



# The Moorjock

October 2012

## Cockermouth trip

Earlier in the year the team took the decision that it would be beneficial if its members undertook some training in other parts of the country. The rationale being, this would expose team members to different terrains and environments while training in mountain rescue skills. Having made this decision a plan was hatched to make the first such venture to the Lake District. Having found a suitable bunkhouse the formalities of advising the local team, Cockermouth MRT, that we would be in their "patch" doing some training were completed. The response from our colleagues in Cockermouth was fantastic, not only did they offer us a visit to their base, followed by beer, but also offered to do some training with us on the Sunday morning.

So on Friday 12<sup>th</sup> October members of our team set-off from their respective parts of North Yorkshire to converge on Felldyke Bunkhouse. Thanks to the forethought in Roger's planning he had arranged for food and beer to be available at the bunkhouse which was greatly appreciated as we each arrived in dribs and drabs. I will at this point make a comment about the bunkhouse in that this is the best bunkhouse I have had the pleasure in staying at. It is clean, warm, well equipped and comfortable and to cap it all the showers are piping hot and just fantastic after a hard day on the hill.

The plan for the Saturday was to split in to four small groups and head for the hills to practice navigation and safety on steep ground and general mountain craft. Two routes were devised with two groups walking each route in opposite directions. The first route took in Grasmoo, Hopegill Head and Whiteside and the second High Stile and Hay Stacks. Apart from some early passing showers the weather was very kind to us all. I think everyone involved took the opportunity to practice the hill skills they most wanted to practice and as each group eventually made its way down in to the valley it was clear that all had had a great day.

Amongst the troops that had ventured west we were fortunate to have Ian P, as Ian is still recovering from knee surgery he didn't want to risk his knee on a full mountain day but was happy to be our cook for the weekend, so not only had we been treated to a cooked breakfast but there was a chicken and bacon pie waiting at the bunkhouse on our return. This was quickly demolished by the returning troops!

After dinner we drove down in to Cockermouth to meet up with a couple of their team members for a quick tour of their base. We are rightly proud of our base but there was certainly a little bit of envy when we were shown their training room complete climbing wall. After the tour of the base it was down in to the town and a few beers.

On Sunday morning we met up with members of the Cockermouth team and formulated a quick plan, this being to take advantage of the location we were in and hence it was agreed that the Cockermouth boys would show us the rope systems and equipment they use and we would practice a stretcher lower. So off we set laden with kit to the foot of Lorton Gully on Grasmoo. Once at a suitable location we went through the safety briefing and plan as to how we would undertake the rescue. We then spent time discussing the placement of rock anchors, etc. This was a useful to our team members as we don't really have the need to place protection in rock on the North York Moors. We generally use ground stakes or trees as our anchor points. A suitable rope system was then setup and the rescue commenced. Members of our team were integrated in to the whole operation so as they got a great learning opportunity throughout the full three pitches it took to complete the rescue. In essence the basis of the rope systems both our team and Cockermouth use are the same but varies in the type and quantity of equipment used in some circumstances. There is always a great deal to be learnt when given opportunities such as this and I am sure all the members of our team took a great deal away from the weekend.

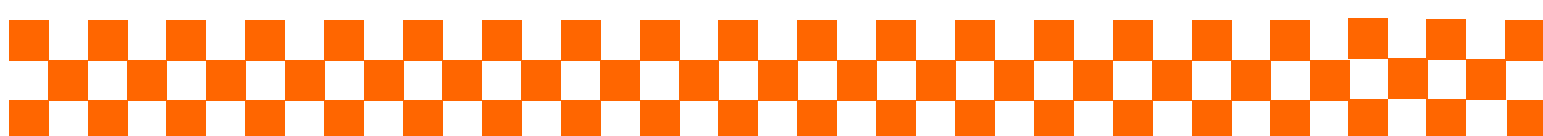
Finally I would like to pass on our sincere thanks to the members of Cockermouth Team who gave up their Sunday morning to pass on some valuable training to our team.

Thanks to Drew for the report and please note these events are open to all team members on a first come first served basis.

Pictures on page 3



SCARBOROUGH  
& RYEDALE



## What have we been up to since the last newsletter?

### Activities in October

- 2<sup>nd</sup> October – training evening - walk
- 4<sup>th</sup> October – IC training (mapping)
- 5<sup>th</sup> October – YAS Simulation day – Scarborough Hospital
- 6<sup>th</sup> October – Saltergate Circuit Challenge
- 9<sup>th</sup> October – Training sub committee
- 10<sup>th</sup> October – Open evening and recruitment
- 12<sup>th</sup> / 13<sup>th</sup> / 14<sup>th</sup> October – Out of area training - Cockermouth
- 16<sup>th</sup> October – Training evening
- 20<sup>th</sup> / 21<sup>st</sup> October – Night Exercise
- 23<sup>rd</sup> October – Search Scampston Hall
- 24<sup>th</sup> October – Committee meeting
- 27<sup>th</sup> / 28<sup>th</sup> October - Search management course
- 31<sup>st</sup> October – Rescue Adderston Field
- 31<sup>st</sup> October – Halloween happening - Dalby

### Planned activities in November

- 2<sup>nd</sup> to 4<sup>th</sup> November – National party leader training – Swale
- 4<sup>th</sup> November – induction day
- 5<sup>th</sup> November – Scarborough Lions bonfire
- 6<sup>th</sup> November – York medical students exercise
- 8<sup>th</sup> November – Team Meeting
- 10<sup>th</sup> November – Filey Lions bonfire
- 13<sup>th</sup> November – Casualty care training
- 13<sup>th</sup> November – Ops group meeting
- 14<sup>th</sup> November – Equipment sub committee
- 17<sup>th</sup> November – Training day
- 17<sup>th</sup> November – MREW meeting Lancaster
- 18<sup>th</sup> November – Exercise
- 18<sup>th</sup> November – Media interview skills
- 21<sup>st</sup> November – Training evening
- 22<sup>nd</sup> November – Marketing and fundraising
- 28<sup>th</sup> November – committee meeting



Saltergate circuit start

Saturday 6<sup>th</sup> October

Twitter



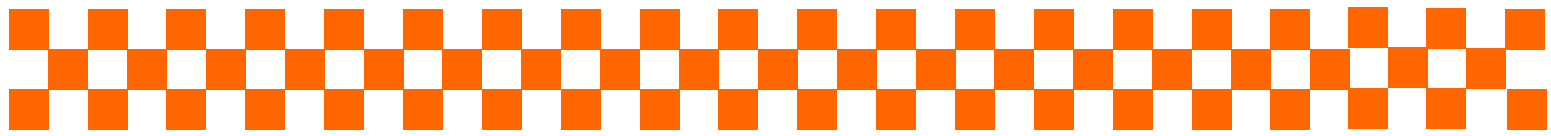
Facebook



Team web site



Subscribe



## Cockermouth Trip



On the 23<sup>rd</sup> of October the team deployed to a search at Scampston Hall for a missing gentleman. One of our parties made the find and, after initial assessment, walked him out to a waiting ambulance. Copied below is a letter of appreciation from Humberside police who were running the incident

*Please accept my thanks for your excellent response.*

*Your support and dedication is recognized and appreciated.*

*If you are every in the Humberside area and the opportunity arises, you would be very welcome*

*Best Regards,*

*Dave Hall*

*Chief Inspector Special Operations*

*Hessle Road Police Station*

*Humberside Police*

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## Team fundraising walks

### 2012

### Monthly update



We hosted a very successful Falcon Flyer in March. Along with a very wet but popular ½ Marathon in April.

Our last challenge event of the year was the Saltergate circuit – Saturday 6<sup>th</sup> October.

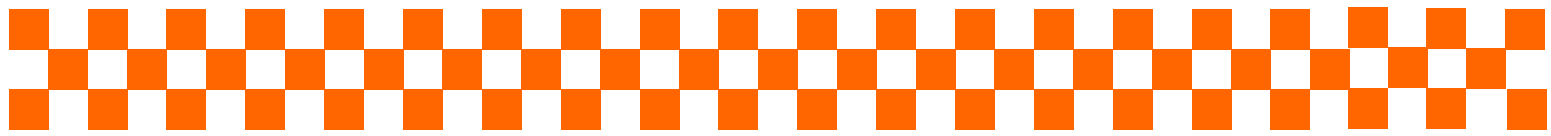
We held an extremely successful challenge with 162 entries, yet again up on last year. Thank you to all competitors, team members, family and friends who helped on the day.

The three challenge events raise significant funds for the team and our profile in the local community so the support by all team members is appreciated.

We will start the planning of next year's event soon and are on the lookout for team members to step forward to take on the organisation of these events and build on the success of the recent challenges. Names to Committee Members or Members Representatives.

### Search Management Training

27<sup>th</sup> – 28<sup>th</sup> October



## Notices

Hi everyone,

I've attached the menu for the meal at the Grapes on Saturday 8th December, if you could let me know as soon as possible what you would like to order but definitely by the last week in November as The Grapes need everyone's order by the end of November at the latest.

I've collected deposits of a few of you but if you could all let me have all monies due before the end of November or the Training evening on the 6th December (as I'm away for the next couple of weeks & won't be at the November exercise) at the latest then on the night I can relax & not have to chase people for the money at the start of the evening.

Should be a good night :-)  
(Helen Hayton)

### THE GRAPES

#### CHRISTMAS MENU

##### Starters

Homemade Soup of the Day (v)

Served with Buttered Croutons and Crusty Cob Roll

Homemade Duck Liver and Orange Pate

Served with warm Wholemeal Toast and Marmalade

Traditional Prawn Cocktail

Large plump prawns layered with mixed leaf, diced tomato, diced cucumber and homemade creamy Mary rosé sauce, Served with wholemeal bread

Smoked haddock and Spring Onion Fishcake

Served with a small side salad and homemade tartare sauce

##### Main Courses

Traditional Turkey Dinner

With Homemade Yorkshire Pudding, Stuffing and Pigs in Blankets

Served with New Potatoes and a selection of Seasonal Vegetables

Roulade of Pork

Pork Fillet filled with Chestnut Stuffing with a Brandy and Sage Sauce

Served with New Potatoes and a selection of Seasonal Vegetables

Haddock Mornay

Oven baked Haddock on a bed of leeks

Served with a rich cheese sauce

Broccoli and Mushroom Stroganoff

Served with wild rice and home baked cob roll

##### Desserts

Christmas Pudding

Traditional Christmas Pudding served with Rum Sauce

Cheesecake

Homemade Lemon and Lime Cheesecake

Profiteroles

Served with Fresh Cream and Chocolate Sauce

Ian Hugill

November 2012

