

Mintcake



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Reg. Charity No. 259539

September 2006

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Many thanks to
Prontaprint in
Kendal for
duplicating
Mintcake

Editor's Comment

The computer problems that dogged me in July returned with a vengeance in September. With my wallet a little lighter, I took delivery of my computer again this afternoon and can now put this issue of Mintcake to bed. Good job there weren't any callouts to worry about as well!

Les

100 Club

The winning numbers in the September 100 Club Draw were:

1st	12	Pauline Speak	£10
2nd	85	J. Bailey	£10
3rd	01	Simon Barber	£5

Liz Parkes

Kendal Torchlight

Since the theme at this year's Torchlight was Sport & Leisure, it was decided that the team would present the topical subjects of the right to roam and the naked Rambler. All those who attended on the night got back to Base without being arrested which, in the case of Chris Marsden and Dave Ritchie in particular, was something of a miracle. Surely there must be bylaws forbidding flashing at the mayor and police officers, dressed in little other than four pairs of women's tights, a rhubarb leaf ("for the larger man") and a couple of strategically placed balloons? Our efforts were rewarded, however, as we won a coveted trophy (possibly for the most humorous entry?). Many thanks to all those who represented the team and particularly to Chris "Never Again" Marsden for organising.

Fundraising

- The Maize Maze update (see last month's Mintcake): we received a cheque for approx. £180 for which we are very grateful.
- Asda kindly offered us another opportunity to collect outside the store on 26 August, when we raised £521.29.

Culture Corner

It's a bitter winter's day in the Lake District, two people are sheltering at 3,000 feet, huddled in a snow hole, desperately trying to stay alive as temperatures plummet and a fierce snow storm rages outside. To make matters worse, they both belong to Lakeland's least well-organised mountain rescue team and no one's noticed that they are missing! No, it's not a report on the last winter exercise; it's actually the basis of a new comedy, called *On The Rocks*, by Colin Shelbourne and Andrew Thomas being performed at The Brewery. There is a 'Team-trip' to see the Brewery Theatre Company's presentation on **Wednesday 18th October, 8pm** start (bar @ 7.30pm). I have made a provisional group booking so we can sit en masse and: ~~huddle / sit in awe at the accuracy of the writing~~ enjoy a play "about love, death, fame, relationships, commitments, squirrels and those funny spiky things that mountaineers wear on their boots". If you (and family / friends) are interested in joining the 12 or so that have already expressed interest, then either add your name to list at Base, or give me a call. For all those who are coming, I MUST have your money (£7.65 per person) by Sunday 17 September at the latest (cash, or cheque payable to 'Keith Pittman') to confirm our booking. Team kit is permissible on the night in case we need, as a group, to sit with arms crossed, tut-tutting at the actors.

Keith Pittman, Kendal 721901

Base & Vehicles

Do you keep your Training Logbook at Base? Most team members keep their Training Logbook at home, but a few leave them at Base. This has resulted in the pigeonholes in the entrance hall of Base becoming a bit of a filing cabinet, rather than a short-term depository! To overcome this problem there is now a small box in the Locker Room where logbooks can be kept.

The tidiness freaks of Base & Vehicles Working Group

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Additional Driver Skills

As promised in the last issue of Mintcake, we have two confirmed dates from Bob Barkes. For those who do not know Bob, Bob was a team member until his work took him away from Kendal, and works for a forestry agency which daily means using winches and jacks.

Bob will train us in the safe use of the equipment that we carry, i.e. the winch & high lift jack, both of which can be very dangerous if not used correctly. Bob instructed us on these skills some 4 or 5 years ago, and ask any body who was there, it was a great day out and I urge all callout drivers (and any others if you wish) to come along .

What I want to do is to have two separate days, so that if you cannot make one then you should be able to attend the other, I hope to divide the number of callout drivers roughly into two groups so that the instructor / pupil ratio is better for more hands-on tuition. Subject to the numbers, this may not take a full day, but I would like a good turnout as we cannot always get instructors of Bob's calibre that often, and we should taking advantage of this opportunity.

The dates are:

- Sunday 17th September @ 9.00 am
- Sunday 8th October @ 9.00am

Two lists will be posted at Base.

Looking forward to seeing you all soon,

John Everett

Callouts



Very quite again. Just one callout and that turned out to be a false alarm, for us at least:

25 August

We were informed of a casualty with a leg injury in the Sedbergh area. On checking the grid reference, we found that it was actually in Grisedale Beck in Patterdale's area (!) so the details were passed on the Patterdale who dealt with it.

Exercise Reports

Wednesday 9 August – First Aid

So Les asks if I can ask someone to write an ex report – but they all gone home, 'cept I goes to the pub with Dan and Kaf and John and Paul, and I says “can anyone write an exercise report”, but they all says no. But Kaf says they were long in the last newsletter, so can I keep it short. So we writes it together, and it goes like this.

We done collars.

We done splints,

We done lids.

We done stretching legs with coloured straps.

We puts the stretcher into mobile two then takes it out again.

John H and Winch and Bill and John E and Keef did it all and done good and we woz all very grateful for the help of the boyz Sam, Aiden and Andrew.

Abby Astle [a masterpiece of conciseness and brevity – Ed.]

✱

Sunday 20 August 2006 – Water Safety

5-4-3-2-1! Thunderbirds are go!

All the Kendal Mobiles, including T4, off to train in water safety. Kirkstone pass saw more members added to the list of those finding that twisty roads in the back of M2 make them want to puke but all arrived at Patterdale Base with breakfast still inside them. A short while later there were a few more green faces however as Dave Warrington, our trainer for the day, eyes glinting manically, played a video of those weird kayaking types who like to do stuff like sitting in huge stoppers getting pounded by several tonnes of whitewater and throwing themselves down waterfalls. Yikes! Were we about to embark on training as Kendal Extreme Whitewater Rescue? More likely scenarios such as ghyll scrambling accidents and, as the climate gets warmer and wetter, more involvement in flooding incidents were discussed. We looked at available equipment before getting hands-on with the new team buoyancy aids and dry suits. Main learning point here was, yes, your bum does look big in that. Moving on apace to throwbag practice, it quickly became apparent that practice was indeed required. A line, bag and all, soared in a gracious arc over everyone's heads (including the thrower's own) and someone had to go fetch a ladder to retrieve it from the roof... Amidst the loud mickey-taking was a palpable sense of relief as everyone silently thanked John Everett (that's 2 t's) for making sure they weren't the one making a donkey of themselves. We considered different ways of deploying/redeploying a line, their applications and limitations and we all went to “victim school” to look at the best way to react on finding ourselves in the drink and what to expect from Joe Bloggs.

After a quick buttie break it was off to the raging river for the re-enactment of those earlier video clips. We split into three groups: river crossing started with three burly men hugging and waltzing their way across the road as a dry demo, looking lovely but thoroughly bemusing passers by, boat familiarisation inflated “Thunderbird 4” as the debate short and fast versus long full strokes raged and the throwline group's expectant looks told me that I'd “volunteered” as swimmer – no problem, had “2 t's” Everett not sabotaged me by not fully zipping up my drysuit. A rapid rescue proved vital to prevent rising damp and fortunately throws were much more accurate than earlier practice!

We finished by looking at ways of using and controlling a boat in moving water. Two- and four-tether systems, used with good communication, proved simple and effective.

In conclusion a packed training session with lots of practical information, relevant to our many varied levels of experience and presented with enthusiasm. Sincere thanks go to Dave and to Patterdale base for accommodating us.

Kathy Jackson

Shorts

- New crib cards for the MRC medications are available at base. Please collect one ASAP which should REPLACE the old one that is out of date. There are cards (actually booklets) available for all current cas care cert holders plus Winch, Bill, Dr Sarah and me. There is a check list with the cribs which you must sign before taking your card. If your name has been missed off the list, please let Abby know.
- Reminder: training logs are due in the first week of October. Please place them in the Training Officer's pigeonhole.
- Rather short notice, now, I'm afraid, but Rab is holding a clearance sale on Saturday in Derbyshire. Please see the poster in base for details or contact Dagmar.
- Remember that the Base alarm code has changed. If in doubt, ring another member to check!

LDSAMRA Poster Campaign

The Lake District Search and Mountain Rescue Association launched a 'Poster Campaign' at the start of September. The campaign aims to:

- Inform people using the fells of how to get help in an emergency.
- Reduce the number of MR calls that initially go to the Ambulance service (often resulting in delays before a MR team is called).
- Raise awareness that MR is a service provided by trained, unpaid, volunteers.

The campaign material consists of a glossy, multi-coloured, A3 size poster to catch the eye and a credit card-sized, folded information card for people to keep with them. The target locations for a poster and stack of info cards are:

- Outdoor centres / schools
- Youth Hostels
- Hotels
- B&Bs
- Equipment shops
- Cafes
- Information centres / area notice boards
- Anywhere else where hill-users are likely to go.

The aim is to get all the posters and info cards out during September and early October. Each MR team in LDSAMRA is responsible for the distribution in their area – that means from Kentmere to the Lancashire border and from Windermere to Sedbergh for Kendal Team. The only way this can be done without totally overloading one or two individuals is with a little bit of help from every team member (not just hill-going, but operational support and supporters; patrons and others are quite welcome to help as well) – effectively that means YOU.

The stock of posters and info cards are in the Control Room at Base. To minimise duplicating visits in any particular area, there is a list (with the posters) of what areas have been covered and by whom; just add a brief description of the area you are to cover and your name to the list. It may be worthwhile taking a few Kendal MRT information leaflets along with you (and if the site is interested in having a collection box, let Kath Kirby know).

Please, everyone, make an effort to get the posters and info cards out soon. If you want more information, or have a problem accessing Base, then give Keith Pittman (01539 721901) or Trevor Cotton (01539 726254) a call.
Thanks for your help.

For Sale

- Haglof duvet jacket, size L, £60 ono
 - Berghaus Mera Peak Gore-Tex jacket in red and navy blue, size L, £50 ono
- Please contact team supporter Richard Sutton on 01539 733453 for further details

Mountain Deaths Reach Record High

Lake District Search and Mountain Rescue Association (LDSAMRA) figures show teams attended 395 incidents in 2005 and there were 19 fatalities. It comes as the association starts a major campaign to raise awareness of the work done by the 450 volunteers belonging to the 12 teams in the area. It is also urging more hill users to learn basic life support skills.

Of the 19 deaths, 10 were people who had collapsed with medical problems, mainly heart-related. The association said that in only two of the cases did companions attempt resuscitation, which it said served as a warning for people to learn life support skills.

There were two rock-climbing deaths and four people died after falling while hill walking.

Source: BBC website

The KMSRT Agony Column

Dear Honor, I noticed what appeared to be a serious operation going on at base the other day. Any idea what was happening?
Anon

Dear Anon, I'm told that the atmosphere was very tense and that the conversation went something like: "Scalpel". "Thank you". "Swab". "Thank you". "Retractor". "Thank You". "Plunger". "Did you say Plunger?" "Yes, Plunger". "Thank you". "More Swabs". "Thank you". "Will you hold that bloody ladder still!" "Thank you". Yes, you've guessed, it was our new (temporary) Base Officer cleaning out the gutter, ably assisted by his bearded assistant who looked disturbingly attractive in the nurse's uniform. **Honor**

Dear Honor, Any chance of us borrowing your new (temporary) Base Officer, and of course his bearded assistant? The guttering at our base seems to be blocked too. **Patterdale Anon**

Dear Patterdale Anon, I'll have a word. It's probably the least that we can do after our Vehicle Officer filled your guttering up with throw bags during the training on 20 August. **Honor**

Dear Honor, Did I see the Vehicle Officer with his arm in a sling? Nothing serious, I hope. **Anon**

Dear Anon, Rumour has it that he pulled a muscle while trying to fill up the gutters at Patterdale's base with throw bags. **Honor**

Dear Honor, I have noticed that a new radio seems to have arrived in the Control Room at base but nothing appears to happen when it is switched on. **Anon**

Dear Anon, I'm told that this is the latest idea from the Radio Officer and that it's aimed at those team members who are afraid of using the base radio sets. It's a bit like the little steering wheel that you can stick inside your car to keep the kids amused – it provides hours of fun and allows you to feel like you are making a worthwhile contribution, while ensuring that you can't bugger anything up! **Honor**

Honor Corlowtt

AGM

Reminder of the AGM on 1 November.: Five posts are up for election this time: Vice President (currently Barbara Minton), Vice Chairman (currently Dagmar Johnson), Deputy Team Leader (currently Steve Kelley), Fundraising Officer (Liz Parkes is not standing for re-election) and Newsletter Editor. Contact the postholder or any committee member if you would like further details.

News from the Colonies

Taking the next step for your wilderness medical skills

The Wilderness Emergency Medical Technician programme

It's official – I'm now a certified WEMT... which means nothing to the innocent among us, but to those interested in taking their medical skills to the next level, this programme may just be worth a little investigation. Allow me though to firstly get the bad news out of the way: it takes a month, it ain't cheap, it's hard work and it's run in America.

For those not bothered by such trivialities, read on:

The Emergency Medical Technician certification is the entry-level requirement in the US for anyone wishing to work as a medical professional – it means you can work on a paramedic crew, or as a relief medic, or first aid instructor. Perhaps more importantly it gives anyone who passes the confidence to deal with casualties in a wilderness context.

Make no mistake, it takes commitment – with textbooks larger than one of Chris's slabs of beef, late nights of study, endless rounds of simulations, intensive lectures and homework assignments – it is certainly not something to be taken lightly. Add to that a rigorous round of assessments with no guarantee of passing and you would be sensible to think twice.

Regardless, I managed to slip through, which means that just about anyone with a couple of brain cells to rub together should be able to. It's facilitated by one of the top US wilderness medical schools – SOLO - and run out of Conway, New Hampshire for around \$3000. Cheap as chips AND you're in America!

Hamish Wilson

A Warwickshire man rescued after spending three nights in the Australian Outback has been saved again - after getting lost in the bush a second time.

Martin Lake, 50, sparked a major land and air search after spending a further four nights in the same area of the Australian wilderness a week later.

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