

Mintcake



March 2003

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Editor's Comments

Apologies for no Scottish training report, my correspondent was side-tracked into other reporting areas and I didn't manage to get hold of the photographs.

Our anonymous contributor, 'Barbellate', continues to be with us and you are invited to comment on / contribute to these or future articles. If you enjoy reading your newsletter, and we hope you do, then this is only because people like you have sent in articles for the enjoyment of others. We don't write it, you do.

Thanks this month to Pete Munford for an article on a recent fund raising lecture by Dr Jim Fotheringham. I think this earns Pete the distinction of being the first Kendal MRT newsletter interviewer!

A reminder that a visit to the website via - <http://www.kendalmrt.org.uk/comms/factfiles/> will get you access to the information sheets currently stored there. This site is actually where I keep them for safety but anyone can gain access to them if needed. If any working-group or Team officer needs information made available in the same way, let me know and I'll upload it onto the site or, better still, show you how to do it yourself.

From Simon, our Social Secretary:-
"This years Annual Team dinner will be held on 29th August 2003. The venue is TBC, as is the price.

It's also the Team's 50th this year, and the dinner will see the presentation of the long awaited medals to the various long serving members of the Team!"

Get your suits cleaned lads!

The training Ex run by Paul & Steve on April 27th is to use the excellent Red Cross 'casualties'. These folks actually rehearse their scenarios. It doesn't come more realistic!!

Regards to all, Rob

Exercise Reports

Wednesday 19th March

What started life as a "Find-the-hidden-containers" exercise organised by Steve Kelley, developed into an interesting mini search-management trial when Andy Dell decided to connect the Team's new digital projector up to the computer and run the GPS route-planning software projected at frightening size onto the control room wall. During the day, Steve and I had been out placing the containers around some unfamiliar farmland.

Towards evening a fairly heavy fog descended and it was this that greeted the teams sent out onto the hill. Whilst not wanting to detract from the stated task of them having to find lost containers, it was interesting at base to be able to receive GPS positions via the radio and to plot the movements of the teams as they covered their search patterns. It did prove the point that under conditions of very poor visibility, providing the team radios it's position frequently, then although they may lose track of where they are, in relation to other search teams, we don't at base. With higher definition maps, we would be able to suggest routes for either searching or quickly RV'ing with others. We can also give hill parties, distances to landmarks, paths etc from their present reported positions. Whilst by no means ideal, it's an interesting idea that might stand some looking at.

During the evening, Andy came up with a number of ideas incorporating the new technology that could well improve our lot. Maps projected onto the white-board can effectively be 'drawn on' so making it easier for search teams being briefed on their areas, to all see the same information at the same time. Information relevant to you can be drawn straight onto your own map from the master projection etc. This has got to be better than the 'huddles' that form when trying to get what information is relevant to the area you've been given to search., from a map held six feet away.

At the moment, the company responsible for producing the 1:50,000 mapping software, are starting to provide the 1:25,000 aerial photo maps of the UK. Most of the UK has been mapped in this fashion, certainly our region has. Grid references taken from these maps are as relevant as from a Land-Ranger but the detail shown is that of an aerial photo at 1:25,000 scale. The Team now has a copy of these maps and we'll set them up for all to see as soon as the laptop arrives and has been programmed. Sadly, actual 1:25,000 maps such as are used by all MRT's are excruciatingly expensive in electronic form, but this is where technology will eventually see us going.

Rob

Dates For The Diary

Wednesday 9th April

Training - Downed Aircraft RAF

Thursday 10th April 19:30

Base & vehicle meeting.

If you have any constructive thoughts, please do come along. At the meeting we discuss the above WG. If there are any jobs to be done, and time allows, we will carry them out on the evening. All willing hands welcome.

Sometimes we even have nice biscuits!

See you there

Paul & John

Wednesday 16th April

Continuing the Cumbrian Mountain Festival;

A talk entitled "Mountain Millennium" by Mick Tighe at the Charlotte Mason College, Ambleside. Tickets £5, begins 19:30

Thursday 24th April (Note corrected date. Sorry Liz - Ed)

Another talk for the same festival, entitled 'RAF MR goes to Everest'. To be held at Kendal Town Hall, again £5 and starts at 19:30. For details of the above, speak to Liz.

Sunday 27th April at 9am prompt

Training - 1st Aid Scenarios



Outdoor 1st Aid Ex with professional casualties from the Red Cross. A good turn out is expected

See you there
Paul & Steve

Wednesday April 30th

Equipment and Medical

Saturday 17th May

Tebay Services Collection Day

Wednesday May 21st

Training - Rope Skills Refresher

Sunday May 25th

Training - Humphrey Head with Coast Guard

Wednesday May 28th

Equipment and Medical

Wednesday June 18th

Training - BaseOps / Cas site control

Wednesday June 25th

Equipment and Medical

Saturday 28th June

Killington Services Collection Day

Sunday June 29th

Training - Buckbarrow LWR

Wednesday July 16th

Training - Base Ops / Cas control

Saturday 26th July

Killington Services Collection Day

Sunday July 30th

Training - Cautley

Wednesday July 30th

Equipment and Medical

Saturday 21st August

Westmorland Shopping Centre Collection

Friday 29th August

The Team Annual Dinner.

Details will come from Simon ASAP

Saturday 1st November

Morrison's Supermarket Collection

Callouts



There were no callouts but one 'incident' reported this month

See 'Fund-Raising' - Ed

General Team News & Comment

So what was it like 50 years ago?

The Team is 50 years old, so I have been tempted to look at the mountaineering books that would have been around in 1953 to see what guidance was available to the fledgling members of the new Kendal Mountain Search & Rescue Team.

They were experienced enough to not need the help of the 18th edition of the 'Handbook to the Lake District, with an Outline Guide for Pedestrians'. This advises that 'For the first few mountain ascents it is advisable to take a companion or two, as consultation leads to observation and presses home one's experiences.; a fair comment, but then rather strangely observes that 'It is rarely possible to get a local guide, even a youth, of the biped variety.' Some observations on parts of our area are still valid. 'From High Street ... to Thornthwaite Crag (usually wet going); in misty weather follow wall to column'.

The Handbook's thoughts on mountaineering (whilst clearly identifying the need for MR) would discourage all but the most hardy from joining the newly formed team. 'This favourite form of recreation can only be enjoyed to the full by plucky and hardy pedestrians, and to these the country presents infinite attractions and not a few perils. There is not much danger, however, if two or more pedestrians wander over the mountains in ordinary weather. But a solitary tourist may get nervous and bewildered, and be many hours (even days) wandering about, or, worse still, be incapacitated by a sprained ankle or other injury, and perhaps will finally succumb, though all the time within reach of succour and safety.' Its comments on climbing are even more off-putting, 'It must be borne in mind that the standard of rock-climbing in the Lake District is even dangerously high: that none of the recognised climbs are for ordinary tourists; and that the more severe are for experts only.'

A look at the 1939 edition of The St. John Ambulance Association's 'First Aid To The Injured' shows how thoughts on first aid change over time. Early team members could have been tempted to equip themselves with cylinders of carbon – dioxide as: 'Carbon-dioxide is recognised as a powerful stimulant to respiration and where available should be applied at the earliest possible moment to the mouth and nose, preferably through a mask. The gas is applied for 3 minutes and left off for 3 minutes until respiration begins. It may be used with air alone or in conjunction with oxygen, according to the apparatus available. It must be realised that the gas can be drawn into the lungs only while artificial respiration is being performed.' A

couple of observations: the current protocol is to apply the de-fib *at the earliest possible moment*, what about the carbon-dioxide I say!. The artificial respiration referred to is not the mouth-to-mouth method (much beloved by Resuci-Anne); but either the Schafer or the Silvester method (both of which I must admit to having learnt in my younger days).

A quick test for all of you, but particularly the pharmacists, doctors and para-medics in the Team. What would a *mustard powder (1 tablespoonful in a ½ pint of lukewarm water) emetic followed by: ten grains (as much as will lie on a sixpenny piece) of permanganate of potassium; or two tablespoonfuls of Condyl's fluid in a pint of water* be used as a treatment for? Answer at the end of this article, but no peeping without first making a guess.

In 1946 J. E. Q. Barford wrote 'Climbing in Britain', in which he included details of the standard MR first aid equipment. *'The outfit consists of a stretcher and two rucksacks of medical and warmth supplies with directions for first aid. Before the base is left STIMULANTS, FOOD, SUGAR AND HOT DRINKS SHOULD BE ADDED. PLENTY OF ROPE MUST BE TAKEN. TAKE BOTH RUCKSACKS.*

Rucksack No 1 contains:

1 eiderdown bag (or blankets) with detachable waterproof cover and tie tapes.

1 Balaclava Helmet.

1 iron Thomas leg-splint with spat attached to boot; to be kept tied to rucksack.

1 case for medical appliances, containing :- 6 Damette bandages, 6 ins.; 6 triangular bandages; 1 roll, 1-in, 10-yds. Adhesive plaster; 4 rolls 3-in. 1-yd. Elastoplast bandage; ball of string or tape; 2 straight arm splints; 1 angular arm splint; Antiseptic (M & B) Powder Dredger; iodine; 2 shell dressings; gauze; cotton wool; scissors; safety pins; 1 pair 5-ins. Dressing forceps; 1 pair Spencer Wells clamp forceps; linen thread (No. 60); 2 needles (straight surgical 2 ½").

2 TUBONIC AMPOULE Syringes each containing 1/3rd. grain OMNOPON (Morphia) in solution ready for injection. Cube sugar in jar

Rucksack No 2 contains:

Folding glacier Lantern.

6 Candles.

2 Kettles.

3 Hot Water bottles.

3 Cups (2 drinking and 1 feeding cups).

1 Monitor stove to be kept filled with paraffin.

Meta fuel.

Spare jet and jet key.

Small spoon.

Jug.

2 Thermos flasks.'

With the exception of the picnic gear, it does have a familiar ring about it. J. E. Q. has comments on checking the kit which could have come from the lips of Dagmar only a day or so ago. *'The re-assembly, drying and cleaning of the equipment is important. The suffering of another may be prolonged, or even a life lost, if the kit is not in good order and ready for the next call.'*

50 years on, the Team has experienced:

- a lot of people found and rescued
- a few bodies
- many hours in the wet and clag
- heartfelt thanks.

How about some articles from Mintcake readers who can share thoughts and experiences about the Team from any of the past 50 years?

(Answer to the Mustard powder emetic and Condyl's fluid treatment is – Opium poisoning. If you got it right I'm impressed! If you got it wrong with a particularly silly answer, own up to the Editor so he can let other readers have a laugh.)

'Barbellate'

Big Mountains. Little Men...

Kendal Team and [Community Action Nepal](#) were joint recipients of the profits of an inspirational evening slide show held at Kendal Town Hall on the 18th of February enjoyed by an audience of over 100. The speaker, Dr Jim Fotheringham, a dental surgeon from Brampton, is a true all rounder equally at home rock or ice climbing, ski touring or mountaineering in the greater ranges. His talk, "Big mountains, little men..." covered his thirty years of experience with a miscellany of stunning images, including sequences from several chosen expeditions in greater detail.

First we were taken to Alaska where the small plane which flew them onto a remote glacier couldn't actually stop taxiing because of the depth of the snow. Jim related the sense of wilderness and scale felt by the two climbers after the aircraft had left as they stood alone surrounded by towering 12000 ft peaks and their goal, the massive 20000 ft Mount McKinley. Big mountains, little men... Skiing to the foot of the mountain, they towed their supplies behind them on plastic children's sledges, and started their ascent of the Cassin Route. Despite difficult climbing and temperatures down to -30, they made a fast ascent, away from the UK for only a fortnight, and without frostbite.

The next stop was Shivling, a spectacular mountain in the Gangotri region of the Indian Himalaya and two men attempt with Chris Bonington on the unclimbed South West summit. Unsure even how to get to the start of the route, the climbers edged up a terrifying couloir with dangerous stone fall only then to find rock with the consistency of "sloping cardboard with snow on". Ever steepening granite slabs and increasingly hard climbing led to a knife edge ridge so sharp that only one of them could stand on the summit at once. The story however was not quite over, the condition of the descent route was too poor to hold a belay, they deemed it too dangerous to rope up and so down climbed solo for over 1000 ft. on 6 inches of snow over granular ice, all hideously steep and with unthinkable exposure.

Jim emphasised the importance of good climbing companions on all his trips, a particular example being on a joint English / Indian expedition to Kinnaur in the Rangrik Rang, again in the Indian Himalaya. Traveling from Bombay by train rather than flying was indeed doing things the old fashioned way, as was the style of the climbing: a relatively easy route, a big team (of 9), porters and lots of fixed ropes. At one point the combined age of the rope with Jim, Chris Bonington, Jim Curran and the late Paul Nunn was over 200!

The cricket matches at base camp at 17,500 ft sounded quite exciting with a rocky pitch, a proper hard ball and the observation that at that altitude the ball moves very fast but the players don't!

Community Action Nepal is a charity set up by Doug Scott to help those living in the hill villages in Nepal with schools, medical facilities etc. We saw some slides of Jim holding dental clinics at some of the local surgeries: 140 patients in the first day, 250 over the three days he was there...the alternative was an 8 day walk to Kathmandu and a prohibitive treatment charge. For more details, visit the CAN web site at www.canepal.org.uk

Other images showed Jim rock climbing in North America, the Dolomites and France, ski mountaineering in Austria, Switzerland and France, and ice climbing in the Lakes and Scotland, and he has more trips planned for the future.

" As you get older, it becomes less important where you climb, and more important who you climb with..".

A note for your diaries ... The next lecture to benefit Kendal Team entitled "RAF Mountain Rescue goes to Everest" is at the Town Hall on Thursday 24th April 2003. Be there.

Pete Munford Kendal MRT

New Equipment.

Team Leader, Andy Dell has now made great strides into getting the Team set up with a laptop and digital projector. This combination of technology will be used to make indoor training sessions more useful by giving us the ability to produce PowerPoint presentations that cover specific subjects in detail. It can also be used for the equally important job of tailoring our public presentation slide show to different groups so making them more interesting and group-specific, than the present all-encompassing one is.

All you PowerPoint experts out there.....speak to Andy.

If anyone doesn't know how to use it but feels it might be of benefit in what you do for the Team, let me know and I'll arrange a quick workshop. If pushed, we could probably get several computers set up in base so several people can have a play at once. That way, we could even knock off the first batch of presentations.

Ye Olde Landrover

It's rare to get any feed back for articles appearing in the newsletter. Mostly it's stony silence. However, this particular piece has broken all the rules in this respect and has lasted for about four issues. Latest contribution is from Bill Rea, ex Team Leader, who lays claim to having owned (and still owns!!) the Vango on the left of the picture in last month's issue. Don't do much camping then Bill? By now we assume it's white in colour.

Keswick 2 Barrow Walk or Run Saturday 10th May 2003

A truly enjoyable event followed by free sandwiches, a free pint and a free massage at the Vickers stadium in Barrow.

Starts at 6am and finishes when you finish.

So far I have found seven who are prepared to take part in our team, which I have called the Kendal Mountain Rescue Team.

We need three more volunteers to make up a full team. We came sixth last year out of more than two hundred teams.

Unless we have a full team we can't achieve maximum points (20 points for each finisher with a maximum score of 200).

Five of the volunteers for this year's event are not members of KMSRT. They are doing it to support us, so please help to make up a full team by volunteering.

Last year we received a cheque from the Keswick to Barrow charity for £400.

P.S. Like last year I am organising a team of walkers and runners. There is no pressure on anyone to finish in a good time except on the poor sod at the back, because the final place for a team is dependant upon the finishing time of the last person to finish. And because we are not too competitive we will still like him or her a little bit.

Please page or phone John Hall to be considered (names and addresses of referees required)

Joking! Please page or phone John Hall to enter!
Tel 01539 731487

If you personally don't want to do it then you can always help me by suggesting someone else.

Last year, John's "Poor sod at the back" was me and if I can do it, I'm sure the hard men of the Team can, or at least, I hope they could. I regret that neither Steve K nor myself are available this year as Steve's doing something even harder than the K 2 B and I'm on holiday. John really needs some support from the Team if we have any long distance road walkers amongst you all. - Ed

L.D.S.A.M.R.A.

I attended the recent LDSAMRA AGM as part of the communications sub committee who had a report to make after a meeting of MRC Radio Officers the previous Sunday. As no one else from our Team was there, I'll report on those items I noted although I was otherwise occupied some of the time. The minutes from this meeting will be available shortly and greater detail of events can be had therein.

Firstly, Doug Wright, the secretary, has now retired and Richard Warren has replaced him. Richard has been doing a lot of work as Doug's assistant and now has the whole job to himself until someone takes up the vacant assist sec position. Offers to Richard.

All other existing officers were voted in for new terms. Kicking and screaming in the case of Richard Longman, the Treasurer. He has probably has enough of insurance companies to see his days out!! However, Richard is particularly good at his job and we all know where that gets you. Another term.

Individual working groups news went in one ear and out the other with the exception of comms which is reported elsewhere.

From the RAF comes the news that there is only one remaining SAR helicopter operating in our area, that has a working low band radio fitted. At the moment, the best option is for us to use channel 73 to communicate with the RAF, however, expect that to change in May of this year.

We were also told that a Sea King would be over in the Lakes for a continuous week between the dates 14th and 21st June this year. They hope to get two MRT's flown around our beautiful countryside or dangled on the

wire, whichever, each day or evening. More details as soon as we have them.

Also of note is the likelihood that a Northumbrian (?) Air ambulance is to be based at Carlisle sometime in the future. This gives MRT's access to two civilian helicopters, (one for each end of the county ?)

Next Meeting is Weds 25th June and is to be held at Kendal Base, so we need to get some biccies in (and 'real' milk, I was told).

Working Group News

Equipment And Medical

Communications.....

The business plan stating our case, in the Lakes, for continued police support of mountain rescue in the supply of radio equipment has now been received by Cumbria police. Probably not the world's finest exercise in timing of events as it's appearance was preceded by an announcement from Carleton Hall that the police funding has been dramatically slashed. Coupled to this is the fact that their own new communications system, based on PSRCP tetra, is phenomenally expensive and complex in it's introduction. I would expect the police to have their thoughts elsewhere just at this moment but we have to ask. Our present radio equipment is now beginning to fail, having served us well for 12 years or more.

The estimated cost of re-equipping the Lakes MRT's , is in the region of £400,000, no small amount if we have to find it ourselves.

The response of other police forces to the same request, varies. Some are supplying equipment without much question, and others have refused funding. Yet others are offering limited funding below the requested levels. It's seems a shame that this could not be arranged centrally by the Home Office as has happened in Scotland via the Scottish Office. Or possibly with police contributions also coming from forces that don't have MRT's. Central London etc. We do, after all, occasionally rescue their citizens when they get lost or injured up here!!

We can't avoid the fact that Cumbria is not one of the wealthiest forces yet it has a huge, fairly empty, rural area to police, plus the busiest MRT's in the UK! However, LDSAMRA, under the direction of John Dempster, continues to work hard on our behalf and some progress is being made. When we hear, so will you.

An, at the time, awkward change to our current radio licence seems to have had at least one potential benefit, we now have access to thirteen additional radio channels. These are limited to handset use only and are dotted throughout the radio spectrum, but seven of them would operate in our new high band radios and can be used for any Team business whether strictly 'MR' or not. Certainly they can be used for radio training sessions without there being any danger of interfering with another MRT.

We are not licensed to use these channels from any fixed base equipment although we can use them from a vehicle radio with some restrictions.

Free Software.....

We haven't done this for a while and there's not so much of interest doing the rounds at the moment. However, for anyone who wants them, the following programs will be available from the Team computer by the time you read this; **Acrobat Reader 5.5.**

The current version of the program you need to read this newsletter. This version has a word-search facility.

Anti-Lost_CD

A small program to open the drawer of your CD drive if you're in the habit of switching off and forgetting there's a CD still in the machine.

AVG Antivirus 6

Current version of the free antivirus program. You will need to download the current database update through the program.

Belarc Advisor.

The current version of the system analysis program. Want a list is what hard and software is on your machine? This is how to do it.

Graph Paper

Need bespoke graph paper or music ruled? This will produce it by the sheet.

HyperTerminal

An updated version of the communications program that comes with all versions of Windows.

Internet Explorer 6 Service Pack 1

Give Outlook Express the ability to force emails into text only when read. This stuffs any malicious code that HTML emails can contain.

Incredimail

Current version of the fancy email program, lots of colours and flashy things.

Microsoft Office 2000, Service Packs 1 & 2

Does just what it says on the tin.

Microsoft Office 2000 Spell-checker dictionary update

10,000 additional words you won't now get wrong.

Windows XP Powertoys

Additional tools for Windows XP

Swat-It

Scan for Trojans and worm virus'

Symantec Removal Tools

Scan for individual virus', remove them and repair the damaged files on your computer. Individual programs for each common virus.

WinZip 8.1

Current version of the file compression program.

Xara 3d

Current version of a simple but effective program to produce 3D titles and text animations.

XP CD Recorder Patch

Single update for a bug in the built in CD recording program in XP

Windows XP Service Pack 1

Again, as per the tin.

All are on the Team machine under the desktop shortcut "Freebies#2".

Freebies#1 is still there.

A CD with all these programs on it will be in base for anyone to use. Please return it PDQ as others may wish to use it.

Non-KMSRT readers contact me if you need any of the programs. They're all freeware or official Microsoft releases.

Fund Raising

Kendal town centre bucket rattling day was fun this year. It was also a successful venture with thanks to the usual ten or so Team members who, once again, gave up their day and did two shifts. All told, it raised **£1389**

It's good to see that even highly experienced, time-served mountain rescuers like Team Leader, Andy Dell can be in the wrong place at the wrong time when this year we got a request to attend an injured lady in the town centre of all places, twenty feet from where we were standing. Andy and John Hall actually had to cross Kendal high street to attend this particular 'incident' which probably makes it one of the most dangerous jobs of late. After examining the lady, Andy called in to base by radio, (all of half a kilometre), an ambulance was arranged and the job handed over to County. It was nice to see that our colleagues in Langdale & Ambleside MRT are on the ball as they called in to offer assistance

Funny Nick, very funny!!

For Sale

**Salomon Super Mountain 8
Boots.**

Worn 4 times only

Size 42 (8)

A bargain @ £50

Tel Eddie 01539 724410

FOR SALE

**MONTRAIL 'VERCORS' LADIES
BOOTS,
SIZE 6,**

**VERY GOOD CONDITION
WORN ONLY A FEW TIMES,
WRONG SIZE**

£65

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