

Mintcake



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Reg. Charity No. 259539

July 2005

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DON'T FORGET THE TEAM BARBECUE

- Saturday, 9 July, 7.30pm onwards
- Punchbowl House, Grayrigg
- Bring things to put on the barbecue and something to drink
- Salads and sweets will be provided (though the more the merrier)
- **All welcome (hill-going, ops support, team supporters, families...)**

Editor's Comment

This issue is being put to bed on 7 July as the team's doctors, paramedic, and first aiders are on standby to possibly travel to London in the aftermath of the bombings there. It underlines how the team has a valuable contribution to make in disaster relief in general, in addition to our specific mountain search and rescue capability. More "normal" ambulance or police assists are by no means unusual. The House of Commons recently published its report on Search and Rescue, and a summary of those aspects of it relating to us is given elsewhere in Mintcake. A copy of the full report is on the table in base. The role of the emergency services will be particularly under the spotlight again in the days to come. Many of those involved, like ourselves, will undoubtedly be volunteers. Thanks to all this month's contributors.

Les

100 Club

The winners of the July 100 Club Draw were:

1st	58	Liz Parkes	£10 [The committee refused to accept Liz's request that 1 st prize be re-drawn! Ed.]
2nd	02	Bryan Stilling	£10
3rd	20	Ann Beeching	£5

I have noticed that one or two of the addresses are out of date. Could anyone in the 100 Club who has moved house in the past 5 years, please notify me of their new address.

Liz Parkes

Exercise Reports

Wednesday 8 June – Ghyll Crawl

Ghyll crawl for team training – great! An evening spent in the summer sun, basking in its warmth, enjoying the views of the hills after a day's work – ideal!

Then the pager messages started to go around: “bring warm clothes”, “bring old clothes”, “bring a change of clothes – you will be getting wet”. Ok, I'm still looking forward to this ghyll crawl, as I'm expecting to get wet anyway.

“Ah, but you know it's underground don't you?”

Er, no.

So, what's all this business about crawling around in dark, muddy, cold places about? And there are people who do it for fun!!

Well, I'm a game girl (steady boys...!) so I'll try most things at least once. Armed with plenty of warm clothes, old waterproofs and an open mind I set off for base on one of the hottest, sunniest June evenings of the year (note for future team training – if we're going underground, can we do it later in the year?). The actual destination was still shrouded in mystery, but left plenty of people guessing. Names of places that I'd never heard of were being passed around, and as we headed off the A65 into a valley I'd never seen before, it was like entering a new world (well, we were in Yorkshire!).

Ah, so we're going to Yordas then. Sounds to me like something Tolkien thought up for one of the caves that the trolls would live in.

During kitting up it became clear who'd done it before, and who was a caving virgin. Full-length dry suits and wellies were being pulled on by the experienced; the rest of us had begged, borrowed or stolen bits – mine included some ripped waterproofs (ideal for the job apparently). Then on went the harness, the helmet, the torches, the ropes and more technical gear than you'd find in Andy Beavon's basement. Feeling distinctly overdressed we set off uphill and arrived sweating at a small enclosure, which looked harmless enough, with a log over the top, until people started disappearing down beneath it.

Ok, I can do this. It's only an abseil down... The waiting was almost worse than doing it, hearing others' comments as they set off. The midges also thought this was great sport and came along to have a look (and a feast). Our initial comments about the sartorial elegance of Paul's head net soon turned to envy as the rest of us flapped around, trying to keep them off the remaining exposed flesh.

As I went in, my initial fears went. This is great, I thought, I like this caving lark. I got to the bottom, unclipped from the rope, and turned to Steve who said,

“Right, you now need to go in there.”

“What, into that stream?” And then I looked into the hole that the stream went into and all my fears came flooding back. My nightmares involve crawling into tight spaces that close in on themselves and I can't get out. This looked like one of those. I squeaked back at him, “But how?”

“Just get down into the stream and crawl. You will get wet but that's the only way. Don't worry, I'll be right behind you.”

I can do this, I can do this... So, I lay flat in the water (yes, it did seem daft, even at the time), gasped as I could feel myself get wet from my toes right through to my head, and then started crawling. I now know why cavers wear knee pads. I kept up a steady pace (as much as you can when you're heart's beating fast, all instincts are saying “You should not be in here”, and you're crawling over rocks through murky waters) until a rustling sound told me Steve was there, right behind me. And then the cheek of it – he overtook me with a Schumacher-style manoeuvre, going into the small space at the side that didn't look big enough even for a lithe figure like Mr Kelley.

And as soon as he'd done that, the roof opened up above me, a fantastic cave appeared and the grinning face of Chris Marsden greeted me to clip me into the next phase of caving excitement: abseiling down a waterfall. Now that was great fun, even the bits where I followed the line of the rope and ended up to my waist in the rock pools – thanks boys! I stepped through the 'doorway' at the bottom to be met by the steaming faces of those who had gone ahead.

I've survived, I've done it, I've even enjoyed it (well, most of it), but I won't be putting caving knee pads on my Christmas list.

Full respect to people who do this both for fun and put themselves forward to rescue others but I will be staying well above the surface in the future.

Larissa Robson



Sunday 26 June – First Aid “Back”

Keith Pittman introduced the topic of SPINAL PROTECTION, being supported by Dave Winchester’s vast practical experience and Euan Lawson’s well-honed medical skills.

The classroom session was directed towards the SAFE approach to a patient, assessing ABCs and evaluating potential spinal injuries. The golden rule of rescue (protecting self - here in relation to back injuries) was emphasised. The session concentrated on lifting stances, cervical collars and KED application - both theory and practice

Lifting stances were elegantly demonstrated by a debonair Mr. Blue and his attractive assistant Ms. Purple - audience participation by MRT dressed in boots and shorts was, I have to say, equally elegant (?!!!).

The need for a management plan for every lifting procedure was reinforced on Dave’s DVD - we must always consider **a pee** before lifting (hmmmm you’ll have to run this one past me again, Dave!!!).

Then, out into the sunshine at Cunswick Scar car park where a variety of scenarios were enacted.

Firstly, a car crash victim was extricated from Mobile 2 with full spinal protection.

Useful lessons were learned in involving a conscious patient in the extrication process, and monitoring the patient’s ABCs by observing the misting of the oxygen mask. Good close team work was seen to produce an effective extrication.

A session on log-rolling (to transfer a potentially spinally injured patient from ground to stretcher) revealed, after trial and error, the most appropriate method. This was to place a KISU on a vac mattress, then to logroll the patient on to the KISU, and finally to slide the KISU plus the patient gently and smoothly to the centre of the mattress.

The final scenario involved all the skills of the day in the extrication of a patient with potential spinal injuries from a thicket and transferring him on a stretcher through a wood and over a wall to a waiting vehicle.

Summary

- Always protect own spine.
- Consider, as part of initial patient assessment, the possibility of spinal injury - and if so, protect **whole** of spine **all** the time.
- Have an agreed management plan for all manoeuvres.
- For log-rolling on to vac mattress – slide patient on KISU.

Bill Malone

Fundraising

- The Asda Collection on Saturday 25 June went well: we collected £598.31.
- We also attended Stramongate School Summer Fair on Friday 24 June, and it didn’t rain until 7.30pm - and then only lightly. (It always rains at this event!)
- Volunteers still needed to empty collection boxes. We need someone who can travel out to Windermere/Staveley area. Please contact Kath Kirby.
- Team members are needed for the next collections in July and August. Please contact Liz Parkes as soon as possible.

Don’t Try This In A Sea King

The Times recently reported:

“A French helicopter pilot claims to have set a world record for the highest altitude landing and take-off by touching down on the summit of Mount Everest. The feat achieved by Didier Delsalle could lead to a new chapter in mountain rescue and greatly reduce the death toll on the world’s highest peak. Critics, however, fear the landing might devalue the ultimate mountaineering challenge and could result in an explosion of wealthy tourists ‘cheating’ their way to the summit. ... Delsalle was testing the helicopter’s capability for high-altitude rescues at the invitation of the Nepalese government, according to Eurocopter. Delsalle, however, believes helicopter rescues at the top of Everest will be very rare and difficult for many years to come. “It’s not flat enough to actually land there,” he said. “It will need a more powerful machine just to carry somebody up there to jump out for a rescue. And it needs the right conjunction of conditions just to hover there.” If you want to find out more, including details of the sceptical response in some quarters, visit <http://www.timesonline.co.uk/newspaper/0,,2761-1650710,00.html>.

Radios

Just when you all think you are getting used to the new radios...

Aerials

You may have seen one or two of the team using 1/4 wave whip aerials on their handsets (long bendy aerials instead of short stubby ones that most of you will have used). Tests have shown that the whip aerial is up to 30% more efficient. You would not notice the difference unless you were working closely with someone who had a whip aerial and you didn't and they had comms and you didn't. However, the fact remains that they are superior, to the extent that some teams have changed 100% to the whip aerial.

We will provide some for each vehicle, so that working groups should have someone capable of radio comms at all times in the majority of situations. If you know you are working in an area of notoriously poor comms make sure at least one in your group has a whip aerial.

I accept that in some situations, working under trees for example, they may not be so user-friendly. To that end be aware that a) You can drop the radio to the bottom of your rucksack and retain radio comms and b) The short stubby aerial will be in the radio bag and can be swapped for the whip aerial if circumstances demand it.

Helicopter Communications

Just when you are getting used to talking to Heli Med or military helicopters on one dedicated channel.....yes, they've changed things! All military helicopters have had radio refits which will see them use the Ground to Air Channel 24a for comms with groups like Mountain Rescue. However, the HeliMeds do not have this facility. So, over the next week all handsets and vehicle radios will be reprogrammed to show the following changes.

- a) The current Helicopter channel (53) will read AirAmb on your displays and is dedicated to use with HeliMed Helicopters.
- b) The additional channel (24a) will read RAF Heli and will become the dedicated channel for RAF and Navy helicopters.

In addition all radios with a scan facility will have the RAF Heli channel and L&A's channel added, thus giving a complete package irrespective of whether we are on Kendal's channel or working with L&A.

This change will be come operational within the next few weeks - the date as not yet been announced, probably between the 9th and 23rd of July while I am on holiday, so look out for a notification in base or listen up to Andy or the others making you aware of the change prior to a shout.

Team Leaders and Medics - please make your radios available to me as soon as possible so that the changes can be programmed into your sets at the earliest opportunity, hopefully before I go on holiday.

Kevin Knowles, Radio Officer

PS: I've just been informed that the Air Ambulance has applied to use channel 24a too. Assuming this is implemented, it means that all the radios will have to be reprogrammed yet again at some point in the future to re-unite the helicopters on a single channel...

New Lamps Pagers for Old!

Hopefully, it will not be a total pantomime, but we are changing the whole team over to the new Vodafone Bravo 800 pagers. There are a number of reasons for this:

- Some team pagers are becoming unreliable.
- Broken pagers are slowly being replaced with the new Bravo 800s anyway.
- We need to stick with Vodafone pagers as we work closely with L&A and they use this system.
- Our old contract with Vodafone was to end in January 2006. By signing a new contract now, we have brought forward by 6 months the end date of the new contract (we can then consider if we still wish to have a pager system).

Hopefully, you will have your nice new pager by the time that you read this or you will be planning to attend one of the "swap shops". If not, please contact me (as I will have been trying to contact you!).

Your co-operation in this exercise has been greatly appreciated. If you have any complaints about the new pagers – ok, happy to receive them but please remember "IT'S NOT ALL MY FAULT!"

John Fitch, Pager Officer



Callouts

16 June

A lady walking on Gummers Howe slipped and suffered an ankle injury. 11 Kendal team members assisted by others from L&A attended to provide treatment and assist with her evacuation.

19 June

A rock climber fell on Gimmer Crag in Gt. Langdale, resulting in an open leg fracture. Six Kendal team members assisted L&A in the incident. The casualty was airlifted to hospital.

27 June

Another L&A assist, this time on Great Rigg where a 60-year-old man suffered a suspected heart attack on a very warm day. He was evacuated to hospital by a Royal Navy helicopter. Seven Kendal team members were involved.

29 June

An ambulance crew requested our assistance to evacuate a lady who had slipped on wet grass while walking her dog on steep ground on the outskirts of Kendal and sustained a lower leg injury. Nine team members responded.

Congratulations...

- to team members Pete and Ali who recently announced their engagement. So, candle-lit dinner? Soft music? Pete on one knee? Mintcake has it on good authority that the answers to the preceding are No, No and No. More details from Pete and/or Ali.
- to Pete (yes, the same one) who, in a vain attempt to catch up with many of the team's other members (see below) will be 40 on 10 July.
- to Dr. PC 1792 (or should that be PC Dr. 1792?), otherwise known as Pete (no, not the same one) Dodd, who in addition to being Probationer of the Year (another POTY?) for South Cumbria, recently fended off the other 320 or so new PCs to be named as Probationer of the Year for the whole of Cumbria. If you drive out to congratulate him in person, don't accept the offer of a drink or he might have to nick you...
- to team leader Andy Dell who recently celebrated (?) his 50th birthday. He's shortly leaving the country to recover.
- to those who spotted the deliberate mistake in the Vehicle Officer's Quiz in last month's issue. Mobile 2 has, of course, had 6 clutches during its lifetime, not the paltry 4 which was suggested as the correct answer!

New Mobile 2 – Update

Our new team vehicle is still on schedule and within budget. Vehicle Officer John Everett and Chairman Trevor Cotton are visiting the factory next week to see progress for themselves. It is expected that New2 will be commission in mid- to late-August.

Torchlight Procession

The theme this year is "A life on the ocean wave". Chris Marsden is co-ordinating our entry but he needs people to help with the planning in advance as well as people to help on the day (9 September). This is our opportunity to show off our new Mobile 2 to Kendal and thank people for donating to us. Please contact Chris as soon as possible.

What's On

Saturday 9 July

Collection: Killington Lake Services

Saturday 9 July

Team barbecue: Punchbowl House, Grayrigg

Wednesday 13 July

Training: Ropes Course 19.00h

Wednesday 27 July

Equipment evening: 19.00h

Saturday 30 July

Collection: Asda

Sunday 31 July

Training: Water Safety 9.00h

Wednesday 3 August

Ops & Membership sub-committee 19.30h

Wednesday 10 August

Training: Rescue 19.00h

Saturday 13 August

Collection: Booths

Sunday 21 August

Training: First Aid & Extrication 9.00h

Wednesday 24 August

Equipment evening: 19.00h

Saturday 27 August

Collection: Asda

Wednesday 28 September

Equipment evening: 19.00h

Parliamentary SAR Report

This is a brief account of the recent (March 2005) House of Commons report on Search and Rescue. It should be noted that the bulk of this report deals with concerns over the lack of coordination/agreement between various bodies who deal with maritime issues but the following does impinge on Mountain Rescue in general. (N.B. SAR is an abbreviation for Search and Rescue)

1. The committee acknowledges that SAR personnel often take much greater risks than most of the rest of us, working with dedication and commitment.
2. There is a need to collect more data on inland accidents to better forecast demand for inland search and rescue.
3. A review is needed to produce specific proposals to ensure SAR capacity does not suffer as a result of recruitment and retention difficulties. (applies mainly to retained firemen and coastguard services)
4. Further work is needed on financial and tax incentives for employers who release their employees for emergency callouts. New incentives are needed to reward employers whose employees take time off work to provide SAR services. There is also a need to compensate self-employed volunteers.
5. Central government funding of mountain rescue and lowland search teams is needed rather than relying on individual police authorities and forces to choose whether to support their services.
6. Voluntary sector SAR operators should build financial reserves which assure their future operations.
7. Government must reconsider whether voluntary SAR organisations should be relieved of the burden of VAT payments in some way.
8. Official Mountain Rescue and lowland search vehicles should be able to use blue lights and sirens to reach incidents.
9. SAR Operators Group should examine whether further cooperation between voluntary and statutory SAR organisations, such as the police, could help assemble voluntary teams more quickly in areas where it is a problem.

I wouldn't hold your breath with regard to some of these proposals! Making use of our 'free' labour is likely to remain attractive for the foreseeable future, in my opinion!!

Hilary Fouweather

Shorts

- The Mountain Rescue community is soon to get a new member. Now that he's got his degree out of the way, Prince William is reported to be joining a mountain rescue team to broaden his experience of life. "Joining a mountain rescue team really appealed to me as I can learn first-hand how these amazing people help save lives," he states. Any rumours that the team in question is Kendal are mere tabloid speculation.
- Some keys were recently found in M1 including what seems to be an old Irish police whistle. They are hanging in the usual place in base.
- The North West Air Ambulance is still collecting used printer cartridges. They can be left in the box in the photocopier room in base.
- You're in safe hands. Question from the team's paramedic to the editor on seeing the large bandage round his knee: "Have you done something to your knee?"
- "The marvellous thing about not planning is that failure comes as a complete surprise and is not preceded by periods of stress and worry."

Welcome Back

- To Radio Officer Kevin Knowles who has been preoccupied with business-related issues for a while. Or was it simply that he found it too hard to get out of bed in the morning?
- To George Robertson who thought the team was having a quiet year since his pager wasn't going off much (he obviously hasn't been reading Mintcake carefully enough). Turns out his pager was being rather temperamental – which means, Catch 22, that he probably didn't get the pager test messages either. Important learning point here: failure to get the pager test messages transmitted during the main committee or Ops & Membership committee meetings in the first week of each month is probably a sign that you have a problem with your pager and need to contact John Fitch as a matter of urgency!



Use of Eyes and Ears Needed

Every year (or so) a very prestigious title is awarded. It is known as Personality Of The Year (POTY) and is used to identify those associated with the Team who have done either 'good works' or 'something silly'. The award is presented at a suitable social occasion when there are enough people present to show their appreciation of the winner – normally the Team Dinner. For the award to be given there need to be nominations. These nominations need to come from you, so please keep your eyes and ears alert. Don't wait until the day before the glamorous ceremony to nominate someone, tell me when the issue is fresh in your mind. The names of all nominators will be in total confidence (so you won't be blamed / thanked by the eventual winner). All I need is a brief word from you with a name and the reason for the nomination; a short note with a few facts would be better but not essential. Nominations can be for / from any team member, their partners, or anyone vaguely connected with the team. Don't forget the nomination can be for doing something silly (either in 'team time', or not), or doing 'good works' (a 'one-off' or 'on-going') for the Team. If you are not sure if some action justifies a nomination, it probably does! Have a quiet chat when you see me, or give me a call at home on Kendal 721901 (or e-mail at keith.pittman@hse.gsi.gov.uk).

Keith Pittman

2006 Winston Churchill Travelling Fellowship

TRUST ANNOUNCES ITS 2006 CATEGORIES

Over the years the Trust has awarded Fellowships to people from all walks of life, enabling them to travel, learn about different cultures and, in turn, further their personal interests and employment.

To see if you are eligible for this once in a lifetime opportunity, take a look at the categories below:

The Churchill Connection:

- Projects relating to his interests, including history, literature, journalism, politics, painting, animals, bricklaying, and the Armed Forces
- Science and technology
- Care of the dying
- Adventure, exploration and leaders of expeditions
- Young People
- Conservation of archives, manuscripts and books
- People working in business, industry and commerce
- Disasters and emergencies
- Integrating agriculture and rural communities
- Water workers
- Canoeing

For further information visit www.wcmt.org.uk.

The fellowship scheme does not cover the attendance of courses, academic studies, student grants or gap year projects.

Open to all British Citizens (British Nationality Act, 1981) resident in the UK. No special qualifications. No age limit. Duration overseas: four to eight weeks (minimum of four weeks). For further information send S.A.E. to: The Winston Churchill Memorial Trust, 15 Queen's Gate Terrace, London SW7 5PR. Telephone: 020 7584 9315. Fax: 020 7581 0410.
E-mail: office@wcmt.org.uk

Thanks

to those team supporters and members who phoned me up to volunteer to help out at the team's display at Vicarage Park School Fete in June - there were more of you than I needed. Importantly, though, your volunteering saved me all the hassle of phoning around. I only feel slightly guilty about leaving team supporters Rod Pilbeam and Richard Sutton to look after the display on their own as I headed off for the Gimmer callout just after the fete started! (Well I did get back just before the fete finished to help put stuff away.)

Keith Pittman

Pencil It In Now

23 January, Brewery Theatre Company: **On The Rocks**, "a new comedy drama set in the world of mountain rescue" (*Westmorland Gazette*)

Services to Mountain Rescue

This is to acknowledge the passing on of Bob Gold's car. After a long and hard life it finally succumbed to the Kendal traffic whilst getting to base for a callout at Gummers Howe. The cause of death was failed alternator and water pump, and not (as suggested by certain unscrupulous individuals) piston broke.

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