

# Mintcake



Find us at: <http://www.kendalmountainrescue.org.uk>

Reg. Charity No. 1125680  
January 2011

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## Editor's Comment

Apologies to Peter Clarkson, the Revenge of the POTY victim caption competition will be in next month (due to technical problems) unless Keith offers me a sufficiently large bribe to keep it out!

Please let me know what you think about magenta for fund raising events.

*DBH*

## 100 Club

This months winners are

- 1<sup>st</sup> Mrs E Pickering.
- 2<sup>nd</sup> Mr R Brooks.
- 3<sup>rd</sup> Mrs J Harrison (coincidentally drawn by Mr E Harrison).

Congratulations!

## Mintcake Nibbles



The way callouts are being shown on the little board in base has changed, giving a breakdown of Callouts / Assists / Others.



The new team kit has arrived at the "warehouse" in Greyrigg and has been sent on for the badges to be put on.

## What's On?

**Wednesday 9 February – 19:00**

Debriefs & Communication skills

**Wednesday 23 February -19:30**

Equipment Night (inc Swiftwater)

**Sunday 27 February – 09:00**

Medical Round Robin

**Wednesday 2 March – 19:30**

Main Committee

**Thursday 3 March – Sunday 6 March**

Winter Training - Feshiebridge

**Friday 4 March**

Bucket Collection Asda

**Wednesday 9 March – 19:00**

Swiftwater Training

**Saturday 19 March**

Swim Marathon

**Sunday 27 March – 09:00**

Rescue and Evacuation

**Wednesday 30 March – 19:30**

Equipment Night

**Wednesday 6 April – 19:30**

Ops & Membership Committee

**Wednesday 13 April – 19:00**

Rescue Rigging Theory

**Saturday 16 April**

Bucket Collection, Booths

**Sunday 17 April – 09:00**

Search and Evacuation

**Wednesday 27 April – 19:30**

Equipment Night

**Saturday 30 April**

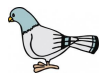
Tebay Services / MR Awareness Day

**Sunday 1 May**

Tebay Services / MR Awareness Day



Amongst the thank you letters and cards the team gets, Margaret and John Pearson still send us a Christmas card following being rescued by the team in December 1992. We must have made quite an impression...



Talking of Christmas cards, please bear in mind that the pigeon holes are not a filing system and should be checked (and cleared out) regularly.



The Base Officer is still trying to fill the cleaning Rota for coming months. If you can help, please put your name in a box on the sheet (downstairs near the pigeon holes) or get in touch with Pierre. There are still some spaces left!



Welcome to Jo Robers and Tom Booth our latest provisional members. Well done to Jo for managing her maiden speech at the team dinner!

## Callouts

### 15 January 2011 15.40 hrs

A day of very heavy rain. The Police paged our Leader Group regarding a car stuck in flood water. It was established that the incident was near Hawes (not our patch) and it was dealt with by the Fire Service. The rest of the Team was not called out.

### 17 January 2011 13.40 hrs

Four team members were called to rescue a sheep that had become crag fast in Longsleddale. The farmer reported that it had been stuck for a couple of days. As it turned out it was stuck in the middle of a gorse thicket on steep ground above Low House Farm. Using ground stakes as anchors, a team member equipped with a saw was lowered down to the stricken creature. The freed beast resisted being sent back up a vague path, so the solution was to cut a new path along the contour. With the sun heading down behind Brunt Knott, a second team member started trying to cut into the gorse from the side, only to discover that bolt croppers make a poor substitute for pruning shears and a shovel a poor substitute for an axe. The two team members met eventually and the sheep was encouraged along the new path.

### 24 January 2011 08.50 hrs

We were asked to assist the Duddon & Furness team in a search for a missing female in the Cark area. She was found as the team was assembling and we were stood down.

## Exercise Reports

### Helicopter Training 9 January "One day like this a year'd see me right."

Today was one of those days when lyrics kept popping into your head to try and help explain how great things are. So here's one that worked for me:

*So throw those curtains wide, one day like this a year'd see me right.*



There was a nice full contingent of the team with a couple of good pre-provisional's and a friendly farmer in the mix. Everyone was relieved to see the helicopter arrive and the training on the ground was sound and sensible as ever.

We were winched, flown and deposited on the tops. The sun was out. The snow was deep and crisp and even, better possibly than we've seen so far this winter. It made good snowballs, but that possibly isn't everyone's metric for a good winter.

It was a good day.

A few hints therefore that were picked up on the day:

- The down draft is strong, did blow off gloves that were not on hands securely and will distribute your belongings over a wide area if your kit is not in your rucksack securely. It's also cold and don't forget to brace yourself.

- I tried coming down with a rucksack over my shoulder and not on the winch hook. It's not comfortable or easy to control. I also saw another rucksack fall and hit the deck long before the winch was down. The winch hook works better.
- Keep low when the winch is around on the ground to give the Winchman as much chance of getting rid of the winch hook quickly without clonking anyone as it goes.
- Carry ear plugs in your first aid kit and have them in before the aircraft arrives to pick you up. I think most flights also have them on board somewhere if you ask.
- Hold or hide your iceaxe. Firmly under your feet whilst flying, preferably in your sack with no pointy bits poking out whilst being winched.



Also there appears to be the need for a short glossary, as there were terms used on the day that were completely misconstrued:

*Crabs* ~ Karabiners are OK to share. They are very useful though for clipping your rucksack to the winch. Well worth carrying at least one in your sack. Use a crab on your rucksack and use the winch hook in preference to the sacks fabric loop.

*Willy* ~ An affectionate term for our Patron, Prince William, who disappointingly didn't turn out to be the pilot this time.

*Helmet* ~ You need yours on, there is lots to bump your head on in the aircraft and whilst getting in and out of it. Also its good to be wearing team kit as there can be lots of nasty oils and the like around the aircraft.

*Size doesn't matter* ~ when it comes different shapes and weights of people being winched up in tandem. Just get on with anyone you can and prepare to be close.

*Innuendo* ~ administration of team diazepam

Don't forget to check out Paul Crosby's video (<http://tinyurl.com/6fekr2k>) and Tony's great photos (more on the website). Just to finish, my favourite quote of the day, said with genuine concern about being winched was:

"I'm not sure if my are arm pits are strong enough"

**Jon Burgess**

## Winter Theory 12 January

Andy Dell organised and ran this exercise. It was a review of first principles, i.e.: how to take care of yourselves and avoid being avalanched. He made the point that last winter three groups of people were caught in avalanches in the Lakes: at Sticks Pass (look on the "Planet Fear" website (<http://tinyurl.com/5rtkayc> -Ed)), Hind Crag Gully, and Pinnacle Ridge on St Sunday's Crag; so avalanches are a hazard even in our locality.

The point was made that the mountains in winter are naturally dangerous: we can't remove the danger so we have to be aware of it and adapt our behaviour. Being aware includes gaining information before going out: knowing how the weather has behaved over the past few days and looking up the risk assessments on the SAIS website, for examples. Adapting behaviour includes: being on the lookout for avalanche-prone terrain. Signs of this include: debris from previous avalanches, "sun-balling", cornice collapse, wind-blown snow, unstable snow, and cracks in its surface. This indicates the terrain you should avoid Adapting behaviour can also include carrying an avalanche transceiver.

New factors for me were the fact that snow can sublime (evaporate) at depth; this causes a partly hollow layer to form, this adds to the snow's instability. You know it is there if you here a "whumping" sound as you walk across the slope. Also new is the idea that rocks don't always indicate an island of safety. This is because they absorb heat from sunshine, warm up, and promptly destabilise the snow surrounding them.

Andy also gave us some scenarios to discuss, one of which was based on a rescue that was before even-my-time in the team.

Lastly, if you have to dig out a casualty who is buried more than a metre down, then back off to 1.5 times the depth they're buried at and dig in from the side. This is to preserve their air space. There is a video on "strategic shovelling" on You Tube, and also on one of the computers at base – along with the other videos Andy showed us – that you can watch at leisure.

Once again: thanks Andy for an informative exercise.

### *Rod Muncey*

Video of Strategic Shovelling <http://tinyurl.com/6bon3lq>  
Helmet camera of being avalanched and rescued <http://tinyurl.com/4lpn65k>

**In light of some of the points raised and subsequent discussion amongst team members, a discussion about team winter equipment will be an agenda item on the next Ops and Membership committee meeting 6 April. If you have strong feelings either way, come along and make your views known.**

## Caption Competition 1



I have had a number of excellent submissions worthy of captioning this month...

The first from the winter ex, came with the entry

"The film extras eagerly await the next casting for Peter Jacksons sequel to Lord of the Rings"

Anyone got another?

## Membership Notices

Team Membership Cards. One or two team members have mentioned that they do not have membership cards. It is team policy that all hill going members and any supporters who manage collecting boxes should have membership cards. If you need one please email a suitable (passport type) photo to John Fitch and he will issue one

I am compiling a database of the next of kin for all team members which will be kept at base (for obvious reasons). If there may have been any changes from the details given on your original Membership Application Form, please could you let me have your next of kin details including name, address, home number and mobile number

*John Fitch – Membership Secretary*

## Fund Raising News

Confirmed fund raising events for this year:

March 4 <sup>th</sup> (Friday)	Asda
April 16 <sup>th</sup>	Booths, Kendal
April 30 <sup>th</sup>	Tebay Services (Also see Chris Marsden about the National MR awareness day)
May 1 <sup>st</sup> (Sunday)	Tebay Services
May 7 <sup>th</sup>	Keswick-to-Barrow
May 27 <sup>th</sup> (Friday)	Asda
June 4 <sup>th</sup>	Kentmere Trail Race, Staveley
July 29 <sup>th</sup> (Friday)	Asda
September 9 <sup>th</sup> (Friday)	Torchlight Procession
November 4 <sup>th</sup> (Friday)	Asda

Please get in touch with Peter if you can help at any of these.

## Swim Marathon

The date for the Rotary Club of Kendal South Westmorland swim-marathon is Saturday 19th March (the actual time to be confirmed, but the earliest start would be at 4pm and the latest 7pm, perhaps you could let me know if you have a preference). The cost of entering a team is £25, which is donated to the South Lakes Society for the Blind and South Lakeland Young Carers. Individuals raise their own sponsorship, and our team will be raising funds for KMSRT of course! Each team has six swimmers who swim as many or as few lengths in 55 mins as a relay, so there's time to draw breath and enjoy cocktails between. Please would you let me know ASAP if you want to take part, but as spaces are limited to six per team I will need to allocate the places on a first come first served basis! This has never caused problems in the past. I usually end up canvassing the Kendal Swimming teams to make up the team (but this does mean less time to enjoy the cocktails in between lengths). Hope to hear from you very soon,

*John Hall*

## Do you still need your locker at Base?

There are 28 lockers available for Base for operational members to keep their hill-going kit in. Clearly this is not enough for every one in the Team to have one; so Base & Vehicles Working Group request that you only keep one **if you really need it and will make use of it**.

If you no longer need your locker, please give it up (just remove all you kit, leave the key in the lock and cross your name off the list that is in the Locker Room).

A couple of reminders for all locker uses:

- Please remember that the **Locker Room is not a drying room**; only put dry kit in there.
- Please keep the Locker Room tidy.
- There is also only limited ventilation, so please, **no smelly socks or remains of your cheese sandwiches**.

We can't but help notice that some of the lockers are suffering from a lack of TLC – if the hinges or lock need tightening, please sort it out. If there is damage or other problems, then please let **Pierre** know so he can get it fixed.

Thanks for your help.

**Base & Vehicles Working Group.**

## There is always next year!

With the 2010 POTY awards over, there is always 2011. If anything does strike you as POTY worthy (both good works and blunders) please let Keith know!.

As always, factual accuracy is useful but not essential.

*Keith Pittman*

## Caption Competition 2 for the price of one!



At the Team Dinner, the SARDA dogs that had retired this year (or rather their handlers) were presented with a bone to enjoy by the fire. How our esteemed fund raising co-ordinator got hold of it is anyone's guess.

If anyone would like to suggest a caption for one or both of these pictures, email me...

## Recipe Corner

At the Team dinner, Leven's answer to Nigella came up to me and said "I've got a recipe for Mintcake." Great! I thought

and never being one to turn down content, I asked her to send it to me. See here it is, Ann Fitch's Cumberland Rum Nicky. What particularly impressed me was the lack of peppermint essence and the volume of Rum required!

## **CUMBERLAND RUM NICKY**

### **FOR THE PASTRY**

150g salted butter  
75g icing sugar  
250g plain flour  
2 egg yolks  
1 tbs Rum

### **FOR THE FILLING**

50g preserved ginger  
200g dates  
140g butter  
1 Keswick Codling apple (I use a Bramley)

70g light brown sugar  
85g sultanas  
5tbsp rum

### **PASTRY**

Beat together the butter, icing sugar, orange zest, egg yolks and rum.

Fold in the flour.

Wrap in cling film and place in the fridge for 30mins.

Roll out and line a pastry tin.

### **FILLING**

Combine the dates, ginger, sultanas and the apple, and place on top of the pastry.

Beat the butter, sugar and the rum and spread over the filling.

Cover with strips of the pastry to create a lattice effect.

### **BAKE**

180 C for 10-15 mins

Reduce heat to 160 C for approx 30 mins or until the pie is golden brown

Serve warm with cream, ice cream or Cumberland Rum Butter.

*And Don't forget the*



## **CUMBERLAND RUM BUTTER**

225g salted butter

450g light brown sugar

8 tbs Rum (at Least)

Beat the lot together.

So if there are any other budding domestic gods or goddesses that wish to share their favourites, please send me an email.

## **Allotment Letters**

Whilst I don't really hold with all this ornamental nonsense, some displays of nature stir deep emotions in me. An example of such a display came with the following letter.



I am sorry but the location of this rare sight has to be kept secret for fear of someone coming and stealing it for their garden.

**Doug Patch**

## Contacts

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or  
Editor's pigeonhole in base

or by post to:-  
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**Kendal**  
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**Copy deadline for next issue: 4 March 2011**

*Dear Mr Doug Patch,  
Whilst on my rambles in the Lake District I stumbled across what I can only describe as a rare find. It is not often you come across an Eddimus Harrisonus tree which has obviously cross pollinated with an Johntius Everatus bush. You can see the distinctive signs of the buds as they bloom into full lighthood, plus the rubbery mudflap like sap as it cascades down.*

*A wonderful find indeed*

*Yours Jolly Jack Tar*