

Mintcake



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Reg. Charity No. 1125680

May 2010

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What's On?

Wednesday 9 June

Rigging for Rescue

Sunday 27 June

Rescue and Evacuation

Saturday 3 July

Team Barbecue

Saturday 12 June

Collection Asda

Wednesday 16 June

Offroad driving

Saturday 24 July

Collection M&S

100 Club

The winners in this month's 100 Club draw are:

1st	R A Wetherburn	£15
2nd	Dr S. Milligan	£10
3rd	Mr P. Gray	£5

Peter Clarkson

Editor's Comment

Firstly, Apologies for the delay – this was nearly finished last Wednesday but a pesky callout got in the way!

Following a small amount of confusion caused by 3 Dave's in a Kisu on the Search and Evacuation exercise, I will be endeavouring to use the radio call-sign "DBH" to distinguish me from Dave **Ritchie**, Dave **Winchester** & **Dave** Howarth.

DBH

Mintcake Nibbles



The dates for the MRC CasCare training are on the wall planner in base, as well as a signup list



Additional Offroad driving date 16 June has been arranged – see signup list at base



In last month's Mintcake there was mention of the new audio/visual system in place at Base. If you want to know how to operate it (it really is easy), have a word with Keith Pittman or John Fitch. If you are running a training session at Base and want to use the projector to show MR Map, PowerPoint, Word, web sites, good music, etc using a DVD, CD, memory stick or via the internet..... all fine; but if you have a video tape you need to show, then a slight bit of forward planning is required. You need to contact Matt Burke a couple of weeks before you session and let him have the video tape; he will then get it transferred onto a DVD so you can play it in the new system. However if you want to use shadow puppets, you will still need to bring your own sheet.



Team Barbecue at Punchbowl House, Greyrigg 3 July from 6pm. Bring your own food and drink! Full advert next month!

Caption Competition & An Apology



Due to an uncharacteristically poor response to last months competition, this month a picture from a different perspective.

An Apology.

As I normally leave minor details like the caption competition to the Sub-editor (caption competition) / tea boy, I was alarmed to receive the following in my Inbox this month

“Dear Editor,

It is well known that Mintcake is a publication that has very high standards. The Editors (past & present) do not exaggerate and are always scrupulous in their checking of facts. With that background I was shocked to see such a factual inaccuracy that occurred in the April edition. The text accompanying the Caption Competition stated that the picture was from the archives - implying it was years old; this was clearly not true as when I looked in the mirror saw the Team Member in question the other day he looked just the same.

Regards,
Anon”

As Editor, I apologise unreservedly and insincerely to the team member concerned. May I also apologise to the owner of the original photograph. The glass photographic plate the original image was on got damaged during the digitising process...

Callouts

10 May 2010 20.00hrs

We were asked to assist the North West Ambulance Service with a casualty who had fallen from a mountain bike at Fell Foot Brow. As the Team was assembling, we were told that an ambulance crew was with the casualty and we were stood down.

Exercise Reports

Sunday April 25th 2010 Search and Evacuation

The idea of the exercise was a simulated search and evacuation call-out to take place in the Howgills. I arrived at Base to find the call-out already in progress, in so much as one vehicle had been dispatched and the others were being prepared. Coming in from Grayrigg, for me this was true to life. But unlike most call-outs, we had two pre-Provisionals on their first day with the team.

With comms. being such a problem in the Howgills, Mobile 2 was sent to the top of Dillicar Common to act as a forward control. Those with M2 had to organise the running of the call-out under the watchful eye of Observer Harry. I and four others were packed into the second Landrover, and sent to Gibbet Hill to start our search pattern up the gullies on the western side of Uldale Head. We were further split into two groups as the gullies separated higher up, eventually regrouping on Archer Moss.

In the meantime we had a radio message that the laptop in Mobile 2 was not functioning, precluding the use of GPS tracking and MR Map. The control team coped admirably without it, but it showed how reliant we are becoming on new technology in the space of a few years. And also how useful this technology is when it is working.

Again the scenario began to match my experience of a real call-out. Jo (one of the pre-Provs) and I were asked to check the summit of Uldale head, then drop down to a sheepfold and return to the summit. As we dropped out of radio contact, the first casualty was found quite a way away on the other side of Carlingill. We only sensed this when we reascended from the sheepfold into a blizzard of radio traffic. We were reassigned to drop down into Carlingill and follow the gill back to Gibbet Hill in a sweep search for the second casualty. This we did, but as we scrambled down the slippery rock into the gill bottom we were intensely aware that everything was happening somewhere else, and that due to the distance and time we were unlikely to catch up with events. And we returned to the vehicles empty-handed, as the second casualty was found somewhere above the first.

The group at the sharp end of the call-out had by this time carried out the first aid, and started the lengthy carry-off. They were joined by as many of the rest of the team who could make it. I took Mobile 1 over to Fairmile Gate to await their arrival. We finished with two practice runs of loading the stretcher into M1.

Back at Base Keith (who had organised the exercise) assembled us for a debrief. Learning points were:

- 1) Comms. always require a forward base when working in the Howgills.
- 2) Time spent practising loading the stretcher is never wasted.

Keith apologised for the fact that there had been a long carry, but felt that in the interests of the exercise it was necessary. As one who avoided the carry, I have to say I agree. Thanks, Keith, for a very realistic scenario.

Thanks also to David Garriock, the first casualty

Ian Johnson

12 May - Maintaining an Airway – without making a complete “ash” of it!

Yes, the title obviously confused Winch too as initially he rambled on about volcanic dust from Iceland, air traffic control and Easyjet. He soon realised, however, that he should probably be providing some medical training for the team. Even team members seemed to understand the importance of maintaining a patent (open) airway and, no doubt re-assured by this, Winch then took us through a short presentation. He discussed how we might deal with a physical obstruction to the airway - using horrendously long McGills forceps (which looked like they might be effective from either end of the casualty and are now carried in the medisac!). He then looked at the options for maintaining a patent airway in a casualty with breathing difficulties including the oropharyngeal (Guedel) and the nasopharyngeal airways (both of which most team members were familiar with). He went on to show us the “gold standard” endotracheal tube which can only be inserted by fully trained medical staff who also need to use a laryngoscope (looks like a small ice axe with a light on the end) – not for the faint-hearted! Last but not least, we were introduced to the Laryngeal Mask Airway (LMA) which appropriately trained team members might be able to use. The procedure for using “bag-valve-mask” ventilation (with oxygen introduced at 15 ltrs/min) was also discussed and it was noted that this operation was much easier and more effective if the bag was used with a tube connection to an LMA or an endotracheal tube.

Then came the most difficult bit. Team members were asked to count from one to three so that we could be split into three groups. Mathematics has never been one of the team's strengths.

In Bill M's group we were taken through the logical process of identifying breathing difficulty and a compromised airway. We then discussed how to choose the most appropriate airway to use. All airways (with the possible exception of the nasopharyngeal) would be likely to trigger the vomit reflex in a conscious (and often semi-conscious) casualty – perhaps this is where the erupting volcano comes in? Bill stressed the importance in preventing any vomit from entering the lungs and this highlighted the value of the LMA which has an inflated cuff which forms a protective seal around the entrance to the trachea. It was suggested that as neither the oropharyngeal (Guedel) or the nasopharyngeal airway provided a “protected” airway, these should (ideally) only be used until either an LMA or an endotracheal tube could be fitted.

Winch's group practiced the “bag-valve-mask” ventilation technique on a Resusci Anne and noted how difficult it was to maintain a seal between the casualty and the mask, particularly when trying to perform the procedure single-handed. An assistant to maintain the chin lift and hold the mask on was found to be very beneficial.

John H's group were instructed in the technique of inserting the LMA and inflating the cuff. This was then practiced on a medical mannequin. Not difficult but you need to be quite brave!

This excellent evening was rounded off by a viewing of “video nastys” (neatly demonstrating the new projector) from the internet depicting the insertion of LMAs in real casualties, including a doctor who was fully conscious with a local anesthetic having been administered to prevent the vomit reflex. So back to erupting volcanoes again!

John Fitch

A Counsellor writes

Team members often give talks to outside groups and organisations. Recently John Fitch and Keith Pittman gave one to the North Lancashire Counselling Service. Their secretary, Ray Green used to be on the team and organised the visit. Afterwards as well as the usual thank you, they gave us a little feedback on the evening

We had a brilliant time with Kendal Mountain Rescue, and were very well looked-after. It was very real because the team was on a call-out when we were due to start.

Once we were all comfortably installed with a cuppa, Keith showed us some slides and gave us a talk about the organisation - its people, teamwork, equipment, communication systems, funding, organisation. There was a very strong emphasis on teamwork and the fact that everyone is a volunteer. On one or two of the slides there was a rugged-looking bloke called Ray who was, somehow, familiar! Then we went and had a look at the vehicles and equipment - all fantastically well planned and organised, and ready to roll more or less immediately. Afterwards we went back upstairs for a general chat, which could have continued late into the night if we hadn't had homes to go to!

Some of the things that struck me were:

- the fact that they are all on call 24/7
- their teamwork, organisation and dedication
- that they can be called on to help with anything that happens in the great outdoors, including in towns
- the colour-coding of their equipment and precise and efficient ways of packing their sacks and vehicles
- how they try to offer unconditional positive regard, even to someone who goes out unequipped
- how their work can be traumatic and extremely challenging, emotionally as well as physically

I guess we all got different things from the visit - a fantastic evening and big thanks to Ray for organising it!

Keswick to Barrow Walk

Three team members and 16 fellow walkers representing the team took part in this years 40 mile walk /stroll /run /hobble from Keswick to Barrow. It is not sure how John Hall manages to persuade his friends to partake in this event but it has been rumoured that once they sit in the dentist chair he explains that the treatment SHOULD not hurt and do they fancy a Saturday morning stroll?.

Team members were John, Tony & Pierre

Fellow walkers were Josh & Tom Betoine, Scott & Beth Postlethwaite, Martin Haslam, Annaliese Pattinson, Kim Ball, Dave Barber, Dave Cope, Colin Henderson, Roger Wilkins, Lisa Leahy, Jo Gaynor, Rod Berry, Dave Williams & Heather Scarrott.

Many Thanks to Gillian & Peter Llewelyn who provided welcome support and encouragement at the Lowick stop. Lest we forget our fellow early risers who volunteered as drivers and supporters at the Dunmail Raise stop, Keith, Kath, Ian & Simon.

Tony Womack

MRC Cas-Care Course

The dates and a sign up list for the Cas Care course starting in September are up on the year planner at base

Bucket Collections

£1643 was collected at Tebay Services on the 1 and 2 May.

Peter Clarkson

Mountain Rescue Awareness Day

Was a success, £45 was added to funds and the Land-Rover tyres were changed back to summer set

Base and Vehicles News

Work has started on the conversion of the Tyre Store to a larger 2-part store (all the water rescue kit [existing and new] at the front and tyres etc at the rear). The work will be being carried out by Richard Thompson (Builders) Ltd of Kendal (they also carried out the major Base extension back in 1999). Whilst the builders will not need to access the main building during the work; there will be a fair bit of construction activity at the side & rear of the Base building - so take care when using Base. After completion of the building work, there will be a small amount of finishing work by our electrical and alarm contractors before the new store is handed back to us and we can put our equipment in there. It is intended that the store is fully operational by the end of June. The contractors are aware that in the event of a call-out when they are on site, they will need to move their vehicles from in front of the garage doors; but clearly there will be even less parking available at Base than normal, so please consider not parking your car at Base during the period of the works. A bit of thoughtfulness and consideration on everyone's part should enable both Team operations and building works to co-exist peacefully.

Base & Vehicles Working Group

CAVE RESCUE ORGANISATION CELEBRATES 75TH ANNIVERSARY

To celebrate the occasion of their 75th Anniversary, the CRO are having an Open Day at their Headquarters in Clapham on 5th June 2010. There will be various events such as a rescue race in the river, an all day BBQ, media show, equipment demonstrations and much more. At 1.00pm, they will officially open of their new £130,000 extension that was added last year to update their training, control and storage facilities.

Award winning local Dent Brewery will be brewing a special beer called Rescewe that will be available on the day and sold in pubs and shops across the region. The CRO will receive a donation from the brewery for every pint and bottle sold.

The KMSRT Agony Column

No one is in agony this month and Ms Corlowtt's services were not required.

However, it is understood that Gingergate rumbles on with the team split down the lines "would not touch them with a barge pole" and "Eh? There is a problem with ginger biscuits?"

P.S.

Some of you may have heard about the journalist, who during the flooding in November raised a false alarm to see if the Keswick Team would search for a missing person despite all of the other things the emergency response wanted to use the team for. It has been reported recently that she is due to appear at Workington Magistrates Court on the 4 June facing two counts under the Communications Act 2003, charged with sending a false message by public electronic communication network to cause annoyance, inconvenience or needless anxiety.

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Copy deadline for next issue: Monday 7 June 2010
Yeah, right.

E-mail recipients please remember to let me know if you change your e-mail address. Postal recipients if you do have an e-mail address and would be happy to receive your Mintcake in that form (or if you are happy to pick it up off the website) please do drop me an e-mail, it saves printing and postage costs and a tree or two over the years!