

# Mintcake

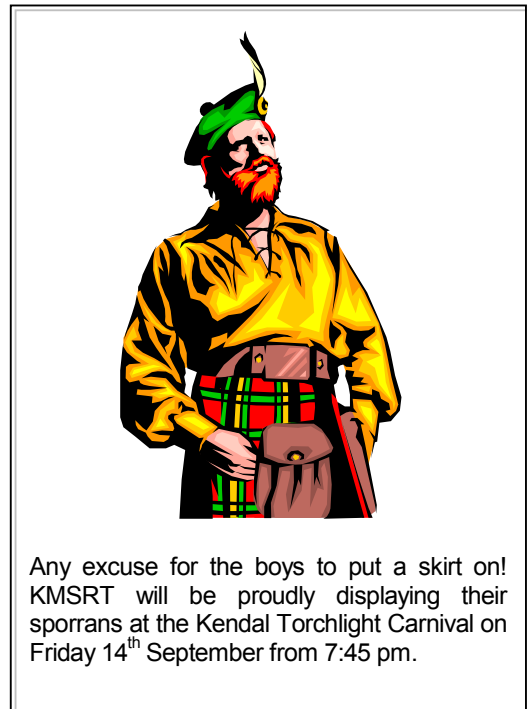


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Reg. Charity No. 259539  
September 2007

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Any excuse for the boys to put a skirt on! KMSRT will be proudly displaying their sporrans at the Kendal Torchlight Carnival on Friday 14<sup>th</sup> September from 7:45 pm.

## Editor's Comment

Looking back to the "bumper 10 page edition" that the outgoing editor managed as her first I'm feeling a little inadequate with this month's short and sweet offering but that's what you get asking someone with no IT literacy and two finger typing to take over! Many thanks to Larissa for her help with this one and good luck in Borneo; we look forward to the dispatches!

*Kathy*

## 100 Club

The winning numbers in the September 100 Club Draw were:

1st	96 Mrs. D. Youngson	£10
2nd	11 Mrs Sue Brookes	£10
3rd	95 Mrs D. Youngson	£5

*Peter Clarkson*

## Mintcake Nibbles and Tit-bits

- Sarah Woodford has left the team. Many thanks for all her valued contributions and medical wisdom over the years.
- Does anyone have one of the team's padlock and cable which seems to have gone missing...
- 'Go Ape' at Grizedale Forest is offering 20% off for emergency services personnel. See the notice board at base for details.

Note: the start time for Training on Sunday 23<sup>rd</sup> September is 10:00am and we will be starting the session with a team photo so please make sure that you have had your hair suitably cut, curled or straightened, and are wearing your clean team kit with a smile! Bring along some pocket money as we will be going for a pint or two (and some chips) after the training session to celebrate Larissa's imminent departure to the jungle.

## Callouts



### 4th August 11:30hrs

The team were called to a downed helicopter at Gatebeck near Endmoor Kendal. Not a lot could be done until Police completed their investigations. Most team members returned home, but a small presence was maintained. 15 personnel attended.

### 4th August 16:15hrs

The team were mobilised again to recover the bodies of 4 deceased persons on board of the helicopter. 13 personnel attended.

### 6th August 12:25hrs

A call to Black Force in the Howgills to assist a gentleman with a severe arm injury. An Air Ambulance that was called and airlifted 2 team members to the scene. The casualty was treated by paramedics and flown to hospital. The remainder of the party were escorted safely from the fell to their cars. 12 personnel attended.

### 22nd August 14:00hrs

A long hot walk to the summit of Harrison Stickle, to assist Langdale / Ambleside Team. An injured female was carried by stretcher off the fell and taken to Westmorland General Hospital in a Kendal by Team vehicle. Lots of water consumed today. 10 personnel attended.

### 30th August 13:00hrs

The Ambulance service requested assistance after a 62-year-old walker collapsed whilst walking near Helsfell Kendal. Despite resuscitation attempts the gentleman sadly passed away. 10 personnel attended.

### 1st September 11:00hrs

Whilst taking part in a local demonstration to support our local hospital, some team members went to the aid of a gentleman who collapsed; he was treated and taken by Ambulance to hospital. 6 personnel attended.

### 1st September 13:00hrs

A request from the Ambulance Service to evacuate an injured mountain biker from the fell near Farleton. He was treated by Paramedics and taken by Ambulance to royal Lancaster Infirmary. 10 personnel attended.

### 9th September 14.50hrs

Ambulance Control requested the team to attend the fellside near St Mary's Church in Longsledale. A 22 year old male had fallen from his motorcycle during a trials event, sustaining possible back injuries. The Great North Air Ambulance also attended the incident and the team transported the casualty to the helicopter for onward transfer to hospital. 7 personnel attended.

## Exercise Reports

### Wednesday 8th August – Steep Ground (Jonathan and Pete)

#### It's length that matters...

It was a sunny August evening and base filled up and filled up to a monster turn-out of 22. Stifling yawns and rubbing bleary eyes, new-Dad Jonathan briefed us on confidence-roping and abseiling, and also on the effects of sleep deprivation.

So, we headed off on the lengthy drive to Whitestone Crag, all poised to mark our scent on "our" territory to ward off any prospectors from Duddon and Furness! The journey allowed time to reflect on what Jonathan had said about 5 hours of sleep deprivation causing you to become more gung-ho and err less on the side of caution when decision-making, and also time to admire the hedgehog tunnels on the new bypass (and v-signs from a not-to-be-named passing vehicle).

## What's On

### Wednesday 12 September

Training: Primary Survey, 19:00h

### Friday 14 September

Kendal Torchlight Procession, from 19:00h

### Sunday 23 September

Training: RAF Heli Stage 1 & Flight, 10:00h

### Thursday 27 September (note date)

Equipment evening: 19:30h

### Sunday 30 September

Training: Stretcher Lower (SK & PA), 09:00h

### Wednesday 10 October

Training: BLS / Defib Training and Assessment, 19:00h

### Thursday 25 October (note date)

Equipment evening: 19:30h

### Sunday 28 October

Training: Cas Care, 09:00h

### 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 12 December

Training: Night/Micro Navigation, 19:00h

### Wednesday 19 December

Equipment evening: 19:30h

### Sunday 30 December

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

On arriving at the parking spot, I received my first valuable lesson in engaging brain before mouth, whilst being stitched up on report writing by Pete! With that, we headed up the hill towards the crag, wading through waist-deep bracken (where many took the opportunity to literally mark their scent, whilst Larissa took the opportunity for (wolf?) whistling)! On reaching steeper ground, we spotted each other as we scrambled up the crag. Once atop, Jonathan showed us tips on confidence-roping: tying an adjustable waist-loop, keeping the arm well-bent at the elbow, and then let us loose to have a go. Some enjoyed the dominatrix opportunity more than others, whilst Chris turned into a puppy, writhing about on his back, waiting for a tummy scratch. It was soon clear that the length of rope between the rescuer and victim (a tight rope needed) and giving precise instructions as to which direction to take were key to effective confidence-roping. As a rule of thumb, if you put your boot up, straight-legged, it should just be able to reach the victim's chest.

We escorted our charges off the top of the crag on adjacent steep ground and round to the top of a short slab where Pete was waiting to show us the South African abseil and the beautiful sunset. So, the first abseiler wrapped himself up with rope and set off down the slab, shortly before notifying us of the noticeable friction in the system with cries of, "ey up, my Ron Hills are melting off"! Being the first, no-one was below to witness the spectacle and there was ample time to cover up with bracken fronds before the audience arrived.

So we went down, one-by-one, with discoveries of such delights as rope on bare lower backs causing friction burns and encasing the rope in a fine film of skin cells, finding that t-shirts tucked into trousers and feeling comfortable before setting off was vital - dress correctly and "dress" correctly. Soon there were only 6 fledglings left perched, watchful of the ever-increasing number of car headlights way below. On reaching the base of the slab, we were met by Rod who had thoughtfully bound back up the hill with an armful of torches for the trailing few.

A debrief over a pint was suggested, so out of the dark and into the Cartmel Arms we went to summarise an informative evening, the main points being:

- You get tired quickly confidence roping, due to the intense concentration
- Length matters
- SA abseil – don't set off until fully tucked in
- Practice makes perfect – many people agreed that they were rather rusty on actually putting it into practice. Practice confidence roping for your own confidence!

Thanks for an enjoyable and interactive evening!

**Sarah Nield**

## **Sunday 19 August 2007 - Water Exercise**

Rain, rain and more rain, the only dry day that we have had for weeks and we have a water exercise.....something is very wrong here.

As a probationer everything is new including writing articles (something that you will soon learn) so the water Ex was no exception. The morning started off with a Power Point presentation from Howie, fresh from a week in the water on a training course and finding it hard to contain the excitement of throwing us into the drink.

Howie started off informing us of the Principles of Water Rescue which included:

- Always wear a Buoyancy Aid and use the correct equipment
- Down stream backup and up stream spotter
- Keep it simple
- Never put all your eggs in one basket
- Never put feet down if swept away
- Never expect the casualty to help
- Never stand inside the bight and never tie the rope around rescuer
- Never tension a line 90 degrees to the current
- Always have a clean line
- Never lose sight of the victim once spotted
- Always be proactive
- Self, team, victim

Next on the agenda was to become at one with the throw bags in the car park, but the force was not strong with all the Jedi students (myself included) resulting in a volley of ropes being thrown into the air, some coming back with foliage attached, some being thrown so high that they came down with snow on them.....Howie seemed to be losing some of that excitement (replaced by concern) that he had had earlier in the day.

Onto the water armed with 4 x dry suits 1 x inflatable (mobile 4), shed load of throw bags and Howie our Jedi Master (wondering if the Force really exists and if so was there enough to go around). Once at the water's edge it didn't take long for bodies to start throwing themselves into the water, hoping and at times praying for a throw bag to land next to them to stop from being washed under the bridge and onto a certain pint at the Bridge Hotel half a mile down river.

Like all good things it has to come to an end, great day training and loads learnt and practiced no matter what level we were at.....until John 'I like to wear rubber' Hall decided to share with us that he didn't want to be separated from his dry suit as he quite liked the experience. All I can say on this one is if he looks after the contents of your mouth, insist on local anaesthetic and not gas as god only knows what you may wake up to.

Cheers Howie. May the force be with you, always.

**Kevin Pennells**

## AGM

The Annual General Meeting will take place on Wednesday 7<sup>th</sup> November 2007 at 7.30p.m. The following positions are due for re-election:

- Team Leader
- Treasurer
- Secretary
- Training Officer
- Social Secretary

Any nominations should be forwarded to Pauline Speak by 20<sup>th</sup> October listing proposer and seconder.

## Fundraising Notices

**Collecting Boxes:** Due to a policy change Westmorland Motorway Services are no longer able to hold a collecting box for the team. This was a welcome source of income and any ideas for replacement would be gratefully received.

**Donations:** Our thanks to Colin Henderson who ran the Windermere Marathon and raised £185 for the team.

### Torchlight Procession – Friday September 14<sup>th</sup>

Remember to cheer on our wee tartan army as they parade themselves through the streets of Kendal!

### Christmas Collection

We have been invited by Kendal and District Lions Club to take a door-to-door collection covering Wattsfield/Collinfield on Sunday 16<sup>th</sup> December. I need to confirm the names of 12 volunteers to help out before their planning meeting on 22<sup>nd</sup> October.

**Peter Clarkson**

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**Copy deadline for next issue: Friday 5 October 2007**