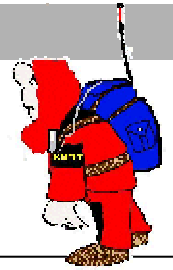


# Mintcake



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

Reg. Charity No. 259539

February 2007

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## Training Shorts

### Scottish Winter Training

Don't forget to pay Paul to secure your place on this trip. See noticeboard at Base for more details.

The deadline for **Driver Medicals** is still **28<sup>th</sup> February**. For more details see Medical Items on p5.

## Editor's Comment

There have been several reminders recently about what an amazing team of people we have at KMS&RT. We have received letters of thanks from several different people following recent callouts, and as for the Annual Dinner – what a night! There's lots of hard work behind the scenes to achieve it all, as shown by all the reports from the various working groups in this edition. The next big team event is the annual migration to Scotland for the winter skills training. Despite the huge amount of organisation from all involved, one element they can't control is the weather, so I shall exercise my jinx in wishing for lots of snow... Here's to a proper winter!

*Larissa*

## 100 Club

The winning numbers in the February 100 Club Draw were:

1st	37	Mr M Proctor	£10
2nd	77	Ms L Rothschild	£10
3rd	34	Mr D Rochell	£5

*Peter Clarkson*

## Mintcake Nibbles and Tit-bits

- Does anyone have contact details for Peter Waring? If so, could you pass them on to Trevor Cotton, or you can forward them to me (my contact details on page 8) and I'll pass them on to him.
- A request: please can all team members check their pigeon holes for the 2006 Christmas cards and other bits of fan mail which are gathering dust in there.
- The Pager Officer was recently asked about the low battery warning beep given out by the pagers, as one had recently woken up your Editor at 3am when it went off. I have to report the fact that the pagers have a low battery warning was news to our Pager Officer, whose reply was "If you're that tight to wait until the low battery warning light goes off, you deserve to be woken up!". His advice to us all is to change the pager battery every month before we are so rudely disturbed.

## Callouts



### 22<sup>nd</sup> January 2007

A missing female was reported in the Gummars Howe area. She was located on the summit by the police helicopter using a thermal imaging camera. Kendal team assisted by SARDA treated the casualty before evacuating her to a waiting ambulance. A total of 26 personnel attended.

## Letters of Thanks

Although it is unusual to print thank you letters in Mintcake (and I don't intend to make this a frequent column), several letters have been received that merit inclusion, if only to remind us of the high level of esteem we are held in by our fellow emergency services.

Nick Owen, LAMRT Leader, emailed me to say "thanks for all Kendal MRT's help during '06". He also said that "your help is much appreciated. I'm sure we can continue to work together for the joint benefit of both teams in the future".

We also received two letters from the Acting Superintendent of Cumbria Constabulary, following our involvement in the two callouts in January. The first related to the River Lune incident on 3<sup>rd</sup> and 4<sup>th</sup> January, where we were thanked "most sincerely for the invaluable assistance [we] so willingly provided". "The expertise and enthusiasm of your team of volunteers was remarkable and without your substantial efforts our job (and that of the Fire Service) would have been considerably more difficult and time consuming."

The second followed the search on 22<sup>nd</sup> January as mentioned above, where our "assistance and local knowledge have been invaluable" and "grateful thanks" passed on to everyone who was involved.

Finally, some very powerful words from the parents of one of the survivors of the River Lune incident. They echo many of our own personal thoughts in saying, "To put into words our feelings, thoughts and worries about that fateful journey regarding what did happen, and what might have happened, just leaves us feeling very, very grateful to the dedication of all the team members.

It is very easy to just say "thank you", so we would be very pleased if you would accept this cheque as a mark of our appreciation and deep down, heartfelt gratitude for your help." A generous donation was included with the letter for which we are very grateful.

## What's On

### Wednesday 14 February

Training: Avalanches & Winter Navigation Theory 19:00h

### Wednesday 21 February

Equipment evening: 19:30h

### Saturday 24 February

Training: Winter Night Navigation

Timings to be confirmed and start praying for snow...!

### 2nd, 3rd & 4th March

(nights of 1st, 2nd & 3<sup>rd</sup> March)

Winter training based at Roy Bridge

Watch out for further details in Base.

### Wednesday 21 March

Training: Water Rescue 19:00h

### Sunday 25 March

Training: Stretcher Lower 09:00h

### Wednesday 28 March

Equipment evening: 19:30h

### Wednesday 11 April

Training: Mobile 2 Familiarisation / Round

Robin 19:00h

### Saturday 14 April

Collection: Killington Services

### Sunday 22 April

Training: Air Ambulance Familiarisation / First

Aid scenarios 09:00h

### Wednesday 25 April

Equipment evening: 19:30h

### Saturday 28 April

Collection: Marks & Spencer, Kendal

### Wednesday 9 May

Training: Down Under... 19:00h

### Sunday 20 May

Training: Crag Exercise 09:00h

### Wednesday 23 May

Equipment evening: 19:30h

## Exercise Reports

### Wednesday 13 September – Communications

Readers, I have to report that despite chasing the author of September's exercise down those slopes in Italy (and many times overtaking him – but that was mostly when he was on a single plank-like thing which I understand is called a "snowboard"), plying him with beers and swinging him round the dance floor, I was still unable to extract the article from him. Maybe it says more about the training exercise, given that it was on communication, than my methods of extraction! If I cast my mind back to the exercise in question, I do remember that one of the learning points for all radio users was 'brevity', and 'think before you speak' to make sure that everything in the transmission is relevant, accurate and clear. On that note, I shall close this report.

## Wednesday 10 January – Hypothermia and First Aid

Another well organised and interesting session saw us split up into 3 groups following an updated lecture on hypothermia from Abby.

Most of our treatment stays the same:

**Mild Hypothermia** = Scene safety, ABCDE; Shelter; Replace wet clothes; Insulate from ground; Hot packs/Hot air; Place close to warm person; Food & Warm drinks; Evacuate.

**Severe Hypothermia** = Scene safety, ABCDE; Give Hypostop; HANDLE GENTLY: keep horizontal; Insulate & Shelter; Warmed Oxygen; No external heat; Cut off wet clothing gently and cover; Evacuate smoothly by helicopter if possible. If no signs of life ventilate with warmed oxygen by bag and mask, attach defibrillator and CONSIDER CPR, evacuate gently.

As regards starting chest compressions there are no hard and fast rules, think about the history and don't do compressions if VF/ asystole can't be confirmed and do no more than 3 shocks with the defib. Don't try and do CPR on a moving stretcher; don't delay evacuation to definitive care. Full resuscitation appropriate if rescue related collapse.

The main update was that it is OK to start and stop resuscitation while dealing with a severely hypothermic casualty with no signs of life. However it is still OK not to start resus and just to evacuate as smoothly and quickly as possible.

The three groups were run smoothly by Bill discussing a series of scenarios, John Fitch going through the equipment we would use and Dave Winchester using Annie as a casualty so we could practice inserting nasal airways and Guerdal airways.

Overall a very interesting and informative session.

**Mike Waters**

## Sunday 17 December 2006 – Search & Rescue

or "The Tale of the Transforming Hat"

The exercise effectively started on Saturday night with a cryptic message: "Tomorrow's ex 9am start & pls no earlier than that. Chris". That's my pre-exercise/coffee morning routine gone! At least I had 20 more minutes in bed. As we arrived we were told that a search was going to take place and John Ev and Kevin as the newest members of the leader group were coordinating it. After much map shifting and head banging in the control room they finally came back to us with a briefing.

Two red squirrel spotters, Vicky and Dennis, had gone missing in the Scout Scar area. They were last seen at 2pm on Saturday but were only reported missing that morning. Their car was found in the car park under the mast.

In the first instance the search would be limited to the wooded areas. M1 and M2 were dispatched to Scout Scar car park to search the north side of the Scar as well as the Cunswick area. M3 went to Barrowfield Farm to search the southern part of the farm. Some of the hardest work from the latter team came in their search for the official Latin term for a red squirrel spotter. Needless to say, they came up empty handed on this - please pass any of your suggestions on to the Editor.

After half an hour of searching a call came from John F (who was scanning the forest from the top of the cliff) that somebody wearing a white helmet had been spotted below. When the first MR personnel reached the point indicated they discovered a casualty wearing a red helmet. (We all assumed that John had been following the new health advice of not putting milk in his tea and had replaced it with something stronger!!!).

Very soon the second casualty was discovered 100m further south also wearing a red helmet. Initial interviews confirmed that we had found the casualties but under mysterious circumstances their helmets had changed colour!

Two CAS sites were organised with firstaiders, manager, communication and runners. One of the problems was access at the bottom of the cliff. All personnel were wearing helmets and great care was recommended when moving around.

On CAS site 1 Dennis had sustained an open fracture of the femur as well as head and spine injuries. He was drifting in and out of consciousness and his speech was erratic (GCS4). After having a collar fitted and his femur stabilised with the traction splint, he was put in the vacuum mattress. A phone call to Abby confirmed that Entonox could be administered despite the head injury as he would have dropped the mask when losing consciousness. Dennis was a great "casualty" but he gave the game away when he requested to go for a pee just before being lifted on the stretcher. Once repacked he was lifted out with the help of a Z rope system and also helped with personnel walking along the stretcher.

On CAS site 2 Vicky was suffering from injuries to her wrist and ankle as well as mild hypothermia (this bit was real!). First aid was initially given using personal kit. She was soon warming up in the KISU and splints applied using Entonox as pain relief. The exercise stopped as she was going to be lifted on the stretcher (lack of personnel).

On the periphery of the incident John and Kev were coordinating the flow of personnel, radio communication and equipment. One of the problems was how to send equipment to both CAS sites without interference. With hindsight it would have been better to use two different radio frequencies - one for each site.

Conclusion and recommendations:

- Use different radio frequencies when operating on two or more CAS sites;
- Control should log what equipment is requested and where it has gone;
- Make good use of the doctor at the end of the phone line;
- Paul don't change the casualty's hat in the middle of the exercise, it is very confusing!

Thanks to Dennis and Vicky for having been such good sports. They both have both great acting potential and were considered as suitable nominees for the BAFTAs.

### ***Pierre "écureuil rouge" Betoïn***

*[It was also noted that larger scale maps and a magnifying glass were requested to help the Ops Group to actually see what they were supposed to be planning on! Base & Vehicles please note future budget requests – Ed.]*

## **Base & Vehicles**

### **WATER, WATER EVERYWHERE .....**

But not in my Land Rovers (well that's the idea).

We seem to be talking as much about water as we do about the hills recently, so to keep the theme going, I am now going to excite you and tell you about the waterproofing of the Land Rovers.

Both Land Rover axles and gearboxes during their operation need to breathe, particularly after a time driving under normal conditions and then immersing them in cold water. The manufactures fit breather pipes to allow for this but I have extended the breathers to allow us to go into deeper water.

The new limit is up to, and not beyond the door bottoms. At this depth the exhaust is under water and the engine air intake and electrical system become vulnerable (enthalling isn't it) so care must be taken at all times.

Here are some guide lines which you should consider before and during entering deep water.

- First and foremost, **personal safety**.
- Check the water depth
- What's below the water? Has the bottom been washed out?
- Consider the volume and force of the water.
- Enter the water slowly in first gear, so reducing the risk of a bow wave.
- Avoid stalling by keeping the revs high, so keeping water out of the exhaust.
- Keep a steady momentum by using the clutch and engine revs.
- Do not go deeper than the door bottom.
- When leaving the water and moving, apply light pressure to the brake pedal to dry out the brakes.

Not the most glamorous of subjects, but I hope you find it of some use.

**John Everett**  
**Vehicle Officer**

## **TORCHES**

The torches are now on a timed charger system. (This looks the same as it was before!). The difference is that they are now set to be on charge for 2 x 1hr periods per week to keep them topped up.

If the torches have been used, please follow the instructions next to the torch chargers on how to over-ride the timer when you plug them in.

Thanks,  
**Chris Marsden**

## **Ops & Members Committee Meeting Notes**

A summary of points discussed:

### **Kit at Callouts**

- Stretcher Lower Kit: remember to take it out in the first vehicle.
- Following Sunday's training session with multiple casualty sites, John Everett is developing a kit list which will show what has been taken out of each vehicle, where it's going and who asked for it. These will be laminated and items sorted in order of priority.
- We are reliably informed that Cillit Bang (that subtly advertised cleaning product) is the best way to remove permanent marker from laminated sheets – nail varnish remover can damage the laminate surface.

### **Water Related Callouts**

- Following the recent Gold Level debrief of all water related incidents by the Police, Fire & Rescue, Ambulance, Coastguard and Mountain Rescue, it has been agreed that for any water related incident (other than those covered by the Coastguard which include coastal and tidal areas, and on Windermere, Coniston, Ullswater and Derwentwater and their immediate shorelines), systems will be changed to ensure that Mountain Rescue will be paged at the same time as other rescue services.
- We will be buying more buoyancy aids which will be clearly marked as KMRT for easy identification. Glowsticks will also be purchased to aid the visibility of wearers, and grab bags of swift water rescue kit will be put together: different colours will indicate the specialist kit (drysuits etc), and standard buoyancy aids.
- There will be more joint training with Fire & Rescue on swift water rescue, and it is planned to put more KMRT team members through swift water training this year.

### **Radio Communications**

- Radio traffic is getting busy: we need to be precise, but discreet (specifically with peoples' names).
- It's important to think about what's said and how before pressing the transmit button.

## **Medical Items**

### **Updating Personal First Aid Kits**

Please will everyone who has a personal first aid kit update the drugs, i.e. Hypostop, Disprin Direct, Paracetamol, Voltarol, and water. The Transpore tape is also out of date and needs replacing. You will find replacements for all of the above in the equipment room at Base.

**John Hall**

### **MRC Medical Symposium with International Speakers**

On Saturday 28th April, the above event is being held at Charlotte Mason College. The IKAR Medical Sub-Committee has a meeting during the previous week and will then be holding a series of lectures during the Saturday. I have it on good authority that they will be excellent speakers with exciting slides too. The symposium will be aimed at any Mountain Rescue Personnel with an interest in Mountain Medicine as well as Doctors, Para-medics, Nurses and other Medical Professionals. There will be a buffet supper at Low Fold in the evening.

More details nearer the time but please put the date in your diary now!

### **Driver Medicals**

Please remember to book your medical with your GP and send form to Paul Astle **by 28th February**, or else you will be removed from the driving list. Book only 20 minutes with your GP: longer appointments will mean being charged the full price for an HGV Medical which is more detailed than ours. Please make sure your GP keeps hold of the detailed medical questionnaire and only return Form A or B.

If your practice is planning to charge you more than £30, please contact me as I can arrange for a handful of people to have it done for free.

**Abby Astle**

## **Fundraising Notices**

### **Swim-Marathon 2007**

This event is organised by the Rotary Club of Kendal South Westmorland and is to be held on Saturday 24th March. Our team, Mountain Minnoes, will be allocated fifty five minutes between 4pm and 8pm. I have applied for the latest slot, i.e. at 7pm.

Each team has six swimmers and the idea is to swim as many lengths as possible in the fifty five minutes. This gives plenty of time between each contender's lengths to enjoy a variety of cocktails. The downside is that each contender needs to raise some sponsorship. If all participants raise £20 we will raise a total of £120, of which £25 goes to the Rotary Club's nominated charities and the rest to the Kendal Mountain Search and Rescue Team. This year the Rotary Club's nominated charities are the South Lakes Society for the Blind and the Marie Curie Cancer Care. It is a great fun event, so if you or a friend or relative wants to help me raise a team please let me know as soon as possible.

**John Hall**

### **Fundraising Collection Dates**

The first Collection Dates have now been fixed for 2007, (and can be entered in everyone's diary!):

Saturday, 14th April: Killington Services

Saturday, 28th April: Marks & Spencer, Kendal

I shall write to everyone when I get the rest of the year finalised, which should be in the next couple of weeks. I'm hoping that both Supporters and Hill-going members will be able to help as we need all the support we can get to meet this year's target.

Many thanks,

**Peter Clarkson**

**Fundraising Co-ordinator**

## **Team Gear**

There is some Team clothing at Base. No, not the nice new red pergornyltex outer with superpilefleecextractive lining that Dagmar has recently been handing out, but **real** mountain clothing! Following the recent death of former Team Member Ian Underhill, his family and friends kindly made a significant financial donation to the team in Ian's memory. In addition they have restored an early bit of Team clothing to us – a jacket (or to be correct, an anorak) which is now displayed at Busher Walk. It is made from orange cotton with KENDAL MOUNTAIN RESCUE stencilled on the back. It has real buttons and metal zips - no Velcro. There is no 'designer label' to be seen anywhere on it. For those who can remember tweed breeches, long red woollen socks and 'Joe Brown' shirts, you will recognise what a good quality anorak it is.

But being pragmatic there is a lot to be said for modern clothing materials: warm, dry, light, comfortable to wear, easily torn by rock and damaged by rope, manufactured from non-renewable resources, transported thousands of miles from China. ... wait a minute. Maybe there is something to be said for Lancashire Ventile cloth, 100% Lakeland wool socks and good Scottish tweed shirts in a loud red tartan.

But am I looking back far enough? Norfolk jackets and string underwear worked well enough on early Everest expeditions. Where do you stop? Wolf skin (real, not Jack's) worked well enough for centuries: it is warm, waterproof, eco-friendly and you can eat it if you get hungry.

So there we are, the next issue of Team clothing will be wolf skin. Just one problem – where will Dagmar find red and black wolves with retro-reflective edging?

**Barbellate**

## Annual Team Dinner

Following the sage advice of our Agony Doc to consume less food and more booze (ostensibly to avoid any embarrassing situations at the Annual Dinner) and to blame the dog for everything, the Annual Dinner turned out to be a fantastic evening despite being full of red faces and rubber dogs!

The red faces resulted from the various nominees of the perennially superbly organised POTY awards (for 'Person Of The Year'), although a notable absentee at the ceremony was John Hall who is a frequent target of the POTY committee. However, the reddest face came from the recipient of this year's award: in a curious twist of fate, and to prove that no-one is invincible, the trophy was awarded to the Bruce Forsyth of POTY compères, Mr Keith Pittman himself!!

If we thought that we hadn't seen enough red faces, Abby then gave Mr Dell some highly deserved thanks on behalf of everyone at KMS&RT for everything he does for the team. In reply, our Team Leader then reminded us what a wonderful team of people we have at Kendal Mountain Search & Rescue and gave us a little exercise to reinforce that. With the Defib on standby and armed with a scary amount of rubber (no, we hadn't reached the stage of giving out 'that' handbook yet), we proceeded with constructing our own model balloon dogs. Instructions were provided – these were either religiously followed or totally ignored, a pump was supplied for those without enough breath to kickstart the action, and the game commenced. How many of us thought it would be so easy to do, as our faces just turned redder and redder and we ran out of puff trying to get those balloons to blow up! Clearly suffering from lack of practice in successful inflation, we persisted with our task and managed to produce an extraordinary array of shapes, some remarkably dog-like in form, and others just worrying. Needless to say the opportunities for embarrassing photos were abundant – some examples are shown below (just look at those eyes...!) and for a small fee, I have others in my archives!



The finale came in the Grand Raffle with a huge array of prizes ranging from the desirable and delicious to downright defective and debauched (yes, 'that' handbook was safely returned and has been given a new home for the year).

Many thanks to Simon Thorn for all his hard work in organising such a great evening (maybe one day he will actually be able to make one of his excellent social events) and to everyone who contributed to such a memorable occasion.

**Larissa**

## Caption competition

Following the flood of entries for Mr Munford's exploits with a Jaguar (car, not cat), I have searched high and low for more photos. Thanks to training activities arranged by our esteemed Team Leader, the Annual Dinner provided a wealth of options.

All captions gratefully received. Remember, we were supposed to be making dogs!



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