

Mintcake




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Reg. Charity No. 259539

November 2007

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John Hall and his team of walkers/runners raised £742 for the Keswick to Barrow Fund with their efforts in May. This has now translated to a cheque for £1000 for team funds presented to John by the K2B Committee last Thursday. Hopefully all the motivation you need to say "Yes!" when John is on the lookout for people to get involved in Spring 2008!!

Editor's Comment

A short issue but that's ok because it's far too gorgeous out there to be inside reading mintcake! Climate change has fortunately not yet robbed us entirely of our fantastic seasons. Enjoy!

Kathy

100 Club

The winning numbers in the November 100 Club Draw were:

1st	37	Mr. Michael Procter	£10
2nd	7	Mr. Dave Winchester	£10
3rd	34	Mr. David Rochelle	£5

Peter Clarkson

Mintcake Nibbles and Tit-bits

- Don't forget the Kendal Mountain Festival this week. Specialist bike, paddle and ski nights during the week as well as a wide programme of mountaineering and climbing films over the weekend.
- Good luck to all those taking the MRC Casualty Care Exam on 2nd December!

Callouts



26th October 14.48hrs

The team was called to assist the Langdale & Ambleside team with their 3rd callout of the day. The casualty was close to the summit of Harrison Stickle and he was stretchered down via Stickle Tarn and the Pony Track path. However, about two thirds of the way down L&A received their 4th callout of the day (see below). Seven Kendal team members were sent off to begin dealing with this new incident while the rest completed the transport of the casualty to the valley for onward transfer to hospital.

26th October 16.45hrs

A couple reported themselves lost, in heavy clag with dusk approaching rapidly, on the top of Pavey Ark. One of them was reported as suffering from a knee injury. Seven Kendal team members and our search dog (Kes) were released from the previous incident and sent back up to Pavey Ark via Stickle Tarn to begin a search. Darkness soon fell and so did the rain! On completion of the previous incident, two L&A team members and four Kendal team members carried a stretcher and other medical equipment back up to Stickle Tarn in case they were required. The couple were located near Thunacar Knott by Kes and her handler. The knee injury was found not to be too serious and they were led down to the valley after consuming some team coffee.

3rd November 13.35 hrs

The team was called by the police to assist a female from the Warrington area who had sustained a fracture to her lower left leg whilst walking in the Tarn Crag area of Longsleddale, with her husband. The lady was treated on scene and then stretchered off the fell to one of our Landrover Ambulances waiting at the head of the track near Wren Ghyll. She was transported to Westmorland General Hospital for further treatment. This time an unfortunate accident to a well equipped and experienced party - and we got down in daylight!!!!

What's On

Wednesday 14 November

Training: Major Incident Plan / Triage, 19:00h

Sunday 25 November

Training: Steep Ground Lower & Ground Stakes, 09:00h

Thursday 29 November (note date)

Equipment evening: 19:30h

Wednesday 5 December

Operations and Membership Meet, 19:30h

Wednesday 11 December

Christmas Lunch, Union Tavern, 12:30h

Wednesday 12 December

Training: Night/Micro Navigation, 19:00h

Sunday 16 December

Collection: Kendal and District Lions Club Christmas Collection, 17:00h

Wednesday 19 December

Equipment evening: 19:30h

Sunday 30 December

Training: Social or Round Robin (Team Event), 09:00h

Thursday 3rd January (note date)

Main Committee Meet, 19:30h

Exercise Reports

Sunday 28th October 2007 – First Aid Scenarios

Eight 1st aid scenarios were designed to help Team members to revise and improve their first aid practical skills. With the MRC 1st aid course well underway and the exam looming this was a good opportunity for all candidates.

The following issues were raised:

- How to approach an injured casualty who, from the mechanism of trauma, you suspect may have a spinal injury. Abby demonstrated the best method of approaching and supporting the casualty's head and neck.
- Whether to log roll someone with a fractured pelvis. We decided that log rolling is best not done if this is merely to examine the casualties back, because of the risk of causing further bleeding from the injured pelvis. Abby demonstrated the ability to check the back of the chest wall with the casualty lying on their back.
- Remove lifting straps prior to cocooning the casualty into the vacuum mattress to minimise risk of pressure sores.

I provided some old clothes for the "casualties" to wear so rescuers could get familiar with cutting through clothing which is a necessary skill. Unfortunately the "casualties" mostly wanted to preserve their dignity and wear the clothes over their team issue clothing. My sincere apologies go to our Equipment Officer for the inadvertent cutting of the undergarments. I think you will find my repairs invisible, but if you are not happy, Dagmar, I have kept a list of the rescuers for invoicing.

John Hall

Medical Equipment Officer

Thanks to Prontaprint of Kendal for copying services

AGM

The Annual General Meeting was well attended even if a number of members had turned up expecting first aid training! The following were re-elected to post:

- Team Leader – Andy Dell
- Treasurer – Julia Pittman
- Secretary – Pauline Speak
- Training Officer – Paul Astle
- Social Secretary – Simon Thorn

Dave Ritchie gave an update on the team becoming a company limited by guarantee. An EGM will be held in February to allow members to vote on the change.

Trevor Cotton – Chairman

Base and Vehicles Notices

Mobile One Replacement

Thank-you to those who have provided their views on the replacement of Mobile 1. If you have yet to have your say there are comment slips and a suggestion box at base or if you prefer email direct to johnnev@ktdbroadband.com

Base & Vehicle Working Group



Perhaps Pierre is keen for a change of colourway (and “naw-nee” instead of “nee-naw” two tones)? Have you had your say? Comments to the suggestion box by 1st December!

Fundraising Notices

Donations

We have received much appreciated donations in memory of Gary Priestley, who died in August's helicopter crash, and in memory of Duncan Drake.

Grateful thanks also for donations from:

- Warwickshire and Staffordshire ATC
- Westmorland Motor Club
- South Lakes Walking Club
- Liverpool HF Ramblers

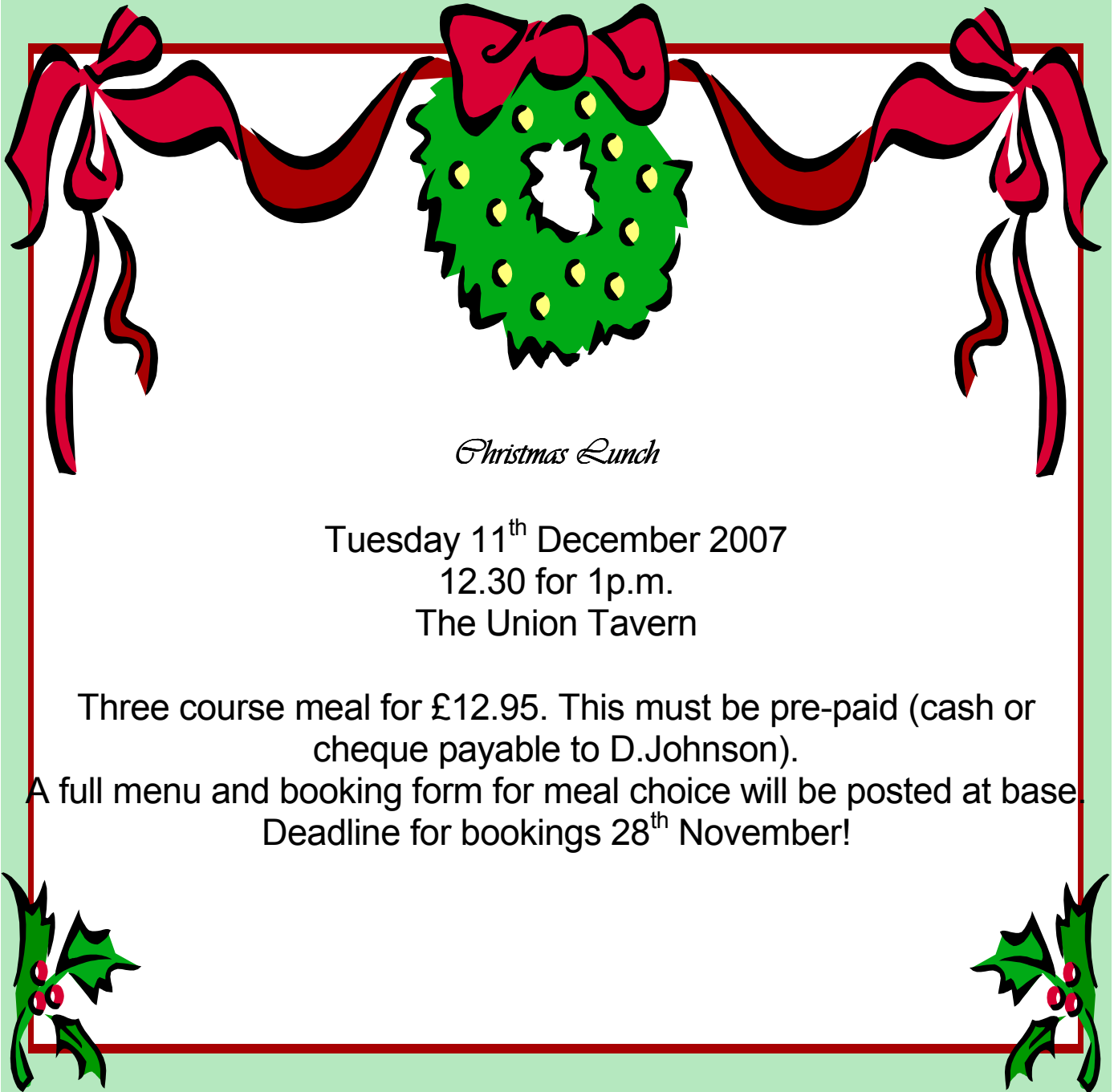
Collection Boxes

A big Thank You must go to all the people who help with the emptying of collection boxes. Over £10,000 has been raised this year from the various boxes around the Team's area. Well done!

Kath Kirby

Christmas

Christmas? Already? Oh yes! And for those of you with nothing better to do during the day it's nearly time to put aside all those grumpy, scrooge-like mutterings, kick start your festive spirit and come along to the team Christmas lunch for some food, drink and ho, ho, ho-ing . Book now to avoid disappointment but please note that the traditional entertainment of force feeding sprouts to provisionals has this year, due to health and safety considerations, been cancelled...



Christmas Lunch

Tuesday 11th December 2007
12.30 for 1p.m.
The Union Tavern

Three course meal for £12.95. This must be pre-paid (cash or cheque payable to D.Johnson).
A full menu and booking form for meal choice will be posted at base.
Deadline for bookings 28th November!

Caption Competition



Suggestions as to who this shifty looking character might be and what he's up to? Not convinced he's a conservation volunteer. Bonus for where the shot is taken.

Considered this as the start of a series on "off-duty MR"; photos of the team at play, descriptions of what they get up to after a long, tough call-out etc. On second thoughts perhaps best this remains a one-off feature!

Contacts

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