

Mintcake



April 2003

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Registered Charity No 259539

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Editor's Comments

Barbellate's column last month produced the following comment from Team paramedic, Dave Winchester, "No, I didn't get the medical question right but in fact I always use Opium as a remedy for an overdose of Condys' Fluid!"

However, no-one seems to have noticed that I put the same article in twice!! My apologies to Barbellate, no doubt he or she will have something to say about that. This month, hopefully, sees the correct article published.

On a more serious note, congratulations are in order to Les Telford and his dog Kess, who have now been successfully graded and are a working search dog team. I was going to add that the next time you all meet them, will probably be on some dark wind-swept fell, however, it seems everyone else that Les has spoken to, says the same thing.

It's got to be true then Les!

Can whoever left the editor a copy of 1987's Great Outdoors magazine, drop me a line saying what I'm to do with it. If it concerns the article about Stewart Hulse arranging a Langdale & Ambleside Silver Jubilee dinner, we would appear to have missed it.

Regards to all, Rob

Exercise Reports

Blood on Gummer's How

"Brrringgg, Brrringgg. Paul Astle here, can you help out with my first aid exercise this Sunday as Dave Winchester has done his ankle and can't walk?" Well it seemed a good idea, up on Gummer's How looking after some Casualty Union members and seeing how well Team first aiders diagnosed and treated them and non-first aiders assisted them. Steve Kelley delivered us 'minders' to the Gummer's How car park where we met four CU members looking very ill. There were to be 3 separate incidents occurring on Gummer's How that overcast Sunday. Sue Brookes looked after the CU 'heart attack', whilst John Hall had the CU 'asthmatic with a bee-sting'. I had Dave ('hill-walker with broken tibia sticking out') and Neil ('head injury with sucking chest wound, wearing smooth trainers') to take care of.

The three of us walked up to our designated bit of steep ground and produced a vaguely realistic scenario (Dave and I out walking see someone [Neil] slipping and rolling down hill side, goes over small drop and is unconscious. We go to help; Dave trips over rock and breaks leg. I can't do first aid so just wave for help.) We also agreed a password I would use to stop the exercise - this would be the only way they would stop acting!

The first rescue group are on the way with a report of "one casualty with leg injury", time for blood and sticky-out bone to be touched-up and then to get into position. Dave and Neil are very good at acting their injuries. Wrong treatment and they get worse. Correct treatment, then they stabilise and improve; but might occasionally get worse just to test their carers! After 45 minutes, fully treated and ready to evacuate, the exercise is stopped and a bit of feedback given to the group before they are deployed to one of the other incidents.

An hour's break for us, so time for sandwiches and 're-do' the injuries (but in the bothy tent as it has started raining). It stops raining and the second rescue group is on the way - positions everyone. Different people, a slightly different approach, but the casualties are attended to just as effectively. A bit of a twist now, an invisible helicopter, with only space for one casualty, takes Neil away. The first rescue group reappear with stretcher, so Dave is loaded on to it and evacuated down to the vehicles. He arrives safe and well.

Using CU on an exercise adds a very strong feeling of 'this could be for real'. You probably have duff information, you

don't know them, they look ill, their injuries can be gory and they act exactly as if they have been injured. It was unfortunate that less team first aiders turned up for the exercise than expected (but the ones that were there certainly knew their stuff). But luckily the non-first aiders were more than willing to muck in on the gory bits and not just be 'assistants' – this proved to be a good way of learning and demonstrated that they all had good first aid skills nestling just below the surface. Back at Base for a de-brief, where the discussion focussed on a few minor details that could be improved on; but they were very minor and were detail. The casualties were all very impressed at the diagnosis, treatment and care they had been given and were more than happy that if the injuries had been for real – they would be alive and well on the way to recovery.

Thanks to Paul for all the work involved in setting the exercise up, it was well worth it.

Keith Pittman
Kendal MRT

Dates For The Diary

Saturday 17th May

Tebay Services Collection Day

Collectors wanted for Tebay Service Station Collection.

2 Hours 9 -11, 11 - 1, 1 - 3, 3 - 5pm.

As we can collect both sides of the motorway 4 people are needed for each shift. Contact Liz on 01539 727323 or lizp@bowstonla8.fsnet.co.uk I will be away from 9th to 16th May so need to know before I go .

Wednesday May 21st

Training - Rope Skills Refresher

Sunday May 25th

Training - Humphrey Head with Coast Guard

Wednesday May 28th

Equipment and Medical

Wednesday June 18th

Training - BaseOps / Cas site control

Wednesday June 25th

Equipment and Medical

Wednesday June 25th

LDSAMRA Committee Meeting, Kendal Base, 19:30

Saturday 28th June

Killington Services Collection Day

Sunday June 29th

Training - Buckbarrow LWR

Wednesday July 16th

Training - Base Ops / Cas control

Saturday 26th July

Killington Services Collection Day

Sunday July 30th

Training - Cautley

Wednesday July 30th

Equipment and Medical

Saturday 21st August

Westmorland Shopping Centre Collection

Friday 29th August

The Team Annual Dinner.

Details will come from Simon ASAP

Saturday 1st November

Morrison's Supermarket Collection

Could all contributors to 'Dates For The Diary' please check their dates as they appear. I have no way of knowing if errors have crept in until someone tells me.
-Ed



Callouts

Forgoing the obvious jokes about buses all coming at once.....This month sees three callouts, all to assist our colleagues in Langdale and Ambleside MRT.

Sunday 13th May

Unlucky for some, including an injured walker who was recovered from Pavey Ark. This effort included seven members of our Team and occupied them for two hours.

Friday 18th May

Involved a job on Crinkle Craggs, above the bad step where a gentleman had discovered one of the strategically placed, portable hand-holds and pulled a boulder down on himself. Evacuation was by RAF helicopter. Kendal fielded nine Team members over a total of five hours.

Members of the casualty's party were kind enough to email a detailed situation report and thank-you.

"We were all deeply impressed by the combination of professionalism and lightheartedness which is always difficult to achieve. [The Casualty] sustained a nasty injury to his left foot. He fractured 1,2&3 metatarsals, proximal phalanx of big toe and fracture/dislocated the 1st tarso-metatarsal joint along with significant soft tissue injuries and lacerations. He was operated on in Barrow on Friday evening reducing and fixing the fractures and debriding the wounds. We were able to bring him back to Blackpool yesterday and he was back in theatre again today for wound inspection and further debridement of the wound on the dorsum of the foot from which he has lost a significant amount of skin and soft tissue - transfer to Preston (our local plastic surgery centre) for skin grafting is on the cards in the next 24 hours. He is however well and obviously very thankful for your intervention. Words don't exist to thank you all for the fantastic service you help to offer. There is no doubt you make the fells a safer place." [Names removed -Ed].

Monday 21st May

This time up Crinkle Ghyll to help carry off a lady with serious knee injuries. Eighteen members from Kendal were out for three hours.

General Team News & Comment

A gentle reminder from John Everett,

"Many months ago I let out on general loan a C.D Rom on **The Art of Outdoor Navigation**. I hope those who used it found it useful if not entertaining, but now I would like to have a go. Whoever has it can leave in my pigeon hole at base."

For those who don't know, that would be the Vehicle Officer's pigeon hole. -Ed

Congratulations are the order of the day this month.

First up, is the indefatigable John Hall who has just completed the London Marathon in three hours, twenty nine minutes and twenty six seconds. His effort raised over two thousand pounds for Lupus UK. Add this to the many thousands John has already raised and we begin to see the purpose of all that training. Some might say that, because John's a dentist, he feels the need to repay society for all the pain his profession has been known to inflict. Personally, I think he does it just because he's a nice bloke.

Well done John!!

Next up, and no less an achievement is Kendal's own search team within a search team, Les & Kess.....

The long and winding road...



...to the coveted bit of green plastic (to quote the SARDA yearbook: "cost: about 40p; value: beyond price") finally came to an end for SARDA trainee Kess on 13 April. Following a successful week in snow, forest and heather in the Cairngorms in February and assessment passes on the gentle rolling hills around

Keld in North Yorkshire in March, things got rocky and steep for the final weekend of assessments, firstly in Brown Cove and Keppel Cove near Helvellyn on Saturday, and then amid the craggy ground at Pasture Beck near Hartsop on Sunday.

It had all started almost three years ago when Kess was about four months old. However, after six months of training, foot-and-mouth put a stop to all training for a further seven months. Then a running accident a year ago left my leg in plaster and training in tatters for another three months. Frustration and disappointment grew. There were certainly times when I felt that the chances of grading were remote (of every ten dogs that start training, only four or five make it as far as the call-out list). But we persisted, encouraged by SARDA's training officer and other assessors. Gradually we started doing longer and longer searches on different types of terrain and under a variety of weather conditions. Assessments generally consist of two "blind" searches a day, i.e. without knowing the location or number of "bodies" in the areas. In addition, the handler has to decide on a search strategy once the area has been described.

Many was the time I asked myself what I was doing slogging up a steep fellside in horrible weather. The answer came when Kess and I were placed on the SARDA callout list and received the search dog tag (for her to wear, not me).

So what does the future hold? Two handlers, offering e-mail congratulations, said with a worrying degree of unanimity born of experience that we would probably next meet up in the early hours of the morning on a wet and windy fell side looking for someone who was not in our area. Put like that, it doesn't sound too attractive. But the chance to locate someone who is in difficulty or, equally important, to let a search coordinator know with some degree of certainty that the missing person is not in a given area, enabling resources to be deployed elsewhere, meaning ultimately that (s)he can be found sooner, makes

it worthwhile. Assuming we both remain in good health (and pass our annual reassessment) we can hope to work as a search dog team for 8-9 years.

Kess is now one of 13 graded dogs (one other team qualified on the same day as me, and a couple of others are very close to finishing) available to the Kendal team and, indeed, to all the other Lake District teams. SARDA Lakes dogs also occasionally venture outside our normal area in case of need.

I'm grateful for all the encouragement received from my family, friends, SARDA assessors, Kendal team members and particularly the volunteer bodies who lie out in the fells in all weather and without whom none of this would be possible.

It would be nice if her first search could be on a beautiful starlit night...

**Les and Kess.
SARDA/Kendal MRT**



50 years – have things changed?

In 'Our Cumbria – The Stories of Cumbrian Men and Women', there is a 1989 article by Bryan Stilling on his memories of Kendal Mountain Search & Rescue Team. 'There was a group of us, and when the appeal came from the police at an Easter weekend disaster which involved several deaths, we responded to it. As well as fell walking we had been doing some mountain climbing and pot holing – I was never very good at climbing, but I did a lot of it. When the appeal came, about half a dozen of us at Kendal formed a search team which grew in number. We linked up with police and got a stretcher and started from there. Like all teams, the movement started with people who had been going on the fells.'

The 'bugger' searches have always occurred, Brian recalls '... we were involved with a Kendal man who had gone to Grasmere with his daughter. While she was shopping in Grasmere he said he'd go for a walk, but later she couldn't contact him so she rang the police. They called the Kendal team out and they searched from the early evening to about three o'clock in the morning. We searched all the area around Grasmere as he was an elderly chap and probably wouldn't get very far, then we came back to Kendal. When we were coming through the main street I saw an elderly gentleman walking down Finkle Street. We stopped and asked him where he was going. He said he was shopping. We said the shops wouldn't be open for some time as it was only five o'clock in the morning. It was the missing man and he had actually walked from Grasmere back to Kendal. He was confused. Anyway, he was found.'

Some things have always caused problems, communications being one of them (just ask Rob for the current position). Brian remembers 'The biggest problem at the start was communications. On the search there was no radio. If you were out on the fells and the casualty had been found, meantime, somewhere else, you'd maybe come back to discover that the casualty had been found perhaps just an hour after you had set out! We developed forms of communications like rockets and flares. We got maroons from the coastguard. We even got bren guns using blanks on exer-

cise with other teams; we got them from the local Territorials. We tried firing them to see how far they would carry, but they didn't carry very far. In the early sixties we got some Japanese walkie-talkie sets. Some teams had army equipment but it was very heavy and sometimes unreliable. Now communications are covered by the police with a very sophisticated control system.'

On the subject of equipment, I mentioned in my last article the 1946 book by J. E. Q. Barford, 'Climbing in Britain', in which he included details of the standard MR first aid equipment. Looking at the 1971 MRC (it was still the Mountain Rescue Committee, not Council, then) I see the list of equipment is virtually identical, as is the wording 'Take both rucksacks. Before leaving the base, stimulants, food sugar and hot drinks must be added.' The eiderdown had been replaced with a casualty bag and there is now a Brookes Airway. Oh, and '1 Protective Helmet (For selected posts).' So for over half the history of Kendal Team there was no change in the medical kit, in the last 25 years (or maybe less) there is a noticeable change. Are any readers out there willing to say what the Team's kit in 2028 will consist of? Your thoughts to the Editor please.

Brian's article finishes with 'I think it's a worthwhile job the Search and Rescue people do. There's a good feeling about the work...; it's a proud service with each team aiming to the very best. My own feeling is that we should try to make things a little better than we found them. We can only do our best.' And I can't disagree with that.

'Barbellate'

Two articles for the price of one this month, as it's my fault you didn't get to read the first one, last month - Ed

Where have all the casualties gone?

I was pleased to see that the Editor of Mintcake was so impressed with my first article that he printed it again the following month, shame he claimed it was a new article. This does bring into question some of the so-called facts we are presented with. Call-out numbers are down according to the reports in recent editions in Mintcake; however as the call-out board in Busher Walk backs this up, Mintcake may be correct this time.

So if numbers are down, what is the reason? I have heard some mutterings within the Team that it is because Foot & Mouth is still having an effect – what a load of rubbish. Numbers are down because those who go on the hill are much better equipped and trained than they were in my younger days. You only need to look at the number of outdoor equipment shops in Kendal, let alone Ambleside, to see that quality equipment can easily (if not too cheaply) be readily obtained. No need for leather sandals and ex-War Department gas-mask bags; it is Karrimor Gore-Tex boots and Macpac rucksacs. The navigation and survival skills of the modern day Lakeland Shackleton's have been honed by attendance in their youth at the numerous outdoor centres run by education authorities. Attending the training days run by the National Park Wardens enhances this knowledge; their group leadership ability is developed on a management-training course run on the banks of Windermere. The quality of casualty is also improving – I am told that a group that were assisted on Crinkle Crag over this Easter consisted of two consultant surgeons and a nurse – so not only are MR personnel being required less often, they don't even need to do any first aid when they get to a (rare) casualty.

And what about getting lost? The use of GPS must surely have done away with the problem of 'circling' in thick mists. A problem aptly described by William T Palmer in his 1936 edition of 'Odd Corners in English Lakeland': '... the mistake was due to the leader turning around to light his pipe, getting the assistance of the others in this interesting operation, and forgetting to turn again when resuming progress.' But maybe the problem is smoking, no need to turn to light the pipe if smoking were banned on the fells – but what would Wainwright say?

But be slightly wary of this loss of casualties: the Guardian has predicted that the numbers of people coming to the Lake District will significantly increase this year because of the 'war factor'. Apparently people are unwilling to fly abroad because of the risk of terrorism so they will all be heading up the M6 to junction 36 very soon. Before they start investing in lots of new equipment and training courses (so they don't become MR casualties) someone should show them a little snippet in the April 18th edition of The Westmorland Gazette, 'World events and the threat of terrorism have made a new secure door entry system to South Lakeland District Council premises even more important, according to the authority. The £25,000 system is to be installed at South Lakeland House and Lowther Street offices in Kendal.'

Enough of this talk about the lack of casualties, we will still get the odd one. In which case I can't help going back to one of my favourite subjects – how MR first aid has changed over the years. Wastl Mariner in the 1963 English language edition of Oesterreichischer Alpenvereiner (Mountain Rescue Techniques) goes into great detail as to how to deal with 'Large furuncles or carbuncles (combined furuncles and boils) ... [where] on the back of the neck [the] whole area may become hard, causing extreme pain, fever, and a stiff neck.' I don't remember this being a common occurrence in Kentmere, but if you feel the need to be prepared then you should practice 'Make a 1/2-inch deep cut with a knife or razor blade (sterilized by holding in a flame) in the furuncle to drain pus, and apply a sterile band-aid or compress.' Easy.

Finally, and based on the likely date of you seeing this article in Mintcake, I would like to wish all my readers a very Merry Christmas.

'Barbellate'

Ho Ho Ho! - Ed

Working Group News

Base and Vehicles

GATESGARTH PASS EXPERIMENTAL TRAFFIC REGULATION ORDER (ETRO)

As issued by Lake District National Park Authority March 2003.

As of May 4th 2003 when the present order expires, this new order comes into force.

The new ETRO prohibits the use of all mechanically propelled vehicles, horse drawn carriages and horse riders from using the Gatesgarth Pass between Brownhowe Bottom and Mardale Head, this is to prevent damage to the newly repaired road thus giving it time to consolidate, at the same time allowing the wild life and flora and fauna to re-establish.

This order will last for no longer than 18 months but will be reviewed after 6 months.

To ensure this ETRO is adhered to gates at both ends of the pass will be locked. As an emergency service we have legal access to the pass. The Lake District National Park Authority will supply us with the appropriate combination lock numbers on a regular basis, it is proposed the combination will be changed every month and sent direct to me at base. Each vehicle will have the current code on a laminated card inserted in the tax disc holder located in the bottom left hand corner of the windscreen and should they get misplaced the codes will also be kept in the control room. I have also assured the LDNPA that these codes will be kept to ourselves and not made public. The full details of this ETRO can be found on the notice board at base.

John Everett
Vehicle officer
April 2003.

Equipment and Medical

IMPORTANT NEWS FROM EQUIPMENT & MEDICAL

NEW HELICOPTER STROPS are now in place – in their own MARKED bag attached to the bottom half of each stretcher in both Mobiles 1 & 3

Any comments would be welcome regarding the way the bags are attached to the stretcher once it is carried on the hill.

The old set of strops (originally in the STRETCHER LOWERING GEAR sack) is now a SPARE set and lives at the bottom of the corner shelf in the equipment room (purple bag marked "SPARE STROPS").

REMINDER – several radios have been left switched on in the radio bags **AGAIN** – please remember to leave them **SWITCHED OFF & ON CHANNEL 1** after you finished with them.

* * * * *

And now something completely different...

Our team has been nominated as the "Festival charity" of the [10th Westmorland Beer Festival which will be held in Kendal Town Hall from October 21st – 25th, 2003.](#)

We will have our own display boards there for the duration and will aim at manning the display at all times.

Volunteers please contact Liz who will have the full information. Don't be shy!

Dagmar

The Team website continues to be the source of a number of emails and general enquiries. It's initial concept tried to involve as little 'dated' material as possible although such things as Team officers etc are subject to change and therefore need updating from time to time. Peter Dobson, our web-master, is a member of this Team but he isn't clairvoyant. If changes occur that involve you, please let Peter know as soon as possible and he will update the site.

Unlike most other things that get done in our Team, the website doesn't have a good fairy doing all the work. Whinging about things that need changing doesn't get the job done. Tell Peter.

Now, to the website place-holders used to reserve space for each month's newsletters. Congratulations to the berk who observed that May 2003's newsletter was not down-loading correctly. When it's been written it will !!

Rob

Fund Raising

See Dagmar's comments in the Working Group news section. If we can't get full Team members to come and rattle a bucket, maybe we can get them to come and drink for the Team!

FOR SALE

**MONTRAIL 'VERCORS' LADIES
BOOTS,
SIZE 6,
VERY GOOD CONDITION
WORN ONLY A FEW TIMES,
WRONG SIZE**

£65

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