

Mintcake



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100 Club

The winning numbers in this month's 100 Club draw are:

1st:	24	Mrs. A Simpkin	£15
2nd:	36	Mr. S Kelley	£10
3rd:	68	Dr. J Gorrigan	£5

Peter Clarkson



Meet the new Team Leader... Congratulations Eddie! (Oh dear, what have we done!)

Editor's Comment

Most of you will know that at the AGM I was elected as Deputy Team Leader following Andy Dell standing down as Team Leader and Eddie Harrison stepping up to that role. It's fair to say that I was "persuaded" into standing... but at least I got a choice and a bit of warning! As the Newsletter Editor's role was now "up for grabs" with no-one nominated a short recess was called in the meeting during which Keith "Pitbull" Pittman proceeded to work the room looking for weakness, like a half second delay in saying "No". Hence Dave Hughes was proposed, seconded and elected before he quite realised what was going on. Despite the reputation of Editor being a thankless task I've not found it so and, MOSTLY, enjoyed my time in post. Honestly! In-fact I'm quite sad that this will be my last Editor's rant (hence it's becoming a long one!) and that I will no longer be privy to team "secrets" like just who is "Barbellate"?! Thank-you and good luck to Dave who I do not doubt will do a fine job; I stand by my promise to be around to help out and appeal to everyone to remember **you** can contribute anything you think might help/inform/interest/amuse/entertain the team and those who follow our fortunes! A final appeal to our one-time agony aunt, Honor Callout, who hasn't been heard from during my reign as Editor; any chance Honor? Dave may need you!

Inevitably this issue has a lot of comment on our change of leadership to which I only need to add massive thanks; to Eddie and Steve for encouragement without pressure, to all of you that have voiced your support (I'll need it) for me in the role and to Andy for helping to make my time on the team to date the experience it has been.

Kathy

Special Transmission on Mintcake Channel

- A little bird tells me that romance is in the radio waves and that on Saturday December 12th at County Hall at 12 midday Kevin Knowles and Kath Kirby will be getting married! Best wishes from us all.

Callouts



23 October 2009 08.00

The Team was asked to assist Lancashire Police and the Bowland Pennine Team with a major search for a missing person to the east of Broughton near Preston. SARDA and several other teams were also involved. Unfortunately, no find was made while we were involved.

4 November 2009 14.30

The Langdale & Ambleside team requested our assistance with a lone male walker who had sustained a lower leg injury. He was close to the summit of Crinkle Crag (Long Top – above the “Bad Step”) and this would require a long carry-off if helicopter evacuation proved to be impossible. Approaching dusk and low cloud made for very difficult flying conditions but after some time and several attempts the SeaKing pilot managed to find a gap in the cloud and winched the casualty up and off to hospital in Carlisle. This allowed us to get back to base just in time for our AGM!

Exercise Reports

Wednesday 14 October 2009: CPR Training

Lucy Belson and her colleague, Lorraine Sullivan, gave a highly informative, entertaining and energetic training session on cardiopulmonary resuscitation. Lucy is the Senior Resuscitation Officer for the University Hospitals of Morecambe Bay “Trust” and Lorraine is a clinical skills facilitator based at the Royal Lancaster Infirmary teaching resuscitation to hospital staff and medical students from Liverpool University. Both are Advanced Life Support trainers.

Lucy:

1). Reported a case of a young lady who went into cardiac arrest very shortly after giving birth in theatre. The anaesthetist who was well practiced in CPR managed first rate CPR and was rewarded when her cardiac rhythm changed from asystole into the shockable rhythm, VF, after 22 minutes. She was successfully defibrillated and survived. Lucy emphasised that the patient’s survival after so long in asystole was unique and a result of the excellent cardiac compressions.

Good cardiac compressions given right from the start of an arrest prevent the heart from swelling and so help to keep the heart in prepared state for successful defibrillation.

2). Demonstrated CPR on a manikin, and reminded the audience of the importance of the “Lucy flick” used to show calm authority on approach to the casualty. She used DTL, Eddie, to demonstrate the choking protocol, and despite being encouraged by the team stopped short of demonstrating a real Heimlich manoeuvre.

The CPR and Choking protocols can be found on the Resuscitation Council’s website.

3). Gave us all practice at the recovery position by asking us to stand and mirror her manoeuvres.

4). Advised that there is also an up to date protocol for carrying out CPR on a patient who is suspected of having “Swine Flu” which advises the use of PPE (minimum facemask, gloves, plastic apron), to feel for a carotid pulse if trained and not to listen and feel for breathing by placing your ear and cheek close to the patient’s mouth. Avoid mouth-to-mouth ventilation and the use of a pocket mask during CPR. If the patient is already receiving oxygen therapy using a face mask, leave the mask on the patient’s face during chest compressions. The early use of the defibrillator may restore circulation before ventilation is required.

What’s On?

Wednesday 11 November

Training: PPE Inspection: 19:00

Wednesday 18 November

New Members Night has been cancelled due to lack of new members!!!

Thursday 19-Sunday 22 November

Kendal Mountain Festival including Climb for Kendal and KMSRT stand at Brewery Marquee.

Wednesday 25 November

Equipment Evening: 19:30

Sunday 29 November

Training: Medical Training: 09:00

Wednesday 2 December

Operations and Membership Meet: 19:30

Wednesday 9 December

Training: Search Management: 19:00

Tuesday 15 December

Christmas Lunch at the Union

Wednesday 23 December

Equipment Evening: 19:30

Sunday 27 December

Training: Social: 09:00

A short “what’s on” as no-one is thinking into the new year yet! BUT *please* see the fundraising section for LOTS of upcoming events!

Airway interventions and bagging and masking are necessary for ventilation. The protocol is on the Resuscitation Council's website.

5). Introduced the team to i-gel airways which she said are far better than laryngeal mask airways as they are so much easier to introduce into the airway.

The team was split into groups to practise on manikins under supervision. After which Lucy demonstrated resuscitation on infants and young children starting with the choking protocol. She stressed the importance of holding a baby upside down when carrying out the back slaps so using gravity to assist with the removal of the foreign body. Start with up to five back blows, and if unsuccessful then for infants use chest thrusts and for children use abdominal thrusts.

When assessing an infant or young child's responsiveness following collapse she advised that shaking is no longer considered to be politically correct. The child should be gently stimulated and asked loudly, 'Are you all right?'

When giving CPR to a child or infant:

Give 5 initial breaths before starting chest compression. This is because in a child or infant cardiac arrest will be subsequent to respiratory arrest and so the circulation will have inadequate oxygen and for this reason, if you are on your own, you should perform 1 minute of CPR before going for help.

Compress the chest approximately one-third of its depth. Use two fingers for an infant under 1 year; use one or two hands for a child over 1 year as needed to achieve an adequate depth of compression.

Finally, I demonstrated how to use our small "Fred Easyport" defibrillators and reminded the team they are carried in the oxygen sack and about the safety issues associated with their use.

Massive thanks to Lucy and Lorraine for the brilliant training session giving up their time and expertise to the benefit of KMSRT and mankind.

John Hall

Medical Equipment Officer

Radio Changes

Most of you will be aware of the change of radio frequencies that have been negotiated with OFFCOM to give the LDSAMRA teams a better radio coverage and reception and in Kendal's case the opportunity to be rid of the interference that has been a cause of irritation in the past 15 months.

All of the LDSAMRA teams have now changed to the new frequencies and although you will note little or no difference when using a radio, other than improved communications, the change has brought up some unexpected issues.

For the time being, hopefully not too long, Parklands will only operate on the Kendal team working channel 634. The change as thrown up a problem which Simoco did not anticipate and we will need new firm ware to overcome the problem. Kendal are top of the list to get this and I will keep you informed, but for now any necessity to use other channels will have to be achieved with the 'local' radio in the Control Room, which normally monitors the Helicopter Channel 62a.

Which leads me very nicely to the second potential problem. L & A have undoubtedly improved communications between Lowfold and the hill, unfortunately in achieving this they have created a 'shadow' around Lowfold where you cannot speak to them on their team working channel. To all intents and purposes we will not be able to speak to them within an area from the Low Wood Hotel and Clappersgate and the Grasmere Road before the Police Station. However, they will monitor 62a and answer on that channel, but, L&A transmissions will take precedent, so expect a wait. The best solution is to contact Lowfold earlier than we normally do around the Whitecross Bay or Troutbeck Bridge area.

I would welcome any other feedback, problems that you might notice that have so far escaped my attention but other than these it appears the change went well.

Finally, much thanks to Keith and John (Fitch) for helping on the night and especially the latter for putting up with the ranting of a demented radio officer when things did not go exactly as expected, both then and now!

Kevin Knowles, Radio Officer.

Team Leader

Well what can I say, my thanks to all for your votes at the AGM, and the many e-mails since received. It's nice to know the support is there.

Many people have commented that Andy will be a hard act to follow; well it would be scary to try and do so. Andy has left a strong stable team and I intend to maintain that, whilst developing a younger leadership to take Kendal MRT into the future as it faces the many changes of Mountain Rescue.

The important thing to remember is that we are a team and we have a track record of making balanced & sensible decisions.

Whilst mentioning the word team: I welcome Kath as my new deputy & Steve on his re-election. Welcome also to Dave & Terry in their news posts as newsletter editor & treasurer respectively. My final thanks must go to Andy for his support and knowledge during his reign as TL. Good luck for the future Andy no doubt I will be ringing sometime for your expert advice.

Eddie Harrison

Cheers Boss

...Well, what can you say about Andy Dell? It is said that we all resemble an animal - so, sadly, a gazelle no longer! In recent years perhaps more of a wise owl who sits high in a tree observing the big picture, occasionally shouting "twit" at you and having the capacity of making shed loads of crap descend upon you from a great height. Let's hope that, like his electronic namesake, he is soon re-booted...

... "Andy Dell who not only had to cope with the emotional shock of seeing one team-mate fall and another disappearing out of sight in a damaged helicopter, but then had to get on with the task of co-ordinating the rescue effort for the original casualty and Pete. Oh, and then he dealt with much of the follow-up in subsequent days" I think this sums up his consummate technical skill under extreme pressure, which is immensely reassuring. This is (one of the reasons) why everyone has always respected him so much...

...I've always felt this to be a very friendly team which recognises that we can all contribute different things so no one is forced to act outside their level of skills either. That undoubtedly is due to the ethos of the leadership...

...A hard act to follow....

...Andy is also liked and respected for his people skills and approachability. When Kess and I were still SARDA trainees I always appreciated Andy's (and the team's) full support and encouragement. Andy had himself started to train a search dog some years ago so his response when I e-mailed him to say that we had finally qualified was: "Having not got that far myself, I know just how much work you have put in. I am sure the whole team will join me in saying WELL DONE Kess! (You didn't do so bad yourself, Les!)"...

...I'm sure I'm not the only one that rocked up at the confusion of blue flashing lights, mud, people and the apparently devastating wreckage of those carriages with my stomach in my mouth, totally gripped by imagining what we might encounter in the coming hours. I'm also sure that others felt as reassured as I did when Andy arrived. One of his exceptional qualities as a leader is that he brings out the best in everyone around him...

...as a wide eyed eager provisional arriving in the last vehicle at Far Easdale to assist an L&A carry off. I leapt out of Mobile 2 and almost burst into a run in my enthusiasm. Andy stopped me: "A steady walk up to meet them; they will be knackered when we meet them, but you won't be and that way you will be of use to them. Come on."

...Despite the wealth of professional experience on scene, one man -Andy Dell- stood out and brought the whole thing together. It was a privilege to be at Andy's side that night, I have never been more proud to wear a Mountain Rescue badge on my arm...

...Andy? It's so hard to pick one thing to say. So many stories, so much good craic...

...Just a note to wish Andy all the best for the future. Andy was TL for much of my time at Kendal and was also there as support in my early days as LAMRT Leader. He was particularly helpful in the background of my first major search; Peter Findlay on Fairfield. Andy, the kettle is always on at Lowfold, and the milk never goes off!... (Nick Owen LAMRT)

...I am sorry to see his departure from the leadership of the Kendal team - I have known Andy for a number of years now and although welcoming Eddie as his successor it is sad to see Andy step down. His strong leadership during Grayrigg will be remembered for a long time as a demonstration to many both outside MR and within the statutory emergency services that MRT in the lakes is as well organised and as professional as the paid professionals.

I would like to take this opportunity on behalf of the region to thank Andy for his contribution and commitment to the Kendal team, MR in the lakes and his friendship to us all... (Richard Warren LDSAMRA)

Strewth! Can the man do no wrong?! Well other submissions prove that...

a) no-one is perfect...

...The following is an extract from "Mintcake" June 1995 (a good read incidentally; newsletter archive files on the bookshelf at base!):

" We see the leader at the wheel. In profile, his jaw is clenched, his eyes mere slits as he gauges the angles the relative speeds, the viscosity of the mud, before powering the vehicle down a slope and into a beck. With a kind of sickening inevitability the Land Rover sinks axle deep into the mud. He gets out. He is joined by his loyal team members, none of whom say anything whatsoever about the bogged down vehicle beside them or how it got there. They simply pretend it isn't there. Time passes, the VW returns. They find a tow rope, it snaps. They try again and, amazingly, the vehicle slides out of the morass. The leader is too much the hard bitten professional to be upset by the incident. He opens the offside door and swings himself lithely into the vehicle. Puzzled, he searches for the steering wheel and pedals. He gets out, closes the door and gets into the front seat instead. He looks around, alert for signs that someone may have noticed his perfectly understandable error. Apparently no-one has, although there is a trace of blood on the tongue of one passenger and someone in the rear of the vehicle seems to have hiccups. Reassured he sets off..."

b) even Andy gets scared (though its expression may be mildly understated)!

...en-route home from the Azores, wildly off course, 250 miles off Ireland in a Force 10, I came on deck at midnight to relieve Andy of his watch. He tuned to me and said "I'm feeling a little vulnerable..."

c) after all he's only human!!!

...Andy. Always there to rely on... Always there with support... Often comes up with the correct answer... A man of deep thoughts... Snogged the Team President on winter training...

We can't say it all Andy and best not to try but hope this lot makes you smile. Here's to many more years and stories.

Kendal MRT and friends

[Apologies to the many who were unable to add to this motley collection due to needing to get Mintcake on the street...Ed]

Kilimanjaro

I had begun to think that I wasn't meant to do this trek. Originally planned for June/July, it was cancelled as the travel company had put my name incorrectly on the flight bookings. Then, having booked to go in October (with Adventure Peaks of Ambleside) I sent my passport off to get a visa... and it didn't come back! So that meant a trip to Liverpool to replace the passport, then a two day visit to London for the visa. Thankfully that was the end of the problems. I met up with five others at Manchester Airport for an early flight to Kilimanjaro via Paris and Nairobi, getting to the Hotel at Moshi just after midnight. I met the rest of the party (11 plus the leader) at breakfast, then we set out by minibus for Rongai Gate. This took more than four hours over very rough and dusty tracks. On the journey we saw a lot of the locals going about their daily business in the banana plantations and the village markets. School children returned home dressed immaculately in their uniforms.

The first day's walk was a leisurely 3 hours, passing some Colobus monkeys, before reaching camp just as it was getting dark. The porters had already set up the tents and prepared dinner. And there was no sitting on the floor, we were provided with tables and chairs which the porters carried up on their heads. No wonder that we needed 48 guides/porters to support the 12 of us!

The second day was a steeper climb for 5-6 hours up to the second camp at Kikelewa (3,600m). The weather continued to be hot and sunny, with views north right across the Kenya plain to the mountains beyond. Day three saw us heading towards Kilimanjaro's lesser peak, Mawenzi, where we camped at Mawenzi Tarn (4,330m) followed by an acclimatisation day scrambling up the ridge on Mawenzi gaining around 500m before returning to the camp.

Day 5 was the trek up to Kibo Huts. Although only 7½ km it took around 5½ hours as walking was now very slow due to the reduction in oxygen. The landscape here was almost martian, barren and rocky and with a reddish hue. On the way we passed the wreckage of a light plane that crashed last Christmas. It was doing an illegal sightseeing flight and got lost. Ironically all the passengers were killed but the pilot survived. The campsite at Kibo (4,700m) was a welcome sight that afternoon.

After an early meal, we went to bed at 6 to rest before getting up at 10pm for the summit attempt. However, the scene that greeted us was very different to when we got into our sleeping bags, as there was now 2" of snow covering everything. The mess tent had all but collapsed under the weight. Having had some "breakfast" we set off at 11pm trudging slowly up the steep zig-zag path towards Gilman's Point some 985m higher, our way lit by head torches. The going was very hard because of the snow, with much slipping and sliding. It took us two hours longer than expected to reach Gilman's Point (5,685m) and it was already light at 6am. Two of our party had failed to reach Gilman's Point due to sickness, and another turned back shortly after when he felt crackling in his lungs.

The remainder of us continued the slow plod around the crater rim to finally arrive at the summit (5,895m) at 8am. It was bright and sunny, with no wind, so excellent for summit photographs. Unfortunately there was low cloud all around, so we saw very little of the crater and the glaciers. After the photos, our guides quickly ushered us back down, not wanting us to stay at this altitude for too long. The return to Kibo was achieved in a much quicker time of around 3 hours! After a meal and rest we continued for another 3 hours to that night's camp at Horombo. All in all a very long and exhausting day, with around 15 hours walking.



The last day was a gentle stroll of around 20km through the rain forest, with lots of exotic plants, and several troops of Blue monkeys, reaching the gate at Marangu mid-afternoon for the minibuses to take us back to the hotel. Never has a shower felt so good!! On the next day, one of the porters (whose brother lives in Milton Keynes!) took us into the town of Moshi to visit some workshops for the disabled where they produced some wonderful handicrafts and we bought some souvenirs. The town centre was very busy and noisy, and as soon as we started walking around we were surrounded by people trying to sell us things. They would not take no for an answer and it got quite unpleasant, so we took refuge in a hotel where we had drinks and lunch before getting taxis back to our hotel.

This was a superb trip, seeing the people and countryside of Tanzania, as well as reaching Africa's highest point.

Stuart Bell
Team Supporter

Fundraising

A quick note to let you know what we're up to over the next couple of months. As you'll see, none of these are the usual collection days and, other than the AGM and Christmas lunch, all have occurred because people have invited us to join in. I'm a little surprised (but very pleased) at the length of the list. So please get out your diary, and let me know what you'd like to/are able to attend. In chronological order:

Friday 20th – Sunday 22nd November: Kendal Mountain Festival. We've been offered a small space in the main marquee and are running a competition – 'Guess the weight of the new Land Rover'. There's only one prize: a day out training with the Team. Sorry, but members of the Team and their families aren't eligible! We're hoping to have at least one hill-going member on duty during the weekend (so festival attendees can meet those who go out on rescues), but it would be great to have an additional pair of hands to assist with the competition for an hour or so.

Saturday 23rd November. Mayor's Climb for Kendal. Between 10.00am and 4.00pm we need a couple of Supporters to staff our shelter up at the finish line on Beast Banks, and to hand out bottles of water to thirsty participants. We'll run the 'Guess the weight' competition at the shelter as well.

Friday 27th November 8.00 pm at the Sawyers Arms. The Buffalos have been fundraising for us all year. They've got a Race night on Friday and will be presenting us with the result of all their fundraising. It would be good if a few people get along to support their event and show a little appreciation of what they've done.

Friday 4th – Sunday 6th December. Christmas Craft Fair, Shakespeare Centre. Stallholders donate items for a raffle, and this year it's in aid of us! They would like some help with the raffle during the three days. If you can spare an hour or two, while buying your Christmas presents...

Monday 14th December, 5.45pm. Father Christmas House-to-house Collection with Kendal Lions. We have been invited by Kendal Lions to join them on their Monday evening collection. We've done this the last couple of years. We need a team of 8 collectors (Hill-going and Support). It usually takes about 3 hours and we finish back at Base for a cuppa and to count the money. Quite good fun.

Tuesday 15th December, 12.30pm. Christmas Lunch. This will be held at the Union Tavern. Let me know if you'd like to come along (we usually have a few Supporters there) and I'll send you a menu when it's available (late November). It's nice for us old retired folk to get out to a Christmas Party!

Saturday 19th December, 6.45 pm. Father Christmas House-to-house Collection with Kendal Lions. We have been offered a second evening's collection, as one of last year's teams has dropped out. I've said that I'll try to find enough people to run this second evening and let them know in the next couple of weeks if we can do it – up to you chaps!

Sunday 20th December, 2.00pm – 3.30pm. Christmas carols at Morrisons. Kendal Concert Band is playing carols at Morrisons supermarket and this year it's in aid of us. I need two or three people to hold a bucket – singing is optional.

Please give me a call or send me an email if you can spare time to help with any of these events

Peter Clarkson
Fundraising Co-ordinator
(01539 736316)

Thoughts on Change

The AGM has come and gone. There are some changes at the 'Top Table'. Many of last year's faces are still there, some have left, some are there with different hats on and there are a couple of new faces. Whilst ALL those who put their selves forward to serve the Team in an official capacity will end up spending large amounts of time (in addition to that involved in being an 'ordinary' Team Member); the one with the largest impact both inside and outside the Team is undoubtedly the Team Leader.

By standing down as Team Leader, Andy Dell left whoever took over from him with a difficult task. Not that the Team is in a poor state, the very opposite in fact, but Andy was so good in the role! The way he has guided and supported both the Team as a whole as well as individual Members is only equalled by the way he has so positively nurtured relationships outside the Team; be it with other teams, the Police, the press, and many more. His decision to not stand as a Deputy Team Leader was also inspired; it would have been so easy (and probably the natural inclination) to 'keep involved' as a DTL; but if he had done so it would have made the job of the new Team Leader to establish that they are now the new hand on the tiller so much harder.

Eddie Harrison did need some persuading to take on the role; but the Team should be grateful that he agreed to do so. I feel sure he will do a good job; it will not be exactly the same way that Andy did it; it will be Eddie's way. What is reassuring for the Team is that both Andy and Eddie have the support of the whole of the Team membership.

But it is not just the AGM changes that are going on. The governing body of mountain rescue is part-way through a change in how it runs itself and how MR presents itself to the outside world. Locally, there is a need to consider change in the Lake District; with some teams so under utilised and others run off their feet at times. On the medical front things are changing; more effective pain relief and, possibly more importantly, developing ways to monitor how effective and appropriate our treatment given actually is.

And finally on change; will the new Editor of Mintcake still find space for my semi-coherent ramblings, or will the thoughts of new wordsmiths start appearing instead?

'Barbellate'

Two more farewells...

Membership Secretary Ian Johnson reports that Ali Munford is resigning from Operational Support due to family commitments and George Robertson is leaving the team from the end of November as he is spending increasing amounts of time in Glasgow. Best wishes from the team to them both.

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Copy deadline for next issue: Friday 4th December 2009

From next issue your editor will be Dave Hughes but contact details will remain the same; Dave will update you further in December!

E-mail recipients please remember to let me know if you change your e-mail address. Postal recipients if you do have an e-mail address and would be happy to receive your Mintcake in that form (or if you are happy to pick it up off the website) please do drop me an e-mail, it saves printing and postage costs and a tree or two over the years!