

Mintcake



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Reg. Charity No. 259539

August 2006

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Thanks to
Prontaprint in
Kendal for
duplicating
Mintcake

Editor's Comment

No team such as ours can survive without help from outside. Many individuals, organisations and companies contribute in lots of ways to helping us operate and, as some advertising person may once have said, every little helps. Sadly we are having to bid goodbye to one such company – **Kentdale Outdoor** – which will soon be closing. See below, however, for details of their last discount evening for team members. At the same time, it's heartening to be able to report that **Prontaprint** in Stricklandgate has offered to duplicate Mintcake for free as a contribution to the team's operations, so many thanks to the owners and staff there.

Les

100 Club

The winning numbers in the August 100 Club Draw were:

1st	66	Mrs. S. Beswick	£10
2nd	40	Mr. J. Swire	£10
3rd	58	Ms. E. Parkes	£5

Liz Parkes

Kentdale Outdoor Discount Sale

As many of you are probably aware, Kentdale Outdoor has been for sale for some time. The business has now been sold, though it is not going to continue as an outdoor shop. The shop has supplied a lot of the team's equipment over the years and has also offered a discount evening specifically for team members and their families and friends. There will be one last chance for such an evening at 7pm on Thursday 24 August. This is open to all team members (operational and supporters) together with their families and friends. Make a note in your diary now to support the shop that has supported our team. The closing-down sale starts for the general public on 19 August but owner Mike Shuttleworth has told us that team members are welcome to reserve items from that date onwards for purchase with the team discount on 24 August.

Dagmar Johnson

Base & Vehicles

- Whilst the onerous duties of the Base Officer are rumoured to have been the reason that Pierre Betoine has decided to spend the next 4-5 months visiting various (nice) parts of the world doing (nice) things, there are willing volunteers coming forward to take over. After only a month covering for Pierre, Keith Pittman has been persuaded to pass the Base Officer mantle to Bill Malone, so if you have any base issues, please contact Bill by phone (01539 821260) or leave a note in the Base pigeonhole. A reminder that any faults should also be noted on the whiteboard near the Drying Room in the Gear Sorting Area.
- Forgot your sandwiches and water bottle for the Sunday exercise? You are not alone, as quite a few Members seem to be doing this lately. The trouble is they are then raiding the bottled water and supply of chocolate bars kept at base. These supplies are only there so that water and food is readily available (both in vehicles and at Base) for use on call-outs when there is no time to get your normal packed lunch ready. The cost of them comes out of the money raised by members out fund-raising and they arrive at Base courtesy of Dagmar giving her time up to go and get them from the wholesaler. Whilst you are very welcome to make yourself a hot or cold drink (using the tap water!) and have a biscuit anytime you are at base; please don't raid the chocolate bars or bottled water. Thanks.
- All mains voltage electrical equipment belonging to the Team is to be checked for electrical safety on Thursday 24 August. Can you please ensure that all such Team equipment you have is in Base by 08.00 on the 24th, you can collect it after 17.00 the same day.

Base & Vehicles Working Group

Callout Drivers

To coincide with the revised Training Logbook there will be extra skills sections for all callout drivers (and those aspiring to that role) which will become mandatory. It has been decided that the drivers would benefit from extra skills. Originally drivers had their driving ability assessed and a voluntary off-road training with Steve or Chris and, assuming all was well, they then went onto the list of callout drivers.

As from the introduction of the new Training Logbook, all team members wishing to graduate to callout driver will have to train on three separate skills:

1. On-road assessment
2. Off-road training
3. High-lift jack & winch training

For drivers already on the list, although not compulsory, extra training days are being arranged with Bob Barkes to teach us the safe use of high-lift jacks and winches. Provisionally Bob will give us two dates so that we can get more hands-on tuition. These days will be over and above your normal training days. During a recent callout the high-lift jack had to be used, and although those involved managed, I think they will agree that a bit more knowledge would have been useful.

The proposed dates will be some time during September or October. When Bob confirms which, I shall inform everybody via Mintcake and have a list at base.

I hope you will all support these days.

John Everett, Vehicle Officer

What's On

Sunday 20 August

Training: Water safety 9.00h

Wednesday 23 August

Equipment evening: 19.30h

Saturday 26 August

Collection: Asda

Wednesday 13 September

Training: Comms 19.00h

Thursday 14 September

Westmorland Show

Sunday 24 September

Training: Stretcher lower 9.00h

Wednesday 27 September

Equipment evening: 19.30h

Wednesday 11 October

Training: Defib/BLS 19.00h

Saturday 21 October

Collection: Asda

Wednesday 25 October

Equipment evening: 19.30h

Sunday 29 October

Training: RAF Boulmer 9.00h

Wednesday 1 November

AGM: 19.30h

Wednesday 8 November

Training: Night navigation 19.00h

Wednesday 22 November

Equipment evening: 19.30h

Sat/Sun 25/26 November

Training: Late-night rescue/evac

Time to be announced

Wednesday 13 December

Training: Base operations 19.00h

Sunday 17 December

Training: On the move 9.00h

Wednesday 20 December

Equipment evening: 19.30h

Callouts



12 July

A man fell while ghyll scrambling in Longsleddale, suffering a broken femur and arm injury. He was also very cold because he was lying in water while awaiting rescue. A rescue helicopter was unable to reach us because of the descending cloud base so he was stretchered out to our Land Rover which was used to evacuate him to the A6 from where a county ambulance transported him to hospital. 18 team members involved.

19 July

A search and rescue helicopter had been tasked to search for a man missing overnight and thought (on the basis of his mobile phone signal, but erroneously as it turned out) to be in the Hampsfell area. Search Dog Kess started searching in a wood outside Lindale, while other team members began to search for his car as a starting point. We were stood down a little later when further pinging of his mobile phone showed him to be heading for home from the Yorkshire Dales, which was his declared plan.

24 July

16 team members went to the assistance of a man with back problems in Barbondale. He was evacuated by the Great North Air Ambulance.

AGM

Advance notice of the AGM on 1 November. Five posts are up for election this time: Vice President (currently Barbara Minton), Vice Chairman (currently Dagmar Johnson), Deputy Team Leader (currently Steve Kelley), Fundraising Officer (Liz Parkes is not standing for re-election) and Newsletter Editor (I'm not standing again; we already have a nomination but this is a democracy, of course, so your chance to seize power has not yet gone). Contact the postholder or any committee member if you would like further details.

Exercise Reports

Wednesday 12 July – Ropes Course

This evening's training session on the Ropes Course at Castle Green Hotel was interrupted by a callout to the River Sprint in Longsleddale (see above).

✱

Sunday 30 July – Longsleddale (The Sequel)

A phone call Wednesday evening from Paul with a request: "Could you run a vehicle based training session on Sunday?" as we may not get the helicopter as planned. I tried to arrange for Bob Barks to instruct us on the delights of high-lift jacks and winches but, understandably, more notice was required (more on this later) though I was informed Chris had a "back-of-a-fag-packet" plan which could mean almost anything (?), so nothing new there then.

Arriving at Base to find Chris with a crumpled piece of paper in hand was not that promising, but he went on to explain that the air ambulance would not be coming due to industrial action, and we would have to rely on his hastily conceived plan which would include the use of rubber wear and water, a mix that Chris seems to enjoy.

The plan was to revisit the scene of the recent Longsleddale ghyll scrambling incident (apologies to all who attended if I get this completely wrong) to see what was learnt and whether we could do it any differently. That evening it was very hot and humid with a low cloud base, so it was a pleasant change to awake to a cool and breezy day which made for a better day on the open fell.

The first thing that I wanted to do was to drive mobile 2 from Sadgill along the lane very slowly and carefully to the field next to the dam (the field used for the helicopter landing site) and no further as it gets too rough, to see if we could better evacuate a casualty without using a Land Rover. It was also mentioned that radio comms were not too good on the night, so Kevin demonstrated the relay aerial and various channels.

After a short walk in, we split into groups and practised using vacuum and traction splints, skills that we would put to use very soon. During a short lunch break Chris, complete with his rubber wear, disappeared. The scenario was that a ghyll scrambler

had fallen, injuring an arm and leg. Keith was selected to run the scenario and so split us into two groups, one to find, and the other to support.

Kevin's search group found Chris in a steep-sided area of the gorge in water about two feet deep and flowing quite slowly. Medisac/splints/vac mat etc. were taken down into the water where Chris, who had not been in the water for that long, was noticeably shaking with the cold. The cas site team quickly assessed what was required, applied the collar and splints and floated the vac mattress in under Chris to give support and buoyancy. The stretcher was then brought in for a safe evacuation back to a warm dry land. During this period the communication relay system was being used. One channel for cas site to controller, and another for controller to equipment group, all via the relay system.

What did we learn from today's exercise?

- Although we all wore helmets, and took the throw line, we left the buoyancy aids in the vehicle. For any incidents near water, we should always take buoyancy aids.
- For the people in the water this would not only give protection but would have insulated them from the effects of the cold.
- In areas like Kentmere or Longsleddale we should automatically erect the radio mast and use the relay system. It's there, so why not use it?
- When using the traction splint remember to add some packing around the ankle to avoid any pressure points .
- It has been approved that we can take Mobile Two up to, but not beyond, the field by the dam if care is exercised.
- On the day the water level was low and not too cold. On another day it may be in spate and not so warm.

As with all sequels, I'm sure this exercise was not as interesting as the original but, that said, it was a good training day, and many good points came out of it .

John Everett

Fundraising

- A collection at Killington Lake Services on 8 July raised £421.29 for team funds, while the latest in a series of collections at Asda netted £704.51.
- **Maize Maze, Sedgwick - 6 August 2006**
The owners donated 50p to the team from every ticket sold. See next month's issue for details of how much was raised for the team. The Maize Maze is a great day out with or without children. It's open every day in August and at weekends in September.
- You can't have failed to notice from reports in Mintcake that a significant proportion of our team funds comes from bucket rattling. The organisation of these collections and having enough people rattling buckets on the day are therefore crucial to the team's financial wellbeing. As already mentioned, Liz Parkes is retiring as Fundraising Officer at the AGM on 1 November, and we therefore urgently need someone to take over from her. Please give careful consideration to whether you can help in this way. Equally, we always need people prepared to hold those buckets. If all team members were to commit to a couple of hours a year (it's really not that onerous, is it?), this would be an enormous help.

Shorts

- Welcome to Steve Crow who is now a provisional team member.
- Laminated instructions for securing both types of stretcher in Mobile 2 (following on from August's training exercise – see next issue of Mintcake) are now on display at base and are in M2.

Exhibition and Sale of Paintings

“Ray Green: A Wild-Places Artist at Home”

Friday – Sunday, 8-10 September 2006 12 noon to 6pm each day at 8 St. Anthony's Hill, Milnthorpe. Tel.: 015395 64844
Ray, who was a team member for a number of years, is a counsellor in his working life and a wilderness walker and canoeist in his leisure. His paintings draw their inspiration from his leisure and work activities. Please see the poster in base for more details or contact Ray on the number above.

The KMSRT Agony Column

Dear Honor, Was it something I said? I spent about two hours setting up a ropes course for the team on 12 July, they all turned up, looked at it and cleared off! **Anon**

Dear Anon, Oh you poor love! As you probably know, the team was called out to Longsleddale shortly after the start of training. I bet you had fun spending the next two hours taking it all apart again rather than attending the callout! **Honor**

Dear Honor, It was good to hear the news that Stan and Danny are to marry. I thought that Mr Shiels was already married but, hey, I'm no prude. Good luck to them I say. It's very brave of both of them to "come out". **Anon**

Dear Anon, No, no, no! I think you may have the wrong end of the stick. It's "Dani" not "Danny" who is getting hitched to Stan. Fortunately, I doubt if there is any scope for confusion over the forthcoming nuptials of Ritchie and Sarah. Oops, should I have said? Anyway, it does seem that cupid has been pretty active in the team of late – perhaps you should all keep your heads down! **Honor**

Dear Honor, So, budget time has come around again! Now that we have a boat (Mobile 4) is there any chance of us acquiring any more exciting modes of transport? **Anon**

Dear Anon, I doubt it very much, Anon (and by the way, Long John Fitch says that Pugwash wants to call it "Thunderbird 4"). Bids for a horse, a tandem, a quad bike, a snow-cat, a microlight and a pair of roller blades have already been rejected. **Honor**

Dear Honor, Does anyone want to buy a computer? It was only slightly damaged when it hit the wall! **Anon**

Dear Anon, I get the feeling that this is from our esteemed editor of Mintcake who, I'm told, had all sorts of fun trying to publish our newsletter and get off on holiday on the same day. Thank God for Mr Pittman, that's all I can say! **Honor**

Dear Honor, So what's wrong with orchids? I just thought someone should bring a little culture and sophistication to the lives of team members. **Anon**

Dear Anon, Absolutely nothing my dear. They are very pretty – particularly when they are in flower! I can't imagine how anyone could find orchids less important than football and beer. **Honor**

Honor Corlowtt

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