

Mintcake



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

Reg. Charity No. 1125680

February 2010

This Month

100 Club	1
Editor's Comment	1
Sad News	1
Callouts	2
Exercise Reports	2
Training	5
Attention Call Out Drivers	5
Up Coming Bucket Collections	6
Mountain Rescue Awareness Day 3 May	6
New Radio Batteries	6
Plea from the Treasurer	7
Team Computers	7
Web Site	7
The KMSRT Agony Column	7
K-Bay	8
One Last Thing	8
Contacts	9

What's On?

Wednesday 24 February

[Equipment Evening 19:30](#)

Thursday 25 February (eve) –

Sunday 28 February

[Training: Scotland Trip](#)

Wednesday 3 March

Main Committee Meeting 19:30

Wednesday 10 March

Training: Medical (water specific) 19:00

Wednesday 24 March

[Equipment Evening 19:30](#)

Sunday 28 March

Training: Water rescue and evacuation 09:00

Wednesday 7 April

Ops and Membership 19.30

Wednesday 14 April

Training: Search Techniques 19:00

Friday 16 April

[Collection Asda](#)

Saturday 17 April

[Collection Kendal Town Centre](#)

Sunday 25 April

Training Search & Evacuation 09:00

Wednesday 28 April

[Equipment Evening 19:30](#)

Saturday 1 May

[Collection Tebay Services](#)

Sunday 2 May

[Collection Tebay Services](#)

Monday 3 May

[National MR Awareness day\(base open day\)](#)

Saturday 8 May

[Keswick to Barrow](#)

100 Club

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

1st	Mr G Storrs	£15
2nd	Mrs J M Holland	£10
3rd	Mr Rod Pillbeam	£5

Peter Clarkson

Editor's Comment

Three excellent exercise reports – Thank you!
Oh no, I've lost the calendar again – phew got it back

Dave

Sad News

As Eddie emailed around the team Doreen Edmunson passed away in January although was at home to spend her 63rd wedding anniversary, Christmas & New Year, with husband Derek.

Although only a couple of current team members can remember their hillgoing days, Derek and Doreen were both stalwarts of the team for many years and are fondly remembered by many other team members as tireless fund raisers who would help the team in anyway they could.

At the funeral rather than flowers, the family asked for donations to Kendal MRT and it is understood that a considerable amount was collected.

Derek is housebound and nearly blind and will soon be moving into a nursing home and on behalf of the team, I wish him the very best.

Callouts

24 January 2010 15.05hrs

We were asked to assist the Langdale & Ambleside Team in evacuating a casualty from Crinkle Crag. One of a small party had slipped and sustained a wrist injury. They were located just as darkness fell in the upper regions of Rest Gill and helped down from the fell.

Exercise Reports

Winter Skills Training - Sunday 3rd January 2010

Every year a message appear in the "Training" page of "Mintcake"; *"Lakes Winter Skills - Due to the unpredictability of snow (!), training will take place one weekend day from December onwards. If the conditions are right a pager message will be put out a few days beforehand"*...this year conditions were "right" for so long Paul had the agony of choice of weekends!

Having decided on a date Paul decided he was going skiing and left us in the capable hands of "the Two Daves"! So, on a perfect blue sky day, we set out. With the world so sparkly even the late decision that Kentmere was going to be too much of a mission to get to (and more importantly to get out of quickly in the event of a callout) and resultant fuff of changing direction could not spoil the mood. I don't know but suspect that others, like me, were relieved to be in the company of people unlikely to start ranting about how dreadful it all was and how the council ought to be ashamed of themselves for letting it snow when they paid good taxes for nice, grey, ordinary weather like in the old days... Anyway, the chosen venue of Huck's Bridge, Borrowdale gave instant access to roadside, snow covered hills and good options for putting the Landies through their winter paces too. Chris and Simon took a posse off for "how to not sledge a £40,000 vehicle into a drystone wall" lessons while the two Daves lead the rest of us up one of those snow covered hills.

Reaching the top, Les decided to go back down again to look for his 'phone and pager... In the clear bag... In the mile or so of foot deep snow we'd just crossed... No-one laughed... Much... 'Til he was out of earshot...

Discussions on what we wanted to cover came pretty much to the conclusion that we wanted to do "everything" so we started with self arrest. It took a while to get a decent speed slide in the deep snow but eventually we'd all stopped ourselves feet first, head first, on our bellies, on our backs, with an axe, without an axe, with a ski pole and wearing a rucksack (and were all k*****d from all that walking back uphill!). We went on to find a snow bank to dig modified rutsch blocks in and found it took a good jump to shift a slab (but that the resulting bits made a great snow sculpture...). Dave also reminded us that it wasn't enough to dig one pit and presume that was your "assess avalanche risk" box ticked for the day. Putting together the big picture of condition history, slope aspect and angle was vital, as was constant reassessment. Quick techniques like walking a triangular trench gave clues as to when things might be suspect enough to do a fuller assessment with a pit. Heading back to the vehicles we used the techniques of gallumphing (read Swallows and Amazons...) and bum sliding... call it a "seated glissade" if you must!

Next a group took the stretcher off to practice carrying in crampons whilst I took a Land Rover for a most entertaining drive and learnt a lot about how to make progress in snow and ice, how to keep it controlled... and how to assess which direction might be a better option to ditch in, just in case!

A thoroughly useful day as well as "a great time playing in the snow with friends" to quote one attendee. Thanks to Dave, Dave, Chris and Simon for their input.

I look up from my keyboard to see raindrops racing down the windowpane and it's like the end of "The Snowman"; the disbelief, the sense of loss... ! But wow, how good was it while it lasted?! I hope everyone had a wonderful time playing out in our winter wonderland and enjoyed that little magic lift that only comes when the world is white. And a sage voice has told me "I don't think we've seen the last of winter just yet". Finger's crossed...

Kathy

Wednesday 13 January 2010 Winter Theory

1. Hypothermia – Mild and Severe

Mild – Casualty has a lowered body temperature 32-35°C. They shiver and are unable to perform complex tasks with the hands such as touching little finger to thumb; the hands become numb. Breathing becomes quick and shallow and they may feel tired with mild confusion. Re-warm by changing wet clothes, getting them in a kisu/warm place and help warm extremities that may have gone numb by putting exposed hands/feet in your warm arm pits, etc.. give warm, sweet drinks and mars bar esque grub.

Severe – Casualty has a dangerously low body temperature around 28°C. They started to feel that they were warming up/recovering and may take clothes off. Shivering has become violent but then stops altogether. The casualty has slurred talking becoming incoherent/irrational and stumbling if still walking. Searchers must be aware of the possibility that the casualty may be too hypothermic to respond to their calls and could have started terminal burrowing ie in undergrowth, leaves or hidden between rocks. Avoid rapid movement that may cause cold blood to circulate. Keep casualty in original position if possible, except in water emersion scenario where the casualty should be put in to a horizontal position on leaving the water to stop altered pressure on body causing circulatory issues.

2. Frostnip versus Frostbite

Frostnip - is a superficial cooling of tissues without cellular destruction and tends to be numbness in extremities. It can be reversed through gentle warming of the extremities as above. This may give painful hot aches as the area warms up. General pain killers could be administered to alleviate pain.

Frostbite - involves the freezing and destruction of tissue. The skin has lost its colour, it may have gone yellow or black and is hard and has a waxy appearance. Do not warm up. Excessive movement of frostbitten tissue can cause ice crystals that have formed in the tissue to do further damage. Splinting and/or wrapping frostbitten extremities is therefore recommended to prevent such movement. For this reason, rubbing, massaging, shaking, or otherwise applying physical force to frostbitten tissues in an attempt to rewarm them can be harmful. Great care should be taken not to allow the damaged area to thaw out whilst still in transit. Thawing will give incredible pain only relieved by diamorph and if it refreezes the tissue will not recover. We don't want that do we.

3. Get yer kit on – winter gear

Scenario of being dropped by helicopter on to cold windy hilltop environment. Quickly and safely get in to kit such as further clothing, crampons gloves, etc and have ice axe handy. Had us jumping about doing the 'can can', oh yes, next to the ambulance station to see if (a) crampons were on properly, nothing worse than getting 50 yards and tripping over poorly fitted gear and falling on to your axe hari-kari style now is there, (b) the paramedics were awake. We then went 'to ground' huddled by the wall next to Burneside Road to wait for morning. More clothes on, sacks under, kisu's over and axes and crampons stowed safely.

Paul Crosby

Saturday 23rd January 2010 – Helicopter Exercise

We start this month's exercise with the unique opportunity to take part in a competition! Please take a look at the photograph below, and return your captions to the newsletter editor.



The day started full of promise. Chris Marsden turned up approximately on time and after a brief conversation with the powers that be confirmed that the helicopter was hoping to be with us at 12.45. With that piece of encouraging news we loaded up, and headed out to the landing site at the car park below Red Screens.



The first part of the day involved us splitting into groups. On a rotation basis each group unloaded, loaded and familiarised themselves with the various vehicles. We looked at stretcher loading, securing and unloading. Kev also gave an explanation and demonstration of the radio mast and MR MAP software.

Key points

1. The method for loading and securing the stretcher in the two Landrovers is different. It is worth taking time to familiarise with each
2. MRMAP has a few new features. It is worth familiarising yourself with these.
3. The setup of the extendable mast is fairly straightforward. Care must be taken with the cable.
4. In the Renault. The two vehicle radios can be operated separately and at the same time.

After this session Chris arranged for refreshments at the pub.

The next session involved us waiting for the helicopter, and the use of flares. Chris explained the use of flares. How they are useful to the pilot and how to set them off. Some of the team had a go with the practice flares.



Trevor then explained and showed us that flares are not always needed to attract the attention of passing aircraft.

After much waiting, banging of feet. Snow ball throwing etc the helicopter decided it wasn't going to turn up, and we stood down.

Phil Lathan

Training

New Logbooks

The new logbooks are now ready for collection. The start date is January 1st 2010, so please can you backdate entries to then. There are a few changes, hopefully making it more user-friendly. Please take time to familiarise yourself with the new format and ask if you have any queries.

They can be found on the logbook shelf at base. If you help yourself to one, then please sign for it (sign sheet with the logbooks.) Otherwise, speak to me at some point and I'll issue you with one.

The team will keep hold of the old logbooks for a period of time, so please leave your old logbook (up-to-date!) on the logbook shelf.

Scotland Trip - 3 places to fill in Mobile Two

Mobile two is hoping for its annual trip to Scotland. Currently, 3 people have expressed an interest, but we need another 3 to make it viable. Please let me know a.s.a.p. if you are interested.

Paul Astle
Training Officer

Attention Call Out Drivers.

In recognition of the help we recently gave the Ambulance service, and with immediate effect, North West Ambulance Service (NWAS), have generously made an offer to replace any fuel used during a Call Out.

The process in place makes it desirable that any fuel requirements are made Monday to Friday 08.00 – 16.00hrs, but in extreme circumstances, subject to a NWAS Manager being available, we could have access 24/7.

To make things that much easier for both ourselves, but in particular NWAS, Eddie has volunteered to coordinate the supply of all fuel.

Should Eddie not be part of the Call Out, one driver will be required to inform Eddie of our requirements, i.e. date, Registration number(s). Eddie will then liaise with NWAS as to the best time etc.

As we understand it, this generous offer applies to all Call Outs (not just Ambulance assists) but may be reviewed around late spring?

Thank you North West Ambulance Service.

John Ev.

Up Coming Bucket Collections

These are the bucket collections that are already arranged for this year.

April 16th (Friday)	Asda
April 17th	Kendal Town Centre
May 1st	Tebay Services Both days again!
May 2nd (Sunday)	Tebay Services
May 8th	Keswick-to-Barrow For the fit folk!
June 5th	Garburn Trail Race
June 12th	Asda
September 10th (Friday)	Torchlight Procession
September 18th	Asda
November 12th (Friday)	Asda

Peter Clarkson

Mountain Rescue Awareness Day 3 May

Mountain Rescue England and Wales are organizing National Mountain Rescue Awareness Day, to raise our profile (and some money) nationally.

As part of this on Monday 3 May (the Bank Holiday) we will be holding an "open day" at Base for the general public. Can any one interested in doing a stint at base please contact Chris Marsden.

New Radio Batteries

In light of the age of the original radio batteries and the increasing inability to hold a charge we have been forced into a situation were not to spend a significant amount of money on replacement batteries would compromise our communications during operations.

Therefore, I am pleased to be able to tell you that new state of the art batteries and chargers have been purchased and are charged and on the radios ready for action. Each battery will in theory give up to 18 hours service before needing to be recharged.

The new batteries are quick charge, taking from a few minutes up to 3 hours if completely discharged to recharge, so will need charging after every shout or exercise – even though they should hold a full charge for a month before any loss of performance.

(There is only one battery per radio – we cannot afford a spare for each radio of these little beauties!)

So, please charge and replace to the radios as soon as possible – the new batteries do not respond well to extended periods of charge and will start to lose their ability to hold a charge if left on charge for more than 7 days.

Kevin Knowles

Radio Officer

Plea from the Treasurer.

Writing expense claims on the backs of envelopes etc is fine, but please put your name on them so I know who to make the cheque payable to. If you recently attached a credit card receipt to a white envelope or a post office receipt to a yellow piece of paper please let me know, as neither have a name on them.

Terry Simpkin
Treasurer

Team Computers

The notoriously slow running of the Team's computers (those in the Control Room, Mobile 2 and the one used for talks) has been sorted out. This includes sorting out a *ahem* dodgy copy of windows and putting all of the non operational stuff on the left hand PC in the control room. (*The list of things that has Tom has done is actually too long to be included here – Ed*) The right hand one should just be used for operations and has the copy of MR Map running all the time.

However, it has taken many, many hours of beavering and swearing by Tom Barkas to get them sorted and he does not want to have to repeat the exercise. To ensure they keep running at their new supersonic speed,

PLEASE DO NOT FIDDLE WITH THEM!

Or change settings or add software, games etc. - just use what is on there. If you do need something added or changed, speak to Tom first, and, if it is in the Team's interest (and you ask nicely) he will do it for you. Similarly if you notice a problem with any of the computers, speak to Tom.

Thanks.

Base & Vehicles Working Group

Web Site

Hopefully, team members will have found their way to the Members (only) Area on the web site by now. If anyone is having difficulty please feel free to give me a ring or drop me an e-mail. Any feedback/comments would also be welcome.

You may be interested to know that since we re-launched the web site between two and three years ago we have recorded around 28,500 hits!

John Fitch

Whilst we are on the internet, a couple of other websites that people might find interesting:

<http://www.grough.co.uk/>

an outdoors news website which often has pro-MR stories

<http://www.raintoday.co.uk/>

a rain radar for the UK. It is a useful tool to track how fast the rainy weather is moving towards you or by how far the snow missed Cumbria.

<http://www.mountain.rescue.org.uk/>

A new (ish) look website for MREW the national co-ordinating body.

Tim Ternet *If anyone knows any other useful websites please let Tim know via the editor.*

The KMSRT Agony Column

Dear Honor, I always like to make sure that I have the correct PPE (*Personal Protection Equipment*) for team call-outs. Do you think I should consider investing in a good pair of Wellington Boots? **Anon**

Dear Anon, In view of the recent callout list I think that's a good idea. Dare I say that perhaps a good pair of waders may be an even better purchase. Snow shoes might also be worth a thought – a little bird has told me that the Vehicle Officer is thinking seriously about trading in Mobile 2 for a sledge and a pack of huskies. **Honor**

Dear Honor, Today I put both socks on the same foot and spent ages looking for the other sock. Is this normal for Kendal MRT? **Tom Anon**

Dear Tom Anon, Well my dear, as we become older we all get our funny little foibles. You may not believe it, but some people even write to me anonymously but can't resist giving just a little hint of their true identity. But don't worry about it sweetie, my Bertie also has his funny little ways. Lately, when preparing to run me to the shops, he has taken to getting in the back door of the car where he seems to spend an anxious minute or two searching for the steering wheel before joining me in the front. Anyway, if I were you, I wouldn't worry too much about my fitness to remain in the Mountain Rescue Team unless you start trying to put both crampons on the same boot. Also, please make sure that you don't put the new Mobile 2 snow socks on the same wheel (that's been tried and it just makes it go round in circles). **Honor**

Honor Corlowtt

K-Bay

For Sale

- 1 8ft x 6ft aluminium greenhouse, complete with heater, propagator and many other accessories £100
- 2 450Ltr top box £50
- 3 Cross bars for Vauxhall Vectra or similar £25

Ring Eddie for details 01539 724410

One Last Thing

Spotted in the Announcements section of the Westmorland Gazette...
He doesn't look bad for it does he?

**STANLEY
AKRIGG**
Would like to thank family and friends who joined him at the Waters Edge, Carnforth on 19th January and who made the celebration of his ninetieth birthday so enjoyable.



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