

Mintcake



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

Reg. Charity No. 1125680
March 2010

This Month

100 Club	1
Editor's Comment	1
February Caption Competition	1
Mintcake nibbles	2
Callouts	2
Exercise Reports.....	2
Nearly Exercise Reports	3
Bucket Collections	3
Mountain Rescue Awareness Day 3 May.....	4
New Orders	4
Fleeces for Africa	4
Team Computers.....	4
Web Site.....	4
The KMSRT Agony Column.....	4
Allotment Corner	5
Stop Press.....	5
Contacts	5

This months Caption Competition

Spotted on Red Screens



"What did the Team Leader say to the Treasurer?"

100 Club

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

1st	Mr & Mrs J Everet	£15
2nd	Liz Parkes	£10
3rd	Mrs D Owen	£5

Peter Clarkson

Editor's Comment

Not much news, sorry.

Dave

February Caption Competition

Last months winner was Tony Womack with "Adam looked on nervously as Paul prepared to demonstrate the new all weather rectal thermometer, although it was the emergency extraction device that Kath was holding which concerned him more". A lifetimes subscription to Mintcake is yours – congratulations.

Mintcake nibbles

Both the April Exercises (Wednesday 14th @ 19.00 and Sunday 25th @ 09.00) involve getting out from Base not long after the exercises start. So please be 'booted & suited' at Base just a bit before the start time. Yes, you will need all your kit; and yes, you will be out in the dark on the Wednesday

The planning application to extend the tyre store for the new swiftwater kit has been submitted to South Lakeland. Whilst it is unlikely to be controversial, it would not harm to write to them to say how important this is for the team!

Callouts

20 February 2010 16.15hrs

A male sustained a suspected (and very painful) hamstring injury after slipping on ice. We were called to assist the Langdale & Ambleside Team in stretchering him down from the east side of Stickle Tarn to the valley floor. He was then transported to hospital.

2 March 2010 21.15hrs

The Team's Leader Group were paged by the police following a report of a flare being seen in the area of Boundary Bank near Kendal. Enquiries were made but this was a one-off sighting and there were no other reports. It was agreed with the police that no further action would be taken unless there were further reports and/or information. The rest of the Team was not paged.

Exercise Reports

Water Specific First Aid Training - or- Mythbusters visits Kendal MRT

The Gas Care manual only has a couple of pages on cold water, whereas "Essentials of Sea Survival" by Mike Tipton and Frank Golden is (understandably, given the title) more comprehensive and based on good solid research.

The history of the situation is vital as it dictates the possible treatment. Time, as well as whether the casualty has been immersed or submerged are important factors. In all near drowning circumstances it is critical that the casualty is removed to hospital as even a mouthful of water in the lungs can trigger Adult Respiratory Distress Syndrome – which can only be treated in hospital.

Managing the patient. Remember A B C D E, - the system works for everything!

Hypothermia – Factors include: clothing, air/ water temp wind chill, injury, body morphology

Myth 1: Water at 0°C kills due to hypothermia in 4 minutes. In fact it would take about ½ hour for hypothermia to become critical, because the body tries to keep heat in the core.

Cold Shock – an immediate physical reflex that the mind cannot over-ride. It is the gasping when the body suddenly hits cold water. Peripheral circulation restricted, boosts blood pressure, possibly to critical levels to cause heart attack. Can double heart rate and reduce the time for holding breath to about 10 seconds. As it is a response from nerves in the skin sub cutaneous fat does not help. (However, it is possible to condition the body to a certain extent to reduce the effect)

What's On?

Wednesday 24 March

Equipment Evening 19:30

Saturday 27 March

Training: Water rescue and evacuation 09:00

Wednesday 7 April

Ops and Membership 19.30

Wednesday 14 April

Training: Search Techniques 19:00 Prompt

Friday 16 April

Collection Asda

Saturday 17 April

Collection Kendal Town Centre

Sunday 25 April

Training Search & Evacuation 09:00 Prompt

Wednesday 28 April

Equipment Evening 19:30

Saturday 1 May

Collection Tebay Services

Sunday 2 May

Collection Tebay Services

Monday 3 May

National MR Awareness day(base open day)

Saturday 8 May

Keswick to Barrow

Wednesday 12 May

Medical Teaching

Sunday 23 May

Rescue & Evacuation

Swim Failure – is incapacitation due to constriction of blood vessels in the limbs. It can occur as quickly as two minutes after immersion. (This is what kills, not hypothermia)

Myth 2: Clothes drag people down – they don't weigh anything whilst in the water, but can still reduce heat loss.

Rescue Phase

Due to hydrostatic squeeze, blood pressure drops as the body tries to equilibrate with the pressure the water is exerting on the body. It is important that a casualty is removed the water horizontally otherwise removal from the water can suddenly cause hypotension

People in water rescue situations are highly stressed (!) and the sudden relief of stress can also kill. Various methods for keeping people stressed were discussed

Myth 3: Contrary to what Hollywood suggests turning people upside down to pump the water out does not work - the body will sort itself out.

The best thing to do with a wet casualty is to wrap in polythene and not to remove clothing.

There was some discussion as to how often as mountain rescuers we were likely to find a near drowned casualty. However, the risk could be to team members whilst doing river searches or in assisting in flooding situations, so it is important we know this stuff!

The decision as to whether to start CPR on an unconscious casualty is complicated and depends on history.

- No breathing following a short immersion may be remedied with a couple of strong breaths, but the first thing the casualty will do is vomit.
- Submersion – there is a chance that a casualty could be revived if sufficiently cold, although this should be done in hospital. Children survive much longer than adults in this situation
- Immersion – if the casualty is not hypothermic, but unconscious they have a lower chance of survival

Dave Hughes

Nearly Exercise Reports

Winter training in Scotland was canceled due to too much snow. (Whatever next? driver training canceled due to too many vehicles perhaps? -Ed) The decision was not taken lightly but after discussion with Paul who was on scene it was the right decision. (Some people made it up and some photos are on the website-Ed)

Eddie Harrison

The night navigation exercise was also cancelled due to the call out and whilst rescheduled for daytime Sunday did not go ahead due to poor attendance.

Bucket Collections

Two collections so far this year

Morrisons 23 rd January	£629.19
Booths, Kirby Lonsdale 20 th February	£733.08

A couple of extra dates have been confirmed

July 24 th	Marks and Spencer
October 23 rd	Booths

The important ones coming up are the 17 April in Kendal Town Centre (*lets hope it is a bit drier this year –Ed*)

And

Tebay on 1 & 2 May – we need 24 collectors as we are doing both days again as it was very successful last year

Peter Clarkson

Mountain Rescue Awareness Day 3 May

Chris Marsden asks: Could anyone with any photos of the team or team related stuff please email them to him or the Editors address or put them in the Editors pigeon hole.

The plan is still to have an open day at base on Monday 3 May (the Bank Holiday) All volunteers welcomed!

New Orders

The directors had a meeting and the standing order Duties and Powers of the Management Committee has been altered. There are hard copies of this at base or electronic versions in the members area of the website.

The Management

Fleeces for Africa

Coniston team are collecting any old personal fleeces, any size to go to people in Africa. If anyone has anything leave in base with my name on. I am away from Wednesday 10th to 24th but will pick them up when I get back

Pauline Speak

Team Computers

Any computer running Windows XP or later that isn't needed will be gratefully accepted to set up a stock of spare parts. In particular, if you have an old dial-up modem, we'd like the thick cable that connects the modem to the computer for use in Mobile 2.

Base & Vehicles Working Group

Web Site

In keeping with the watery exercise theme

<http://www.deathbeforeportage.co.uk/> -despite the grisly name can be a good source of river knowledge.

Tim Ternet If anyone knows any other useful websites please let Tim know via the editor.

The KMSRT Agony Column

Dear Honor, I am writing with concerns about a member of our team. He has an important position within the team which is to do with training but I cannot mention Paul by name. Not only has this person become immersed in his quest for the ideal training manual, but, it appears that he has also become obsessed with team members bowel movements! Comments such as "Good Log", "An excellent Log" & "Well constructed and presented Log" seem to confirm this, he has also expressed his desire to "Check all team members logs every 6 months". Hope you can help. **Ms Carrie Beener**

Dear Ms Beener, I actually had a similar problem reported to me some years ago by that nice Mr Jean Luc Picard who had been suffering across various star dates and was having problems with his captain's log. Apparently a few doses of syrup of figs soon sorted him out. Perhaps, however, the problem that you have highlighted is more serious. There may even be something of a trend in the team to indulge in this kind of behaviour as I have heard rumour that the medical group are heavily in to log rolls! Perhaps it would also be best if we did not probe too deeply the motivation of the team member who lists among his interests the hobby of collecting toadstools. Anyway my dear, if you can't persuade the individual concerned to moderate his behaviour and just allow other team members to do what they wish with their logs I think there is only one solution. You will just have to put the matter to the Management Committee and ask them to pass a motion. **Honor**

Honor Corlowtt

Allotment Corner

Allotmenters and vegetable gardeners are invited to an informal meet up to swap seeds, organise bulk purchases, chat and drink at Wetherspoons from 7pm on the last Monday of the month.

Doug Patch

Stop Press

Andy Dell was offered a last minute appointment for his other leg operation. This was done on Tuesday (16th) and he is now up and running (well not quite) and back home.

I visited him today and all is well, the op was very successful and seemed to be a lot easier this time.

Eddie Harrison

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or

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or by post to:-

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