

# Mintcake



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Reg. Charity No. 259539

October 2007

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## Editor's Comment

Diversity is certainly the word for my experience of mountain rescue as the previous month has highlighted. From attending incidents where I've seen a whole range of the team's skills put into action to doing the Highland Fling (or rather an energetic but poor Sassenach imitation of this dance of joy, said to be based on the antics of a stag on the hillside and traditionally danced over the spike of your shield after victory in battle incidentally!) round the streets of Kendal where I've seen another range of the team's skills put into action!

*Kathy*

## 100 Club

The winning numbers in the October 100 Club Draw were:

1st	3	Dr. S. Milligan	£10
2nd	80	Mr. J. Marsden	£10
3rd	92	Claire Hughes	£5

*Peter Clarkson*

## Mintcake Nibbles and Tit-bits

- If you haven't visited the website ([www.kendalmountainrescue.org.uk](http://www.kendalmountainrescue.org.uk)) of late it's worth a look, updated and with plenty of pictures including recent callouts, training and the spectacle that was our torchlight entry!
- Anyone off somewhere high? Keep healthy up there with a booklet entitled "Travel at High Altitude" which can be downloaded, free of charge, in various formats from [www.medex.org.uk](http://www.medex.org.uk)

## Callouts



### 16th September 14:15hrs (1)

Langdale Ambleside requested our help with the evacuation of an injured walker from the fell near Greenup Edge Langdale the casualty was airlifted to hospital by RAF Helicopter.  
It was a very wet day.

### 16th September 1600hrs (2)

Whilst making our way off the fell from the above incident, the team assisted in helping an elderly gentleman who had fallen into a spate stream. He was very wet and cold and the helicopter was asked to return and transport him to hospital.

### 16th September 19:45hrs (3)

Our 3rd incident today was to assist with the evacuation of a man who had slipped near the river at Sedgwick. He sustained several injuries and was taken by stretcher to a waiting ambulance. The carry was only a short distance but very narrow and slippery. The end of a long day.

### 18th September 16:00hrs

A runner became crag fast after taking a shortcut onto White Scar at Whitbarrow. Because of the nature of the unsafe ground in the area it was decided to airlift the person off the crag. A group of team members managed to reach the stranded person and he was secured a few minutes before a helicopter from RAF Valley arrived to winch him to safety. The person was not injured.

### 19th September 10.30hrs

The team was asked to assist the Ambulance Service near Sedbergh. As the team was assembling, it was found that the incident was in the Cave Rescue Organisation's area and so it was passed to them and the team was stood down.

### 22nd September 23.30hrs

The team was called to assist Langdale Ambleside MRT with the rescue of two cragfast/benighted rock climbers on Gimmer Crag, Great Langdale. Four Team members assisted with rescue efforts by LAMRT, in which the stuck climbers were accessed by traversing in across damp ledges. The rest of the Team provided a plan B solution and were progressing to the top of the crag as news came through that the climbers had been successfully reached and lowered from the crag. 13 Team members attended in conditions that became wet and blustery as the night went on. The last Team Members got back to Kendal around 5.30 am.

Maybe a reminder to all walkers and climbers about the need to have working torches in your rucksack and to plan your adventures bearing in mind the decreasing hours of daylight would not go amiss!!!!

## Exercise Reports

### MRC Casualty Care Course

Wednesday Exercises are currently devoted to first aid as many team members prepare for the MRC Casualty Care examination in December. If you're around base this autumn you'll probably come across folks wandering around muttering things mantra-like; "beware the painful distracting injury" or "scene safety, gloves on" or just seeming to work on their basic literacy "A, B, C, D, E". Good luck to all involved, the time and effort our medical officers are putting in will certainly ensure that everybody's first aid skills for the hill are as sharp as possible which should give confidence to those taking the exam. An update in December and in the meantime September's Sunday Training Exercise didn't involve much exercise...

## What's On

### 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

### Wednesday 12 December

Training: Night/Micro Navigation, 19:00h

### Sunday 16 December

Collection: Kendal and District Lions Club Christmas Collection, 17:00h

### Wednesday 19 December

Equipment evening: 19:30h

### Sunday 30 December

Training: Social or Round Robin (Team Event), 09:00h

## Sunday 23<sup>rd</sup> September 2007 – Not quite a Helicopter Exercise

After a long night on the hill (see callouts) for many the temptation to go back to bed when the page went out that the RAF helicopter would not be able to attend due to high winds was great. The more dedicated (not me I must admit...) arrived at base regardless for an impromptu round robin practising first aid skills.

By 1p.m. more members were alert enough to gather for a "surprise" barbeque (not as surprising as planned after the exercise cancellation meant that it had to be paged out) to send Larissa on her way. Despite the weather fantastic hosts in the form of Ian and Dagmar, no shortage of men to manfully man the grill in true barbeque fashion (although it must be said that Chris ensured proper and very delicious food - not a charred burger or undercooked sausage in sight) and even champagne toasts meant a great afternoon – the perfect training for a wet and windy Sunday!

Larissa will be heading down south this week for training in before heading out to her new role in Borneo with Raleigh International. Bon Voyage and good luck from all the team.

**Kathy Jackson**

### AGM

A reminder that the Annual General Meeting will take place on Wednesday 7<sup>th</sup> November 2007 at 7.30p.m. It would be good to see as many of you as possible at this meeting as there will be a report on our progress in the move to become a Company Limited by Guarantee. In addition the following positions are due for re-election:

- Team Leader
- Treasurer
- Secretary
- Training Officer
- Social Secretary

Any nominations should be forwarded to Pauline Speak by 20<sup>th</sup> October listing proposer and seconder.

**Trevor Cotton – Chairman**

### Training

#### Logbooks

Logbooks were due in for review during the first week of October. Well, thanks to all who handed them in! Now for the ones that didn't ....

***Logbooks were due in for review during the first week of October (2007)!!***

Hand them in or be named and shamed!

#### Water Rescue

The recent callout at Sedgewick highlighted a few points with regard use of water rescue equipment.

- Buoyancy aids and throwlines should be taken for waterside incidents to be available for all those who may be working in proximity to the water.
- The 4 sets of drysuit/rescue vest/helmet/throwline should only be taken for use by Swiftwater Technician trained personnel.
- All equipment is bagged to ease transport and prevent damage. The sets of rescue gear are stored (once dry) hanging above their own bag. If they are to be deployed they should be dropped into the bag for transport NOT put directly into the back of the vehicle.
- Bags will fit in Mobile 2 more effectively than in the Land Rovers.

The old adage "take care of your gear and it will take of you" applies.

And if you would like to be Swiftwater Technician trained...

### 3 Day Water Rescue Course

Dates: Saturday 5th to Monday 7th January 2008 (Chilly!!)

Qualification: Swiftwater Technician - Rescue 3 (Internationally Recognised)

Location: Local - Howie will be running the course.

There are 10 places available, if interested place your name on the list at base. You need to be able to attend the whole course. It is essential that you are a confident swimmer. If more than 10 people sign up, the training panel will allocate the places; so don't book the days off until you are sure you have a place.

**Paul Astle**

## Base and Vehicles Notices

### Control Room Mobile

The old Mobile Phone in the Control Room at Base is no longer active (and is not to be replaced). Anyone who has the number (07971 960710) should delete it.

### Mobile One Replacement

The MRC have negotiated an attractive discount with some vehicle manufactures, and as such we feel that we should consider the options.

M1 is the next vehicle to be changed, (although not necessarily now) but the first step is to find out what we want. Should we look at a "Like for Like" Land Rover knowing that it ticks all our boxes and that it would be very familiar to all drivers, or should we, dependent on manufacturer's offers, consider others.

Your views and comments would be appreciated. Please complete [by December 1st](#) the section below and leave it in the suggestion box at base or if you prefer email direct to [johnev@ktdbroadband.com](mailto:johnev@ktdbroadband.com)

### Base & Vehicle Working Group

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VEHICLE REPLACEMENT.

Please return by December 1st.

Replace with the Equivalent Land Rover: YES / NO

Other ideas / comments:

## **Mobile 2 - Control & Command**

For those of you who have not heard me going on about it yet, Mobile 2 is now equipped so that it can perform as a forward Base. Aside for the main vehicle radio and repeater system, it is now fitted with an additional radio that is an exact replica of the Parklands Base Link radio at Busher Walk. So, we now have the ability to link this radio to the Team Laptop and track Team Members movements on the hill via MRMap GPS tracking in exactly the way we do at Base.

When you are next in Mobile 2 have a look at the set-up. It is straight forward to use and a fuller explanation is included with the relevant connecting leads in Laptop Case. If I am around I am happy to explain the workings of the system – please ask.

Basically:

The Team Laptop can be powered from the voltage inverter located under the rear row of seats.

To access GPS positioning of Team Members via MRMap connect the Laptop to the radio box at the rear of the vehicle via the leads kept in the laptop case.

Both Vehicle and Control radios can be used at the same time, using their stand alone roof mounted aerials, on different channels. It is suggested that the vehicle radio be used to monitor aircraft on 62A..

The Control Radio maybe used with its own stand alone aerial, which should be connected at all times, but you can also take advantage of the Mast aerial. In this case simply attach the mast aerial via the obvious bayonet connection and use the Pump – Up Mast in the normal way.

The RELAY system may also be used in conjunction with the Control Radio, but you MUST turn off the vehicle set. In this scenario the Control Radio uses its stand alone roof mounted aerial.

When using MRMap you will may notice that a number of modifications have been made to the program:

By right clicking the mouse you can Mark and edit points on the map, such as “Cas. Site” or “RV Point”. The Blue Arrow on the Toolbar gives you the option to edit or ‘Go To’ these points.

Click on the ‘Asserts’ panel on the tool bar and you can hide (by un-ticking) any radios that are not of interest or are confusing the situation. For example if more than one Team are on different call-outs at the same time.

You can also poll any of the radios shown in the right hand column by simply pointing at it on the map with the curser and clicking. This is useful if you have lost contact with that particular radio and wish to re establish a GPS position or radio contact.

Finally – Please leave the MRMap running on the computer at all times – this helps other MR Teams monitor what Kendal is doing via the broadband link and also with the development and testing of the system. It also enables me and other members of the Team to test and monitor our system remotely. Thanks.

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

## **Fundraising Notices**

### **Donations**

Grateful thanks go to:

- The Online Fellwalking club for a donation of £500 being the profit from sales of an issue of their journal “The Lost Sheep”. Visit their website at [www.fellwalkingclub.co.uk](http://www.fellwalkingclub.co.uk) for pictures and report of their visit to our base.
- Kendal Fellwalkers for a donation of £100

### **Christmas Collection**

A reminder that we have been invited by Kendal and District Lions Club to take a door-to-door collection covering Wattsfield/Collinfield on Sunday 16<sup>th</sup> December at around 5p.m.. Thanks to those who have already volunteered but more are still required and ideally I need 12 names before the Lions planning meeting on 22<sup>nd</sup> October. The Lions will be bringing along Father Christmas and his Sleigh so a perfect opportunity to get into the festive mood and hand your Christmas present list direct to the man himself as well as helping out the team!

**Peter Clarkson**  
**01539 736316**

## Torchlight Special



### “Oh, Flower of Scotland...”

When will we see their likes indeed! And so the lilting strains of the bagpipes accompanied the wounded haggis on a stretcher around the streets of Kendal for the 2007 Torchlight Carnival. This was the long-awaited annual opportunity for various team members to dress themselves up in a dress. Well, Highland Dress to be exact, although

there were very broad interpretations of the various elements of the traditional Scottish costume. Skirt lengths (sorry, kilt lengths) varied from well below to far above the knee (Trivial Pursuits fact number 1 – the front hem of the kilt should just touch the ground when the wearer is kneeling down), undergarments ranging from leggings to M&S smalls were worn (the freedom of the kilt was apparently quite enough without going “Commando”), and we set a new standard in the design of sporrans, with paintbrushes being swung vigorously from side to side as we jiggled round the streets in front of tens of thousands of onlookers. I soon discovered that dancing Highland reels wasn’t easy in walking boots, but at least I wasn’t reeling with a haggis in tow. Pierre and Mike did a grand job of carrying the casualty all the way round, although it was clear that many people south of the border had never seen a haggis before, let alone a sick haggis sporting an oxygen mask, as they asked us how the sheep on the stretcher was! At least Dave Winch was on hand with the IV whisky should the casualty deteriorate (or any of the stretcher bearers collapse under the strain). John Hall was brave enough to face the crowd without full make up or mask as disguise, and he even wore a miniskirt version of the kilt (well, he does have fine legs for it!).

All too quickly the evening was over, the costumes put away for another year (at least for public consumption), and the Most Humorous Float trophy returned to pride of place in Base for the third year running. Only 11 months to go until we see the like of men in skirts again – Kendal, you have been warned!

**Larissa Robson**

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**Copy deadline for next issue: Friday 9<sup>th</sup> November 2007**