

Mintcake



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Reg. Charity No. 1125680

July 2010

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Editor's Comment

A former editor suggested that I start introducing a deliberate mistake every month and turning it into a sort of competition. What a great idea, I thought, I can use it to cover my own blunders and check that people are actually reading my monthly opus. It is such a good idea that there will be a genuine prize* to be awarded at the annual dinner, but is open to all. The editor's decision remains final! Terms and conditions apply when I have decided what they are!

Happy hunting.

(* guaranteed not to be a lifetimes subscription to Mintcake or real mintcake)

DBH

Mintcake Nibbles



Peter's balls were unavailable this month so there will be two 100 club draws in August.



Overheard radio message to team member seen to be picking up the entinox on a recent callout:
Stan is quicker than you! – do you understand this message?

What's On?

Sunday 1 August

Blues & Twos practical session

Wednesday 4 August 19.30

Ops and Membership Meeting

Thursday 5 August 19:00

Blues & Twos Theory

Sunday 8 August

Blues & Twos practical session

Wednesday 11 August 19:00

Exercise: Round Robin

Sunday 22 August 09:00

Exercise: Round Robin

Wednesday 25 August 19.30

Equipment Night

Tuesday 31 August 19.30

Base & Vehicles Working Group

Wednesday 1 September 19.30

Main Committee

Wednesday 8 September 19:00

Medical teaching

Friday 10 September

Torchlight

Saturday 18 September

Bucket Colelction Asda

Sunday 26 September 09:00

Water- Bankside Training

Thursday 30 September 19.30

Equipment Night

Wednesday 6 October 19.30

Ops and Membership Meeting

Wednesday 13 October 19:00

Medical Teaching

Thursday 28 October 19.30

Equipment Night

Sunday 31 October 09:00

Rescue & Evacuation

Tuesday 2 November 19.30

Base and Vehicles Working Group

Wednesday 3 November 19.30

AGM & Main Committee

Wednesday 10 November 19.30

Medical Teaching

Wednesday 24 November 19.30

Equipment Night

Wednesday 29 December 19.30

Callouts

28 June 2010 15.20hrs

The Team's Leader Group was paged by the police regarding a missing person. Enquiries established that the incident was to the east of Dent in the area covered by the Cave Rescue Organisation. The call was passed to them with the offer of help from the Kendal Team if required. We were requested to give assistance at 17.20 hrs and, sadly, a man's body was found by one of the search dogs shortly after the Team arrived.

1 July 2010 14.45hrs

We were called to search for an elderly lady who was missing from her home in Ings. She was considered to be vulnerable. The Langdale & Ambleside and Duddon & Furness teams and SARDA (search dogs) were also involved in the search. She was found by a member of the Duddon & Furness team in bushes at the side of the Staveley Bypass shortly before 18.30 hrs. The lady seemed to be reasonably well, if a little cold, and was taken to hospital in a County Ambulance for a check up. The owner of the Spar shop in Staveley was said to be over the moon when a moustachioed gentleman came in and bought all the remaining pies and sandwiches in the shop to fuel the searchers. (Thanks Trevor)

11 July 2010 15.30hrs

The Team was paged by the police and asked to attend a male who was reported to have fallen near Cautley Spout and sustained a possible fractured arm. The man was assisted on the hill by several walkers and felt able to start making his own way down with them. He arrived at a waiting ambulance at the Cross Keys shortly after our first vehicle reached that location. One of his rescuers turned out to be the famous mountaineer Alan Hinkes. Alan remains the only Briton to have climbed all 14 of the Himalayan peaks over 8,000 metres (including Everest and K2).

20 July 2010 19.05hrs

On a very wet evening, we were called to assist the Langdale & Ambleside Team with a male who had injured his ankle near Angle Tarn. We helped to carry him down Rossett Gill and an L&A vehicle then took him to their base in Ambleside where he was transferred to a County Ambulance. Team members were all home by midnight.

24 July 2010 16.45hrs

Our Leader Group was paged by the police in relation to a 31 year old man who had reported himself lost in the Baugh Fell area to the north of Garsdale in deteriorating weather conditions. This area forms the boundaries to 4 team areas (Kendal, CRO, Kirkby Stephen and Swaledale). Our Team Leader spoke to the lost man several times on his mobile phone in an attempt to establish roughly where he was. This resulted in only a vague idea and it was established that he had no map (he said it had been blown away), no compass, no waterproofs and no rucksack. Following liaison with the other teams it was agreed that Kirkby Stephen would deal with this incident. Just as this had been sorted out we were on another callout – see below.

24 July 2010 17.30hrs

The Langdale & Ambleside team were already involved with a search for two missing persons on Crinkle Crag when they were called to another incident. This involved a male with a knee injury on the Mark Gate path above Raven Crag in Great Langdale and we were called to assist. The steep and very slippery path made for a difficult stretcher carry but the casualty was taken down to the car park at the New Dungeon Ghyll from where we transported him to hospital in Kendal. During our journey back to Kendal, we were put on standby at 20.35hrs to join the search for our friend on Baugh Fell - see above. Fortunately (as the weather was continuing to worsen), he was located in the vicinity of Hebblethwaite Hall shortly after and we were stood down at about 21.10hrs.

27 July 2010 15.50hrs

We were asked to assist the Langdale & Ambleside team with the evacuation of a young boy who had sustained a knee injury in Browney Gill (Great Langdale). Even though an RAF rescue helicopter had been requested we took crag equipment and a stretcher up to a point overlooking the cas site (you can never be sure of a helicopter evacuation until the aircraft has arrived and picked up your casualty). L&A team members were already with the casualty. The helicopter did arrive and we again witnessed some excellent flying when the pilot hovered in the gill while winching the injured boy on board.

Exercise Reports

Wednesday 14 July 2010 – Andy Stokes – General Driver Theory

Like first aid, driving has a system. If you stick to the system you should not go far wrong.

Information

Position
Speed
Gear
Acceleration

If you are thinking about these things in this order then you are doing ok.

Information is a two way street – indicators inform other road users, as does the horn, lights hand signals...

Position:

The safety position gives the best view of the road ahead with careful regard for danger. Typically the middle of the lane, but it reflects hazards, be flexible, move around and anticipate. If you cannot position to avoid danger, drop speed.

There are three exceptional circumstances when it is acceptable to cross double white lines: Cyclists, Horses and Road Maintenance vehicles travelling less than 10 mph.

Cornering:

A bend is a hazard – use the system! The white paint on the road gives information - more paint more danger.

Information is everywhere – have regard to the shape and colour of road signs; gaps in hedges, camber, surfacing skid marks

Position – as close into nearside as safe gives the best vision around a right hand bend.

Speed – have regard to the Limit Point – the furthest point of uninterrupted view of the tarmac (Where the nearside edge appears to meet the offside edge) The longer it strays in the same place the sharper the bend. If moving at the same speed as the limit point then at correct speed for the bend.

Gear – Change gear at the last minute into the gear you want (do not work down the box)

Accelerate (or at least be under power) when coming out of a bend.

Overtaking – make sure there is somewhere to go to and that you can reach the gap in half the time it would take you to reach the limit of your visibility.

Finally have a good Attitude.

Be patient, considerate, anticipate, concentrate, remain calm and tolerant and have an awareness of surroundings and most importantly DO NOT WEAR A HAT. Hats are a warning to other drivers of old age or in the case of baseball caps/ hoodies inexperience.

Thanks to Andy Stokes for an informative evening.

Dave Hughes.

Water Rescue Store

The new Water Rescue Store is now operational. All the existing kit is stored there, and the new equipment is being moved there as it gets sorted. All dry suits and their related kit are hung up, with their size clearly marked. Other equipment is stored on shelves. A 'status' board is to go up in the store so that any problems with the kit will be clearly shown. The boat is kept on the high-level shelf in the store (a pulley system will be installed soon to make getting it up and down easier – in the mean time make sure there is at least 2 of you to move it!). Please note that the Water Rescue Store has been designed as a 'store' and not a drying room – only fully dried kit should be put in there. The key for the store is clearly labelled and is kept hung up in the Equipment Room, near the torches. The store is fully connected into the Base alarm systems, you just need to make sure you leave it locked up and the key returned to its hook in the Equipment Room.

The base alarm has a slightly different keypad, but the code is still the same.

Base and Vehicles Group

Torchlight

Ladies and Gentlemen,

I know that the summer has yet to arrive and many of you are planning your holidays but there is one date that I hope you can fit into your busy agendas, Friday 10th September.

It is the annual Torchlight procession and once again the team has been nominated as one of the benefiting charities. Therefore we will need as many team members as possible to volunteer as either characters for our team entry (this year's theme "Kendal through the ages) or fundraisers with Peter's magic buckets.

Please let either myself or Chris know if you can/cannot make yourself available as this will help our planning immensely.

Tony W (Torchlight co-ordinator under instruction)

Team Barbecue & Caption Competition

The Team Barbecue is reported to have gone well. Thanks again to Ian and Dagmar for organising. I understand special thanks is also due to the chefs for not incapacitating the team and for also providing this moment captured specially for Mintcake. What exactly is the Team leader about to do (or say) to the Treasurer? Suggestions by email please...



Fund Rasiers going the extra 85,000ft (or 25,908m)



Peter Clarkson writes:
Yesterday I met Mike Danby We had a very pleasant chat and his wife took some pics of the cheque handover (attached). The cheque was for **£1,100!!!**

Mike has been suffering with pain in his back so he'd decided late last year that he was going to have to reduce the length of his walks. Mike has been a member of Kendal Fellwalkers for a number of years, and decided to raise some money for us. He decided to climb Pen-y-ghent FIFTY times this year and to get some sponsorship for this epic. Well, he told me that he wanted to get it over with and on June 13th completed his 50 ascents! Having collected over £900 he felt he wanted to round it up and took a collecting tin up Pen-y-ghent with him last Sunday. He collected nearly £200 and presented me with the cheque for £1,100. I also have a picture of Mike on the summit, taken by a walker he met.

Mike gave me the statistics:
First ascent - 4 January, 50th 13 June.
Total height climbed: 85,000 ft.
Total distance: 270 miles in 108 hours.

This, presumably, is Mike's idea of doing shorter walks and not straining his back!

Bucket Collections

£763.27 was collected at Marks and Spencers on 24 July
Thank you to all the collectors.

Next one is Asda 18 September.

Peter Clarkson

Allotment Corner

A word about Comfrey (*Symphytum officinale*)

There is nothing beats a good pot of Comfrey tea. It is wonderful stuff! I cannot get enough of it.

How to prepare:

- Grow Comfrey – it is so easy some people call it a weed – I prefer the term “wild flower”. If everything else fails there are numerous recipes on the internet, Comfrey Fritters, Comfrey Aloo, Comfrey Surprise...
- Cut it down and put in a bucket or even better a fermenting bin.
- Fill with water and leave for a couple of weeks or so.
- It is ready when you need a gas mask to get anywhere near it.
- Dip a cup in and add it to about 10 times as much water.

- Pour all over the ground.
- Fantastic fertiliser

Do not drink!

Doug Patch

The KMSRT Agony Column

No one had an agony this month, so Honor went on holiday. She will be back next month, and happy to answer any problems or dilemmas you may have.

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