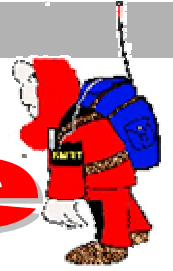




Mintcake



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January 2006

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Wednesday 11 January

Exercise starts 7pm prompt. Heather and Alan Rhodes from **Pacerpole** will be doing a short presentation about walking efficiently (www.pacerpole.com), followed by Andy Dell's presentation on avalanche awareness (new format...). Apologies in advance to those who receive Mintcake by post who won't read this until after the event.

Editor's Comment

Well, it snowed in Kendal around Christmas, though you might have missed it if you stayed in bed too long, because the following rain soon washed it all away. As I write, we're back to mild, wet and windy weather. But the meteorologists have promised us the coldest winter for 10 years so don't put the crampons and ice axe away yet. And those extra kilos acquired over the Christmas period might just come in useful if the country shuts down again at the first sign of snow, there's no gas because Russia and Ukraine won't talk to each other and bird flu is waiting in the wings. It remains to be seen quite what form this promised hard winter will take, but even if the Lake District is not too badly affected, there is always the hope that Scotland will see more snow. So, why not make a date to attend the team's winter training in early March in the Cairngorms. See p.4 for details.

Les

100 Club

The winners of the January 100 Club Draw were:

1st	Mr & Mrs A Lord	£10
2nd	Dr J Norman	£10
3rd	Mr L Fouweather	£5

Liz Parkes

Equipment Room Access Code

Remember that the access code has been changed. The new code is *****. No, not really – you should check your pager or, if you've already deleted it, ask another team member.

Exercise Reports

Wednesday 14 December – table-top search exercise

A WHAT?

Oh, a table-top search? Now you've got me! (It doesn't take a lot to befuddle a provisional.) Ah, so it's not a pub thing when you lose your pint? No. I thought not. This is serious stuff I'm told. Twenty seven percent serious to be precise. Statistics indicate that 27 people in every 100 are found dead by UK MR search teams.

We're going to split you into groups, said the 'Three Wise Men'. You 'Provisionals' will make up one group – the blind leading the blind came to mind – and the rest of you split yourselves into another three groups. You'll find a map and pens at your workstation.

Phew! All I gotta do now is keep my head down and avoid the flak.

No.1 from each group report to the control room for a briefing.

Did he say No.1? The other 'Prov's' were nodding, grinning.

Well, to cut a long story short, Richard & Fiona Jones were missing. He was big, she was small, they lived in Yorkshire, had a friend in Penrith, had gone walking in the Shap Fells area and were late touching base, well late. Oh, and by the way, Mr Jones is insulin-dependent. Whoops! PRIORITY SEARCH!! The pressure's on. Just a minute, lads, their car's been found at Huck's Bridge – you know, he's a canny lad that Pete Dodd - knows a lot about a lot – even before it happened, I got the feeling. Well, boys, let's get this thing happening!

I cantered back to the other 'Provisionals', all eagerly waiting with pens poised to draw out our search area. How did they know to do that?? Amazing! So what do you do when you don't know what you're doing? Bluff it. Within five minutes we had mobilised every MR team across the North of England.

Now, if it wasn't for Trevor Cotton we would have had the whole country on stand-by, but Trevor seemed to know things we didn't. He knew what the weather was doing; he knew how long it would take Bowland Pennine to respond and how many of the team would turn out. Truly amazing stuff. He seemed to know so much – if only we knew what questions to ask! He wasn't giving anything away for nothing. We did find out that the RAF boys were having their pre-Christmas bash and "there would be no choppers flying tonight". Now what are we going to do?

Before we could sink into the depths of despair pondering our predicament No.2 was summonsed to the control room.

Mr. Dodd had some more info. The long and short of it was that the Joneses had been spotted heading off into the hills to the west of the A6 earlier in the day. Then why were we searching to the east?

OK, pens out. The map was looking as if a bowl of coloured spaghetti had been upended over it, and as long as mountain rescue folk are able to follow blue lines, turn north on yellow and don't get confused by the green where the two overlap then we were on to a winner! But Keith Pittman knew – don't worry about making mistakes tonight, guys and gals, we are only training. A kind man!

Well, lo and behold (seasonal reference), the Joneses turned up at the inn. Why didn't we think of the pub? Where else would they be?! Do you know, I have a sneaking suspicion that the THREE WISE MEN knew all along.

I would like to thank Pete Dodd, Trevor Cotton and Keith Pittman for a very enjoyable and informative evening.

A printout is available for all those who were unable to attend!

Ian Higginbotham



Sunday 18 December 2005 – Trauma Management

A good turn-out on a cold and damp Sunday for a training session on Trauma Management run by Abby Astle and Bill Malone. It was decided that, due to the weather, all the day's activities would take place at base. A sigh of relief was heard from somewhere in the audience.

After a brief introduction from Abby on how the day would run, Bill explained the aims and objectives of initial trauma management (the primary survey). The main points taken from the Bills lecture were keep it simple and remember the five components – **ABCDE**

Airway with cervical spine protection

Breathing

Circulation

Disability (brain and spinal cord!)

Exposure - most of all trust the system and if a patient's condition changes, go back to A and start the cycle again.

Bill's lecture was well delivered, and we proceeded to put the principles into practice. Split into three groups, group one went through the primary survey with the aid of a casualty card, group two found there is an art in applying a neck collar and cervical spine protection, while the final group learnt how to assemble and use the oxygen cylinders.

After a break for mince pies and coffee, Abby continued with a lecture on hypothermia, followed by multiple-choice questions. We finished off the training session with scenarios which proved to be very useful with some of the more experienced team members passing on lots of tips and information from past experiences.

Many thanks to Abby and Bill for a well structured and delivered training session. On a final note, thanks also to Kev Knowles for once again reminding us all about the new Ground to Air communications which come into effect from 1 Jan 2006.

Dave Howarth

Administration of Drugs by Mountain Rescue- the legal or illegal position!!

I have just read a proposal for amendments to medicines legislation to allow supply and administration of medicines by members of Mountain Rescue teams. The arrangements which we currently have for the supply of medicines, (drugs etc), and the administration of these to casualties do not comply with medicines legislation!!

The Medicines and Healthcare Products Regulatory Agency are working on behalf of the Department of Health to legalise our position. Meanwhile you do need to be aware that the MRC for England and Wales advises that only team members who are either doctors or dentists or who currently hold the MRC Casualty Care qualification may administer medicines, (drugs etc.) to casualties (even though this advice does not conform to current medicines legislation). Hopefully the MRC's pragmatic advice will soon be backed up by the law. (The Government want to implement changes to the legislation in our favour in early 2006.)

John C. Hall, Medical Equipment Officer

Callouts



Just when it was looking as though we would attend even more callouts than in our record year of 2004, reaching callout no. 50 on 19 November, it all suddenly went very quiet and there were no further callouts for the remainder of 2005.

There was also only one SARDA callout for Les and Kess to attend in December to look for another couple who had failed to return to their car at Seathwaite from Scafell Pike. They made the time-honoured mistake of heading into the Upper Esk valley and were found by a Wasdale search dog and handler at Scar Lathing .

Magnetic North

We all (?) know that we have to allow for the difference between magnetic north and true north and that the difference changes gradually year by year. However, scientists recently announced that the Earth's north magnetic pole is drifting away from North America so fast that it could end up in Siberia within 50 years. The result of this could be that Alaska will lose its northern lights, or auroras, which might then be more visible in areas of Siberia and Europe. For the full story, visit <http://news.bbc.co.uk/1/hi/sci/tech/4520982.stm> if you have internet access. So, don't forget that magnetic variation...

Scotland Trip 2006

Dates: 3rd, 4th & 5th March. (Accommodation booked for the 2nd, 3rd & 4th March)

Accommodation:

I have booked a 14-bed lodge (will possibly take a few more) at Badaguish Outdoor Centre near Aviemore. Please sign up at Base if coming. Cost will be £50 for 3 nights (or £17 per night). Please pay me **IN FULL** when you put your name on the list; your place will only be reserved when you have paid in full. Please make cheques payable to Kendal Mountain Search & Rescue, give to me personally or leave in Training Officer pigeon hole. Priority in the lodge will be given for those staying 3 nights.

If necessary, extra accommodation will be available in a stone bunk-house. A refund may be available later for those in the bunk-house.

Mentors please inform provisionals!

Any questions, you can contact me on 01539 727970.

Paul Astle, Training Officer

Shorts

- Congratulations to Kath Jackson who became a full hill-going member of the team this month.
- A reminder that non-urgent pager messages should normally be sent out only between 6 and 7pm (on the basis that it's late enough for most people to be at home, so not distracted unnecessarily while at work or driving, but early enough not to have consumed enough alcohol to not understand the message, or so my reporter informs me!)

Climbing Lectures

L&A's Simon White has arranged a short series of three climbing lectures at St. Martin's College in Ambleside, on Wednesday evenings in January and February. Talks will be given by Ben Heason (11 Jan), Dave Macleod (25 Jan) and Dave Birkett (8 Feb). Tickets can be purchased in advance through the event website, or over the counter at Pippins Café, Ambleside. Thanks go to Stuart Birkett of Pippins for offering this facility, and for the offer of a free beer or wine with your meal when you buy a ticket at Pippins! There is a concessionary price of just £5 per ticket for locals/BMC/AMI/OAP so that should cover everyone in the team! Full information about the talks can be seen at www.awesometalks.co.uk.

What's On

Wednesday 11 January

Training: Avalanche awareness / personal and team winter kit 19.00h

Wednesday 18 January

Equipment evening: 19.00h

Saturday 28 January 2006

Training: Joint exercise with Bowland Pennine et al; time to be announced

Wednesday 8 February

Training: First aid round robin 19.00h

Wednesday 22 February

Equipment evening: 19.00h

Sunday 26 February

Training: Base operations / search skills OR Winter skills / winter navigation 9.00h

3-5 March

Winter Training in the Cairngorms. Watch for details in base. Non-returnable deposit will be required.

Wednesday 8 March

RACE NIGHT 19.00h

Wednesday 22 March

Equipment evening: 19.00h

Sunday 26 March

Training: Winter skills / winter navigation OR Base operations / search skills 9.00h



Note to Vehicle Officer: I know Land Rover Owner International has just turned you into a media star, but when we next have to replace a Land Rover, don't forget the other options.

The KMSRT Agony Column

Dear Honor, He's done it again! Just as I thought I was starting to understand the team radios, the Radio Officer has changed everything. All this business about ECC, G2A, 53a, 62a, 24a has left me totally confused. In my quest for enlightenment, I managed to acquire a copy of the official guidance (UK Land SAR SOPs Ver 1-2) which tells me that:

"In accord with UKSAR policy, the use of Ch 53a (158.650MHz) as the land SAR G2A will cease at midnight on 31 Dec 2005. Commencing on 1 Jan 2006, a new SOP will come into effect. Two new Chs will be used: Ch 62a (ECC) and Ch 24a (G2A). The predominant Ch will be ECC which must be monitored by participating SAR assets, ICPs and all deployed land SAR parties." – and so it goes on (and on, and on)!

How on earth is a simple bloke supposed to understand all this? **Anon**

Dear Anon, It's all very easy and employs the use of simple abbreviations and acronyms. For example: G2A is "**G**round to **A**ir", ECC is "**E**mergency **C**alling **C**hannel", ICP is "**I**ncident **C**ontrol **P**oint, and so on. The team management feels that "acro-speak" will help team members to keep radio transmissions brief and many team communications will, henceforth, be on this basis. Here are some examples for you to commit to memory:

When you are on the hill and a very strong wind is blowing the aerial on your handset, your transmission strength will probably be at a low level. In such circumstances, Base will inform you that they are receiving "**S**hort **O**scillating **D**ipole **A**t **L**ow **L**evel".

If several of you try to transmit at the same time, Base will inform you that they are receiving "**C**ombined **R**adio **A**ttenuation **P**roblems".

Other examples are:

Can **R**itchie **I**nspect **C**asualty? – **K**eith **E**recting **T**ent

All **S**hould **H**ead **E**ast **S**oon

Far **E**asedale – **D**amp **U**npleasant **P**lace

Cannot **O**perate **C**ommunications – **K**evin **U**nder **P**ressure

Found **A**nd **R**ecovered **T**erence

Honor

Dear Honor, I hope that Father Christmas was kind to you. I got a nice new pair of boots! **Anon**

Dear Anon, Well bully for you! My Bertie showed his undying love and affection (as usual) by treating me to a new socket set. However, I got my own back by buying him a weekend shopping trip for two to Paris! **Honor**

Dear Honor, Is the Lake District closed or something? It has now got to the point where I am actually looking forward to receiving pager messages about equipment evenings and base & vehicle maintenance evenings! **Anon**

Dear Anon, Yes, it certainly has been a very quiet time for the Kendal team over the past few weeks. Still, I suppose that we should look on the bright side as presumably nobody has come to grief on our patch for a while. If it goes on like this much longer we will have to organise another night navigation exercise so that the team (and perhaps our friends in neighbouring teams) can enjoy searching for Scotsman with a Winter ML. **Honor**

Dear Honor, How can I escape the hordes of autograph hunters? Do other team members have this problem? **Anon**

Dear Anon, The short answer to your last question is "No", as most team members are quiet, modest people who shun publicity. However, even the designer shades and the matching "his & hers" kit did little to disguise the identity of the two team members shown on the front cover of the Dec05/Jan06 edition of Lakeland Walker "enjoying a snowy winter's outing on the Lakeland fells". Those who choose to strut the catwalk of life must expect the celebrity status that comes with it, just ask Claudia and Naomi. Will the front cover of Vogue be your next step, I wonder? Or will we be seeing you in the Big Brother house? I understand that you do have some competition though – there is a rumour that some other team members will be seen posing in another magazine early in the New Year (I don't think it's one of the "top shelf" ones). **Honor**

Honor Corlowtt

PS: Happy New Year to you all

Training Programme for January to June 2006

Date		Training	Organiser
January	Wed 11 th	Avalanche Awareness Talk Personal & Team Winter Kit	A.D.
	Sun 29 th	Joint Training Exercise with Bowland & Pennine	P.A.
February	Wed 8 th	1 ST Aid Round Robin	A.A.
	Sun 26 th	Winter Skills / Winter Navigation	A.D.
		Base Operations / Search Skills	E.H & K.P
March	Wed 8 th	RACE NIGHT	S.K. & C.M.
	Sun 26 th	Base Operations / Search Skills	E.H & K.P
		Winter Skills / Winter Navigation	A.D.
April	Wed 12 th	Case Site Management / Comms	D.S. & J.H.
	Sun 23 rd	1 ST Aid Round Robin	A.A.
May	Wed 10 th	Boat Use / Water Safety	A.D. & H.C.
	Sun 21 st	Search & Rescue	S.K. & C.M.
June	Wed 14 th	Operating on Marginal Ground!	D.S.
	Sun 25 th	Crag Exercise	A.D. & P.A.

Contacts

E-mail
les.telford@dsl.pipex.com
 or
 on 01539 727051
 or
 Editor's pigeon hole in base

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

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