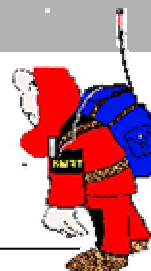


# Mintcake



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

Reg. Charity No. 259539  
October 2003

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## Editor's Comments

Thanks to all contributors to this month's issue. Howie Crook was happy to write up our Sunday exercise, especially as this would enable him to expunge any reference to his Bob The Builder lunch box. He comments "What's more, as things were happening I still noticed folk talking time out to explain what was going on to newer members of the team." I like to think that is what makes us a Team. Let's hope that our new (pre-)provisional members Louise Blair-Bryan, John Fitch and Peter Mosley - to whom we extend a warm welcome - will also find ready answers to their many questions.

There is a lot of work behind the scenes, and people are needed to help. Committees are open to all members. If you have an interest in a particular area, you are free to attend as an observer. The working groups need people to do the work. Get involved - it's the quickest and best way to find out about the Team and its members. Help us raise funds, and/or come along on 15 November to rescue Pudsey Bear. The next few pages contain Information on things that have happened and forthcoming events. Hope to see you at some or all, starting with the AGM.

Les

## AGM

**Thursday, 6 November at 7.30pm**

Yes, that's quite possibly this evening, if Mintcake wasn't caught up in a backlog of mail due to the recent industrial action.

Come and exercise your democratic rights if you want to vote in a different newsletter editor (for example).

## What's On



**Exercises start at:**  
**Wednesday 19.00 hrs**  
**Sunday 09.00 hrs**  
 unless otherwise stated.

**8-16 November**

Kendal Mountain Film Festival

**15 November**

Children in Need rescue (see item on p.3)

**Wednesday 19 November**

Training: Defib

**Wednesday 26 November**

Equipment & Medical Working Group

**Sunday 30 November**

Training: Search TBA

**Wednesday 10 December**

Christmas Lunch (see attached note)

**Saturday 13 December**

Christmas Charity Concert (see attached form)

**Wednesday 17 December**

Training: Hypothermia talk

**Sunday 28 December**

Training: TBA

**Tuesday 30 December**

Equipment & Medical Working Group

## Exercise Reports

### Wednesday 15 October

The evening exercise involved dividing into three groups and getting up close and personal with as much of the kit as possible. Some, inevitably, got closer and more personal with certain items of kit (*see this month's caption competition - Ed.*) than others. The object was for both newer members and old lags to familiarise ourselves with the locations of equipment and how to put it together, use it and then pack it away again. Following time-honoured didactic principles, there was a test at the end. Let's just say that having the Equipment Officer, Vehicle Officer and Medical Equipment Officer in your team is no guarantee of success (nor even any guarantee of being able to add up the score!). If, in future, you really want to know the function of the 5th rocker switch from the right on the centre console without having to look, just ask Keith.

Les



### Sunday 26 October

Some strange thought led me to believe a first aid round robin would involve copious amounts of tea in a nice warm base. Happily I packed up my sarnies and threw in some kit in just in case, only to find that someone had other ideas! All credit to those who spent time fiendishly thinking up ideas and incidents: the day turned out to be a valuable learning experience as well as a simply fantastic autumn day on the fells.

After making our way up Kentmere we divided into two teams to tackle a couple of incidents each before lunch. Off we dashed to save our man suffering from respiratory distress in the local quarry. After a few worrying minutes of am I going in the right direction, we located the quarry. A quick shout inside, he's not there. Now I know I'm new to the team but I'm not going to fall for this trick, must be the wrong grid reference, maybe if we rearrange the numbers we can find him! Let's split up and search the valley! Half an hour later we find ourselves back at the same point having learned lots about casualty site organisation. I still say the grid ref was wrong and if he really wanted help he would stop being so distressed and shout out a bit! I may joke, but I really did learn some really useful lessons. Just taking a bit of time to co-ordinate things. If you need to search, set out some parameters! There were also personal thoughts on how I react and can help in those situations. By the time we actually found the casualty the learning was really all over for me.

Time for a quick brew and then off to the assistance of someone who had taken a fall leading to a broken femur. I was still having a word with myself after missing the first casualty, so I was not rushing to be at the front of the pack and under the scrutiny of the observers watching on. I've got to admit the first aid seems a bit daunting with so many experts around, but I'm really useful at carrying things and now feel quite proud of my new skills with Bell stretchers!

The main learning points for our group were, as ever, it's the things that you don't see or aren't obvious that we need to look out for. On reflection it makes very good sense to expect neck/back injuries in someone who experienced enough force to break their femur. Damn, when will I get the hang of this? Never even crossed my mind! We also discussed how we can use the walk in to organise ourselves for the casualty site so we appear really slick.

Now you know that whenever you sit down to lunch someone is bound to run up to the team with their mate having taken a tumble. Well, you're just gonna have to wait, mate. It's been a busy morning and we're all entitled to lunch, aren't we? Abby's a good sort and after a couple of minutes of quite good screaming while most of us shovelled sarnies, Abby went to find out the score.

When it goes well, it goes very, very well. For me it was great to see all the team come together with all the right people in the right places. To see how things would work when it really matters. I would describe the final exercise as totally professional in every aspect. What's more, as things were happening I still noticed folk talking time out to explain what was going on to newer members of the team. As a new member the whole experience looked like clockwork.

Well there you go, a few thoughts, having drunk a bit too much wine, I hope it makes sense and right now I hope nobody phones and asks me to go on a search cos I may struggle to find my way up the stairs!

**Howie Crook, KMSRT**

## Fund Raising

- We are grateful to Lakeland Limited for a very generous donation to Team funds which is being spent on new first aid/medical equipment. Thanks are also due to Team chairman Trevor Cotton for his efforts in attracting this sponsorship.
- The Morrison's collection on 1 November raised £422.68.
- The sum donated by Westmorland drinkers at the Beer Festival has yet to be finalised. More news in due course.

**Liz Parkes, KMSRT Fundraising Officer**

## Callouts



### 12 October

Things may still have been extremely quiet, but our one Team callout this month was reported by Border TV news, Lakeland Radio, The Bay and the Westmorland Gazette! 19 team members attended the call to White Scar at the southern end of Whitbarrow Scar to rescue a grandfather and his two grandsons (oh, and their two dogs...) who had got themselves stuck on the scree. A rope system was rigged from the top of the scar, and the casualties were then lowered safely to the bottom. See also *The Tale of Dusty and Fluffy* on p.5.

Half term and time for the clocks to go back - it could surely mean only one thing...

SARDA were called out four times in four days to people who had not returned from walks – and didn't have torches. Kess and I were stood down en route to two of the callouts, but spent a few happy hours on Sunday and Wednesday nights looking for people. Maybe I'm paranoid, but we were assured that the father and son (aged 53 and 14) eventually found on Thursday morning on the Corridor Route on Scafell Pike were not the same ones as those (aged 50 and 15 – and with the same first names!) who hadn't made it as far as Rosthwaite on the Coast to Coast on Sunday so stopped off at Black Sail YH instead.

**Les Telford, KMSRT/SARDA**



## Children in Need

As previously announced, the Team has been asked to help Asda in their contribution to Children in Need. Pudsey Bear is to be rescued from the Helm.

Please contact Trevor Cotton to confirm that you will be available to help.

Meet at base at 9.30am on Saturday 15 November.

## Congratulations

Older members of the Team may remember Harry Sherratt who recently featured with his wife in the Westmorland Gazette on the occasion of their 60th wedding anniversary. Harry was apparently one of the early members of the Team, despite losing a leg in WW2.

## Working Groups

### Equipment

#### LET THERE BE LIGHT

Some concerns have recently been expressed about the hand torches/lanterns. It would seem that during a recent exercise and callout a number of torches have not lasted very long. Past experience has shown that we could expect 6-8 hours' battery life, but in reality we have only been getting 3-4, at best.

I have had a word with our in-house electrical wizard Rob who, as always with something electrical, had the answer. The batteries have a life span of about 5 years, and were supplied with 1.0 amp bulbs which give a light output of 4 hours. On delivery all bulbs were changed to 0.5 amp to increase battery life to around 8 hours. Over the last few years faulty bulbs have been replaced with bulbs of 0.75 amp to give a brighter light, but this reduces battery life to about 6 hours.

To quote the oracle: "The batteries can supply 1 amp for 4 hours, 0.5 amp for 8 hours and so on, however, the lower the bulb current the weaker the light output. 0.5 amp bulbs were the best compromise we could find". Seems to make sense so I have sourced some 0.5 amp bulbs and changed about half the torches and will change the balance at next delivery, so, with lower drain on the batteries (which are now two to three years old) we should expect them to last a bit longer.

I hope this lights up the dark recesses of your knowledge on torch technology, Rob, as usual, was of great help and I thank him for that, but if you have any other problems or dark fears please let me know.

**John Everett, KMSRT**

### Base and Vehicles



**Breakages** – if you accidentally damage base equipment or installations, please contact me, or at least write it on the white board outside the equipment room. Recently, the plastic sleeve that goes into the laminator was damaged. **Accidents happen – I don't bite!!!**



**Cleaning** – many thanks to Pierre Betoïn, Chris Kelly, Pete Dodds, Julia Pittman, Liz Parks and Hilary Robertson, for keeping base clean over the last year. If anyone else would like to join the cleaning rota, then please contact me. **Many hands make light work.**



**Found** – a silver chain, on the steps of base a few weeks ago. I have it in safe keeping.

**Paul Astle** – 015395 67233 - [paulastle@hotmail.com](mailto:paulastle@hotmail.com)

## Legislation on Mobile Phones & Driving

As a new regulation comes into force on December 1<sup>st</sup> this year on the use of hand-held phones or similar devices, I thought this information taken from D.O.T web site was worth sharing with you all. For both personal and team use these comments are only an abridged sample and for those who require every "I" dotted and "T" crossed this article is not the definitive ruling.

**Q1. What does the regulation say about hand-held phones?**

The use of hand-held phones or similar while driving will be prohibited. A hand-held device is something that "is or must be held at some point during the course of making or receiving a call".

**Q2. Is hands-free phone equipment allowed?**

Provided that the phone can be operated without holding it, then hands-free is not prohibited by the new regulation. The use of hands-free may still require the pushing of buttons and if involved in an incident you could still be prosecuted for careless or dangerous driving, but not the new regulation.

**Q3. What about texting/Internet/video phones?**

The use of a hand-held or similar device for any of the above is prohibited if during its operation it has to be held in the hand.

**Q4. Will drivers be able to use Sat Nav or PDAs?**

Yes, providing that they are not hand-held.

**Q5. Will phone have to be switched off in vehicles?**

No. Passengers can use them, and drivers can use them when safely parked. If the phone rings while driving let it ring until safely parked.

**Q6. Can I use the phone when stopped in a traffic jam?**

No. You must not use the phone while in the driving seat with the engine running. With the engine running you are deemed to be driving and in complete control of the vehicle which you cannot be while on the phone. The only correct/safe way to use a hand-held device is to park up, turn the engine off.

Q1 to Q6 apply to most of us who have phones. But Q7 applies to TEAM use.

**Q7. Will 2-way radios be included in the new ruling?**

The use of 2-way radio equipment (unless the device can also be used as a phone) when driving is not included in the new ruling, but remember there is still a risk of distraction. If the device is a dual or multi-purpose device that can be used both as a mobile phone and a 2-way radio, the use while driving is prohibited.

### Summary

Do not use a hand-held device with the engine running. Pull over and switch off. I would also suggest that while in a team vehicle only the "navigator" should use the phone or radio. This, I think, will need to be clarified by committee very soon.

### Penalty

The offence is subject to a fixed fine of £30 or up to £1,000 on conviction in court.

A copy of the most FREQUENTLY ASKED QUESTIONS will be left on base notice board.

**John Everett, KMSRT Vehicle Officer**

## Communications

Nick Verrall from L&A has written to update the advice on Vodafone paging from a computer. The quicker, easier way is to:

1. Go to your e-mail program, create a new mail.

2. In the To box INSERT  
[07699\\*\\*\\*\\*\\*@paging.vodafone.net](mailto:07699*****@paging.vodafone.net)

where \* = 6-digit pager number

then write your text as in a normal e-mail and SEND.

DO NOT MAKE IT TOO LONG.

⌘

## Operations & Membership

The following recommendations have been made by the MRC:

1. Change from single dose of 50mg dispersible diclofenac (voltarol) to 3 x 25 mg Voltarol Rapid.

Jill Sharpe (MRC Rep for LDSAMRA) and Paul Davies (Langdale & Ambleside MRT Team Doctor) advised that their Teams will continue to a single dose of 50 mg dispersible diclofenac for the treatment of moderate pain in adults only (dispersible diclofenac should not be used in children)

2. Salbutamol nebulas are in Kit 3 (doctors' use only)

3. The doses of 1:1000 adrenaline for treating anaphylaxis have been revised.

The new recommended doses are:

0.5 mg 1:1000 adrenaline for adults

0.25 mg 1:1000 adrenaline for 6-12 year olds

0.12 mg 1:1000 adrenaline for 1-6 year olds

0.05 mg up to age 1 year

These doses are recommended by the Resuscitation Council (UK) and are shown in the British National Formulary (the doctor's bible for drugs).

Paul Davies agrees that we should use these doses.

The Operations and Membership Working Group agreed that KMSRT should

1. Continue to use a single dose of 50mg dispersible diclofenac for the treatment of moderate pain in adults only (dispersible diclofenac should not be used in children).

2. Continue to allow current holders of the MRC certificate who have received formal training in the use of nebulised salbutamol to use salbutamol.

3. Change to using the new recommended doses for 1:1000 adrenaline in the treatment of anaphylaxis.

## The Tale of Dusty and Fluffy

by Beatrix Potter (as dictated from the other side to Hamish Wilson)

"Get the damn ice axes! All of 'em!" As soon as I heard Dan scream these words, I knew this would be no ordinary autumn callout.

45 minutes later I found myself perched high on Whitbarrow Scar, following the dubious lead of Dan, clinging to the crumbling face with nought but an old ice axe and the grace of God. "Yeah!" said Dan, ducking flying debris, "The only time I've been really scared was the last time we were here." Uplifting thoughts from the MR sage. At that point I started thinking that helmets and crampons would have been a nice idea. From our lofty perch I could imagine Keith in the passenger seat of mobile 2, far below, busy writing out yet another Health and Safety restraining order for Dan and his well-intentioned adventures.

Fifty dubious feet further I discovered two small children, huddled together on a ledge, shivering from the cold. Plainly scared, they had been trapped on the face for the past hour, waiting for rescue. Further investigation revealed Granddad, 20 feet higher, also pinned in place. As it turned out, Granddad in his infinite wisdom had decided that an afternoon summit attempt on the mighty Scar had been in order, and why not bring the kids? Lucky to have made it to the ledge, Granddad, (obviously suffering from summit fever) had climbed above the children, got himself stuck and could neither climb further nor return to the now mildly hypothermic and thoroughly distressed children. Not good. This was turning into a weird reality TV show.

Moments later I realised that 9-year-old Peter and his 7-year-old brother Michael hadn't eaten since breakfast and that Granddad had been hoarding a sack full of food. Upon receipt of the sack, I was disturbed to find the sack thrashing about of its own accord. Knowing full well that neither Dan nor myself and certainly not Eddie were qualified or willing to perform an in-situ exorcism, I made an executive decision to release the drawstring. As one may imagine, I nearly fell off the ledge with surprise as two manic and emaciated silky terriers leapt into the air. "What the hell is this? Is this some kind of barbaric joke?" I yelled to Dan. "No, Hamish," I was calmly told, "Their names are Dusty and Fluffy. And by the way, the food is in the pack." In the pack? In the pack? So were the bloody dogs! What's next? Coco the clown? Reaching deep for what I thought was a bottle of water, I pulled out a bottle of Bavarian lager. As I turned to Dan in bewilderment, Granddad gave me a knowing wink. "This is getting weirder" I mumbled. I did manage to find some crumpled, dog-trampled remains of a few sandwiches and duly fed them to the shivering kids. Better them than me.

A short period as calm descended, during which all was left to the capable care of hands unseen up above, throwing ropes, setting up anchors and devising escape routes. I

simply ate sweets and sang songs with my newfound menagerie.

It was the sight of that towering inferno of sexual tension that is Dan that must have done it. I can think of no other explanation for the unnatural events which next took place. In preparation for the descent, the dogs had to be confined to the pack. Picture an impatient Dan trying to push the two wriggling, seething, snapping beasts back into the pack, each time one went down, its comrade jumped free – a frenzy of dogs, beer and shivering children. Granddad grew anxious at the sight of his darlings being grossly manhandled – but the damn things just wouldn't sit still – I started growing impatient – Dusty and Fluffy??? For God's sake. Mountain Rescue? Pet Rescue? Who would have thought?

The last straw in this truly farcical situation was when I next turned to my canine charges. I looked down at the little rodents and to my sheer amazement found them frantically at it like rabbits, drunk in their feeble lust for one another, eyeballs bulging, drooling with passion, oblivious to the imminent danger and proximity to an incredulous audience. God forbid! – random thoughts shot through my mind... is this consensual? Are they using protection? Is it possible that with just one small kick they could in fact copulate to their very deaths? Will this corrupt the children? Is this all Dan's fault? I began to blame Granddad. My professional demeanour was crumbling fast. Granddad was smiling, proud of the efforts of his sinful pets. Best get the hell out of here. I fumbled for the rope. "Michael!" I snapped at the seven-year-old, "Let's go – I'm not feeling emotionally safe on this ledge anymore." He agreed. Amidst a hail of rock and tree branches we made our escape, far from that bizarre ledge.

The rest is left to history. I was sharply followed by Eddie, Paul and Granddad. The team had pulled off a swift and effective rescue in a complex and dangerous situation. I never saw a thing.

On reflection, I'm not sure what the learning points are. Never stray too far without an ice axe maybe. Wear a helmet on steep ground perhaps. Or, when perched high on a crumbling precipice, far above the road below, clinging to two small distressed children wanting to know how they will get down, clutching in the other hand two tiny, shameless, ferret-like creatures named Dusty and Fluffy with only one thing on their mind, then never knock the Bavarian lager.

Or any bloody lager for that matter.

*Note: All human names have been changed to protect the innocent.*

## Caption Competition

You just can't resist an animal photo, can you? Thanks to those who submitted captions. My personal favourites are the first two below. The prize is a walk in the pouring rain with a collection of dogs on Scout Scar.



*Phew! I've just had to listen to a Rob Brookes story – give me a shaggy dog story any day. (Ray Greene)*

*Those \*\*\*\*ing terriers don't half wear you out! (Hamish Wilson)*  
*I resign! It's a dog's life running around the mountains after*

*those MR maniacs. (Ray Greene)*

*"Callout? It's dark. It's cold, it's raining. I'm not going. (Chris Marsden)*

*I wish he would stop producing that ruddy news letter and take me out for some action. (Eddie Harrison)*

*That's the last time I eat the leftovers from the Team barbecue. (Julia Pittman)*

*Ray said that he joined MR for the beer drinking, he didn't mention the hangover. (Keith Pittman)*

*I wish he would stop practising self-arrest on the stairs, these ice axe holes are becoming bloody dangerous! (John Fitch)*

*Those terriers get us all a bad name. (Ed.)*

Howie Crook is delighted to be this month's subject:



## Christmas Lunch

The Christmas Lunch (see attached form) used to be described as being for the retired, self-employed and unemployed members of the Team. But don't let that stop you. We're still nice people for all that, and any of you who don't fit these categories are more than welcome to join us.

## Christmas Concert

Get your tickets while they're still available. The form is attached again.

## No Barbellate This Month

What, has he (?) dried up, then? Not at all. Someone or something has rattled his (?) cage again, but lack of space means that you'll just have to contain yourselves till next month.

## Contacts

E-mail

[les.telford@dial.pipex.com](mailto:les.telford@dial.pipex.com)

or

on +44 (0)1539 727051

or

Editor's pigeon hole in base

or by mail to:-

**Newsletter Editor**

**Kendal Mountain Rescue**

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**Kendal**

**Cumbria**

**LA9 4RH**

**Copy deadline for next issue: 27 November**

# KENDAL MOUNTAIN RESCUE TEAM

## Christmas Lunch at

THE EAGLE & CHILD, Staveley

10<sup>th</sup> December 2003

1200hrs for 1300hrs

The Christmas menu at the Eagle & Child is of a high standard. This will be our third lunch here, and the pub also has some good ale on tap. Please note a train station in the village comes in handy for those who like a beer or four...

The Christmas menu is a three-course followed by tea/coffee, hot mince pies, mints etc. at £13.50 per person. The menu is pre-selected so please put your cheque with your selection as I will require this.

Regards

Dudley, your paging officer

---

Name:

I would like to order the following items (please circle):

1. Chef's homemade soup
2. Homemade duck, garlic & brandy pate with Cumberland sauce
3. Deep-fried brie wedges with spicy fruit chutney
4. Chef's smoked mackerel pate with a sweet redcurrant & raisin confit

-----

1. Traditional turkey dinner with all the trimmings
2. Steamed chicken supreme stuffed with spinach, mushrooms & sun-dried tomatoes with a garlic tomato sauce
3. Homemade smoked salmon, horseradish & dill fishcakes with tomato & basil sauce
4. Savoury bread & butter pudding with a tomato & basil sauce

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1. Traditional Christmas pudding
2. Fresh cream profiteroles & chocolate sauce
3. Mixed ice cream on meringue with raspberry coulis

-----

Followed by tea or coffee, hot mince pies & after-dinner mints.

Your can e-mail me at [HolyoakeD@aol.com](mailto:HolyoakeD@aol.com)



**Westmorland Charity Concerts Society**  
(Registered Charity Number 102338)



**The Jack Symons  
Christmas Charity Concert**

**in aid of Kendal Mountain Search & Rescue Team &  
South Lakeland Voluntary Society for the Blind**

**Saturday 13 December 2003  
at 7.30pm  
in the Westmorland Hall, Kendal Leisure Centre**

This annual concert aims to raise money for local charities, or local branches of national charities. Over the years many thousands of pounds have been presented. We hope you will support this year's concert. It has been described as a "Christmas 'Friday Night is Music Night'" and indeed Marilyn Hill Smith, one of this year's soloists, regularly appears on that programme.

The more tickets we can sell, the more money can be given to the deserving charities.

**The Programme**

**Lehar: The Merry Widow** (highlights)  
Herold: Ballet Suite: La Fille mal gardée  
Scrimger: Winter Selection  
Other Choral Items  
Christmas Carols

**The Artists**

**Wyn Davies**, conductor  
**Marilyn Hill Smith**, soprano  
**Richard Lloyd Morgan**, bass  
**Lakeland Sinfonia**  
**Kendal South Choir**  
**Hugh Davies**, director

**The Concert is sponsored by K Shoes & Barbara Webb**

Reserved Seats are £12 each which includes entry into a Grand Draw that takes place during the evening. Please use the booking form below. It would help us if you would tick the Gift Aid box. If you are an income tax payer we can then reclaim tax on the proportion of the ticket price that is given to the charities. Until all the costs are known we cannot be precise, but it will be approximately £5. You will have no other forms to complete. Thank you.

Please send the completed booking form and cheque to:  
Pam & Tim Keegan, 6 Applerigg, Kendal, LA9 6EA ☎: 01539 722533

✂.....

To: Pam & Tim Keegan, 6 Applerigg, Kendal, LA9 6EA

**Christmas Charity Concert 2003**

Please send to me \_\_\_\_\_ (quantity) reserved ticket(s) @ £12.

I enclose a cheque payable to "Lakeland Sinfonia" for £ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**KMR**

**Gift Aid**  
Please tick this box  
if you are happy for the  
Westmorland Charity  
Concerts Society  
to claim Gift Aid on  
a proportion of the ticket  
cost.