

# Mintcake



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

Reg. Charity No. 1125680

August 2011

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## Editor's Comment

I know many of you only keep an email account to receive Mintcake, so I have been asked by the internet companies to publish on random dates to keep you all checking your email in case it has arrived.

*DBH*

## 100 Club

This months winners of the 100 club are

- 1<sup>st</sup> No. 35 Richard Myers
- 2<sup>nd</sup> No. 6 Patsy Slevin
- 3<sup>rd</sup> No. 49 Heather Fielding

Congratulations!

For anyone jealous of the lucky winners, I believe there are some numbers left – please contact Peter Clarkson for more details. All welcome especially newer team members!

## What's On?

**Friday 9 September**

**Torchlight**

**Wednesday 14 September 19:00**

Exercise

**Saturday 24 September**

Wildfire ex w' Cumbria Fire & Rescue

**Sunday 25 September 09:00**

Round Robin

**Sunday 25 September**

East Cumbria Search Panel

**Wednesday 28 September 19:30**

Equipment Night

**Saturday 1 October 13:00**

Emergency Services Open Day

**Wednesday 5 October 19:30**

Operations & Membership

**Wednesday 12 October 19:00**

Water Awareness

**Saturday 16 October**

Wildfire ex w' Cumbria Fire & Rescue

**Wednesday 26 October 19:30**

Equipment Night

**Saturday 29 October 16:00**

Heli-training / Night Navigation

**Tuesday 1 November 19:30**

Base & Vehicles meeting

**Wednesday 2 September 19:30**

AGM & Management Committee

## Mintcake Nibbles



Congratulations to Stan on surviving work and starting retirement. He celebrated this in style, cuddling his latest granddaughter Arabella, born on 1 September.



Jo Roberts has taken over co-ordinating the collection boxes. Well Done!  
Talking of collection boxes, it is nice to see our box prominently displayed in the new Police Station reception area.



Congratulations to Trevor who will have retired by the time this newsletter is published, although he was reportedly gutted to have been beaten to it by his son!



Thank you to [Landy Town](#) (a new website for bringing Land Rover enthusiasts together) for raising £190 for the team at the Land Rover Max show



**Stop Press!** Congratulations to Tom Booth and partner Melissa who gave birth to a 8lbs 7oz boy, Harris George at 6.30 on 5 September.



### Date for your diary

The East Cumbria Search Panel exercise is being held on the **25 September** (same day as our normal Sunday ex) Speak to John Ev or sign up at base.



### Date for your diary

Cumbria Fire and Rescue are conducting an exercise / review in to how they tackle wildfires and are interested in what MR can offer (such as tracking through MR Map). This is being held on the **24 September and 16 October** speak to Eddie for more details or sign up at base.



### Date for your diary

Cancer Care UK are doing a fundraising event on **18th Sept** in Kendal, as part of this they are hoping to have a duck race on the River Kent. The team have been asked if we could perhaps place the nets and retrieve the ducks. Of course this will only go ahead if water conditions are suitable. If any team members feel they could give up a couple of hours during the afternoon you will be most welcome sign up at base or speak to Eddie.

## Callouts - August

### 01 August 2011 17.45 hrs

We were paged by the Police and asked to go to the assistance of a male mountain biker who had taken a serious fall on a steep path down White Fell in the Howgills near Sedbergh. An Air Ambulance from North Yorkshire was also deployed and managed to land on the ridge some distance below the casualty. The casualty was found to have head and shoulder injuries and, following treatment, we stretchered him down to the helicopter. This flew him down from the fell to a waiting North West Ambulance. We were greatly assisted by a local farmer who was kind enough to transport our gear up the ridge using his quad bike and trailer and then bring down some gear and two mountain bikes. Does he want a job?!

### 10 August 2011 20.30 hrs

While on a training exercise, some team members noticed a suspicious object in the River Kent in Kendal (which was running pretty fast at the time). After some discussion with a Police Officer and with concern that the object could result in a callout later, it was decided that two of our Swift Water Rescue Technicians should attempt to retrieve it. This was duly accomplished and the object turned out to be a commercial boating throw-line and bag.

### 11 August 2011 14.45 hrs

We were asked to assist the Langdale & Ambleside team in recovering a man's body from Jack's Rake (Pavey Ark, Great Langdale).

### 12 August 2011 21.05 hrs

The Police paged us following a report from a woman who had heard voices and whistling in the Kentmere area. We were stood down shortly after when it was established that someone was looking for their dog. A well intentioned report, particularly with daylight failing.

### 15 August 2011 17.30 hrs

The Langdale & Ambleside team asked for our assistance with a male who had sustained a lower leg injury at the top of Far Easedale. A long carry-off but it was dry for a change and we got down just as it was getting dark. This callout was particularly notable for the unusual site of a team member sprinting past the team leader (and his small entourage) to pass the team "gazelles" in the form of Stan and Tom Booth!

## Exercise Reports

### Medical Teaching with Bill the Bellman. 21 August

This exercise was arranged as three sessions, each divided into four work stations with a group at each. Work stations were supervised by Bill, Jo (W), and the Daves (H & W). Sessions were terminated at the ringing of an old school bell. You wouldn't expect, in an august organ like this newsletter, jokes such as "Bill was using his ding-a-ling every twenty minutes", so I won't make any. (*shame, it would have been better than the normal attempts at humour on these pages –Ed*)

**Main topics covered: (1)** :Primary Survey (ABCDE), with emphasis on it being a system. One looks for the greatest threats to life first, deal with them in order, and once "E" is finished, or if the casualty's condition changes, go back to "A" again and re-start working through the system.

The importance filling in cas cards, and their potential use as reminders of what to do next, was also dwelt on.

**(2):** Diabetes; Bill took us back to basic principles. Insulin transports glucose out of the bloodstream and across cell walls; cells use glucose to create energy. Brain cells are an exception, they absorb glucose unaided. If there is too much insulin then all the glucose goes into the body's cells leaving too little in the blood for the brain cells; thus HYPOglycaemia, the symptoms of which include confusion through to unconsciousness.

When there is too little insulin the glucose stays in the blood (HYPERglycaemia) and the cells have no source of energy and so symptoms including lethargy and a slow progress towards unconsciousness. Giving glucose (glucagon) to a casualty with hypoglycaemia will rapidly restore consciousness (but back this up with chocolate and biscuits); giving glucose to a casualty with hyperglycaemia makes no difference.

**(3):** Asthma; I hadn't known before that there were two types of inhalers. Brown inhalers contain the preventative drug. Blue inhalers contain a relieving drug (salbutamol is the one we have in the Medisacs, the liquid version can be placed in a nebulizer and given with oxygen).

#### Others:

There was a review of sacks: the Resusc sacks from M2 and M4 are condensed versions of the Medisac/Medisac Oxygen-Airways sacks, and contain useful things such as oxygen and defibs. The doctor's sack contains such delights as catheters and an intraosseous needle. Doctor's sack and Medisacs also contain a crib sheet on drug preparation.

Bill showed us how to straighten broken ankles: a downwards pull (traction) first, turn the foot back in line when it lets you, then let the tendons pull the foot back into its normal position. Bill says get on with it as doing this reduces pain and damage. Winch says that with bleeding wounds we should remember to check for downstream circulation and internal bleeding.

#### What's new:

The "DOA" sack, as was, is now the "Medisac, Oxygen, Airways" sack. The defibrillators from these have been moved into the Medisac. The pockets in all these sacks now have labels rather than numbers. This is brilliant! It makes them far less intimidating to work with.

We have a new treatment for epilepsy. Midazolam is a gel that is administered by the buccal route. As it comes in a glass ampoule you need to draw it up into a needle and syringe. Then just squirt it against the inside of the cheek. No more rectal diazepam!!!

**A Doctor says:**

*"There's nothing we can't treat with a finger in the hole or padding and pressure."*

Repeated at the special request of Dave Ritchie.

Thanks to Bill, Jo, Dave H, and Winch.

**Rod.**

## Emergency Services Open Day

A road traffic collision exercise and a house fire drill a river rescue will all be on show when emergency services join forces for a major public open day in Kendal.

Cumbria County Council's Fire and Rescue Service, the police, ambulance service, mountain rescue and a host of other organisations are all taking part in the multi-agency event on **Saturday October 1<sup>st</sup> from 1pm-4pm** at Kendal fire station on Busher Walk and on the River Kent.

The open day is aimed at giving the community a flavour of the type of work the emergency services undertake and it's a chance for them to display their life-saving skills in front of large crowds of people. Members of the public will also get the chance to ask questions and chat to representatives of the organisations on show.

A joint river rescue with MRT & Fire Service personnel will take place, besides this there will be fun for all the family with a host of activities and displays including a fleet of vintage fire engines, community safety stalls, a climbing wall, a street soccer cage and face-painting. The road traffic crash scenario will involve the fire and rescue service, ambulance and police and the fire service will again be demonstrating their skills in the house fire drill.

It is hoped that partners in South Lakeland Community Safety Partnership (SLCSP) – including South Lakeland District Council, Cumbria County Council, Cumbria Constabulary, NHS Cumbria, Cumbria Police Authority, Cumbria Fire and Rescue Service and Cumbria Probation Trust – who work together to tackle crime and disorder – will also be on hand to give out community safety information and details on the work of the partnership.

As well as all of the other fun family friendly things that will make this a great afternoon out (tell your friends) – including seeing what £2.5million worth of building works gets you - if you are able to help talk to Eddie or even better, talk to:

Paul Astle – about the water rescue scenario with the fire service

Pierre – about looking cool and hanging about in base

Dagmar – about exhibiting our tackle

Tony – about showing off our vehicles (without coffee cup rings)

Peter Clarkson - if you want to make a display of yourself

*(is this right? – Ed)*

Swiftwater Rescue Technicians in particular are needed for the success of the water rescue scenario. Please speak to Paul.

Whilst there will be no Seaking, our top negotiators are working on Helimed and Bay Rescue are also going to going to join us.

**Eddie Harrison**

## The Chairman has retired, Long live the Chairman

Trevor has decided to bring his retirement forward by a couple of months. I know that I speak on behalf of the team when I wish him well and thank him for his dedication to Kendal team and to M R in general. He will be staying on as operational support so will continue to contribute in his own unique style.

Thanks from the Team

**Eddie**

## **'To go, or not to go' - was that the question?**

The Kendal Base phone number is in the public telephone directory, but as most other Team's do not advertise their number so openly we occasionally get phone calls of a 'general' MR nature or related to areas not covered by Kendal Team. One (actual two as the wrong contact number was left with the first one) such message on the Base answer phone at the end of August were from a single group planning to do the 3-Peaks Challenge to raise money for charity. As the forecast was for rain the coming weekend they wanted advice from us as to if they should come and do it - as they were concerned about getting lost in cloud! Phoning them back resulted in some enlightening information:

- one of their group of 4 had done 3-Peaks some years ago (but had not done any route finding them), indeed he was the only one that had done some hill walking
- they did have a compass - but three of them had not used it (I forgot to ask about a map)
- a couple of them agreed to do the event whilst in a 'happy state' in a pub and were possibly regretting that decision
- they were from that well known mountainous area of Norfolk.

I must admit that I was a bit lax and did not bother to find out if they were talking about doing the Ben Nevis / Scafell Pike / Snowdon or the Pen-y-ghent / Whernside / Ingleborough '3-Peaks'; as my response would have been much the same. I (politely) suggested they may be better off spending the weekend getting to know how to use a map and compass before venturing forth into the mountains and enjoying their beauty (and clouds / rain / clag). The advice seemed to be appreciated; but only Wasdale or CRO MR teams will know if was heeded.

**Keith Pittman**

**PS** In a similar vein the Grough outdoor news website reported that some exhausted 3 peakers asked Wasdale MRT for a lift as they returned from an overnight rescue (of a 3 peaker who had fallen into Skew Ghyll Gulley) when they were asked to ferry others back to their minibus ([full article here](#))

## **2020 Vision**

Rescue 2020 is a LDSAMRA project seeking team members views about the current state of MR and possible directions for the future. As part of this project there is an anonymous questionnaire which it is hoped that every team member (including provisionals) will complete and return to the box at base by the 7 October. When you collect the questionnaire please tick your name off on the list on the board.

## Caption Competition

Does anyone have a caption for this picture (bonus points if you can recognise the trig pillar!)



## Election News

It is still not too late to stand!

The post currently up for election are:

- Chairman
- Director
- Deputy Team Leader (vacancy)
- Deputy Team Leader (renewal)
- Membership Secretary

We have been advised that it is better that the Chair and the director are not the same person, as a consequence Dagmar is no longer standing for the directorship. However, all is not lost! Les Telford has agreed to stand.

Following Trevor's early retirement, the Directors have asked Les to act as Director until the AGM and the Management Committee have asked Dagmar to act as chair.

The rules and procedures for the elections are set out in the documents in the Team Management section of the members' area of the website.

### Chairman

Proposed: **Dagmar Johnson**  
Nominated by K Pittman  
Seconded by T Cotton

### Director

Proposed: **Les Telford**  
Nominated by D Johnson;  
Seconded by K Pittman

### DTL renewal (K Jackson)

Proposed: **Kath Jackson**:  
Nominated E Harrison;  
Seconded by I Johnson

### Membership

Proposed **John Fitch**  
Nominated I Johnson  
Seconded by Dave Hughes

### DTL vacancy (S Kelley) (2 nominations so far)

Proposed for post: **Dave Howarth**:  
Nominated by E Harrison  
seconded by K Jackson

### Proposed: Chris Marsden

Nominated by S Kelley  
Seconded by P Astle

## Last Months Caption Competition



John Ev, standing next to Mobile 5  
For summer use Mobile 5 will carry ice cream instead of Mars bars

Eddie makes a desperate ice axe arrest as he slips in the festival mud. Lucky St John's were on hand



## Its not punny anymore

By way of thanks for plugging the NWS foundation trust application, Dave W kindly furnished me with the following:

If you don't pay your exorcist, you get repossessed.

With her marriage, she got a new name and a dress.

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

Local Area Network in Australia - the LAN down under.

Make of them what you will, but rest assured this is a small sample and I will unleash more in the future (unless sufficiently large donation is made to the Editors benevolent fund)

## Internet News

One of my readers, who was offered and refused anonymity sent me an email asking the question

Is our esteemed webmeister on a dare?

The reason I ask is that on the news and events page he has a picture of Dagmar under the headline "Our old kit is off to Nepal"

Yours, Tony



KENDAL MOUNTAIN SEARCH & RESCUE TEAM

REG.CHARITY NO. 1125680

## News and Events

### KENDAL

- Welcome
- History
- News & Events
- Call Outs
- Equipment
- Training
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- Links

- Donations**
- About Contributing
  - Gift Aid
  - The 100 Club

- Information**
- Safety Advice
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WHERE HEADING IS IN RED  
CLICK THE PICTURE BELOW TO ACCESS OTHER PICTURES FROM THIS EVENT

### [Our old kit is off to Nepal](#)



### [Landy Town August 2011](#)



I am not sure who is the bravest!

*Tim Ternet*

## Contacts

David Hughes

Cheer me up! Send me an email  
(except Tony – I know some magistrates, I can get a restraining order)

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or  
Editor's pigeonhole in base

or by post to:-  
**Newsletter Editor**  
**Kendal Mountain Rescue**  
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**Copy deadline for next issue: 5 October 2011**