

Mintcake



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Reg. Charity No. 259539
March 2008

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North, South, East and West – all roads lead to Kendal! Theme for this year's torchlight procession on Saturday 13th September 2008.

On a similar theme, congratulations to Bill Malone on his "Personality Of The Year" award!

Editor's Comment

A fine mix of team activity this month; swiftwater and snow, POTY and prizes, swimming and sheep!

Kathy

100 Club

The winning numbers in the February 100 Club draw are:

1st:	2	Mr. J.B. Stilling	£10
2nd:	53	Mrs. E. Morris	£10
3rd:	96	Mrs. D. Youngston	£5

Peter Clarkson

Mintcake Nibbles

- June training dates have changed from those originally published to: Wednesday 18th - CRO Joint Training and Sunday 29th - Basic Rope Work.
- North, South, East and West – all roads lead to Torchlight! See inside for more details.
- 16 team members recently enjoyed a battering from the Scottish elements – report next month!
- Another request for team members to please check their pigeonholes regularly and not to use them as a storage facility.

Callouts



15th February 17:00

The Team was called to assist the North West Ambulance Service, who were dealing with a male climber who had sustained a fall at Trowbarrow Quarry, Silverdale.

On arrival at scene it became apparent that the climber had fallen about 30 feet to the ground, sustaining possible spinal injuries and a fractured arm. He was lowered to the quarry floor and stretchered off to the waiting county ambulance for transfer to hospital.

17th February 13:50

The Team was called to assist the Langdale & Ambleside Team to evacuate a female with a lower leg injury from Bracken Hause, Easedale. After treatment, she was carried from the Fell and transferred to hospital.

28th February 19:10

The Team was contacted by Police HQ after a member of the public reported seeing a new born lamb stranded on an island in the River Kent above Sedgwick. The Team mounted a search from the river bank but failed to locate the lamb.

Exercise Reports

Sunday 24th February - Joint Exercise with Cumbria Fire and Rescue Service, Kendal SMRT and Langdale and Ambleside MRT; Swiftwater Rescue.

As part of the ongoing development of the water rescue capability of Mountain Rescue we were invited to train with the Fire and Rescue Service. After a Wednesday evening at the Fire Station, Sunday was time to actually go get wet! A large collection of vehicles and personnel assembled at Killington bridge and those who have qualified as Swiftwater Rescue Technicians kitted up with drysuits ready to brave a chilly looking River Lune whilst those who haven't looked on smugly.

After a safety briefing we were split into mixed agency groups to practise the following:

Self-Rescue/Swimming

Although entering swiftwater is a technique used only if other methods cannot ("reach, throw, row, go!") it is important that when a rescuer does go in they are confident. Practise of crossing the stream, aggressively swimming, entering eddies and defensive swimming was great fun and not (quite) as cold as expected!

"Live-baiting"

This is a technique where a rescuer is belayed from the bank as they jump for a swimmer in moving water. Initially we practised with helpful victims jumping only when they saw the rescuer was ready but the pace was soon upped so that swimmers came all across the river at unexpected moments requiring the rapid set up and response likely to be needed in a real situation.

What's On

Wednesday 12 March

Training: Downed Aircraft 19:00

Monday 17 March

Hot Buffet at Kendal College 18:00-21:00

Wednesday 26 March

Equipment evening: 19:30

Sunday 30 March

Training: Stretcher Lowering 09:00

Wednesday 2 April

Operations and Membership Meeting: 19:30

Wednesday 9 April

Training: Rescue 19:00

Saturday 19 April

Rotary Club Swim-marathon 19:00

Sunday 27 April

Training: Vehicle Recovery/High Lift Jack 09:00

Wednesday 30 April

Equipment evening: 19:30

Saturday 3 May

Bucket Collection at Asda

Tuesday 6 May

Base and Vehicles Working Group: 19:30

Wednesday 7 May

Main Committee Meeting: 19:30

Saturday 10 May

Keswick to Barrow Walk

Wednesday 14 May

Training: Simulated Call-out 19:00

Saturday 17 May

Training: RAF Helicopter 16:00-late

Wednesday 28 May

Equipment evening: 19:30

V- lower

In a situation where the victim is static (e.g. stranded on a mid-stream rock) a rescuer can be lowered downstream to them, controlled by belayers on both banks.

Throw bagging

A throw bag is a very simple and effective way of reaching a swimmer... if you have been practising! As a simulation victim heading rapidly downstream it was surprisingly comforting to have the bag hit you square in the face! The aim of the bankside rescuers was good and few swimmers (except Dave Ritchie who repeatedly got missed and had to self-rescue downstream... was it something you said?!) got past them.



Swimmers ready to be rescued! (Surely that's not Dave?!)



Plenty of throw-bag action!

Inflated Hose

The fire service has hoses available for air inflation which can be used in a number of ways including as a downstream back-up.

An extremely useful day with rusty skills honed, all-important awareness of the water environment raised, working practises shared and names put to faces across organisations. Many thanks to all involved in planning and running the training.

Kathy Jackson

Kendal Torchlight Procession

Saturday 13th September may seem a little way off yet but if you appreciate the hours of thought and preparation (!?) which have won us “most humorous entry” for three consecutive years you’ll realise it’s time to get your thinking caps on and come up with some ways to interpret the theme of “North, South, East and West – all roads lead to Kendal!” All ideas and offers of support to Chris Marsden.

Annual Dinner

The annual dinner on Friday 22nd February did not disappoint with the usual mix of food, fun and frivolity and the odd drink or two. Have we ever had a call-out during a dinner incidentally? The glittering POTY award ceremony rivalled BAFTA and the raffle prizes were doled out to amazed appreciation. Many thanks from all who attended to Simon for organising.

Fundraising

Donations

The Valentine's Quiz Night at the Smithy Inn, Holme was a great success... for Trevor's team anyway as they came second, my team collected the booby prize! Tom and Pam Baxter presented us with £167; the takings from the quiz and raffle.

A New Year raffle at the Cedar Manor Hotel in Windermere raised £135.

The Christmas Collection with the Kendal Lions translated to a cheque for £270 presented to the team at the Duke of Cumberland on 18th February.

Bucket Collections

Many thanks to all the members and supporters who attended our first collection of the year at Asda on 9th February. Our next collection is also at Asda on 3rd May.

Upcoming event: Kendal College Hot Buffet, Quiz and Raffle.

The catering students at Kendal College are holding a hot buffet and quiz night in support of the team. It takes place from 6-9p.m. on Monday 17th March and tickets are £7, available from Kendal College reception.

Peter Clarkson

Fundraising Co-ordinator

Fundraising Opportunities for the Energetic!

Kendal Rotary Club swim-marathon is Saturday 19th April and a great opportunity to raise funds for the team. We have applied for an evening slot to swim (6 or 7pm) in a relay for 1 hour.

The Keswick to Barrow Walk is Saturday 10th May. The Team has had generous support from the K2B committee over the years so it would be good to have some KMSRT walkers again this year *[you don't have to match John's amazing times to get a real feel good factor from this event; it's worth the early start and the aching legs – have a go! Ed]*.

If you would like to take part or support either event please get in touch.

John Hall

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