

Mintcake



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

Reg. Charity No. 1125680

April 2010

This Month

| | |
|------------------------------------------|---|
| 100 Club | 1 |
| Editor's Comment | 1 |
| Mintcake Nibbles..... | 1 |
| Caption Competition | 2 |
| Callouts..... | 2 |
| Exercise Report..... | 3 |
| Log Books | 5 |
| By Royal Appointment | 5 |
| Bucket Collections | 5 |
| Base and Vehicles News..... | 5 |
| Mountain Rescue Awareness Day 3 May..... | 6 |
| Swimathon..... | 6 |
| CRO CELEBRATES 75TH ANNIVERSARY | 6 |
| Best Frocks Out | 7 |
| LDSAMRA Annual Report..... | 7 |
| K Bay | 7 |
| The KMSRT Agony Column..... | 7 |
| Allotment Corner | 8 |
| Contacts | 8 |

What's On?

Sunday 25 April

Training Search & Evacuation 09:00 **Prompt**

Wednesday 28 April

[Equipment Evening 19:30](#)

Saturday 1 May

[Collection Tebay Services](#)

Sunday 2 May

[Collection Tebay Services](#)

Monday 3 May

[National MR Awareness day\(base open day\)](#)

Tuesday 4 May

Base and Vehicles Working Group

Wednesday 5 May

Management Committee

Saturday 8 May

[Keswick to Barrow](#)

Wednesday 12 May

Medical Teaching

Sunday 23 May

Rescue & Evacuation

Wednesday 9 June

Rigging for Rescue

Sunday 27 June

Rescue and Evacuation

100 Club

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

| | | |
|-----|-------------------|-----|
| 1st | Mr Ian Winchester | £15 |
| 2nd | Dr John Gorrigan | £10 |
| 3rd | Mrs P Monkhouse | £5 |

Peter Clarkson

Editor's Comment

What glorious sunshine and the evenings stretching out it has been too nice to stare at a screen all day.

Dave

Mintcake Nibbles



Congratulations to Phil Latham, who makes hill going status for a second time. Rumours are, he was entranced by L & A's radio operator lovely voice on the way to Rossett Gill.



Base now boasts a new projector that can be switched to show the display of either of the computers in the control room, or directly from a laptop plugged into the wall. Please remember to only switch the projector itself on and off (button near the back) and leave the rest alone. Just need a couple of speakers and we will have a nice little home cinema. However, the march of technology is not all good - the humble VHS is banished to dusty attic of history



Literally! A local flapjack maker is donating us boxes of reject flapjacks. Don't worry, it is not some sinister plot, they are just underweight.

Caption Competition



The winner of last month was John Fitch with "Is this what you meant when you said you were going to freeze my assets?".

Silver to Andy Dell with "In the interest of political correctness the membership appointed a midget as Team Leader!"

Bronze to Phil Latham with "Eddie puts in his bid for the part of Tattoo in the remake of fantasy island".

A lifetime's subscription to Mintcake is yours – congratulations.

This month, a shot from the archive.
Yes, that's Keith.

Callouts

19 March 2010 12.00hrs

The Team was called to assist a 62 year old female who had fallen on the main path down from Gummers How. She was found to have a lower leg injury so the team administered pain relief, splinted her leg and stretchered her down to a waiting Ambulance for onward transport to hospital. The most notable aspect of the incident was the attendance of our esteemed president, accompanied by the chairman and a deputy team leader. Luckily all the hard work had been done before they arrived.

21 March 2010 12.30hrs

The Team was paged by the police following reports of a male around 50 years old appearing dizzy and confused on Hampsfell near Grange-over-Sands. The team found the casualty unable to make his own way down so he was stretchered to one of our Land Rovers and taken down to a waiting ambulance. The other Land Rover had a problem with the control pad for the blue lights, and put on quite a display as it meandered its way to the road.

26 March 2010 21.00hrs

The Team was asked to assist the Kirkby Stephen team by relieving other teams in a search for two missing persons to the north of the A66. We were asked to assemble at our base at 04.00hrs on Saturday 27 March. Fortunately, the missing persons were found and we were stood down at 22.55hrs.

30 March 2010 08.45hrs

We were called to assist other teams in a search for a 68 year old man who had been missing all night on the moors above Garsdale. He was found at about 11.30 hrs on Garsdale Common by search dog Misty (handler Des - SARDA and Teesdale & Weardale Team). He was wet, exhausted and very cold but otherwise in good spirits. We were searching nearby so we assisted in carrying him down to the road where we transferred him to an ambulance for onward transport to hospital in Lancaster. As it happened, the Gentleman concerned was a college chum of Prince Charles and actually owned the moor. A second casualty was narrowly avoided when Des shouted, "Don't do that! She'll have your hand!" as the gentleman's wife bent over to pat Misty



13 April 2010 17.10hrs

The Langdale & Ambleside Team were called to assist a male with a dislocated knee at the top of Rossett Gill, Great Langdale. As there was some doubt about the availability of an air ambulance and there was a high probability of a long steep carry-off, we were asked if we could provide a vehicle full of team members to help. We sent one of our Land Rovers and five personnel to the bottom of the Rossett Gill path but we were stood down when an air ambulance did arrive and the casualty was flown to hospital.

17 April 2010 14.20hrs

The Team was asked to attend Gummers How to assist a 58 year old male from Middlesborough who had been reported as "fallen, unknown injuries". We met the casualty walking down the main path with an ambulance crew. He had apparently tripped and sustained lacerations to his head. He was transported on to hospital in the ambulance.

Exercise Report

Sorry, nothing for the Water Rescue and Evacuation exercise, but a very comprehensive note for the Search Training...

The invitation to Search Training on Wednesday 14th April was suffixed with the word "prompt" which is always a hopeful sign that we may get to venture outside. A good number of the team had gathered promptly at 19.00 and even more had arrived promptly at 19.15, in fact the more that appeared, the more concerned Keith Pittman seemed to look as all his finely tuned plans based on small, even group numbers evaporated with the advent of each new arrival. Harry Ashcroft however seemed unfazed with extent of the group, despite the diminutive size of his laptop and launched into a presentation on the basics of search techniques. Meanwhile, Keith sat in a corner with a slide-rule re-jigging his carefully wrought plans for group sizes...

Before getting down to the essential techniques, Harry stressed the importance of a good briefing for the searchers as well as the need to be completely task orientated during the search – its all too easy to let concentration lapse and revert from total awareness to distracting conversation with other team members. The optimum concentration span of 45 minutes was discussed which is probably 44 minutes longer than the extent of the average team members attention before the mind invariably wanders to gear, beer or what is being missed on the telly. A serious point was made here however, that full concentration is key – a search is not a social walk but a need for all senses to be engaged and focused on the task in hand. It is here that the briefing serves to suggest what clues should be looked for as it is not always the actual missing person that will be seen (heard or smelled) initially, other signs may give an indication to their state of mind or direction of travel.

Empathy is a great thing and putting yourself in the position of the 'misper' can often help the search for clues. The individual may be lost or deliberately obstructive, confused, chemically challenged, demonstrate erratic behaviour, be senile, cold, depressed, wet, miserable, unstable or generally unpredictable. But enough about the searchers – what about the 'searchee'? (I bet you were one step ahead of me on that one!).

Sounds and smells are often neglected during a search – tobacco smoke, Brut 33 (other naff aftershaves are available), Chanel N° 5 or other distinctive aromas can often be detected over great distances (or on your shirt collar by a vigilant

wife...) so should not be overlooked – detailed questioning of the informant should reveal useful details to identify potential clues such as these and used in the briefing. It is also often useful for the entire party to stop periodically just to listen for any sounds – conversation, shouting, whistles etc which may be masked by the noise we all make as we walk, particularly by those in the team that still tie a tin mug and mess-tin to the outside of their rucksacks. Of course stopping won't silence those annoying voices in your head...or is that just me?

Over the years, the types of search employed have changed as techniques are revised through the study of results and analysis of the behaviour of the missing person. At one time we only ever used the traditional 'line search' where we all started in a row and traversed huge swathes of land, sweeping back and forth like a bunch of weary Tiller-Girls, but then came the mysterious 'Northumbrian Rain-Dance' and 'purposeful wandering' which is governed by the size of the object being looked for. Another important point here – yes, we are often looking for a person but a good information gathering exercise and briefing before the search will highlight things to look out for – the 'mispers' favourite sweet wrappers, bits of clothing should they be 'paradoxically undressing' indicating hypothermia, items carried on their person and lost or discarded and so on. It may be the tiniest of signs that ultimately leads to a find. Before a search conducted by the Team a number of years ago, for a nursing home escapee, we were given a highly detailed description of the individual followed by the almost forgotten additional comment of "oh yes, and she always carries five handbags".

Harry also discussed the 'Hasty Search' and 'Corridor Search' which refer not to "lets find the bugger before LAMRT do" or "where did I leave my boots in base?" respectively but to specialised techniques based on the information gathered by the Search Controller. The Hasty Search is a targeted, initial response to 'clear' an area of a high probability of a find, by a small, fast team. Often a Hasty Team will be deployed to walk/run main paths while the remainder of the Team is assembling. The areas covered should always be re-searched as a Corridor Search once sufficient numbers are available. This technique utilises groups of three following obvious linear features such as paths, walls, streams, gullies (or for a certain team, Chorley New Road), which is often where missing persons will gravitate and follow obvious features.

One of the most useful points that Harry emphasised in his presentation was the need to look around you as you search. It seems obvious but it is easy just to focus on the ground in front of you as your concentration wanes during a search. Constantly shifting your gaze not just around you (close to and further away) but up and above in wooded or confined areas can often yield clues but at the very least give you and the party leader/search coordinator the confidence that an area has been thoroughly covered. Just looking behind you frequently can reveal a totally different perspective of the ground you have just covered.

Some of the older hands in the Team will no doubt remember the search technique of a certain ex-member with an 'interesting' military background. One particular night search in Kentmere way back, saw 'Soldier S' pile out of the Landy and disappear up the fell in a haze of fag smoke and 'industrial' language, still irked that he had been dragged out of the 'Anglers to look for a bunch of Scouts. Once in his stride, he would power away only to turn periodically and scan the ground behind him with a penetrating stare before moving on. This 'Falls Road Foot Patrol' method seemed instinctive and was a highly effective method to adopt. Can I just say at this point that this isn't me taking the pi mick for once, and not just to avoid getting snotted next time I see him, you couldn't have wished for a better oppo. on the fell.

So, presentation over it was time to be given our tasks by Keith who had through complex calculation, worked out the groups without having to resort to the Team 'Sorting Hat' or a Dr Bill style roll call. The search clearly called for some imagination as we were told to look out for 'gloves' which were in fact laminated, numbered cards...riiiight...

Having been assigned a start point, primary and secondary search areas as well as a strict finish time we set off. It was evident that a great deal of preparation had gone into the planning of the ex as study of detailed printed instructions revealed how each of the seven groups started from a different point searched a select part of Kendal, joined with another group to search a second area then picked up a vehicle abandoned by a different group or walked back to base. Full marks for organisation – the plans were only slightly thwarted by the 'yellow line fairy' visiting one of the vehicle 'abandonment points' necessitating the not strictly sporting additional game of 'hide a £40k truck on an industrial estate so the next lot have to find it'. What fun!

The actual search techniques were left up to each group as the characteristics of the areas to be covered suggested a range of methods. Our group immediately adopted a 'Hasty Search' along a riverside path (mainly to put some distance between us and the group of hoodies lurking on the bridge) with great results – 4 'gloves' found. Close scrutiny of the ground as per Harry's instruction led us to deduce that there are a lot of dogs in Kendal and not all their owners pick up after them. This revelation prompted even closer scrutiny of the soles of our boots and a sense of relief that Harry didn't go into too much detail about the identification of spoor as a search tool.

Keith had the presence of mind to tip off the Police about our exercise in case our activities should prompt a flurry of calls from the net-curtain twitching observers that were following our progress. It proved to be just as well as the scene

we were greeted with when we went to search our secondary area was quite frightening. Obviously conscious of the advice to look up, down and all around, the two groups searching a field at Mintsfeet seemed to represent a threat to public safety. Some ten red-jacketed individuals all wandering around a piece of open ground with wildly exaggerated head movements as their gaze swept the area, closely resembled a flock of highly aroused Grebe in the throes of a mating dance. It was not without irony that we all tucked in to a donated clutch of Easter eggs on return to base...

It was clear from the results that the exercise had been a success with most of the concealed 'gloves' being identified and their positions logged as per instructions. Keith was pleased with the detail of the search conducted as even one of the Team security ties that he had dropped in putting out the targets was spotted and recovered. I was discrete enough not to reveal in the debrief that I had also found eight empty Special Brew tins, a kebab wrapper and a plastic bottle of White Lightning by the river that were clearly also a result of Keith's preparations.

All in all an excellent exercise – a timely refresher on techniques followed by an enjoyable practice session. I know that all will be expanded on when we go out on Sunday for a full days practice. I'm sure we have all been diligent enough to number our own gloves by now and I'm already looking forward to the winter when I can laminate my hands to keep them warm! Thanks to Keith and Harry for putting it all together and particularly Keith for the time taken in placing and retrieving the 'gloves' – have you cleaned your boots yet?

Winch.

Log Books

The new and improved log books are on the shelf for those who have not got them yet. Please tick the list!

They need to be in first week in May.

Paul Astle

By Royal Appointment

No this is not about the successful search on the 30th March; it is about hill-going member John Deakin. John has reluctantly given up membership of the Team because of a change of job. He is now the Chief Forester for the Crown Estates at Windsor, the Team is sorry to see him go, but congratulations to him on getting such a prestigious job. (It has been commented that John could stay in the Team; as one of his new employees' grandsons could always use his helicopter to bring John up to Cumbria when ever the pager went off!)

Bucket Collections

And another two...

| | |
|----------------------|----------|
| Asda 16 April | £901.96 |
| Town Centre 17 April | £1097.23 |

Next stop is Tebay Services on 1 & 2 May – we need 24 collectors as we are doing both days again as it was very successful last year

Peter Clarkson

Base and Vehicles News

Parking, Keeping Doors Closed and What is Happening to the Boat?

Parking is never easy in Busher Walk – and it is going to be much worse for the next 13 months whilst the Police Station refurbishment is carried out. As a result of which: the off-road parking outside the County Archive building is likely to disappear, it is possible that the on-road parking outside the Police Station will sometimes not be available and some spaces in the Police car-park will be used up by the building contractors. All of this will make the few parking spaces left in Busher Walk more valuable than all your spare jewellery that postalgold.com and the like are trying to buy off you.

As you may be aware there have been an increasing number of occasions when inconsiderate members of the public have partially blocked the drive way into our Base – this has caused problems on call-outs. In an attempt to overcome this the Team approached Cumbria County Council back in January and asked them to re-paint the yellow lines outside Base, this has now been done and hopefully the related parking restrictions will be robustly enforced.

When parking at Base it is very important that YOU follow the Team guidelines (posted up in the Meeting Room – please re-read them); especially to ensure that you don't park on our footpath, this is for pedestrians! Because of the parking problems and the generally level of Kendal traffic congestion you should give very serious thought to parking somewhere other than Busher Walk in the event of a call-out during the day on Monday – Friday; and doing the last ½ mile or so on foot or bike! During the evenings and weekends there is often space to park in the County Council staff car park (though there is no formal arrangement that Team Members can do so). By the way, if you see any vehicle parked on our car-park that is not obviously that of a Team Member, please stick one of our 'please don't park here' type stickers on the Driver's door window and feel free to inconvenience them if you are parking there!

Our Busher Walk Base has a fully computerised zoned heating system. No it doesn't, but it does have thermostatically controlled heaters that are set differently in the various rooms dependant on what is in that room (some areas have no heating at all). However, for this system to work (and at a minimum cost to the Team) it is essential that ALL internal doors are closed when Base is empty – otherwise we end up trying to heat up the garage and three vehicles from the 60 watt heater that prevents freezing-up in the toilet. When you are the last person to leave Base, please check that all internal doors are fully closed – thanks.

Our ~~shed~~ Tyre Store will be significantly increasing in size over the next couple of months as it is transformed into a two-compartment building with all the water rescue kit in the front part and the tyres, generator etc around the back. When this is going on; both the old and newly arrived water rescue kit will be stored around the Garage (and possibly the Gear Sorting area, or the Drying Room, or the Equipment Room); whilst the tyres and assorted bits will be hidden away in an 'Arfer Daley' style lock-up somewhere in Kendal. When the new store is completed and all the kit put in its new home, the ¼ of the garage with no vehicles in it will be returned to its intended use as a maintenance and storage area

Base & Vehicles Working Group

Mountain Rescue Awareness Day 3 May

Base will be open 11 – 3. There will be a stack of photos on display, some compromising, some not. Tell your friends!

Swimathon

A big Thank you to Alison Chew, Carol Watson, Zac Cannon & Scott Womack who along with John Hall, Kath Jackson and Tony Womack represented the team in this years swimathon at the Kendal Leisure Centre. We managed to clock up 125 lengths (3 short of 2 miles) in the 55 minutes allocated.

After the swim we met up at the Mumbai Indian Restaurant where we learned of Johns dribbling affliction and the fact that he has managed to obtain suspicious looking bruises resembling lovebites under his arms?. Still, at least he swam in his trunks, not a bikini !!!!!!!

Tony Womack

CRO CELEBRATES 75TH ANNIVERSARY

To celebrate the occasion of their 75th Anniversary, the Cave Rescue Organisation are having an Open Day at their Headquarters in Clapham on 5th June 2010. There will be various events such as a rescue race in the river, an all day BBQ, media show, equipment demonstrations and much more. At 1.00pm, they will officially open of their new £130,000 extension that was added last year to update their training, control and storage facilities.

Award winning local Dent Brewery will be brewing a special beer called Rescewe that will be available on the day and sold in pubs and shops across the region. The CRO will receive a donation from the brewery for every pint and bottle sold.

Best Frocks Out

SARDA (Lakes) are hosting a Summer Ball to be held on Friday 4th June 2010, 7pm at Armathwaite Hall Hotel, nr Bassenthwaite Lake and an invitation is extended to all team members in the Lakes. The dress code is formal.

Tickets are limited and are priced £40. This includes 3 course meal, after dinner speaker and a band. They are available from Laura Connolly (CMRT) on 07841 370670 or from Mike Blakey (PMRT) 07786435746.

The purpose of the event is purely social and is a chance to meet up with other team members throughout the Lakes.

Laura Connolly, Cockermouth MRT

LDSAMRA Annual Report

Is now available at Base for £2 per copy (great value - no price increase since 2002!); put your money in the near-by collecting box. *(For those further afield, if you want a copy please get in touch with me – Ed)*

K Bay

In an impromptu, and sometimes Dutch, auction, Winch secured a very nice black diamond head torch donated by Steve Crow for a £20 donation to funds. I am sure I heard Kev P offer £50 just before the hammer fell!

There are still a couple items that Steve is selling – see the note at base.

The KMSRT Agony Column

Dear Honor, I write in anger after discovering that the team has lost its self esteem and is in danger of upsetting the equalities commission. The ramifications of this one incident could affect the whole welfare and integrity of the team. I mean, what has the poor Ginger biscuit ever done to deserve being placed in complete isolation from the rest of the biscuits? Just because they have a distinctive aroma and taste does not mean that they should be subject to such ridicule and treated as different to other biscuits. I imagine the Hob Nobs and the Rich Teas are feeling quiet pleased with themselves. I bet the Chairman (instigator of this crime) would not like it if the team insisted that he remained in Mobile 1 while the rest of the team sat in Mobile 2. I pray that your influence can soon put an end to this travesty of justice.

Regards **Mr T Dunker**

Dear Angry Dunker, Although I understand your concerns my dear, I do feel that there is every justification for segregation in this case. The team has always taken great pride in its adoption of equal opportunities policies and it cannot have escaped your notice that we even accept team members from France and Yorkshire. The Equalities Commission have, however, granted the team several exemptions from the legislation where these are clearly justified. For example we have recently been allowed to operate an all-female shortlist for the post of Deputy Team Leader. Other exemptions have included prohibiting Messrs Crook and Knowles from reversing team vehicles close to the garage doors and banning Chris Marsden's socks from the drying room. All fully justified, I'm sure you will agree. This business with the ginger biscuits, although perhaps technically a breach of the regulations, could be seen as actually positive discrimination in recognition of their special qualities. One could say that the ginger biscuits have been placed in a privileged position (or tin) to prevent contamination from their less-desirable former companions. The Commission's approval has now been sought for an exemption under the sub-heading of "noxious gasses" which would allow the team to force the Chairman to travel in a separate vehicle to other team members. Thank you so much for that helpful suggestion. **Honor**

Honor Corlowtt

Allotment Corner

Know your soil. The simplest test is to pick up a handful, and press it into a ball.

- If the ball simply falls apart in your hand, you have a light sandy soil, which will warm up fast but drain fast; easy to work, but it needs organic matter (manure!) to help the soil hold water and nutrients better;
- If the ball holds its shape and sticks together, you have a heavy clay-type soil, which will not drain easily, and is slow to warm up; hard to work, but full of plant nutrients. make the nutrients available by adding organic matter (manure, again!) to increase the air in the soil and help drainage;
- If the ball is mainly stones, then you know you are in Kendal.

Doug Patch

Contacts

David Hughes

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: Monday 10 May 2010

Yeah, right.

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 (or if you are happy to pick it up off the website) please do drop me an e-mail, it saves printing and postage costs and a tree or two over the years!