

# Mintcake



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Reg. Charity No. 259539  
June 2008

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Marigolds at the ready! It's base spring clean time! Many hands make light work but unfortunately this is not a traditionally well attended team event! Buck the trend. 21<sup>st</sup> June. Be there.

## Editor's Comment

Bits of this issue to highlight – don't forget TWO Wednesday trainings with CRO, don't forget base spring clean needs YOU and so do the 75<sup>th</sup> anniversary of Mountain Rescue celebrations. Read on.

*Kathy*

## 100 Club

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

1st:	37	Mr. Michael Proctor	£10
2nd:	28	Mrs. Barbara Minton	£10
3rd:	89	Dr. John Gorrigan	£5

*Peter Clarkson*

## Mintcake Nibbles

- Congratulations to the three latest members to complete their provisional year; Kevin Pennells and Sarah Nield both become full hill-going members and Harry Ashcroft has opted for Operational Support.
- Simon Thorn has stood down as social secretary and been replaced by Sarah Nield and Pete Munford – have fun guys!
- Lookout for a write up of the incident on the recent Gimmer Crag incident (which one?!) in MR Magazine.
- Torchlight is galloping ever closer and Chris Marsden is STILL waiting for all your great ideas on the theme of "North, south, east and west, Kendal is still the best"
- Does anybody have any squirrel suits? Please can Chris borrow them ?!

## Callouts



### 8th May 14.36 hrs

Gimmer Crag again?! The team was called to assist the Langdale & Ambleside Team with a climber who had fallen, stripping out two runners, on Gimmer Crag in Langdale. The climber had broken his ankle in the fall and was evacuated to the valley for onward transport to hospital.

### 13th May 02.40 hrs

Yes, 02.40 hrs! The Team's Leader Group was paged and asked to join a search for a missing person in the Farleton area. In view of the hour, it was decided not to call the whole team out at that stage. A small search team and a couple of search dogs were mobilised and were on route when the individual was found by the police at 03.14 hrs. All that adrenaline and nothing to do with it!!!

### 26th May 21.40 hrs

The Team was called to assist North West Ambulance at an incident near Huck's Bridge, Borrowdale (North of Kendal). A 19 year old male had fallen from a quad bike into a gill sustaining multiple injuries including a suspected neck injury. Team members assisted the ambulance crew in carefully transporting the casualty up the steep bank of the gill to the waiting ambulance.

### 30th May 15.30 hrs

The Langdale & Ambleside Team called for our assistance to evacuate a female with an ankle injury from Crinkle Crag. The teams ascended The Band, the casualty was located and she was stretchered down into Mickleden. At the top of The Band, however, the teams came across another casualty, this time a male with a knee injury. Three unfortunates were sent back down The Band to get a second stretcher and cas-bag. We got back up just in time to see an RAF SeaKing land and take off with the second casualty. Everyone thought that the helicopter was just going to drop the casualty and one of our team members in the valley bottom. However, the helicopter was already carrying another casualty from an incident on Sca Fell (Wasdale Team's job) and it was running short of fuel. So our casualty and team member found themselves on the helipad at Whitehaven Hospital. Their journey back from there, that's another story!!!

### 31st May 12.40 hrs

The Team assisted a female runner on the Garburn Trail Race who experienced a recurrence of a leg injury and had to withdraw from the race. She was given pain relief and transported back to the event field in Staveley.

### 31st May 15.00 hrs

Another incident on the Garburn Trail Race. This time a male runner collapsed close to the end of the race and he was treated by team members, first responders and paramedics until an ambulance arrived.

## What's On

### Wednesday 11 June

Training: Joint Exercise with CRO 18:30

### Saturday 14 June

Collection at Marks and Spencer

### Wednesday 18 June

Training: Joint Exercise with CRO 18:30

### Saturday 21st June

Base Spring Clean: 09:30

### Wednesday 25 June

Equipment evening: 19:30

### Sunday 29 June

Training: Basic Ropework 09:00

### Tuesday 1 July

Base and Vehicles Working Group: 19:30

### Wednesday 2 July

Main Committee Meeting: 19:30

### Saturday 6 July

Collection at Asda

### Wednesday 9 July

Training: Search Techniques: 18:30

### Saturday-Monday 12-14 July

Swiftwater Rescue Technician Course

### Saturday 20 July

Team Barbeque at Grayrigg: 17:00

### Sunday 27 July

Training: First Aid – Trauma Teaching: 09:00

### Wednesday 30 July

Equipment evening: 19:30

### Wednesday 6 August

Operations and Membership Meeting: 19:30

### Wednesday 13 August

Training: Ropes Course – Team-building: 19:00

### Wednesday 27 August

Equipment evening: 19:30

## Training

### Training Program for July to December 2008

	Date	Training	Organiser
July	Wed 9th	Search Techniques	LT / IH
	Sun 27th	First Aid - Trauma Teaching	DW / AA
August	Wed 13th	Ropes Course - Team Building!!	PM / Kev P / AB / DA
	Sun 31st	Simulated Callout To Assist Coastguard & Bay Rescue	HA / PA
September	Wed 10th	First Aid - Basic Life Support & Defib	AA / EH
	Sun 28th	Water (For the whole team)	HC / AD / SK
October	Wed 8th	Coroner's Officer	KP / Paul Burke
	Sat 25th	RAF Helicopter (Stage 1) Night Navigation	CM / KJ
November	Wed 12th	PPE Inspection & Testing	Kev P / DJ
	Sun 30th	First Aid - Medical Teaching	AA / JH / BM
December	Wed 10th	Search Management (Table Top Exercise)	KP / TC
	Sun 28th	Orienteering	GR / HA

Driving - General Driver training and Blues and Twos training will be organised in the course of the year.

If you want to get on the driver list you need to (in accordance with the team policy):

Be a full team member, age 25 or over and meet the minimum age specified on the insurance policy.

Obtain a medical form from Training or Medical Officer and get your GP to complete the medical form. (If your GP plans to charge for this, speak to Abby Astle first).

Hold a full UK driving license that must be seen by the Training or Vehicle Officer.

Obtain a driver form from Vehicle Officer, complete it and return it to him.

Arrange to go for a drive with Simon Thorn (Tel. 01539 729033).

If you want to maintain your current status on the driving list you must:

For a General Driver do 3 reasonable drives a year in a team vehicle.

For a Callout Driver do 4 reasonable drives a year in a team vehicle (Need not be callout drives).

If you would like to take a vehicle off tarmac, contact: Chris Marsden (Tel. 07593 326640), Steve Kelley (Tel. 01539 731698) or Kevin Knowles (Tel. 01539 741942).

Logbooks - Logbooks are due in for review during the first week of October. There is now an action plan in place for those that don't!

Swift Water Techs - Joint training with L&A and Fire & Rescue for qualified swift water technicians in latter part of the year (date(s) to be announced).

### **Cave Rescue**

A reminder that joint training has been arranged with Cave Rescue in June over two Wednesday nights. The aim is to find out how underground operations work and the roles we might find ourselves in during a cave rescue, as well as getting to know a few faces. Over recent years, we have had several call-outs where we have worked together with CRO.

Please try and attend one or both of these sessions. We will not be 'going caving' as such. Although I understand that the early start times may be a problem, they are necessary to have a worthwhile evening with a reasonable finishing time.

#### **Wed 11th June - Leaving Kendal base 18.30**

##### **Location - Ingleborough Hall.**

Two groups:

**Group 1** - Techie group looking at the rigging aspects of a cave rescue.

PPE - Helmet, harness & cowstails (couple of slings & crabs).

**Group 2** - Surface group looking at communications.

PPE - Helmet & Torch.

#### **Wed 18th June - Leaving Kendal base 18.30**

##### **Location - Kingsdale.**

We will be doing an exercise evacuation, assisting CRO.

PPE - Helmet, torch, & waterproofs.

**Paul Astle**

**Training Officer**

## **75th Anniversary Celebrations**

Volunteers are still required to help out with various aspects of the celebration day programme.

If you are available to help out contact;

Chris Marsden, to join the "It's a Knockout" Team

Kath Jackson or Steve Kelly, to help out with the water rescue demonstration (you don't have to be a SRT!)

Harry Ashcroft, to help with navigation clinic

## **Exercise Reports**

### **Sunday 18<sup>th</sup> May 2008: - Awkward Evacuation**

It was a cold, wet Sunday morning when the team gathered for the helicopterless exercise... Actually we had a pleasant, sunny day extracting Kevin and Keith, after a quick search, from Cleft Ghyll.

Dave Ritchie took charge of the search and overview while Harry and Trevor acted as control. Sarah did a grand job as Cas site Control delegating two others to report to her on what was happening and what was required at each of the two sites, enabling us to keep tabs on which kit went where.

It was good to see Les working his dog which was a useful asset.

**Chris Marsden**

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

## Callout Report

### Just Another Callout?

*'Callout L&A assist, Three Tarns. Base asap. Andy D. 15.31 Fri* the pager message said - sounds like a fairly normal callout. On route we hear that the casualty (shall we call her Cas1?) with a lower leg injury is not quite where expected –again, fairly normal. As we arrive at Stool End Farm in Langdale the message is that L&A team members have all the kit needed so will we just head up the Band. We hear that Cas1 has been found – a straightforward carry-off then; so we carry on up to meet the stretcher party (or if we are lucky the RAF helicopter working on the two call-outs Wasdale team have on may be able to give a hand!).

What's that Nick? You have met up with a group of three walkers and one of them (Cas2) has a very stiff and painful knee, as well as being very tired – yes a few of us will wait for them and then stay with them on their very slow descent to the NDG in the Langdale valley. A mixture of borrowed walking poles, food, drink, rests, Steve Craw's medical attention and pain relief (along with the normal banter) sees us slowly descending down the Band. Cas1 has been taken a steep, but quicker, way down to the valley and is close to a lift in an L&A vehicle. Reinforcements make their way up to our slow group (stretcher and cas bag with them); the decision is made to get the stretcher ready for a carry of Cas2.

What's that? There is a helicopter available to use in Langdale! No need for it for Cas1, but a quick lift down to Stool End Farm for Cas2 would be nice for both him and us; no he probably doesn't need medical treatment just a bit of rest & food. A nifty bit of flying by the Leconfield crew sees the helicopter land on a small flat bit of land the size of, well, a helicopter. Andy has a quick chat with the winch-man; they don't have much fuel left but can just do our quick trip before they are off to Whitehaven Hospital, then to refuel. Cas2 welcomes the chance for a quick trip to the valley bottom, I'll go with him to help him in and out – an easy trip for me. (Getting a lift down by helicopter; one of those blue-moon events, must be my lucky day!). As we strap in, I notice an empty Bell stretcher inside the helicopter; oh and another casualty (Cas3) in the rear-most seat is in a poor way, arm in a sling, head bandage, a fair bit of blood and generally not looking too well. I am told the helicopter has less flying time than thought so we are immediately off to Whitehaven for a very quick unload of both casualties before the helicopter flies to Barrow to refuel; then it has to go to Wasdale (did we know that there is another helicopter down in Wasdale with mechanical failure?). Do I want to get out at Whitehaven or stay with them? No, Whitehaven is fine thanks. I decide that this is not my lucky day.

We land at Whitehaven hospital helipad (just on the far edge of the hospital grounds); there does not seem to be any ambulances or teams of medical staff to meet us. What, fuel is very low so can I get out with both casualties pretty quick? Oh, here is the empty Wasdale stretcher for you as well. We are out and the helicopter is off, where is everyone? Ah good, a man in a fluorescent jacket by the gate to the helipad compound. Funny the jacket has 'NCP Parking' on it. (The day progresses from not being a lucky one, to just being surreal.) So you had just come to lock up the helipad compound following the last time the helicopter came in with a female casualty (Cas4), how do we get to A&E? No I don't want to walk all around the perimeter road whilst supporting a casualty with each arm thank you! Cas3 is not in a good way, but NCP man is now being very helpful and finds a wheelchair – after a good 5 minutes walk / push around the hospital corridors we arrive at A&E reception. I say we have arrived by helicopter (what, you weren't expecting one?) I have casualties from two different MR incidents; Cas3 is in need of fairly urgent attention.

Cas2 finds out that even if he wanted to be seen by A&E it will be a few hours wait; we agree to go. A taxi to Keswick to meet a Kendal team vehicle travelling up from Ambleside should sort travel out in the quickest time. Ah, the wallet of Cas2 is in his rucksac which is somewhere in Langdale; my wallet is somewhere in Kendal. A phone call is made to Low Fold, asking them to ensure whoever comes up to Keswick to bring some cash. The taxi driver (friendly and chatty, but rather large and with big arms covered in tattoos) who picks Cas2 and myself up from A&E is happy to take us to Keswick MRT's base for £43; yes, I assure him, the cash will be brought there. We arrive at a deserted MR base in Keswick, but 5 minutes later Mobile 1 turns up with Andy Dell at the wheel. I almost skip out of the taxi to greet Andy, "Can I have the cash please?" The response of "What cash?" was not the one I wanted. A prolonged discussion takes place with the taxi driver then, via mobile phone, with his boss; eventually it ends with them accepting that we did not intend to defraud them and we will get a Team cheque in the post to them tomorrow. Andy and I drop off Cas2 to the care of his two walking companions. They willingly donate more than the taxi fare and promise a further donation (whilst all the time giving their limping friend plenty of stick). Andy & I get back to Buser Walk about seven hours after this not quite normal callout started.

**Keith Pittman**

## Base and Vehicles Notices

### Spring Clean

Please make an effort to free up some time on Saturday 21<sup>st</sup> June to help out – 10a.m. if we have a good turn out the jobs are spread out and it will not take long leaving plenty of time to go play afterwards.

### Water Rescue

After feedback from recent water incidents and training there are now gloves in the pockets of each rescue buoyancy aid and head torches attached to the helmets.

### *Base & Vehicles Working Group*

## Caption Competition



“Try to stop scratching them Keith - they’ll give you some cream when you get to Whitehaven hospital!”

## Contacts

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