

Mintcake



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

Reg. Charity No. 1125680

July 2011

This Month

Editor's Comment	1
100 Club	1
Mintcake Nibbles.....	2
Callouts - July.....	2
Exercise Reports.....	3
It's your ambulance service, have your say!.....	4
Emergency Services Open Day.....	4
Radio News	5
Caption Competition Results.....	5
Election News.....	6
Caption Competition	6
Contacts	7

Editor's Comment



This months edition was during the chaos of having the entire roof replaced. As I write I have two bedrooms open to the stars (or clouds as the case is) and gentle showers of dust and grit cascading through the house.

DBH

100 Club

This months winners of the 100 club are

- 1st No. 42 – Jill Clarkson
- 2nd No. 79 – Terry Simpkin
- 3rd No. 33 – Mrs E Pickering

Congratulations!

What's On?

Sunday 21 August

Medical Teaching

Wednesday 24 August 19:30

Equipment Night

Tuesday 6 September 19:30

Base & Vehicles meeting

Wednesday 7 September 19:30

Main Committee

Friday 9 September

Torchlight

Wednesday 14 September 19:00

Exercise

Sunday 25 September 09:00

Round Robin

Wednesday 28 September 19:30

Equipment Night

Saturday 1 October 13:00

Emergency Services Open Day

Wednesday 5 October 19:30

Operations & Membership

Wednesday 12 October 19:00

Water Awareness

Wednesday 26 September 19:30

Equipment Night

Saturday 29 September 16:00

Heli-training / Night Navigation

Tuesday 1 November 19:30

Base & Vehicles meeting

Wednesday 2 September 19:30

AGM & Main Committee

Mintcake Nibbles



TORCHLIGHT Just a reminder that we are once again beneficiaries for this years parade. The theme is Kendal's got talent (So dressing up in women's clothes again?-Ed) and we need maximum support from team members. Families are more than welcome to walk with the team and enjoy the evening.



If you do any fundraising for the Team (other than on the official collections), please let Peter Clarkson know so that he can record the fact. You will also get a Fundraising Point which may also save you from Jon Fitch's sharp pen!



Congratulations to Tinka Pyne who is has survived her provisional year and is now a Hillgoing member



Good news for all rocksizeologists! Following considerable debate on a recent call out started when picking our way with a stretcher through a boulder field; a simple definition for the difference between a rock and a boulder has been agreed. A rock can be sneaked into the Team Burgess rucksack...

Date for your diary



Cancer Care UK are doing a fundraising event on **18th Sept** in Kendal, as part of this they are hoping to have a duck race on the River Kent. The team have been asked if we could perhaps place the nets and retrieve the ducks. Of course this will only go ahead if water conditions are suitable. If any team members feel they could give up a couple of hours during the afternoon you will be most welcome – speak to Eddie.

Callouts - July

01 July 2011 11.30 hrs

We were paged by the police and asked to assist the North West Ambulance Service with a female casualty who had a reported dislocated shoulder. The location was given as "woods near Rosthwaite Farm, Storrs (south of Bowness)". We met the ambulance at the farm and went our separate ways to look for the casualty. The crew from the ambulance found her and evacuated her easily with the assistance of one of the farm staff. We were then stood down.

02 July 2011 12.30 hrs

The Langdale & Ambleside team had two incidents on the go at once an so they called for our assistance. They managed to get them sorted while we were on route so we were stood down.

02 July 2011 14.30 hrs

We were again asked to assist the Langdale & Ambleside team and this time we got there! A male had fallen about 5 metres in to lower Dungeon Ghyll, sustaining chest, arm and leg injuries. A difficult extraction from the Ghyll was achieved and the casualty was then winched up into an RAF Sea King helicopter for transfer to hospital.

03 July 2011 00.30 hrs

Our third call-out in 12 hours! (*and last one for the month! – Ed*) It seems that a small group had decided to have a late night dip in a river pool at Beckside, Old Hutton and a man was washed over a waterfall, falling about 5 metres. He sustained head and chest injuries and, as he took quite a long fall, we were asked to assist the North West Ambulance Service in moving him safely to the ambulance. He was placed in our vacuum mattress and cas bag for the short stretcher journey to the road and onward transport to hospital.

Exercise Reports

Exercise report, 31 July 2011 – Vehicle recovery / M2 comms

In a veritable orgy of innuendo and *double entendre* which would surely have prompted Donald McGill to locate a saucy postcard or two in the Cumbrian countryside for a change instead of at the seaside, the team revisited the use of jacks (high-lift and bottle), turfers and Mobile 2's extending aerial (+ associated comms equipment). There was, of course, a serious side to it all, which was brought home towards the end of the training day.

Vehicle recovery

The repeated mantra was that the high-lift jack and the turfer are very useful but potentially very dangerous pieces of kit.

Learning points:

- Don't get stuck in the first place, if at all possible. Then there is no need to use the equipment!
- If in doubt, don't use the high-lift jack!
- Place padding between the high-lift jack and the vehicle to avoid scratching/denting the bodywork.
- Ensure the vehicle is in gear when jacking (Chris Marsden gave a selfless demonstration of what can happen if standing behind the Land Rover on a gentle slope and then jacking the vehicle in neutral...).
- M1/M3's bottle jack is under the *rear* seat (the electronics are now under the front seat).
- M2's jack is under the driver's seat. The jacking points are helpfully marked with the word "Jack". If you need to change a wheel, there is a security socket for one of the spare wheel release bolts.
- Remember that we are members of the AA (membership card behind tax disc)!
- If a team vehicle is involved in a road traffic accident, there is a Driver Information Pack behind the driver-side sun visor.
- If a wheel has been replaced, notify the Vehicle Officer so that he can arrange for the tyre to be repaired or renewed as necessary.
- It might be worth considering raising the bonnet when using the turfer in case it fails under load.

M2 comms

Radio Officer Kevin Knowles set team members the task of configuring the comms equipment appropriately to respond to two scenarios:

1. Set up M2 as a walk-away repeater for a callout at Cautley Spout so that comms can be run from Base in Kendal.
2. Set up M2 as a forward control.

Scenario 1 meant extending the vehicle aerial, leaving the compressor switched on, transmitting to all that handsets have to be switched to "Kendal Repeat", then turning off the vehicle radio set so that comms are not audible to any members of the public outside the vehicle. The ideal location for the vehicle in this scenario is up a lane approx. 400-500 metres before the Cross Keys which offers a direct line of sight into Cautley Spout. Scenario 2 requires the laptop to be connected to the radio at the rear of the vehicle, after which the rear passenger compartment radio (on the team working channel) is used for comms, while the front radio could be left switched on to "Kendal Repeat".

We've all done enough training to know that mere words are frequently not memorable enough. Thus it was (presumably) that our esteemed editor, not wishing to be outdone in the selfless stakes by the Butcher of Kendal, decided to make sure that we would not forget the dire warnings of what could happen to anyone unwittingly placing a head between the vehicle and the handle of the high-lift jack. DBH: we salute you for your noble sacrifice! (*I also learned more about the fabled red mist that can affect team members now and again – Ed*)

Les Telford



It's your ambulance service, have your say!

The North West Ambulance Service is extremely proud to work with Mountain Rescue Teams across the region and would like to extend an invitation to all its rescue service colleagues to become members.

The Trust is applying to become an NHS Foundation Trust and would like as many people as possible to become members and help shape the future of the service. Becoming a Foundation Trusts will give the residents of the North West 'a voice', which can influence change and help ensure that the service continues to meet the needs of all the members of local communities.

So why become a Foundation Trust? FTs are still part of the NHS and subject to the same standards, performance ratings and inspections. The difference is that they are run locally, with local people as members. Becoming an FT would bring greater financial stability, allowing the Trust to plan for the long term more effectively and increase investment in frontline services.

It's easy to sign-up and membership is free; you have to be over 16, a resident in the North West and you can be a member of more than one FT. As a member you, your families and your friends, can become as involved as much or as little as you choose, from receiving information, raising awareness of the ambulance service, becoming a volunteer through to representing communities and standing as an active Governor, the choice is yours.

Interested? To discover how you can 'have your say' please visit nwas.nhs.uk where you can also sign-up online. Alternatively you can contact the membership team for more information at nwas.communications@nwas.nhs.uk or 0845 112 0 999.

Dave Winch

PS I think it's important that MR also has an opportunity to shape the future of the Trust - this would seem to be an ideal way to do this on an individual basis in addition to the usual links via LDSAMRA and the Local Resilience Forum.

I have left a handful of leaflets at base but the email below suggests that more are on the way. I'm happy to discuss with anyone if the need any more info.

Emergency Services Open Day

Our neighbours on Busher Walk have arranged an open day on **Saturday 1st October** from 1pm until 4.

Please encourage all your friends & families to pay a visit!

It is hoped to arrange the following exercises and attractions

- RTC Scenario, Fire- Police- Ambulance
- Water rescue scenario, M.R- Fire, Helicopter (if it turns up)
- House Fire from Drill tower, - Fire
- Climbing Wall
- Street Soccer cage
- S L Community safety partnerships,
- Police refurbishment viewing of their new custody suite
- M.R Equipment display,

Support from team members & supporters will be most welcome to make the day a success

Eddie Harrison

Radio News

The radio's are designed to stop transmitting after 60 seconds continuous broadcast. This is programmed into them to prevent someone inadvertently blocking the airwaves with a unintentionally continuously open mic.

What I have now added is a alarm tone which will warn a base operator that they have had an open mic for approaching 60 seconds continuously. After 50 seconds you will hear a 'beep' every second until the mic closes after 60 seconds. All you need to do if the message is so long that you need more than 60 seconds to transmit the details etc is to release the button for 200th of a second and you will gain another 60 seconds worth of transmission. The warning 'beeps' will be heard over any transmission at Base and possibly by a vehicle, but not the handsets. If you release and push quickly enough the station being transmitted to will never notice the interruption.

With regard to white noise and 'break through' on the new channel I am advised that it is due to a high level of solar activity coinciding with the present atmospheric conditions. It should pass, but could occur again in (un)favorable conditions until the end of the year.

Kev Knowles

Caption Competition Results



"Police Brutality!" (*anonymous*)

But, Keith wins again continuing the new twist:

Once again, the Editor has failed to identify that the two photographs are closely connected to each other; in being from a movie where they are only seconds apart when shown on the big screen. In addition, it should be noted that they are not from the Team archives but from that great 'Carry On ...' film series. I can't remember if these are from 'Carry On Copper' or 'Carry On Rescuing'; I am sure there are experts amongst the Mintcake readership who can positively identify it. However, I can remember the dialogue:

Sid James (as 'Burkey the Bobby') 'You know what this is used for, don't you sonny?'

Kenneth Williams (as 'Stan the Man' [in falsetto voice]) 'Ooohh Officer, you can put your truncheon away now.'

Election News

A number of willing candidates have stepped forward. It is still not too late to stand!

Steve Kelley has announced that he is stepping down as Deputy Team Leader (although will remain hillgoing):

- Chairman
- Director (by convention although not necessarily the Chairman)
- Deputy Team Leader (vacancy)
- Deputy Team Leader (renewal)
- Membership Secretary

The rules and procedures for the elections are set out in the documents in the Team Management section of the members area of the website.

Nominations so far:

Chairman

Proposed: **Dagmar Johnson**
Nominated by K Pittman
Seconded by T Cotton

DTL renewal (K Jackson)

Proposed: **Kath Jackson**:
Nominated E Harrison;
Seconded by I Johnson

DTL vacancy (S Kelley)

Proposed for post: **Dave Howarth**:
Nominated by E Harrison
seconded by K Jackson

Director

Proposed: **Dagmar Johnson**
Nominated by K Pittman;
Seconded by T Cotton

Proposed: Chris Marsden

Nominated by S Kelley
Seconded by P Astle

Caption Competition



Although I was disappointed that I could not find another picture of Stan, these came to my attention.
John Ev Spotted at the recent 1st birthday party for K village... And our esteemed team leader with a giant bar of mintcake and an Ice axe at the Kendal Calling festival (near Penrith)
Anyone got a caption or tell me how they are related?

Contacts

David Hughes

Cheer me up! Send me an email
(except Tony – that was quite scary)

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or
Editor's pigeonhole in base

or by post to:-

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