, highlines - you name it, we rigged it! When not tying ourselves in knots we also found time to swim! Swimming in whitewater, swimming at night, swimming in weirs - swim, swim, swim! Again, with the course providing a platform on which to base our actions and decisions.

Having been very much 'fired up' by the programme, my intention is to return to Rescue 3 next summer to qualify as an instructor, allowing me to run certificated programmes within mountain rescue. Overall, I feel that I learnt more on this course than any other that I've attended in the outdoor/mountaineering field, so big 'thanks' to the Community Foundation and Rescue 3.

Howie

Agony Doc

A team member writes:

There is obvious interest in your new column, but perhaps some concern over directly discussing personal medical matters with such a distinguished collection of medical experts that exist within Kendal MRT. As evidence of this, a fellow team member has raised an issue with me that (s)he requests I pass on to you to respond.

Anon

I have been a team member for a number of years, however following an accident at Busher Walk I have not been as operational as I would wish. My question for Agony Doc relates to the apparent reluctance, by Kendal MRT, to undertake the effective treatment that I so clearly require. I would say that the examination and diagnosis, by a number of qualified Casualty Carers in the team was excellent. They diagnosed that I had an injury in the area of one of my knees. However, as regards treatment, I have had none! One kind person did put my (by now separated) lower leg on the kitchen counter; this was an improvement on being left on the floor, but hardly microsurgery. (And any way it only took one rather bad taste 'Long John Silver' joke and it was back on the floor.) If I was whole again, I feel could make a much more positive contribution to the operations of the team: be it as a hat stand, spectacle holder or even as a teaching aid for medical training. So, Agony Doc, why is there this reluctance to treat me?

Charlie Bones

Judging by the response for letters to the column (and thank you very much - keep them coming), the suspense must be killing (or GCS 3 as we say in the trade).

It would also be helpful if the letters are sent directly to me for consideration rather than Mintcake Editress (a new word to test the new editorial screen [as *this is Les's last edition, you are reasonably safe, though beware letting Larissa belay you for a while. Ed.*]), as I need to discriminate humor from humour, as it were.

There is a serious spin-off from the information gathered and that is to target the medical teaching to where it will be most effective and to reduce teaching the stuff you already know.

Bill Malone

Rob & Sue Brookes

Rob and Sue recently officially left the team after many years of service. Both contributed greatly to the team, occupying roles such as Deputy Team Leader, Treasure, Radio Officer and Newsletter Editor. We wish them well in their "retirement" and thank them for their work on behalf of the team. Anyone missing Rob can always give him a call for a quick chat...

Personal announcement from Ian & Dagmar:

1. Yes, it is true - we closed the B&B for good on 27 October after 16 years in business.
2. No, we are not moving.
3. Yes, Dagmar's got a part-time job.
4. Yes, the self-catering cottage will continue to be available privately - NON-SMOKERS ONLY & NO DOGS

For Sale

- Black RAB Vapour Rise trousers – ladies' size small (unused) £20.
- Timber-frame slatted double bed (mahogany colour finish) - surplus to requirement - NO CHARGE – you will have to take it away yourselves and buy a new mattress.

Anybody interested contact Ian & Dagmar on 01539 824345.

And finally, back by popular request (not):

Caption Competition



Contacts

E-mail

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or

01539 733505

Or

Editor's pigeonhole in base

or by post to:-

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