

Mintcake



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Reg. Charity No. 259539

July 2004

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Pete Munford

continues to make progress. His wrist is now out of plaster, and he returned to Newcastle this week for further examination of his spinal injury.

Pete and Ali would like to thank everyone for all their kindness and best wishes etc.

Editor's Comments

Allo, allo – what's all this then? Three of this month's correspondents broke into French in their contributions, while one proved multilingual (you'll have to search for yourselves). Perhaps it's a clue as to their holiday destinations? Together? Perhaps they are preparing for the forthcoming school holidays when we can possibly expect to have more callouts to respond to, and some of those requiring our help may be from abroad? Don't let it put you off, though. If you wish to submit something for publication (or even if you're press-ganged into it), English will do just fine (Dagmar, please note!). If you're going on holiday shortly, have fun and watch where you're putting your feet.

Les

Exercise Report

Wednesday 9 June

Not being one to normally attend training, as I am not hill-going, but needing something to put in my log book, I decided to give it a go. To make matters worse, I got collared by Les to report on the event. So here goes.

The training session consisted of two different activities. In the first part Abby gave a very informative talk on managing a diabetic emergency on the hill. Also, as summer should soon be here, she gave us advice on the treatment of heat-related illnesses such as heat stroke, heat exhaustion and sun burn, which can happen to anyone who is out on the fells in full heat. Take care and be prepared (A bag of crisps and a can of lager seem to be the instant solution to dehydration!!!)

The second part of the session was spent out on the hill, the purpose being to try and fit collars to casualties with neck injuries. Having done very well with well located casualties on the floor or table at Base, when it comes to the real thing on the hill we are not quite so accomplished. We divided into four groups and set off for Serpentine Woods or the river bank. Each team member took it in turn to find the most uncomfortable position for the rest of the group to fit the collar. We found that it was not only uncomfortable for the casualty but also for the rescuers. It became clear that you really need to judge the situation very carefully and not rush at it. You will probably have plenty of time before the stretcher or helicopter arrives and it will be more comfortable for the casualty if they are only moved as and when a collar can be fitted correctly.

Liz Parkes, KMSRT

The exercise scheduled for 27 June was postponed since a large number of hill-going members were involved in a search (see Callouts below) till the early hours of the morning.

Ops & Membership

After some ten years' membership, Ray Green has decided to retire from the team. Perhaps he's got someone else to drink beer with or wants to spend more time with his canoe? Ray played a significant role in the redevelopment of the Base, and the team is grateful for his many contributions.

Membership database: if anyone wishes to update contact information held in the team database, please forward the relevant information to me by e-mail, letter or a note in my pigeonhole at Base. Please don't leave the information in the control room as there is no guarantee it will reach me!

Ian Johnson, Membership Secretary

Callouts

5 June

A man in his 70s slipped in Far Easedale and damaged his knee. Fearing a long carry, L&A asked for our assistance. Shortly after our arrival at the scene, the Air Ambulance landed and took the man to hospital for treatment.



26 June

A party of young DofE walkers, last seen at 1pm at Easedale Tarn, failed to turn up at their planned campsite at Stickle Tarn. A search was mounted by L&A involving Kendal and Keswick teams and SARDA. The group was eventually located tucked up in their tents in the early hours of the morning at ... Easedale Tarn, convinced that they were at Stickle Tarn.

28 June

A lady slipped while descending Heron Pike and suffered a bad injury to her arm. L&A requested our assistance as they were already dealing with two other incidents. 14 team members responded. The Air Ambulance was also called and managed to land in ever-worsening weather conditions and airlift the lady to hospital.

20 June

A car left the road on the Kirkstone Pass and ended up in deep bracken. It was unclear initially whether the lady cut from the wreckage was the driver or whether the driver was possibly missing in the bracken. Les and Kess joined SARDA handler Roger Pickup and his dog in searching the bracken. No one was found, and the police later concluded that the lady had been alone in the car.



20 June

Having discussed possible places to spend the night leading up to the summer solstice, I unexpectedly found myself on the summit of Helvellyn. SARDA was requested to help Keswick and Langdale teams in the search for a despondent man who had left a suicide note in his car at Withyburn. The man turned up on the summit of Helvellyn later. Kev Knowles had accompanied me as a navigator, and we were asked to ferry equipment to the summit where we spent a cold night. The man agreed to walk down in the morning after watching the sunrise.

Les Telford

What's On

Wednesday 21 July

Equipment Working Group 19.30 hrs

Saturday 31 July

Collection: Asda

Saturday 7 August

Collection: Killington Lake Services

Wednesday 25 August

Equipment Working Group 19.30 hrs

Saturday 28 August

Collection: Asda

Wednesday 15 September

Equipment Working Group 19.30 hrs

Tuesday 19 October

Equipment Working Group 19.30 hrs

Tuesday 23 November

Equipment Working Group 19.30 hrs

Saturday 4 December

Collection: Morrisons

Wednesday 22 December

Equipment Working Group 19.30 hrs

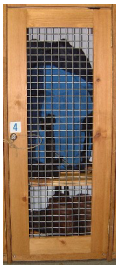
WHACKLOW, FUTTLE & CRUN

Solicitors & Commissioners for Oaths
(Small bets placed)

TO LET

LOCKER 4, BUSHER WALK, KENDAL

An exciting opportunity to occupy this superb, ground floor facility in a superbly maintained and sought-after central location. Of distinctive character, this charming space will delight all those who view. Of traditional construction this property is listed (on the nearby clipboard) and enjoys extensive views over open space to the remainder of the development.



The spacious accommodation is of open-plan design over two levels, with an attractive latticework frontage and full security features.

Situated near to a fully fitted catering facility and WC the property is also handy for the local fells via excellent Land Rover access.

The property will be of particular interest to the first-time member, those seeking a holiday base or investment for the future. (No DSS, smokers or pets.) The pleasant location is also convenient for a wide range of trauma and medical emergencies.

THE ACCOMMODATION BRIEFLY COMPRISES:

Opening frontage with period iron latticework.

LOWER LEVEL

A well ventilated area suitable for the storage and air drying of a range of outdoor equipment. Attractive light pine stained woodwork.

UPPER LEVEL

Heated by the fermenting boots/socks below, this airy space is particularly suited to concealing gear only worth using in extreme emergencies. Indeed the current tenant successfully hides a really dodgy purple 1980's Latok fleece and canary yellow, Lowe Gore-Tex jacket together with the embarrassing original Team hat. All of this is concealed within an ancient Murray Hamilton sack which completes this triumph of interior design.

POSSESSION

It is anticipated that the property will be vacated shortly.

OFFERS

The property is offered at the peppercorn rent of 1 peppercorn p.a. (sealed bids will be accepted for the aforementioned dodgy fleece).

VIEWING ARRANGEMENTS

Strictly by appointment with the owner's agent. However exterior inspection is available at any time. Please contact: Dave Winchester at Locker 4.



View from no. 4

Imja Tse – Summit Achieved!



The tent rattled. 'Tea Sahib – it's time to go.' The frost from the roof of the tent showered my face. It was 2:30am, dark and -7°C inside the tent.

The previous day we had climbed up to high camp at over 18,000 feet and now after just a few hours' fitful sleep I roused myself from the warmth of the sleeping bag, pulled on my kit and unzipped the tent door to receive the mug of warm, sweet tea from Lakpa, my climbing Sherpa. In an instant all the 'why am I doing this?' questions disappeared. The Himalayas were bathed in moonlight – the contrast of mountain, sky, snow and rock. The Lhotse Shar glacier sparkled way below in the valley. This memory alone was worth all the effort required to get this far. Suddenly everything came into focus. The summit beckoned.

We left the tent and stumbled upwards over the boulder field towards the rock couloir. This rock-strewn gully provided access to the upper mountain, but also provided the first real obstacle. Working slowly, silently upwards in the pool of light from the head torch, warmth came into cold, stiff muscles and within the hour we arrived at the base of the couloir. Suddenly we were climbing. The route took the left-hand wall, gaining height rapidly above the gully floor to avoid any rock or

ice falling from above. Hands, knees and feet were employed to overcome what would have been a 'walk in the park' back home. At this altitude, in the dark, and carrying heavy sacs, ropes and gear it seemed very serious. The upward progress continued. Slowly by around 5:00 we arrived at the top of the couloir. Here we crossed the mouth of the couloir with the seracs of the mountain's hanging glacier looming above us like giant stalagmites. When they fall the couloir is their natural route down the mountain. We moved as quickly as our breathless bodies would allow over this dangerous ground.

I slumped onto a ledge trying desperately to get my breathing under control. Gradually I calmed down and reached for my water bottle to stave off the dehydration that becomes an enemy at these altitudes. To my horror the water had frozen solid in the pocket of my rucksack within a couple of hours of taking it out of my sleeping bag.

Now the way became easier on the wide ridge that led to the hanging glacier which in turn led to the ice wall below the summit ridge. Climbing and resting, climbing and resting. Ten steps, ten breaths, ten steps, ten breaths.

With dawn breaking we reached a level piece of the ridge where a snow bridge led to the glacier. I turned to sit down and put my crampons on. To my right far away in the Kathmandu Valley the continuous flashes of lightning of a silent thunderstorm lit up the sky. Over my left shoulder Tibet glowed in the warm orange light of a far-away dawn. We would wait a while longer to feel the sun's warmth.

Roping up for safety we snaked across the glacier between the crevasses, large and small. Soon the sun made its presence felt and sunglasses replaced head torches. In what seemed no time at all we arrived at the bergschrund, a huge crevasse at the foot of a 150-foot wall of ice lying at between 60 to 70 degrees. I clipped onto the fixed rope, placed by a German team the previous day, and swung out over the void. One deliberate swing of my ice axe and I was securely attached to the ice wall. I loved it. For whatever reason I loved this situation. Kicking crampon points into submissive ice, swinging my axe ever higher and pushing my jumars up to meet it, I climbed to the summit ridge.

I collapsed over the ridge. Sitting with my legs over the opposite sides of the mountain I was confronted with the most amazing view. The biggest rock wall in the world. From the glacier below to the summit of mighty Nuptse, the Lhotse ridge is almost 2 miles of more or less vertical rock and ice.

Looking up, the summit ridge took the form of three snow and ice steps. Lhakpa and I ascended the first. Confronted by the crazy angle of the second, we knew that any slip here would pull the other from the mountain. With no real opportunity to belay each other we untied our rope and started to climb the snow arête.

Perhaps not the most technical thing I have ever done, but certainly the most committing, I focused hard on each move. Forcing myself to concentrate on every kick of the crampon, each swing of the axes, my world reduced in size to the white slab in front of my face.

I stood up. Just one more step to climb. Nothing could stop me now. I looked around, and the art of concentration came flooding back. It was a long way down – on both sides. But in a few short minutes I would stand on the summit.

And so I did. After 5 hours and 23 minutes Lhakpa, Neema, Richard and I stood on the summit of Imja Tse at 8:23am on a glorious Friday morning. Pictures can recall the view, but no words can convey my emotion at that moment in time.....

Thank you for supporting Kendal Mountain Search & Rescue Team's Wheels Appeal.

Kevin Knowles, KMSRT

You Read It Here First

Issue 8 of 'Mountain Rescue Magazine' has arrived at Bushier Walk. There is an article in there from someone who buys old mountaineering books and looks for first aid and MR articles, then writes about them – how sad. I was interested to note that he has written about a 1940's book called **Climbing in Britain** by J. E. Q. Barford, Mintcake was a year ahead of him! I suppose imitation is a form of flattery.

Also arrived at base is the LDSAMRA report for 2003, which as normal makes good reading. John Dempster's introduction has a discussion about the increased use of helicopters for MR use. Not just the RAF; but also the Lancashire Police helicopter, the North West Air Ambulance and the Great North Air Ambulance (that sounds like a quick way to get around a famous half-marathon in Newcastle). It looks like the only MR help required is to take the casualty the odd 100 metres or so to a convenient landing site. Is this an end to long stretcher carries? If someone could resurrect the 'Fellanthropist' (Kendal's motorised stretcher from the time when Ventile anoraks and orange woollen bobble hats were *de rigueur*) then we will not have to carry a stretcher ever again.

It is interesting to note that the number of people benighted has dramatically increased from an average of 8 (over the previous 6 years) to a massive 37 in 2003. (The number of people recorded as "lost" also increased significantly). 2003 was also the first year that over 50% of the call-outs were initiated by mobile phones. So, is the number of benighted people increasing because more people are opting out of sorting themselves out and just doing a quick call to Carleton Hall to ask for help? Or is ownership of a mobile phone perceived as a substitute for experience, thus encouraging new walkers and climbers to do too much too soon? Or is it simply that, post foot and mouth, there are more inexperienced people going on the fells and they just happen to own mobile phones? There must be scope for reducing the number of benightments, if we could only find the cause. So what's your theory on this?

And by the way, when you pick up your copy of the LDSAMRA report, have a look at the rather unusual animal rescue carried out on 15/11/03.

'**Barbellate**'



Medical

Hepatitis B – Get Protected Now

Hepatitis B is a nasty viral liver infection, which is caught from body fluids (blood, saliva, serum, semen and vaginal secretions), and is 100x more infectious than HIV/AIDS. Once you've got it, there is a good chance that you could become a carrier of the infection for life (if you don't die from the infection). As a member of KMSRT **YOU ARE AT RISK** of contracting this bug, because you deliberately go and put yourself into a position to deal with people who are bleeding.

Fortunately, there is a **VACCINE** against this virus, and if you haven't already had the vaccine, you should go and see the Practise Nurse at your GP surgery and arrange for an injection. After this, she/he will arrange a follow-up blood test to make sure you have become immune.

Additionally - always remember to **WEAR PROTECTIVE GLOVES** when attending wounded casualties, and be very careful to **AVOID SHARPS INJURIES** when dealing with incidents on the hill.

If you have any queries about any of this, please speak to Abby Astle or Sarah Woodford. If you are a Hepatitis B or HIV carrier then you should speak to your GP about your role in KMSRT, or you could talk to me in confidence about it.

Abby Astle, KMSRT Medical Officer

BASICS Annual Pre-hospital Immediate Care Conference

Manchester, Saturday 16 - Sunday 17 October 2004

This should be a fun weekend and is billed as 'family-friendly'. The programme will include lectures, demonstrations and practical workshops on things like extrication, scene management, forensic aspects of pre-hospital care etc. In previous years, the conference has been a bit 'doctor-oriented' but this year, the conference organisers have made a special effort to make it inclusive for everyone involved in pre-hospital care.

I'm hoping that we can get a posse together and go *en masse*...please let me know if interested.

Abby Astle, KMSRT Medical Officer

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