

Mintcake



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Reg. Charity No. 259539

October 2006

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AGM

Base
7.30pm
1 November

Editor's Comment

"Until I saw the poster I didn't know how to call for help from Mountain Rescue," someone told me the other day. So LDSAMRA's poster campaign is having some success. Kendal was certainly made aware of the team's presence at Torchlight, as already reported, and the number of "You do a great job" comments heard in passing was very heartening. And now mountain rescue has reached the Brewery. No, I'm not talking about the Kendal Mountain Festivals which take place in November (visit www.mountainfilm.co.uk for further details). **On The Rocks**, which opens on Wednesday 18 October, promises to be an entertaining evening in the theatre. Let's hope the audience can tell fact from fiction!

Les

100 Club

The winning numbers in the September 100 Club Draw were:

| | | | |
|-----|----|-------------------|-----|
| 1st | 68 | Dr. J. Gorrigan | £10 |
| 2nd | 33 | Mrs. E. Pickering | £10 |
| 3rd | 43 | Mr. J. Cropper | £5 |

Liz Parkes

Social Evening

Langdale Ambleside team is organising an evening at the new Hawkshead Brewery in Staveley (next to Wilf's) on 10 November. The cost is £5 per person to include minibus travel and an Indian meal (you pay for your own drinks!). Please sign up on the list at base ASAP or contact John (Leo) Sayer on 015394 43812 or at leo@lakelandmoods.plus.com by 23 October if planning to go there independently.

Callouts



You know how it always used to be Far Easedale for a while...

16 September

L&A assist – a lady with a lower leg injury had to be stretchered to the New Dungeon Ghyll Hotel from the top of Pavey Ark. 12 Kendal members helped L&A with the carry-off.

30 September

L&A assist – a casualty was injured on Pavey Ark. 12 Kendal members responded to the call to assist L&A with the carry-off. On this occasion, however, the casualty was evacuated by helicopter.

Exercise Reports

Wednesday 13 September – Communications

People often ask me what happens at our training sessions. Well, had anyone walked in to the start of September's Wed ex they may have got a surprise

Photos of lots of bare skin, full frontals apart from the well-placed fig leaf and cardboard box. Respectable (or so I thought) men and women in various states of undress trying to get tights on over their heads... Needless to say, I'd better stop there otherwise the team's Trustees may have some explaining to do.

OK so everyone had fun on Kendal's Torchlight night, a cup was won but no one knew what it was for (I'm sorry I was away and you missed my body too !!!).

Now on to the evening proper:

A Pittman presentation complete with printout covering most of the theory of use of radios, followed by a demonstration by Kev on how to raise the aerial on M2, and finally a session with Dagmar in the control room on how to pass some of Keith's messages back to base from somewhere in town...

Points to remember:

1. Use the long (stick up other people's nose) aerial as it improves reception, provided it's not coiled up and stuffed in your rucksack.
2. Radio channels are used by other teams as well (distance is used as a separator).
3. Keep messages short.
4. Think before you speak and then speak clearly.
5. Repeat numbers (grid ref etc) for confirmation.
6. Do not mention fatalities or bodies over the air (use landline or mobile phone if at all possible).
7. Make sure you have a clear space above you if raising the aerial on Mobile 2.
8. The use of Mobile 2 aerial will assist in better comms.
9. When leaving Mobile 2 with aerial up as a relay always switch off the vehicle radio.
10. New regulations mean that channel 62a must be monitored. Our local set at base is left on this channel.
11. Only if requested by helicopter crew use Channel 24a
12. Use communications log to record messages (it is part of our licence conditions).

Thanks to Keith & Dagmar for organising.

Eddie Harrison

What's On

Friday 20 October

"White Horizon" – talk by Andy Kirkpatrick – see p.6

Saturday 21 October

Collection: Asda

Wednesday 25 October

Equipment evening: 19.30h

Sunday 29 October

Training: RAF Boulmer 9.00h

Wednesday 1 November

AGM: 19.30h

Wednesday 8 November

Training: Night navigation 19.00h

Friday 10 November

Social with LAMRT at Hawkshead Brewery

10-19 November

Kendal Mountain Festivals

Wednesday 22 November

Equipment evening: 19.30h

Sat/Sun 25/26 November

Training: Late-night rescue/evac
Time to be announced

Wednesday 13 December

Training: Base operations 19.00h

Sunday 17 December

Training: On the move 9.00h

Wednesday 20 December

Equipment evening: 19.30h



Sunday 24 September 2006 – Horizontal Stretcher Lowers

A select group headed out to Farleton on a wet morning though this did not deter a few brave souls turning out in shorts. The theme of the day was 'horizontal stretcher lowers' and we were ably led by Paul Astle and a team of helpers. We set off in three vehicles but only two made it to the meeting point, with Mobile 2 and Keith failing to get up the hill to Farleton. After a few team members enjoyed their enforced walk up the hill we got started. The exercise was to be broken down into 5 sections, each with a different theme before we finally got the opportunity of putting the full system together as a team after lunch.

The five sections were:

- Anchors and knots with Steve
- Setting up the Alpine tube with Abby
- Pulley systems with Howie
- Attaching the system to the stretcher with Dave R
- Tensioning the horizontal line with Chris M

With many team members involved instructing at the different sections, this meant that each group comprised only 2-3 people, which gave a good opportunity for everyone to get hands-on experience of putting together the different elements of the system.

Steve had a shiny new hammer and, to our amazement, was able to set up the ground stakes in the hard ground. The team rotated through the exercise in a clockwise direction with the exception of Trevor who went the opposite way round from everyone else.

After lunch we set about putting it all together with various groups working on different elements of the system. When we were finally ready to test our horizontal lower we needed to find a casualty, and John F. was quick to volunteer.

The system was using a very long length of rope for the main lower and proved difficult to get sufficient tension and/or height for the stretcher to "float". This made handling the stretcher much more difficult, and we required additional assistance to launch John over the crag. When we got started, the rope immediately sagged and it proved to be a bumpy ride down the crag for our casualty.

At the bottom of the crag the stretcher again sat on the ground and it was not possible to get it to "float". Some adjustments were made to the system and we repeated the exercise, with Steve as the casualty this time. These changes did help but it was still not a smooth ride for the casualty.

This method has some obvious advantages over the method we have traditionally used. However, in my opinion the need to get sufficient height/tension into the system is a limiting factor that requires further thought and discussion within the team.

George Robertson

Base & Vehicles

Base Cleaning

From January '07 there will be a need for more volunteers for the base-cleaning rota. The input per individual is approx. 2 hours per month and produces an enormous degree of job satisfaction. Would all interested parties leave their names in the Base Officer's pigeon hole or contact me directly.

Bin Bags

Please note there is a new system for rubbish disposal (effective immediately) which means that we have now started paying business rates on our refuse collection. To do this, we have to purchase special RED plastic bin bags (which cost us £1 each); the bin men will only collect these red bags from our bin.

Bill Malone, Acting Base Officer

Training

Logbooks

Logbooks were due in for review during the first week of October. Thanks to all who handed them in on time! However, 11 of you haven't to date. You, the committee and I know who you are. From the next review date onwards, names of those who fail to hand theirs in on time will be published in Mintcake as a gentle reminder. Please bear in mind:

- Filling in the logbook takes only a few seconds after each exercise attended.
- It is a record of training attended which may be required in the event of a serious incident.
- Chasing up those who don't comply causes extra work for the Training Officer and the committee.
- Some of those who do take the trouble are slightly annoyed that other team members are ignoring what is a requirement of team membership.

Think again about why we introduced the logbooks and then please hand in your completed logbook to me.

3-Day Water Rescue Course

Dates: Sat-Mon 9-11 December

Qualification: Swiftwater Technician - Rescue 3 (internationally recognised)

Location: Patterdale (non-residential)

Dave Watkins from Patterdale Team will be running the course.

10 places are available. If interested, place your name on the list at base before 25 Oct. You need to be able to attend the whole course. If more than 10 people sign up, the training panel will allocate the places; so don't book the days off until you are sure you have a place.

Driver Training

Wednesday 22 November (open to the whole team)

Theory - attitude, system, cornering, positioning, overtaking and the use of emergency equipment.

Saturday 2 December (possibly 3 December depending on numbers)

Practical sessions in the Land Rover - in groups of three for about 1-2 hours. Priority will be given to those who haven't done it before followed by those who want to be considered for upgrade to the call-out list.

Paul Astle

Congratulations

Trust me, I'm a doctor

Congratulations to team member Dr. Rod Muncey on the recent award of his PhD.

A prickly issue

Congratulations to team member and Social Secretary Simon Thorn on becoming a qualified driving instructor and starting his own driving school business.

Equipment

Stretchers:

Both stretchers will undergo a full service in the next few weeks.

Crag sacks, stretcher lowering gear & assorted hardware:

All above equipment is under a full review and replacements in accordance with the MR Inspection rules will be dealt with after the new budget has been ratified by the AGM in November.

Any purchases of pieces of equipment undertaken by individual team members have to be agreed first with Eddie Harrison and Dagmar Johnson. Otherwise the invoices **WILL NOT** be covered by the team and the equipment in question will not be accepted as part of the team's kit.

Dagmar Johnson

Shorts

- Thanks to everyone who has helped with the circulation of the LDSAMRA 'MR awareness' posters and information cards. A good cross-section of team members (some willing volunteers, some 'volunteered' at the September exercise) and their families has ensured that we have achieved timely coverage of our area. There are still a few (!) posters and cards available at Base if you know of anywhere else that they could be placed.
- There has been a good response to the 'team trip' to see the Brewery Theatre Company's presentation of a new comedy called *On The Rocks*, by Colin Shelbourn and Andrew Thomas. There are 18 of us going to the Brewery on Wednesday 18 October (8pm start, so meet in the downstairs bar earlier to collect your tickets – team shirts may be worn). Other members who could not make that night are seeing later productions – so it probably makes it one of the best attended training sessions this year. Keep in mind that whilst some of the props may look a bit familiar, any resemblance between 'Lakeland's least well-organised mountain rescue team' and Kendal MRT is purely coincidental!

News from the Colonies

Thunderbirds are go!

Urban Search and Rescue for International Disasters

Don't tell me that anyone in Mountain Rescue hasn't wondered whether or not they would be able to take their vast skills and put them to the test amidst the ruins of a major earthquake, flood or tsunami... And you would be correct.

There are in fact two such semi-professional organisations in the UK which train volunteers to serve on rapid disaster response teams. Both take a huge commitment to undertake the 18 – 36 months of monthly training required before becoming operational. If this hasn't deterred you, then it may be worth doing a little research into the following organisations:

Rapid UK is based in Gloucester, is very highly regarded and undertakes both disaster training and response missions. You can find 'em at <http://www.rapidsar.org.uk/>

The International Rescue Corps is based near Hull, but is organised regionally. It focuses solely upon disaster response and can be found at <http://www.intrescue.org/>

I've spent a bit of time with both of them so feel free to contact me for the lowdown. Bonne chance!

Hamish Wilson

Medical

Recent information on **entonox** from the MRC conference:

Entonox separates out into its component parts – nitrous oxide (NO) and oxygen – below 20 degrees centigrade (i.e. at usual operating temperatures). Neat NO is a potent anaesthetic gas, and neat oxygen isn't much use for pain relief. Hence the advice is:

1. Shake cylinder before use
2. Keep cylinder as warm as possible (equipment group to get insulating jackets, consider placing cylinder inside cas bag with casualty)
3. Store horizontally (another issue for equipment team to address)
4. Remember that entonox is for **self-administration**. That way, you can't get into too much difficulty because if the casualty starts to go unconscious, he/she will drop the mouth piece and start breathing air again....

Abby Astle

✱

AGONY DOC

At the inaugural meeting of the Medical Committee on 18 September one new venture suggested was to start a column in Mintcake for medical (MR-related) questions and answers. And so "Agony Doc" was born.

- All MR members are invited to submit questions, either by e-mail to me or via my pigeon hole at base.
- The name of the questioner will not be published, but it would be helpful to include your name in case there is need to clarify the question or elements of the question.
- There will be no attempt to evaluate specific actions by specific persons - debrief of specific situations will be handled separately.
- All questions will be reviewed by the Medical Committee (to ensure uniformity of teaching), so there may be a time lag between question and answer.
- The questions will also provide us with feedback - to allow the teaching to be tailored to the needs.

So, without any more ado, I declare the column open for business.

Bill Malone

The KMSRT Agony Column

Dear Honor, no one has written to me this month. What should I do? **Anon**.

Dear Anon, I should take a well deserved rest, my dear, and hand over to your cousin, Agony Doc.

Honor Corlowtt

Entertainment

"White Horizon" – a talk by Andy Kirkpatrick

Friday 20 October – St. Martin's College

Tickets available online from www.climbers-shop.com or from the Climbers Shop or Outdoor Family

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Copy deadline for next issue: 8 December 2006