

# Mintcake



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Reg. Charity No. 259539  
August 2007

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Many congratulations to Jonathan and Hannah Burgess on the arrival of Bethan Neve, born on 9<sup>th</sup> July 2007 weighing 8lb 2oz.

## Editor's Comment

It's a time of itchy feet – and I'm not talking of the fungal invasion between the toes. Dan Shiels has left the team after over 20 years of service (Chris Marsden has written a few words in his honour on page 5). We wish him well with life beyond the team. A voucher for one free rescue is in the post to him although knowing Dan if he ever needed to redeem that voucher he would be the one organising us on that rescue.

Hamish was last heard from in Kabul – definitely not a dream holiday destination, and I have accepted a job that's based in Sabah, Borneo, running expeditions for Raleigh International, initially for 12 – 18 months. Unfortunately I won't be able to continue as the Editor of Mintcake after the next issue, and I am delighted to report that Kath Jackson will be taking over from me from October onwards. (Note new editor's email address in 'Contacts', effective immediately.) I will however be sending despatches from the jungle and have already offered to field test Kevin's GPS mikes over there (might need a new set of maps on the computer at base!).

Tales of spiders, snakes and leeches have not managed to deter me, nor has the climate (25 - 30°C, 80 – 100% humidity), but where's that fungal cream...?!

*Larissa*

## 100 Club

The winning numbers in the August 100 Club Draw were:

1st	41	Mr Rod Pilbeam	£10
2nd	28	Mrs Barbara Minton	£10
3rd	20	Mrs A Beeching	£5

*Peter Clarkson*

## Mintcake Nibbles and Tit-bits

- Does anyone have the team's small size buoyancy aid? It was last seen at the River Lune incident and is the only small size we have. Could you check your rucksacks, kit stores etc – its safe return would be much appreciated.
- Copies of July's Mountain Rescue magazine are now in base with a great write up of the involvement of Kendal MSRT and other local mountain rescue teams in the Grayrigg train crash from the perspective of several team members.
- Thanks to Ian and Dagmar Johnson for hosting yet another great annual team barbeque at Punchbowl House, Grayrigg, and to the masterchefs and pudding chefs for their delicious cooking. The weather didn't disappoint either with the howling wind and lashing rain to add to the usual barbeque ambience.

## Callouts



### 14th July 2007 12:50hrs

Langdale Ambleside team requested help with the evacuation of a casualty with a knee injury from the summit of Pike O'Blisco. The team deployed one vehicle and held further personnel at base until it was confirmed that there were enough people to deal with the incident. 10 personnel attended.

### 17th July 2007 ( 1 ) 19:15hrs

The Ambulance service requested the Team to assist with the evacuation of a mountain biker who had taken a fall from his Bike on a track near Winster Windermere. Whilst the team were on route the biker made his own way down to the road and had met the Ambulance. 15 personnel attended.

### 17th July 2007 ( 2 ) 21:00hrs

The second incident of the day was again to assist the Ambulance Service with the evacuation of a local youth who had jumped from a wall and fell on a steep slope, near Kendal Ski Club. He was treated at the scene by the Ambulance Service and evacuated by Kendal Team to the waiting Ambulance. 17 personnel attended.

### 24th July 2007 13:57hrs

Another Ambulance Service call, this time to Castley Knotts area near Sedbergh, to assist with the evacuation of a 9 year old boy with breathing difficulties. The team had nearly reached the area when they were stood down as the casualty had been airlifted by Air Ambulance. 6 personnel attended.

### 3rd August 2007 12:59hrs

Ambulance Control requested the Team to attend Arnside Knott, to assist a 68 year old female who had slipped and fractured her leg. The lady was carried from the scene to our Mobile Two Ambulance, and taken along with her husband to Westmorland General Hospital. 12 personnel attended.

## Exercise Reports

### Wednesday 18th July - Awkward Evacuations

Rain, rain go away come again another day... And it did! Until this moment the rain seemed to have fallen unrelentingly and ferociously on any day with a 'y' in it. Yet for some strange reason on the night the team met to learn how to manage 'awkward evacuations' the clouds cleared and the sun shone... on the righteous... very unlikely.

The scenario was:

*A lone jogger had discovered a young girl who had fallen off a ledge at Kettlewell Crag – helpfully the jogger had then run off into the night offering no further assistance or information.*

All three vehicles were rapidly deployed. An initial duo was dispatched off along a track to try to locate the injured party. After a brief interlude the call came back that they had located Heather who was alert but having pain in the lower back. The team progressed to the casualty site, where the medics carried out a more detailed examination and prepared the equipment list which willing volunteers rushed away to collect.

One additional concern was that Heather's friend had apparently gone to fetch help but had not been spotted. Just when a further search was about to be organised news came that the friend had called in and was safe... The friend's name was Jade... the conclusion was that it was probably Jade Goody and she undoubtedly got distracted by the latest Big Brother...

## What's On

**\* IMPORTANT - CHECK YOUR DIARIES FOR DATE AND DETAIL CHANGES \***

### Wednesday 8 August

Training: Steep Ground, 19:00h

### Wednesday 15 August (NEW)

Extra Training: GPS radios and MRmap software, 19:30h

### Saturday 18 August

Collection: Asda

### Sunday 19 August

Training: Water Ex (HC), 09:00h

### Wednesday 22 August

Equipment evening: 19:30h

### Saturday 25 August

Collection: Asda

### Wednesday 12 September

Training: Primary Survey, 19:00h

### Friday 14 September

Kendal Torchlight Procession, from 19:00h

### Sunday 23 September

Training: RAF Heli Stage 1 & Flight, 10:00h

### Thursday 27 September (note date)

Equipment evening: 19:30h

### Sunday 30 September

Training: Stretcher Lower (SK & PA), 09:00h

### Wednesday 10 October

Training: BLS / Defib Training and Assessment, 19:00h

### Thursday 25 October (note date)

Equipment evening: 19:30h

### Sunday 28 October

Training: Cas Care, 09:00h

### Wednesday 14 November

Training: Major Incident Plan / Triage, 19:00h

### Sunday 25 November

Training: Steep Ground Lower & Ground Stakes, 09:00h

### Thursday 29 November (note date)

Equipment evening: 19:30h

Andy Beavon organised a smooth and effective evacuation.

There were a number of important learning points for the evening including:

- appropriate first aid equipment that might be required at such a situation;
- how to use the vacuum mattress;
- signs to look for when monitoring the patient's condition;
- assembling and loading the stretcher;
- ensuring you tread carefully when walking near Kettlewell Crag – the dogs are very keen to leave small deposits.

A good exercise, on a beautiful evening...

**Mike Seaton**

## **Sunday 29 July 2007 – Training with Team Vehicles**

A perfect sunny day saw us in Longsledale, split in to three groups, honing various skills with team vehicles. We were reminded that the Land Rovers (Mobiles 1 & 3) had different capabilities to the Renault Trafic (Mobile 2) and that these capabilities were, themselves, affected by the prevailing weather conditions.

Chris Marsden in Mobile 1 offered all team drivers some instruction and experience in off-road driving. The rough track up from Sadgill to the Gatescarth Pass provided the necessary challenges and required the use of the low ratio gear box and the dif-lock. Safety was paramount. The importance of picking a route with due regard to the vehicle's approach and departure angles and the clearance to the differentials was stressed. Keeping the speed down, minimising the use of the clutch and the most effective use of the accelerator and break when negotiating obstructions were practiced. On the more straightforward sections of the route there was some discussion about the role of women in the team (prompted by an article about women in MR in the latest issue of the Mountain Rescue magazine). The consensus seemed to be that the men were ok provided they did what the women told them to do and one particular team member felt that the team was rather more anti-dentists than anti-women!

Kevin Knowles ably demonstrated the importance of Mobile 2 in radio communications. Team members were shown how to raise and lower the radio mast and how to switch on the vehicle's radio repeater system. The importance of switching off the vehicle radio before activating the repeater system, retaining a radio handset at the vehicle and testing that the system was operational were emphasised. It was stressed that the team did not employ this facility enough – the five minutes taken for someone to activate the system would provide much more effective communication between parties on the hill and with base. Team members (notably the Provisionals) were also able to practice the delights of preparing and loading the Troll Stretcher.

John Everett employed Mobile 3 to demonstrate techniques for vehicle recovery. Once again the safety aspects were stressed, particularly in relation to the use of the high-lift jack. The stability of the vehicle while on the high-lift jack with a wheel removed was considered at some length. Recovery of the vehicle using the winch and ground strakes was practiced. One method employed the winch and a single ground stake location. Another employed two ground stake locations and the introduction of a pulley at the vehicle's tow point.

Many thanks to all for a good informative day in the sunshine.

**John Fitch**

## **Radios and Training**

### **GPS Tracking Update**

Following further refinement and field testing I can reassure everyone that if you find yourself using a GPS enabled radio on the Kendal Repeat channel Base will still be able to track your movements. I will not go into detail, but basically the GPS data appears unaffected when rebroadcast from one channel to another.

Several Hill Going and Operational Support Members of the Team have requested more formal training on the workings of GPS radios and the MRmap software in Base. To that end I will present an overview of the system at Base on Wednesday 15th August at 7:30pm. If you want to learn more please come along, it will take no more than an hour and will hopefully provide the necessary knowledge and confidence to make best use of the resources at our disposal.

I also hope to have the system installed in Mobile 2 in the near future so we can have similar tracking facilities from a forward control unit when the need arises. Until then it worth remembering that Duddon & Furness Team do have this facility in the Command & Control Vehicle and it is available to us should we become involved in any search operations in the interim.

**Kevin Knowles**  
**Radio Officer**

## Moan of the Month

I have been nominated to inform team members of three particular moans that were reported to the Operations & Membership Committee on 1 August. It is hoped that this will not become a regular feature in Mintcake!

First, my own moan. I have been looking after team pagers for about three years now and this is the first twelve month period during which we have had to replace pagers at a cost to the team. Each of the team's 41 pagers costs us £50 pa to rent from Vodafone and this rental covers "normal" maintenance of the pager (if it malfunctions through no fault of our own it is repaired or replaced). However, if we lose a pager or wreck one a replacement pager costs the team around £100. Yes the team does carry insurance but our uninsured excess is, yes you've guessed it, £100.

So far this year we have had to replace 4 pagers which were lost or wrecked and that cost represents quite a few hours for someone standing on a street corner shaking a bucket. Up until now the Committee has seen the provision of replacement pagers as an unavoidable running cost but there is now a growing feeling that this position cannot be maintained. We have to accept that accidents happen to all of us but I am asking all team members to please take as much care of your expensive pager (funded by the team) as you do of your expensive mobile phone (probably funded by you). I know that they can easily fall out of the plastic holder but you know this too - so why not take some action to minimise the chance of it happening and the pager being lost or damaged? Some of us have invested in a small krab and a cord to connect the pager to a suitable point on our attire - please think about it.

Moan number two concerns the loss of a team radio for about 6 weeks. The radio was eventually found stuffed inside one of the Entonox sacks. We know that there is often a rush to clear equipment from the hill at the end of a callout or an exercise and that sometimes it seems sensible to just stuff things in any old sack (yours or the team's) to transport them down. This is fine but only you know what you have stuffed where, so please make it your personal responsibility to ensure that things are put back in the right place immediately on return to base.

And now to moan number three. On a recent callout, Lifting Straps were found not to be where they should have been. It took a Team member over an hour to find them and put them into the correct sack - the Cas Bag - later that week. Also, at the last equipment evening, a Medisac was found to have been put back in a vehicle with four pockets unsealed - this meant that the whole Medisac had to be checked and re-sealed. Again, please make it your personal responsibility to ensure that when you are aware that kit has been used it is properly checked and re-sealed on return to base. We should never find ourselves on a callout with kit which has not been properly checked, or packed into the wrong sack.

Unfortunately, there is a common theme in all of the above three moans - we are not taking sufficient care of expensive and essential team equipment.

**John Fitch**  
**Pager Officer**

## Fundraising Notices

### Collecting Boxes

The many collecting boxes located in and around Kendal in shops, pubs, guest houses and the like play a vital role in ensuring a steady flow of income for the Team. Some are lucrative, others less so. They are only of use, however, if the money finds its way from the boxes into the Team's bank account. A small number of volunteers currently undertake this task.

More volunteers are now needed to help with the boxes. You would need to empty maybe 10 boxes about three times a year and for a few of our more lucrative and therefore important boxes, monthly, then count and bank the money. Not too arduous, but you would be making a significant contribution to the Team's fundraising.

If you are able to help please contact Kath Kirby, Collection Box Co-ordinator, on [kathkirby@hotmail.com](mailto:kathkirby@hotmail.com)

### **Collections, Shows and Events**

Kendal Town Centre	21 July	£1,306.28
Westmorland Shopping Centre	28 July	£311

Many thanks to everyone involved.

There are two more collections in the fundraising calendar this year – both at Asda, on Saturday 18<sup>th</sup> August and Saturday 25<sup>th</sup> August. Please contact me if you can give some time on either of these dates.

There is a team presence at the following shows:

Castle Green Hotel 10 <sup>th</sup> Anniversary	Sunday 12 <sup>th</sup> August
Lunesdale Show	Tuesday 14 <sup>th</sup> August
Grayrigg Show	Thursday 6 <sup>th</sup> September
Westmorland Show	Thursday 13 <sup>th</sup> September

I have enough people for the first three shows, but need volunteers for the Westmorland Show on 13<sup>th</sup> September. Please contact me as soon as possible if you are available, and do visit the team stand if you are at any of the other shows.

**Peter Clarkson** 01539 736316

### **Out of the Shadows**

£373 was raised by this night of 60s music on 14<sup>th</sup> July at Grayrigg Coronation Hall so many thanks to all who danced the night away for the benefit of the team.

### **Torchlight Procession – Friday September 14<sup>th</sup>**

A reminder that this year's theme is "People of the World". We are doing 'Scotland' so search out your kilts, tartan car rugs or even tartan pyjamas! Any suggestions about music to me ASAP or you will get my personal choice of tunes again.

**Chris 'McSporran' Marsden**

## **Dan Shiels**

### **"Oh Danny Boy"**

I was asked to write a little bit about Danny, as you may have heard that as he has now reached the grand old age of 40 he has decided to retire! He always said he would, so nowt new!! As one of very few, if any, I was a team member before Danny joined – only just though!

What can you say about Danny? He was one of the old school of mountain rescue, always cheerful and nothing fazed him. It was a case of get the job done as soon as possible so you could get back to the pub before closing time and he always made sure there were plenty of bags of crisps to help soak up his Guinness!

Danny was always someone you didn't mind being partnered up with on a rescue as he has a great sense of humour and is a sound reliable bloke who will be greatly missed in the team. So I must admit I hope his retirement is short lived, he sees the error of his ways and comes back to join us.

So till then, cheers mate, and we'll see you in the pub!

**Chris Marsden**

## **Compost Corner**

As you will be aware the Team has extended its 'mountain search and rescue remit' to cover water incidents – both flood and swift water. But were you aware of the move to be able to deal with 'allotment injuries'? Over the past year the number of Team Members that can be spotted carrying out exercises on local allotments has significantly increased.

Allotment search techniques take two general forms: firstly there is the hack-away at the undergrowth technique which is used to find larger objects such as rusting bikes; secondly there is the much more labour intensive version that involves a finger-tip search after completely digging over the ground. Allotment first aid is not well developed, principally restricted to the use of green twine and bamboo canes; however there are rumours that cans of alcohol have been seen and may be being used to ease pain.

Team clothing for allotment work is fairly standard: messy overalls courtesy of Kendal Sports (or are they more 'Kendal Market Stall?'); boots are more typically Wellington than Sportiva (as regularly modelled by the Team Leader at water rescue exercises) and gloves more Hayes Garden World than Dachsteins. There are rumours that a new single-wheeled Team Vehicle, Mobile 5, will need to be purchased to assist with the transfer of essential materials (as generously donated by local stables).

If you are considering extending your MR expertise to include allotment skills then you need to be aware of some of the species that can be seen in local allotments:

- '*Ritchie Ritchiedave*', this is a strong climber; it is regularly spotted in the London area as well as in Kendal.
- A related plant is the '*Ritchie Woodsarahford*', a petite plant well known in the Cumbria area for its medicinal powers.
- '*Thornysimon*', a good plant for a learner to start with; however it is a quick grower so be aware that if you leave an old vehicle, such as a Land Rover, on the allotment you will find *Thornysimon* over it in no time.
- '*Kaninetelford*', a plant native to Bedfordshire that actually arrived in Kendal via Germany (where it acquired the name '*Lestranslater*'). An interesting property of this plant is that it actually attracts dogs to it!

Sighting of these, and other such species, should be recorded in the notes section of your new training logbook.

### **Barbellate**

## **Caption Competition**

Anyone for belly-dancing...?

Sadly none of the other captions received for last month's competition are suitable for publication in the newsletter, but they have been forwarded to Les for his reference!

However, following the article in July's Mountain Rescue magazine which suggests that teams may want to wear pink team kit in order to accommodate female team members, I have passed on the photo to the equipment officer with a request for a pink fluffy bra as standard issue for ALL team members....



## **Contacts**

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