

# Mintcake



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

Reg. Charity No. 259539  
July 2007

## This Month

Editor's Comment.....	1
100 Club.....	1
Mintcake Nibbles and Tit-bits.....	1
Callouts.....	2
Exercise Reports.....	2
Training.....	3
Legislation, legislation, legislation.....	4
Making life easy.....	4
Fundraising Notices.....	4
Free Air.....	5
Liz Parkes.....	5
POTY nominations please.....	6
Burgers and Bats.....	6
Caption Competition.....	6
Contacts.....	6



Don't forget the **TEAM BARBEQUE** this Sunday, 15<sup>th</sup> July, from 17:00 onwards, at Punchbowl House, Grayrigg.

Everybody is welcome, bring your own food and drink, some salads and sweets will be provided.

## Editor's Comment

Ah, the power of the pen. In this case it's the editor's 'red pen', which I have wielded over many an article correcting spelling and punctuation (including the common plague of misplaced apostrophes). Imagine my red face when a simple request to remove an offending apostrophe on the front page of our otherwise fantastic new website resulted in several hours' work from 3 people (no simple deletion here - there were graphics to be adjusted in a protected template as well!). However, none of this is as painful as the poor casualty who was "stretched" from the fell - I daren't ask anyone to adjust this!!

My attention to detail does have its uses: please check your diaries for the many amendments to the calendar on page 2, and I know that Keith is looking for POTY nominations so I've volunteered myself already!

*Larissa*

## 100 Club

The winning numbers in the July 100 Club Draw were:

1st	72	Wendy Upsall	£10
2nd	88	Mrs D Sutcliff	£10
3rd	64	Mrs J Atkinson	£5

*Peter Clarkson*

## Mintcake Nibbles and Tit-bits

- Congratulations to Stan and Dani Akrigg on their recent wedding. Reports of Stan, dressed in suit and bow-tie, dancing madly with 7 women have not been exaggerated.
- Welcome to Harry Ashcroft, Sarah Nield and Kevin Pennells who join us as Provisional Team Members.
- Congratulations to Coniston Mountain Rescue Team on the occasion of their 60<sup>th</sup> Anniversary. To mark this auspicious occasion the team have launched a commemorative Ale - "**Broken Leg Bitter**", specially created by the **Coniston Brewing Company**. A donation from each pint sold will go towards Team funds. Cheers!!

## Callouts



### 15 June 2007

The Team was called to assist in the search for a 62 year old man, missing from his home in Cartmel. SARDA were requested to provide search dogs and Duddon and Furness Team were asked for their control vehicle with mobile GPS tracking capabilities. The man was located whilst the Team was en route to the incident, and dealt with by Ambulance personnel. 16 personnel attended (14 from KMSRT, 1 Duddon & Furness, 1 SARDA).

### 16 June 2007

The Team was called to assist a 61 year old female who had slipped and fractured her ankle on a footpath at Settlebeck, to the north of Sedbergh. The lady was stretchered from the fell to a team Ambulance and taken to Westmorland General Hospital. 11 personnel attended.

## Exercise Reports

### Wednesday 13 June – AED and Primary Survey

#### ABCs – Doing the Basics Really Well

It felt like a while since I'd attended an evening session and could feel that I was beginning to lose energy for evening antics with the team. However I must admit that I thoroughly enjoyed the evening: it turned out to be fun and very valuable, lots of craic and hands-on practising some vital skills.

We broke into two groups. Upstairs, 'ABCs with Abby' (sounds a bit like a title for an educational kids' video!) For those who struggle with memory that includes: Scene Safety, Airway (+ C-spine), Breathing (+ O<sub>2</sub>) and Circulation. In the basement, loads of fun with Annie. Some people who shall remain nameless seemed to spend a little bit too long when pressing their lips against poor Annie's, more lingering than urgent, it all looked a bit worrying to me! We also got to practise with the defib, including finally getting to the bottom of the important oft-asked question 'can we swap the pads over the opposite way round, so that they kind of look like the diagram but in reverse, that way if you were to be looking in a mirror above you they would still be right....right or wrong?' ???!

I guess it's important to remain calm in a crisis, and that calm manner will allow you to be creative in your solutions to incidents, finding the best solutions in unpredictable circumstances. **Yes**, you can put the pads on the wrong way round, but why you'd want to do this at such a time I'm not sure! Personally I'd rather we just follow the instructions!

List of Thanks:

- Dan for dragging us all down the pub – Dan's great 'cos he always buys the beer!
- John Hall – for buying me a beer (not sure where Dan was!)
- Abby for reminding us of our ABCs
- Eddie and Dave for allowing me to practise on Annie (and apologies to Annie for breaking ribs!)
- Paul for giving me a lift.

As I sit on the train home I've been working on my little educational song/jingle for my show starring Dr. Abby:

Abby she taught me the ABC, A for Airway clear and free  
B for breathing nice and deep  
C for circulation steady and strong, no big leaks to make me go wrong.

## What's On

**\* IMPORTANT - CHECK YOUR DIARIES FOR DATE AND DETAIL CHANGES \***

### Sunday 15 July

Team Barbeque, Punchbowl House, Grayrigg, 17:00 onwards

### Wednesday 18 July (note date)

Training: Awkward Evacuations, 19:00h

### Saturday 21 July

Collection: Kendal Town Centre

### Wednesday 25 July

Equipment evening: 19:30h

### Saturday 28 July

Collection: Westmorland Shopping Centre

### Sunday 29 July (note details)

Training: Vehicle Recovery / High Lift Jack & Off Tarmac Driving (JE & CM), 09:00h

### Wednesday 8 August

Training: Steep Ground, 19:00h

### Saturday 18 August

Collection: Asda

### Sunday 19 August (note details)

Training: Water Ex (HC), 09:00h

### Wednesday 22 August

Equipment evening: 19:30h

### Saturday 25 August

Collection: Asda

### Wednesday 12 September

Training: Primary Survey, 19:00h

### Thursday 27 September (note date)

Equipment evening: 19:30h

### Sunday 23 September (NEW)

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

### Sunday 30 September (note details)

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

Now when you do your ABC, please don't forget your other checks.  
I'd like my neck to not rotate, and oxygen to help my plight,  
That done, have one last look, then wrap me up nice and tight.

**Howie Crook**

## **Sunday 24 June.... First Aid Scenarios**

### **A Fitting Role?**

As I am not a hill-going member of the Team these days, I don't really do First Aid anymore. Still, I thought that I would go along to the June Sunday exercise, just to keep abreast of the current situation.

Bill, Abby and John had set up a series of scenarios, which required one member of each group to act as the casualty. We were with Bill first and I took the part of the epileptic. After their initial shock at finding me thrashing about on the floor, my group got their act together and sorted me out very well. I had been schooled by Bill to throw in a couple of tricks but they took it all in their stride, except for the bit where they tried to put me in the recovery position.

Next station was with Abby. She could easily take up another career as a stage director as her instructions on how I should display my symptoms were very precise. Valuable lessons were learnt by my group, in keeping to the simple techniques, and I survived my allergic reaction to the bee sting, to act another day.

Next we went downstairs to see what John Hall could confound us with. I recovered from the asthma attack just in time to fall back upstairs and fracture my pelvis. Fortunately my carers came into possession of the current wisdom on diagnosis and nobody tried to 'spring' my pelvis with the possible dire consequences.

The next session with Abby took no real acting skill as I have experienced the symptoms for real. Once again the emphasis on 'simple techniques performed very well' meant that my heart condition was soon under control. Back downstairs for the final session with John and some good diagnosis and discussion on treatment for diabetes.

As usual this was a well-balanced, carefully considered set of scenarios, which gave ample opportunity for making mistakes and picking up new skills. Many thanks to everyone for all their preparation (especially Bill 'Holby City' Malone).

Do I qualify for my Equity card now?

**Trevor Cotton**

## **Training**

### **Log-Books**

Old Logbooks - There are still a few outstanding! New logbooks are now being issued. If you have not yet collected one, there are several in the training officer's pigeonhole. Please sign tick sheet if you take one.

### **CRO Sat Morning 30th June**

CRO showed us round their base, and gave us a brief talk on their call-out procedures and vehicle set-up. We discussed the fact that when our help is needed we would generally be involved in the communications and evacuation above ground. Because of underground working, they have an unusual comms system (known as mole phones), and it would be useful if a few more people from our team had some familiarity with this. We will be planning a joint exercise early next year.

### **Driver Training**

I have now received all the comment forms from Andy Stokes. I am aiming to distribute them to individuals in the near future.

**Note the following Training Programme Changes** (also listed in the diary, p2)

**Training Sun 29<sup>th</sup> July** - Vehicle Recovery / High Lift Jack & Off Tarmac Driving (JE & CM)

**Training Sun 19<sup>th</sup> Aug** - Water Ex (HC)

**Training Sun 30<sup>th</sup> Sept** - Stretcher Lower (SK & PA)

**RAF Helicopter Sun 23<sup>rd</sup> Sept 10am Start** - Stage 1 & Flight (CM) ps. Only one training point!!

**Paul Astle, Training Officer**

### **MRC Casualty Care Course**

A reminder that the closing date for applying is 20<sup>th</sup> July 2007. The timetable is displayed on the noticeboard at Base.

## Legislation, legislation, legislation...

By the totally voluntary nature of Mountain Rescue we 'slip through the net' of having to formally comply with much employment legislation (but we generally aim to achieve a similar standard, as it is often best practice). Legislation that relates to premises (which can include vehicles) is a different matter as 'members of the public' are invited (or carried on a stretcher) into them, so the premises must comply with certain safety-related legislation. The Team, through the Base & Vehicles Working Group, have for many years ensured that things like electrical safety checks and fire extinguisher availability requirements are all in order. But there have recently been two new bits of legislation that have hit us.

Firstly the Regulatory Reform (Fire Safety) Order 2005 (an impressive title that emanated from John Prescott's old department) has meant that we have had to carry out a full review of the fire risks at our Busher Walk Base, then consider if the prevention, control and mitigation measures are adequate. On the basis that a fresh pair of eyes will find the things we have been staring at for years and missed, we joined up a couple of months ago with Langdale & Ambleside Team to do joint review of each other's bases. John Everett and Keith Pittman joined Nick Owen to do Low Fold, then Mark Bains and Nick of L&A, along with John Everett, did Busher Walk. There are a number of actions which will need to be carried out at Base over the next few months, some of which all Team Members will need to know about – so watch this space and attend training. (There will also be some additional costs involved, so please heed Andy's note last month about helping with fund-raising.)

The second bit of legislation is that related to 'enclosed public places' that came into effect on the 1<sup>st</sup> July this year. Basically smoking is not allowed in the Base building or any of the vehicles. The reality is that smoking has never been carried out in them anyway (the few Team Members who do smoke have always gone and hidden behind the metaphorical bike shed to have a drag). However 'The Smoke-Free (Signs) Regulations 2007, SI 2007 No. 923' requires that we display specified notices in specific places in both Base and the vehicles – so we have put them up!

### **Base & Vehicles Working Group**

## Making life easy

When Team activities are carried out in a consistent way, everyone benefits in that things run smoothly and the overall workload is reduced. This not only applies to the major Team activities such as searching and medical care, but also to the more mundane issues of looking after gear and the Base building. So here are four ways you can help the small group that look after Base have an easier life:

- Check your pigeonhole (ideally at least every 2 weeks) and remove mail from it. The pigeonholes are not intended to be a filing system or depository for stuff you don't know what to do with! Some mail has recently been spotted festering in there for months and just think, it could be your share of a multi-million pound Lottery win (or a rather dated Christmas card).
- If there is a message on the answer phone - listen to it, then action it by following it up yourself, or by contacting someone in the Team who can. Please do not just leave a note near the phone, as this may be lost or ignored and could result in the Team losing a donation, publicity or the good-will of those who support us.
- If you have been thoughtful enough to empty some bins in Base – thank you; but please ensure that all rubbish that goes in the wheelie bin is inside one of the pinkish coloured commercial waste bags. (The bags are kept in the green cabinet in the garage.) Our waste may not be collected from the bin if it is not in one of those bags.
- Come along to a Base and Vehicle Working Group Meeting: they are held every 2 months and the next one is on Tuesday 4<sup>th</sup> September at 19:30hrs.

### **Base & Vehicles Working Group**

## Fundraising Notices

### **The Garburn Trail 2007**

With around 600 entries, this year's event was a roaring success. The weather forecast proved to be inaccurate, so instead of the promised rain we had a very warm and bright day, great for the marshals but not for all competitors.

The smooth running of the event was helped in no small part to the excellent assistance given by those who volunteered to marshal. A special mention must go to Peter Clarkson and his group of supporters who not only marshalled on the day, but also manned the Team tent at the finish.

Most marshals have a story about the good natured runners, but one runner had her own story to tell, and was more appreciative than most. A marshal station had to put their First Aid skills into practice and after treatment to her injured ankle

our Team Land Rover was called into action to take the Lycra clad young lady to hospital. The unnamed driver was heard to say " ...Well somebody had to carry her from the Land Rover to Casualty, but don't tell the wife".

The organisers, Graham and Claire along with a big **Thank You** have sent a cheque of £300 for team funds, sponsorship money raised by the runners is still to come in, and we don't know how much this may be. One thing we do know is that it will be very welcome.

Many thanks for your time, good natured patience and cooperation, hope to see you at the same event next year??

**John Everett, Marshal Coordinator**

PS – Could all marshals check that they have handed in their fluorescent bibs and if not, please return them to base asap.

#### **Collections**

Tebay Services	2 June	£1,032.49
Asda	9 June	£683.34
Asda	16 June	£594.79

Many thanks to everyone involved.

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

A reminder that this year's theme is "People of the World". We are doing 'Scotland' so search out your kilts, tartan car rugs or even tartan pyjamas! Any suggestions about music to me ASAP or you will get my personal choice of tunes again.

**Chris 'McSporran' Marsden**

### **Free Air**

A belated thank you to all who recently helped change from winter to summer wheels on both Land Rovers. What should have been a simple operation turned out to be a bit of a marathon. Wheel nuts that should come off relatively easy were partly seized, and the professional power bar borrowed from a mechanic broke under the force needed to release the nuts. I was not a happy vehicle officer, and then we tried the standard wheel brace: that almost broke too, more moans.

At last all ten wheels were changed (that's 46 nuts), we then have to check the tyre pressures, and yes they needed adjustment, sounds simple, but due to the lateness of the day and the only air line being at the other end of town, another reason for the vehicle officer to moan. And did I moan, you bet, moan as only a fully trained vehicle officer can (it doesn't come naturally, one has to practise these skills).

Having apologised to my good friend Mike the Bike and retold the sorry tale (complete with expletives and more moans) it turns out that the benefit of borrowing professional quality tools is that they have a lifetime guarantee and are replaced f.o.c.

Mike specialises in BMW and Porsche cars and recently had a request from the owner's clubs to hold a skills workshop. Mike agreed, but made it clear that he would not charge a fee, instead a contribution from all who attended would be required for two of his favourite charities.

A visit one evening from Mike with cash specifically raised to buy an air compressor and hose complete with tyre pressure gauge was not only a surprise but very welcome. Two new (strong) wheel braces have been acquired and all wheel nuts (all 46) have been attended to. So now we are the proud owners of a free compressor, and an unlimited supply of free air, and a relatively moan free vehicle officer, all courtesy of a very good friend of the team Mike the Bike. Thank you Mike.

**John Everett, Vehicle Officer**

### **Liz Parkes**

The Team wishes Liz all the best for the future following her retirement from both work and the Team. She is leaving the area and moving up to the Scottish Highlands to do lots of walking, cycling and canoeing. Liz has been a Team Member for a number of years, initially joining to 'help with fund-raising'. In reality she was very active in fund-raising (being Fund Raising Officer until she stood down at the last AGM), giving talks, being a member of the Base cleaning rota, providing operational support as a radio operator at Base during many a call-out, as well as searching and stretcher-carrying on call-outs when we were short on hill-going numbers.

Many thanks for everything you've done for the team Liz.

## POTY nominations please...

It has been reported that in 2007 there appears to be a direct correlation between the number of callouts and the number of POTY nominations - there have not been many! Anyone vaguely associated with Team can be nominated for the Personality Of The Year award. The reason for nomination can take many forms, 'good works', 'something silly', etc (although it must be admitted that it is normally 'something silly' that dominates!) Whilst the award ceremony is not held until the Team Dinner later in the year, nominations are accepted all year long. All nominations are in strict confidence (ie the nominee never knows who stitched them up). A few details are all that is needed, factual accuracy is not too important. Before your memory of the past 6 months just becomes a fuzzy blur please let the POTY guru, Keith Pittman, have your nominations (e-mail, scrap of paper, phone call or whispered word all accepted).

## Burgers and Bats

A big thank you to Langdale & Ambleside MRT for setting up the social evening on 6th July, held in the idyllic setting of Ambleside's cricket pitch. Ignoring all due deference to the hallowed turf where willow makes contact with leather, we played rounders. To demonstrate our expertise at the sport we did not start until both suitable large quantities of alcohol and barbecued meat had been consumed. A novel method of randomly selecting the two teams resulted in one side having 10 players and the other about 25.

This did not appear to have as significant an effect on the end result (an agreed draw if you are interested) as did two other factors. Firstly there was Leo (currently on L&A's 'sick list') using a over-sized American baseball bat to attempt to send the ball miles, followed up by dramatic runs and diving catches when fielding. Secondly there was our own Ian 'Slasher' Johnson who managed to cripple half his own side by slide-tackling them as he ran into each base. The first drink and all the food (and mega-size barbecue) were provided free by L&A, with cooking by Rob Brookes and Eddie Harrison ably assisted by their catering assistant Sue Brookes. All there had a very good evening.

## Caption Competition

Congratulations folks – you've pledged enough money for us to secure exclusive rights to the photo of Les in a bra following his Edinburgh MoonWalk.

All captions gratefully received (oh, and well done Les as well!)



## Contacts

E-mail  
[larissa.robson@tiscali.co.uk](mailto:larissa.robson@tiscali.co.uk)  
or  
01539 733505  
or  
Editor's pigeonhole in base

or by post to:-  
**Newsletter Editor**  
**Kendal Mountain Rescue**  
**Busher Walk**  
**Kendal**  
**Cumbria**  
**LA9 4RH**

Copy deadline for next issue: Friday 3 August 2007

**Thanks to Prontaprint of Kendal for copying services**