

# Mintcake



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Reg. Charity No. 1125680

July 2009

## This Month

Editor's Comment.....	1
100 Club.....	1
Mintcake Nibbles.....	1
Callouts.....	2
(In lieu of the) Exercise Reports.....	2
New M3.....	3
New Oxygen Sack and Medisac layout.....	3
Torchlight.....	4
Contacts.....	4



Congratulations to former team member Paul Noble who reached the summit of Everest on 22<sup>nd</sup> May 2009 along with 12 others from his Adventure Peaks Team.

## Editor's Comment

A slightly sparse edition this month; I'm off to play in the Tryweryn for a week so no time to chase more content! But quality beats quantity and there is a useful "what's where" for the new oxygen and medisacs and information on "New 3", now operational. Having watched the process through from initial collection of opinions on team requirements I've been surprised at how much more is involved than skipping down the Landrover dealership with cheque book in hand. A huge amount of time and effort from many people has lead to that shiny new vehicle in the garage (and the fundraising continues to ensure we can afford to do it again when it's M1's turn to move on). I'm sure it will all be appreciated as we get out and get it muddy - though prepare to face the vehicle officer should you not clean it afterwards!

I'll finish with, from all I'm sure, best wishes to Andy as he heads for knee surgery; we hope you have a successful operation and rapid recovery.

**Kathy**

## 100 Club

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

1st:	7	Dave Winchester	£15
2nd:	55	Mrs. J. Keetley	£10
3rd:	20	Mrs. A. Beeching	£5

**Peter Clarkson**

## Mintcake Nibbles

- National MR Medical Symposium at Ambleside on November 7th 2009. Interested Casualty Carers please see Paul Astle
- Congratulations to Tony Womack who becomes a full hill-going member of the team this month and to Paul Crosby who reached full hill-going status in May but flew under the Mintcake radar!
- **Don't forget the team Barbeque!! Sunday 12<sup>th</sup> July from 6pm at Punchbowl House, Grayrigg.**

## Callouts



### 9 June 2009 21:25hrs

The Team was called to assist a 21 year old female who had fallen while climbing on "The Rakes" at Hutton Roof Crag. The Ambulance Service was also in attendance. The casualty was found to have fallen between 2 and 3 metres and to have sustained an injury to her lower leg. Her leg was splinted and she was stretchered down to the waiting ambulance. A local First Responder also attended the incident.

### 18 June 2009 18:45hrs

North West Ambulance requested the Team's help with the evacuation of an injured person at Millthrop Nr Sedbergh. There were ample team members at base for a driver training theory evening, and two vehicles were despatched. Whilst on route the team were stood down as the Ambulance crew had local assistance in the form of a 4WD Landrover.

### 19 June 2009 13:00hrs

The Team were asked to assist the Fire Service who had been called to rescue a cow from a stream at Cartmel. The cow had been there all night and seemed unable to move, a local farmer with a tractor with a rear board on reversed up the stream and the cow was rolled on to the board and strapped down. The cow was taken to a nearby farm to enable a vet to examine her.

### 28 June 2009 02:00hrs

Yes, 2a.m! The police received a report of a light flashing a morse SOS from Gummers How. The Team was paged and Gummers How and the surrounding area were searched. Nothing was found. There were no reports of missing persons and the police agreed that the search be called off at 06.00 hrs. - The initial report from a Scout Leader at the Great Tower camp site, Windermere was recorded as good intent.

## (In lieu of the) Exercise Reports

No news of our training this month as I haven't received a report from June's Wednesday night at Hutton Roof Crag (I remember midges and drizzle and tying a lot of knots but I'm sure someone will expand next month) and the Sunday exercise was cancelled as many of the team spent the early hours of Sunday morning searching Gummer's How. Although nothing was found it was a magic morning, still and warm and perfect for a bit of wildlife watching. My party went all Bill Oddie (or perhaps just the Odd bit) over seeing owls, deer and a big cat... OK, the latter was only spotted by me and, as I have no other witnesses and it was approximately 3.30am, could possibly be put down to Sleepmonsters but I'm convinced...

The other wildlife was definitely predatory (well, parasitic to be more biologically accurate) but again, as far as I know, it was just me who's Tick count made it into double figures. That'll teach me to wear shorts in head high Bracken. Seriously, hard as it may be to think logically when getting dressed at 2am and loathed as you may be to cover up in hot and humid conditions it's a sensible move. Check out the poster on Lyme's Disease which is on the board at base or see [www.LymeDiseaseAction.org.uk](http://www.LymeDiseaseAction.org.uk). Although anyone on the Gummer's How search may smirk at the advice "try not to brush against vegetation" there are some useful reminders on prevention of tick bites, tick removal and symptoms of tick borne diseases.

The missed Medical Teaching session will be rescheduled.

**Kathy**

## What's On?

### Wednesday 8 July

Training: Ropes Course: TBA

### Saturday 11 July

General Driver Practical Training

### Sunday 12 July

Team BBQ, Grayrigg: 18:00

### Friday 17 July

Collection: ASDA

### Saturday 18 July

"Out of the Shadows" fundraiser, Grayrigg

### Tuesday 21 July

Supporters Meeting

### Sunday 26 July

Training: Rigging for Rescue: 09:00

### Wednesday 29 July

Equipment Evening: 19:30

### Wednesday 5 August

Operations and Membership Meeting: 19:30

### Wednesday 12 August

Training: Round Robin: 19:00

### Saturday 22 August

Training: Water Search: 19:00

### Wednesday 26 August

Equipment Evening: 19:30

### Tuesday 1 September

Base and Vehicles Working Group Meet: 19:30

### Wednesday 2 September

Main Committee Meeting: 19:30

### Wednesday 9 September

Training: Scenes of Crime: 18:30 (19:00 L&A)

### Thursday 10 September

County Show

### Friday 11 September

Torchlight!

### Sunday 20 September

Training: Helicopter: 09:00

### Wednesday 30 September

Equipment Evening: 19:30

## New M3

As most people are aware New 3 has arrived, and pretty good it looks too, well done Base & Vehicle Working Group.

It is now fully operational, the kit carrying is similar but not identical. Myself and the Equipment & Medical group have placed essential kit as the first items you see on opening the rear door. As the rear of the new vehicle has been changed, so the kit may not be where you expect it to be. Dagmar has produced a floor plan to help locate items, but it can be changed if we can find a better way.

Drivers & Navigators will find a new style key pad to operate the Blues & Twos. There are three crib sheets within the cab to help you. Should you want any additional help please ask.

Old M3 has been sold to another M.R Team with Committee keen on making sure that it went to the right home. Having advertised it within M.R circles, the final choice was that it should go to the South West, (the same direction as old 2). The Team to benefit is Dartmoor Search & Rescue Team based at Plymouth. Those older members amongst us may recall that many years ago Dartmoor bought another Land Rover from us; they know where to get a good deal.

So goodbye old M3 & hello new M3; use it, get familiar with it, but please treat it with care and respect as it cost a lot of money, mostly raised by Peter Clarkson's Supporters Group who have worked very hard so that we may have this shiny new vehicle.

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

## New Oxygen Sack and Medisac layout

It became apparent to me during recent training that not everyone is aware of the amazingly logical layout of the new oxygen sacks.

The contents of the oxygen sacks are set out as follows:

**Front Pocket:**

Kisu tent and High-Vis vest

**Main Body:**

Pocket A: Nasopharyngeal and oropharyngeal airways, non re-breathing masks, disposable gloves, cas cards, pen, K Y jelly.

Pocket B: Portable suction, a resuscitation mask, bag and mask, and nebulisers with salbutamol (ventolin) nebules.

Pocket C: Finger pulse oximeter, defibrillator, heavy duty scissors, razor, towel, and resuscitation drugs for doctors' use only.

Pocket D: Needles, cannulas, sharps box.

Oxygen cylinder and karrimat.

The oxygen cylinders will be stored at the front of the main body of the sacks to protect the carrier's spine.

The layout is designed to be in order of priority, i.e. Pocket A is for airway, Pocket B is for breathing (actually some contents also for airway, e.g. suction and asthma equipment and drugs), Pocket C is for circulation. The odd one out is Pocket D!!

Medisac:

**Front Pocket:**

Drugs pocket, flares, balaclava

**Main Body:**

Pocket 1: dressings, bandages etc

Pocket 5: more cas cards, disposable gloves, heat pads, frac straps, betidine.

The oxygen sack and medisac **must always go on the hill as a pair**. Under no circumstances should either sack go on the hill without the other, and the contents of the safe within the vehicle must be put into the front pocket of the medisac before the medisac leaves the vehicle.

**John Hall**  
**Medical Equipment Officer.**

## Torchlight

Torchlight this year is not only going to involve the chance to parade around town as part of the team entry but is also going to be a great fundraising opportunity with KMSRT having being selected as one of the event's nominated charities. This means we will be able to collect on the night and keep 80% of the amount raised. It does mean that, to make the most of this, we will need **25 extra helpers** to carry a bucket on Friday 11<sup>th</sup> September so please volunteer and urge family and friends to join us. A reminder that this year's theme is "Celebrations" and all ideas and offers of help will be gratefully received.

**Chris Marsden**

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**Copy deadline for next issue: Friday 7<sup>th</sup> August 2009**

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