

Mintcake



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Recognise anyone out for a stroll with our Deputy TL? See inside for the full story.

Editor's Comment

I'll start where I finished last time; here's hoping for an actual operation this time Andy!
And speaking of "the boss" I know everyone has their thoughts about who might be the next Team Leader; some comments inside about how to turn those thoughts into action.

Kathy

100 Club

The winning numbers in this month's 100 Club draw are:

1st:	71	Mr. J.R. Jenkinson	£15
2nd:	2	Mr. J.B. Stilling	£10
3rd:	37	Mr. Michael Proctor	£5

Peter Clarkson

Please hold a bucket!

On the 10th and 11th September we have been presented with some great fundraising opportunities being one of the nominated charities at Westmorland County Show on Thursday AND at Kendal Torchlight Procession on Friday. The opportunities can only be maximised with a lot of hands to carry buckets! All members and supporter's should have received an e-mail from Peter Clarkson with the details of what's required and when; **PLEASE respond, whether or not you can help** (and if you can't, can you rope a friend or relative in instead?!). Chris Marsden would also appreciate you taking the initiative and giving him a call (saving him calling everyone...) if you can help out on Friday afternoon/evening with the KMSRT Torchlight entry on the theme of "Celebrations". Go on, contact Peter and Chris; do it now, before you forget!!

Callouts



25 July 2009 16:30hrs

The Langdale & Ambleside Team received two call-outs at about the same time. Both were ankle injuries and both were likely to require fairly long and steep carry-offs so they called for our assistance. We deployed one Land Rover to the end of Mickleden and Team Members ascended the Rossett Gill path to assist with the recovery of the casualty from a location close to Angle Tarn. Our other two vehicles went to the New Dungeon Ghyll and the rest of the Team ascended the Mark Gate path to assist with the recovery of the casualty from the Col between Pike of Stickle and Harrison Stickle.

Exercise Reports

Wednesday 8th July: Rope's Course

A disappointing turn out on what was an excellent evening of team-building tasks. If you're curious to know how good it was you should've come along. Many thanks to Pete for a full, memorable, enjoyable night.

Chris Marsden

Sunday 26th July: Medical Training

The following topics were covered:

- CD register.
- New cas cards on waterproof paper.
- New drugs protocols
- Splinting of limbs.
- New M3 familiarisation.

The CD licence in Mountain Rescue was extended recently giving teams a bigger choice of CDs.

The original licence was difficult to secure and now MR is privileged to have this licence extended. We must protect the licence by abiding by the licence rules and always record the use of a CD in the CD register.

The cas cards are now on waterproof paper, stored in the equipment room. The laminated cards are deemed inappropriate as theoretically the record on these could be altered at a later date. Anyone with a personal MR first aid kit should replace the laminated card with the new version. The cards are being kept in pocket 5 of the Medisac and pocket 1 of the Oxygen sack. Splinting of limbs was next practiced including vacuum and traction splints.

John Everett and Eddie Harrison showed the operational features of Mobile 3 (including the brilliantly designed stretcher loading and the sophisticated control panel for the lights and sirens etc).

Interesting points raised from the training:

- Go live with the new CD regime as soon as possible.
- Make sure the pumps for vacuum splints and the vacuum mattress are carried close to the casualty in case of an emergency requiring the removal of the splints. They could be carried in the splinting bags on the back of the rear stretcher bearer.

What's On?

Wednesday 12 August

Training: Round Robin: 19:00

Saturday 22 August

Training: Water Search: 19:00

Wednesday 26 August

Equipment Evening: 19:30

Tuesday 1 September

Base and Vehicles Working Group Meet: 19:30

Wednesday 2 September

Main Committee Meeting: 19:30

Wednesday 9 September

Training: Scenes of Crime: **18:30** (19:00 L&A)

Thursday 10 September

County Show

Friday 11 September

Torchlight!

Sunday 20 September

Training: Helicopter: 09:00

Wednesday 30 September

Equipment Evening: 19:30

Saturday 3 October

Collection: Marks and Spencer

Wednesday 7 October

Operations and Membership Meeting: 19:30

Wednesday 14 October

Training: Medical Teaching: 19:00

Friday 16 October

Collection: ASDA

Monday 19 October

Provisionals Night: 20:00

Wednesday 21 and Thursday 22 October

Training: Response Driver Theory

Saturday 24 October

Training: Response Driver Practical

Sunday 25 October

Training: Medical Training: 09:00

Wednesday 28 October

Equipment Evening: 19:30

Saturday 31 October

Collection: Booths

- Always check the circulation distal to the injury when carrying out the examination on the injury and after reducing and splinting the limb.
- Never reduce a supracondylar fracture unless the circulation distal to the injury is impaired and limit movement to an absolute minimum.
- Spread the beads to evenly distribute them in a vacuum splint (and mattress). Withdrawing a little air from the splint will help to keep the beads evenly distributed when working on a slope but still allow the splint to be moulded.
- When using the panel for the lights and siren in mobile 3 hold the siren button down to cancel the siren.
- Tom has a pounding pulse now permanently marked with a cross for all to view (with Tom's permission of course).

Thanks to Steve Crow, John Everett and Eddie Harrison.

John Hall. Medical Equipment Officer.

[NB. This is an edited version of John's report, the full version which will be e-mailed to members separately along with new protocols for CD administration which you can print off to keep in personal first aid kits and which will also be in the medisac. Kathy]

Sunday 2nd July: Helicopter Stage 1

This extra training session came about at the last minute when LDSAMRA advised that the new commanding officer of RAF 202 Squadron would like to meet the Team Leaders of the Lake District teams. As they would be arriving by helicopter it would be an opportunity for some training. There followed 14 hours of frantic 'phone calls eventually resulting in a helicopter, 8 MR teams and some 60 team members planning to arrive at Endmoor for an hour for a stage 1 safety brief but no flying. The Team Leaders however kept the Wing Commander talking for nearly two hours so the crew decided (bribed by tea and bacon butties!) to use part of their remaining flying time to do some winching training meaning all the team's winch virgins were broken in and the SARDA dogs got a flight too.

I would like to thank everybody who helped make the stressful planning into a very successful day.

Chris Marsden

Training

Driver Training - Blues & Twos

Andy Stokes will be providing this training on the following dates -

Theory - Wednesday 21st October or Thursday 22nd October, starting 7pm prompt.

Practical - Saturday 24th October or Saturday 7th November.

The course is aimed at general drivers seeking to up-grade to call-out status, and call-out drivers wishing to refresh. Remember if you are a call-out driver, you need to repeat this training every 3 years.

All Team members are welcome to attend one of the Theory sessions. Practical Sessions are open to all drivers who have attended a previous driver training course(s) and have attended one of the Blues and Twos theory sessions above.

Each driver will have a half-day session in a group of three. This will involve driving with Blues and Twos operating!

On completion of the training, you will not automatically be kept on or put on the call-out list, as an informal assessment of ability will take place during the practical session.

New Members' / Provisionals' Night - Wednesday 18th November, starting 7pm prompt.

To give New Members / Provisionals an overview of the team structure and how it operates. All team members are welcome.

Logbooks

No I don't want them in yet!

New logbooks will be issued in January 2010. Before we start to print the new ones, we would welcome some feedback about the current one - positive and negative. This is your opportunity to have your say and help create a user friendly and useful log, so speak now or forever hold your peace!

Paul Astle
Training Officer

Team Leader – Could it be you?

With a short few months until the AGM the shortlist of candidates for the position of Team Leader remain, well, short. Many discussions have been had in the back of Landrovers or wandering up hills and names raised but as yet this has not yet lead to a long queue of feet waiting to step into Andy's boots!

To clarify the process, all candidates must be full hill-going members of the team and must be proposed and seconded by hill-going members. This can be done on the night of the AGM however, due to the nature of the position, it would be sensible to make yourself known beforehand, discuss what's involved with the Chairman or a member of the leader group and perhaps let the rest of the team know you would like to stand, allowing them to make a considered decision.

If you are thinking about standing but are unsure as to the role, your capability, or how to take your interest forward please talk to Trevor, or any of the leader group (that's Eddie, Steve Kelley, Paul, Chris, John Everett or Kevin).

MR Mapping Update

You may notice when on the base computer that MR Map looks a little different. It is a new version with a number of new features the main one being that if you right click on one of the radios you can edit details for that Mike. So, for example you could re-name "Kendal M1A" with the name of the person carrying it or a search group number, or you could add the equipment being carried. This can be displayed as an annotation on the map when you highlight that radio.

Kevin Knowles
Radio Officer

Royal Visit

Just another normal summer day, you wake up and it's torrential rain, great - the day Steve Kelley & myself are representing the team on a trip up Helvellyn...

The event organised by LDSAMRA was to meet up with Prince William who is a patron of Centrepoint, a charity for young homeless people; he is also patron of Mountain Rescue England and Wales.

The original plan was for William to be flown up to the summit. Anyway in true traditional fashion the Royal Flight was abandoned and the RAF were not available. So plan B came into action.

We set off from Greenside YHA with very unfit lads & lasses from the Centrepoint Charity with the aim to rendezvous at Red Tarn with the press and members of Lake District National Park & Cumbria County Council.

Meanwhile William arrived in Patterdale and was transported as far as possible by Landrover then joined us just before Red Tarn (as if by Royal command the rain had now stopped!).

After a photo shoot at Red Tarn we parted company with the press and continued up Swirral edge to the summit.

On route Prince William made a live satellite phone link to the 2012 Olympics conference-taking place in Liverpool.

After reaching the summit William and a small party made a fast decent via Keppel Cove to a waiting Landrover who transported him to join a group of families from the charity WellChild - a national charity for sick children - aboard a steam boat on Ullswater (patron of this charity is Prince Harry).

The remainder MR personnel made their own way off, some via Striding Edge, some via Keppel Cove.

Apart from one Centrepoint charity young lady having to be stretchered off the hill (a hip problem she failed to mention beforehand) and a fellow (embarrassed) MR member with a lower leg injury the whole event went well. The Prince was well received and became one of the lads for the day; he praised MR for all their hard work and enjoyed his visit.

See the News and Events page of the website <http://www.kendalmt.org.uk/HRH.htm> for more pictures.

Eddie Harrison

Spot the Bum

In the grand tradition of “Mintcake” there are no prizes for the first person to correctly identify this team member demonstrating a graceful entry into a Seaking.



By the way, Dagmar **isn't** trying to help out by winding up for a push up the posterior in question, merely reminding the Winchman who he is dealing with...



Finally, he's realised...

Supporter's Night

On Tuesday 21st July, I invited Supporters and Patrons to come along to Base to learn what the Team gets up to (well ... some of it!). John Fitch gave them a slide show and followed that with a tour of the control room, while John Everett showed them round the new vehicle. Pauline and Trevor also came along so the Team was well represented, and everyone appeared to find the visit interesting and informative. I was delighted to see such a good turn-out (9 supporters and 7 patrons). It made the effort well worth it. Thanks, everyone. Much appreciated.

Peter Clarkson
Fundraising Co-ordinator

The Cumberland Challenge

John Hall and Trevor Cotton are taking part in the Cumberland Challenge cycling event on Sunday 6th September and would be very grateful for any offers of sponsorship. They would like to raise enough to purchase some Blizzard Survival equipment for the Team. They would also welcome offers to form a Support Team for the event.

Contact Trevor if you are able to help.

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