

Mintcake



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

Reg. Charity No. 259539

May 2007

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Training Shorts:

Weds 9th May: Training starts at **18:30** prompt!

There are 2 options (bring kit accordingly):

Option 1 – ‘Down Under Exploration’, Kingsdale (Knee pads useful)

You will need helmet, head-torch, harness and full change of clothing.

Option 2 – ‘Up Above’, Walk over Whernside - Route Kingsdale Head over Whernside to Pub.

Editor's Comment

I shall keep this brief as there is another bumper edition of Mintcake for you all to enjoy. It has gone from famine to feast on the exercise reports – but we are now up to date! There's plenty to note on the training front, and the bucket collection season has now started so please put the dates in your diary and volunteer your services to Peter Clarkson so that we can maximise our income from these sessions.

Finally, good luck to all those who are taking part in the various races in May and June – don't forget the Vaseline!

Larissa

100 Club

The winning numbers in the May 100 Club Draw were:

1st	14	I Winchester	£10
2nd	30	Mrs Dagmar Johnson	£10
3rd	41	Mr Rod Pilbeam	£5

Peter Clarkson

Despatches from the Antipodes

Our Australian team member Hamish Wilson has briefly landed (and then disappeared again in a flash – methinks he must use a magic carpet or Genie of the Lamp Transport to get around so quickly). In his fleeting transmission he mentioned that he has been in Melbourne (Oz rather than Derbyshire or Yorkshire, UK) undertaking 6 days of intensive training to join the Australian Red Cross's standby emergency team, which in his words “should all be good fun (just think disaster, emergency, crisis etc etc. love, light and happiness!)”. He was then returning to the UK for a grand total of a day before going back to Rwanda to work with DFID for 10 days or so, then hopefully back for moment's pause! Phew!

He sends his love to the team. We wish him good luck for his work in Rwanda, and in turn, would like to warn the Rwandans about Hamish's transport decor. Aside from magic lamps, he has been known to adorn vehicles with furry dice and leopard skin carpets – are they ready for it?!

Callouts



26th April 2007

Langdale / Ambleside team requested our help to assist with an injured casualty in the Loughrigg area of Ambleside. The team also had no radio communications for a short period. The gentleman, who had a suspected hamstring injury, was assisted from the fell, he declined transport to hospital and made his own way with friends back to Leeds.

Exercise Reports

Wednesday 21 March – Water Rescue

Gathered in base team members were whispering excitedly, wondering “What’s under the sheet?!”. Unfortunately Howie blew this great use of ‘mystery prop to focus attention’ by leaving his ‘Action Man’ on view so that the conversation drifted to nostalgic reminiscing of whether your childhood doll (ok boys, call them ‘Action Figures’ if it makes you feel better...) had eagle eyes, the fuzzy hair or the painted on, the full arctic gear or the scuba set...

Brought back to the actual purpose of the evening (operating on water), a Powerpoint presentation led into discussion of experience to date and where we wanted or needed to develop the team in various aspects of water operations including bank search procedures, self and team safety, boat use and liaison with other agencies.

But “what’s under the sheet?!”? Howie proudly revealed a scale model (patent pending?) of a bridge and demonstrated how an inflated fire hose could be deployed as a downstream recovery point during river rescues with ‘Action Man’ being safely delivered to the riverbank. This cleared up some confusion about the use of a fire hose in the River Lune incident in February.

In small groups we then got to run our own ‘Incident Command’ for a scenario of washed away tents and campers from a flooded riverside campsite, prioritising areas to search and deployment of resources.

The final part of the evening was devoted to a visit across the road to see the Fire Service’s toys! After our scaled down demo we were shown how the real hoses are inflated and got to look around all the gear the service uses in water, and other, rescue situations. It was useful to gain more insight into the resources of a service we, on occasions, work alongside and there are hopes that we will be able to arrange a joint training exercise in the future. Thank you to the welcoming crew at Kendal Fire Station who shared their time and knowledge and to Howie Crook who I vote is the next presenter on ‘Blue Peter’.

Kathy Jackson

Saturday 24 March, Night Navigation Exercise Part 1 – Navigation

Once again I find myself writing up an exercise on the same subject – Night Navigation, so I should have a good idea of it this time. With a small turnout this time we found ourselves quickly teamed up into pairs, given a sheet of paper with 15 grid references, a brief description and a column for noting the wording on the markers.

What’s On

Wednesday 9 May

Training: Down Under...(or Up Above)
Note start time of **18:30h**

Saturday 12 May

Collection: Kendal to Barrow (for the really fit folks)
Collection: Asda, Kendal – for the rest of us!

Saturday 19 May

Collection: Asda, Kendal

Sunday 20 May

Training: Crag Exercise 09:00h

Sunday 20 May

National Training Day, Plas y Brenin

Tuesday 22 May

Base Spring Clean: from 18:30h

Wednesday 23 May

Equipment evening: 19:30h

Saturday 2 June

Collection: Tebay Services

Sunday 3 June

Collection: Garburn Trail race

Saturday 9 June

Collection: Asda, Kendal

Wednesday 13 June

Training: AED & Primary Survey, 19:00h

Saturday 16 June

Collection: Asda, Kendal

Wednesday 20 June

Equipment evening: 19:30h

Sunday 24 June

Training: 1st Aid Round Robin, 09:00h

Wednesday 18 July (note date)

Training: Awkward Evacuations, 19:00h

Saturday 21 July

Collection: Kendal Town Centre

Wednesday 25 July

Equipment evening: 19:30h

Saturday 28 July

Collection: Westmorland Shopping Centre

Sunday 29 July

Training: Stretcher Lower, 09:00h

Next was to plot these grid references onto the map. Tip No. 1 – use something permanent (ie. not a dry wipe pen!). Once this was done we were then told that we would each be dropped off at different start point so each team was left to decide in what order to follow and collect the grid references and marker wording.

The evening's exercise was to be held in the Skeggles Water area between Longsleddale where some teams were dropped off and the Kentmere Valley where the rest were dropped off and so we set off.

Now normally on these exercises we would simply practice and test out usual skills of navigation ie. pacing, timing, collecting features, handrailing, boxing etc, and no GPSs were allowed...ah ha, except we had a new weapon to use. We couldn't use GPSs but Kev could with our new radio mikes as they contain a GPS which we couldn't see or read, but Kev could so he could watch our every move and track our positions. Tip No. 2 –put the mike in your pocket if you wish to remain invisible at least to Kev and base! (Did someone mention invasion of privacy?!)

Seriously though it was impressive how they actually worked once the few minor technical hitches were ironed out so I think it will be a really useful tool in tasking team members and keeping us on the right track.

We slowly made our way from point to point finding the various unknown motor car manufacturers' names as proof of visiting each point (or not on the odd occasion). Once most teams had collected about 4 or 5 points the exercise was wound down and we all met up at the vehicles on the Kentmere side and went back to Base where Kev showed us on the pc where we had been (or not).

Lessons learned:

- We all need to practice navigation from time to time.
- Use a permanent pen!
- Keep GPS mikes in line of the sky for the best results.
- Practice and practice again – a shame that many missed out.

A big thanks to all for their time and effort in putting this exercise together.

Steve Craw

Wednesday 11 April – Training for the Lost and Technically Challenged

Such a title was bound to result in a good turnout from team members. Not, of course because they personally could be described as lost or technically challenged, but because it would be good sport to see who was! Fortunately, we could rely on Kevin Knowles to help the lost soles [*sic*] and John Everett to help those of a less technical disposition. We did think, for a moment, that our trainers might be mathematically challenged when they decided to split the assembled team members in to three groups so that they could have half each. However, it all became clear when one group went to John and two groups went to Kevin (I think!).

Kevin's group(s?) was (were?) introduced to the exciting world of GPS Tracking. Much of my thunder in reporting this exercise was stolen by Kevin himself in his report on Night Navigation Exercise (Part 2) – see April's Mintcake. However, I am given to understand that there were more people in the control room during that exercise than there were on the fell so GPS Tracking remained a total mystery to most of the assembled throng. Kevin explained the basics of using the GPS microphones and ran a demonstration of the system on the team's nice new computer. We then understood the mathematics much better when Kevin divided his group in two. One group went off to hide in the back streets of Kendal with GPS microphones while the other group tracked them from the control room.

"Kendal Base this is Kendal Dagmar, where am I?" "Kendal Dagmar this is Kendal Base. Haven't got a clue 'cos the GPS mike has not got a fix on all the satellites yet!" Satellites? God, this is all getting too difficult! Dagmar's enthusiasm prompted the other lost soles to contact base for position fixes. After a few minutes Houston reported that we had "locked on" and the nocturnal wanderers of Kendal were found by the system. "Kendal Dagmar this is Kendal Base. 1 minute and 28 seconds ago you were at grid reference SD 517 935 – Is that correct?" "Kendal Base this is Kendal Dagmar. Bug...ed if I know, I haven't got a map!" Now, what kind of team member goes off into the unknown without a map? Anyway, the system was impressive and the groups swapped round for a new game of hide & seek.

Just to emphasise a couple of points from Kevin's report in April Mintcake:

- It is important to make sure that the little antenna on your GPS mike is pointing skyward at all times.
- It is a good idea to stand still for a few minutes after switching the equipment on so that a "fix" can be quickly established.

Professor Everett was found playing with his favourite toy – Mobile 2. Team members were instructed in the correct way of loading a bell stretcher into the vehicle and securing it. The technical content of the demonstration increased dramatically when instruction was given on how to secure a sitting casualty to the bespoke backrest with a myriad of coloured straps, clips and

buckles (it was more than a little disturbing to note the excitement that this seemed to generate in certain team members). Then it all became unbelievably technical when we were shown the location of the spare wheel (neatly hidden under the back of the vehicle) and the associated wheel changing equipment (under the driver's seat).

A very worthwhile evening, enjoyed by all. Thanks lads!

John Fitch

Sunday 22 April – Round Robin

As a newbie swept away on a flood of Base caffeine, I mistakenly averted my eyes too late when a volunteer was called for to write this up, so, without notes, here goes.

My unblemished record of never being in the same place as any given helicopter remains unblemished, as "operational considerations" prevented the air ambulance from doing its stuff. However, our compère for the day, Paul Astle, and his three charming assistants (John Hall, Pete Munford and Keith Pittman) swung into action and provided a series of 40 minute sessions which were very stimulating (apart from the caffeine) and highly informative, even for the old lags, it seems. For future reference, I would like to say that 40 minutes was perfect for allowing the last cup of coffee to make its way through the system.

We were split into 4 groups of 4-ish – I was blessed with Kevin, Stan and Simon, a pleasant, but highly competitive, group, but more anon.

Session One was Splints with Keith, in which we covered the use and advantages/disadvantages of Sam splints, box splints (beloved of the ambulance service, apparently) and vacuum splints (don't forget the aspirator pump and suggested escargot fork for opening the valve), all beautifully modelled by Kevin's right leg. Padding is of the essence. Dab the purple stuff around. Immobilise joint above and below the fracture to prevent further injury and circulation loss. Tell them before you yank it.

Session Two was Paul on loading Mobile 2 with the Troll and Bell stretchers. Here we were given time to peruse the literature, then were timed at loading both. This is when I discovered the competitive streak in my group! Anyway, the Troll stretcher was very easy, so long as you got the head end strap sorted and, using Paul as a model, we discovered the blue shoulder straps were, in fact, upside down, which has now been remedied. T'other stretcher wasn't bad either. Remember to tie the rucksacks down with the seat belts to avoid crushing the casualty, which apparently is "Not Good".

Session Three was different. It was with John Hall. We started off with the drugs signing in/out register, then moved on to intra-orange injections. Swab, fill syringe and get rid of air, stretch peel (skin), stab to full depth (big green needle), DRAW UP and look for blood, then inject over 20 seconds. We were then shown on diagrams where to inject intramuscularly in the upper arm (deltoid) (pink needle) and thigh (vastus lateralis) (green needle). Not content with this, John then demonstrated one he'd prepared earlier by whipping off his trousers and vest and letting Kevin have a go at injecting, which he seemed to strangely enjoy (John or Kevin, take your choice). Once we'd brought Stan round and covered needle-stick injuries, we moved on to Session Four which was Knots and Belays with Pete.

Here I should perhaps explain that the last time I used a rope, it was No 4 hawser-laid and you used a hemp waist band and krab (and a sit-sling if you wanted to avoid being suffocated when the waistband ended up round your chest). Pete took this information quite well, I thought, and we moved on to the figure of 8. Having learned that what I thought was a figure of 8 was, in fact, one on the bight and converted to the normal one like everyone else, I asked Pete what it was used for and he said "Harness" (nothing to do with Larissa and the previously mentioned handcuffs, apparently). Was that despair in Pete's eye when I said I'd never used a harness? However, we then covered fig 8 on the bight (plus stopper), bowline + stopper (integral part of knot in this case), alpine butterfly (3 times round your hand, move right one to left, move what was middle outside this and pull it through, and pull the two ends and you get a little loopy thing – easy really), clove hitch, Italian hitch (which, in my hands, usually ended up as clove hitch), setting up multipoint belay (think I'll leave this to the big boys/girls for now) and 3!!! sorts of Prussik loop, the first of which was invented, and I'm sure Les will correct me here, in 1931 by an Austrian mountaineer, a Herr Doktor Karl Loop. We then ran out of time - maybe I need to practice knots and ropes.

The whole thing ran very smoothly and was very well presented and highly informative. I learned a lot. Thanks to the organisers and my patient group members.

Tom 'Still Untying that Knot' Barkas

In Memoriam – Mike Butcher

We are sad to learn of Mike's death in a road traffic accident whilst abroad. Some of the longer serving team members will remember Mike as he was an active team member and Membership Secretary back in the late 80's. Our thoughts and condolences go to all his family.

Eddie Harrison

Training

Log-Books

Old Logbooks - Team members who still have not handed in their logbooks need to do so ASAP (before being named and shamed in June's newsletter).

New logbooks will be issued from this Wednesday's training session onwards. You will note there has been a general reorganisation of the format, with new sections added to log call-out attendance and fund-raising activities.

Wed 9th May

Training Starts 18.30 Prompt – There are Two Options

Option 1 - Down Under Exploration, Kingsdale (Knee pads useful)

You will need helmet, head-torch, harness and full change of clothing.

Option 2 - Walk over Wherside - Route Kingsdale Head over Wherside to Pub.

CRO Invite Sat Morning 30th June

(Time - Leaving Kendal Base at 09.00 & back for around 13.00)

Following the Christmas Day Callout, CRO have invited Kendal Team Members to attend their Clapham Base. The aim of the visit is to improve joint working on any future incident, to get an overview of how they operate, and may also include the use of underground communications.

If interested please sign your name on the form on the whiteboard at Base. Please try and make the effort for this one, which supports inter-team working.

MRC National Training Day at Plas-y-Brenin – Sunday 20th May 2007 (09.30-17.00)

Leaving Kendal Base at 06.30am - 10 places available.

What is on offer?

- Recommended use of stretchers
- Practical applications of GPS personnel tracking
- Search and recovery from still and moving water
- Simple airway manoeuvres and ventilation aids
- Recent advances in casualty care

If interested please sign your name on the form on the whiteboard at Base. Don't all sign at once!!

Driver Training - Response Driving

Andy Stokes has produced a new handout on Response Driving. All who have attended the Response Theory sessions need to collect the handout (from the Control Room) and sign for it ASAP. Please make a special note of the section on double white lines.

Funding for Courses

If you are planning to go on a course and want to consider applying to the team for part funding, please make sure you put this to the Main Committee before you attend/pay for the course. The committee will discuss the application and agree what percentage of the costs to cover.

Training 18th July 2007

Please note that the Wednesday training in July is scheduled for the third Wednesday of the month (instead of the second Wednesday).

Paul Astle, Training Officer

Fundraising Notices

Bucket Collections

Collections are now underway and I'd like to thank everyone who took part, in particular Jean Harrison who joined me for the counting and demonstrated the amazing coin-counting machine:

Killington Lake Services	£370.86	Marks & Spencer	£614.74
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May 12 th	Asda	July 21 st	Kendal Town Centre
May 19 th	Asda	July 28 th	Westmorland Shopping Centre
June 2 nd	Tebay Services	August 18 th	Asda
June 9 th	Asda	August 25 th	Asda
June 16 th	Asda		

Plus the 2 race days for Keswick to Barrow on Saturday 12th May and the Garburn Trail Race on Sunday 3rd June. I am particularly short of collectors for Asda, 19th May and Tebay, 2nd June (as we have to cover both North and South Services).

Donations

We had a surprise donation of £200 from Martyn Harvey, a Morris dancer and ceilidh caller who had his pony tail cut off and his head shaved in front of an audience of 200. They donated £400 which Martyn split between us and the MS Society.

We also received a cheque for £300 from the Grange-over-Sands Soroptimists whose planned talk was overtaken by the callout to Sadgill in February. They haven't yet come back with a date for a future talk, but we definitely owe them one!

Peter Clarkson 01539 736316

We have also received a cheque for £1,000 from the Norman C. Ashton Foundation to be put towards team equipment. This will be used to purchase Water Rescue Equipment and completes that project. Many thanks to them. **John Hall**

4th Garburn Trail Race – Sunday 3rd June

Entries for this event are getting close to record numbers and the recent event at Hawkshead was a big success. The Garburn Trail Race is on Sunday 3rd June between Staveley and Windermere and we have volunteered to supply 20 marshals: we could still do with a few more people to make up those numbers.

For those that have already come forward there is a Marshals briefing at base on Thursday 17th May at 18.30hrs. Please endeavour to attend this but if you are unable to do so, contact me for further information.

Please support what is a very popular local event, and where we can potentially earn some extra money for the Team Funds. If you would like to marshal phone me or turn up at the briefing.

John Everett, Marshal Co-ordinator (Home 01539 722613, Work 015395 35522, Mobile 078105 61867)

Our own Runners and Racers

It has come to the Editor's attention that as well as marshalling at various races, certain brave (or foolish?) team members will be taking part. Not content with his swim-marathon in March, John Hall is undertaking the Keswick to Barrow walk on Sunday 12th May (supported by Keith Pittman and Liz Parkes, and he will be raising funds for the team as well). Kath Jackson is bravely running the reinstated Windermere Marathon on Sunday 19th May along with Stuart Bell (a team supporter). Stuart even knows what he's letting himself in for – he ran it when it was last held in the 1980s.

It seems that giving up editing Mintcake has affected Les: he is reported to have taken up running wearing a bra with tassels. To prevent frightening the dogs he is visiting Scotland to undertake his fetish - his first outing is the 26 mile Edinburgh Moon Walk on 16th June (which he is doing with his partner Julie to raise money for breast cancer) - photographs are awaited!

Lots of good luck to them all!

Out of the Shadows

If running doesn't appeal to you as a way of fundraising, how about a night of 60s music? Dust off those miniskirts, get out the Brylcreem and dance the night away on **Saturday 14th July** at Grayrigg Coronation Hall, from 7:30pm onwards. Tickets are £10 each to include buffet supper, there will be a live band, and all proceeds are going towards Kendal Mountain Rescue Team and Great North Air Ambulance. For details contact David or Pauline Last on 01539 824468 or **see poster in base**.

Training Programme for July to December 2007

Date		Training	Organiser
July	Wed 18 th	Awkward Evacuations	KP / DW
	Sun 29 th	Stretcher Lower	SK / PA
August	Wed 8 th	Steep Ground (Round Robin)	PM / JB
	Sun 19 th	RAF Heli Or Water	CM / HC
September	Wed 12 th	Primary Survey	JH
	Sun 30 th	RAF Heli Or Vehicle Recovery / High Lift Jack	CM / JE
October	Wed 10 th	BLS / Defib Training (Assessment)	JH (PA / SK)
	Sun 28 th	Cas Care	JH
November	Wed 14 th	Major Incident Plan / Triage	JH (DW)
	Sun 25 th	Steep Ground Lower & Ground Stakes	AB / IH
December	Wed 12 th	Night / Micro Navigation	GR / KK
	Sun 30 th	Social or Round Robin (Team Event)	DJ / IJ

Logbooks - Logbooks are due in for review during the first week of October! Please review the notes on page 2 so you understand the importance of this.

MR Casualty Care Course Dates - Provisional

- Sept - Wed 12th (T), Wed 19th & Wed 26th
- Oct - Wed 10th (T), Wed 17th, Wed 24th & Wed 31st
- Nov - Wed 14th (T), Wed 21st & Wed 28th
- Dec - Sat 1st Morning Session (Practical Scenarios - Optional)
- Exam Date - Sunday, 2nd Dec (all day).

If you would like to take a vehicle off tarmac, contact: Chris Marsden (Tel. 07811 817053), Steve Kelley (Tel. 01539 731698) or Kevin Knowles (Tel. 01539 741942).

Base Notes

Spring Clean

Ah, that glorious time of year again... lambs gambolling, larks singing, Kendal MRT on their knees – scrubbing! This year we've gone for an evening for the Base Spring Clean so you get to join in without having to give up any precious weekend play time. How good's that?! A few short hours should have our base gleaming.

Tuesday 22nd May, 6:30pm onwards, turn up when you can. See you there!

Greenfingers?

The garden at Base is only little, and often overlooked. Are you or do you know a horticulturally minded team member / supporter / family member / friend who would like to adopt the garden for a year and give it some regular TLC? If so, please contact the Editor or leave a note the Base Officer's pigeonhole.

Kitchen Hygiene

A small and simple reminder...If the kitchen bin is full, please empty it!

Yes, 'someone else' will probably do it eventually and if you leave the lid open and create a leaning tower of tea bags you will cram some more in, but then again you could just fetch a new bin liner...

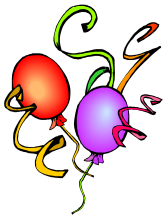
Wheelie Bin

And on the subject of bins, we are now charge as a trade and not domestic waste collection so any rubbish going into the outside wheelie bin must be in a pink bin bag (ie. we shouldn't be putting loose rubbish straight into the wheelie bin). Bin bags live in the green cupboard in the garage. Note that we don't have a recycling collection from Base so please take your recyclable bits home.

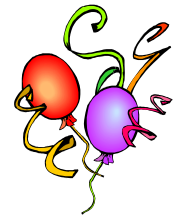
Any further bin related queries let me know – I will be delighted to pass them on to Pierre on his return from France (it's nice there apparently and he sends his regards!).

Kath Jackson, Acting Base Officer

Team Barbeque



TEAM BARBEQUE
to be held at
PUNCHBOWL HOUSE, GRAYRIGG
on
SUNDAY JULY 15TH from 17:00 onwards
EVERYBODY WELCOME



Bring your own food and drink.

Some salads & sweets will be provided.

Our Masterchefs will be in attendance again to assist you with their culinary skills.

Further details from Ian and Dagmar on 01539 824345.

Contacts

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or

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or

Editor's pigeonhole in base

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