

ISSUE 582  
WINTER 2007-8



# the lifeboat

SAVING LIVES FROM THE BEACH TO THE OPEN SEA



## WEATHER WARNING

FORECASTS TO SAVE LIVES

## Training with flare

WELCOME TO THE  
HOME OF THE RNLI

PLUS

RIDE OF A LIFETIME  
PAGE 6

DANIEL CRAIG  
PAGE 8

BEYOND THE FLAGS  
PAGE 26

STAMPS - LICK A LIFEBOAT  
PAGE 52



GREAT RAIL  
JOURNEYS



## Arctic Circle Express

15 DAY HOLIDAY TO SCANDINAVIA & THE ARCTIC CIRCLE

Travel with the UK's leading specialist in holidays by rail on a magnificent 15-day tour of Norway and Sweden. A friendly and professional Tour Manager accompanies all departures so sit back, relax and discover towering mountains and sparkling fjords on this grand tour of Scandinavia.

- ◆ After flying to Sweden, enjoy a wonderful journey by train from the streets of old Stockholm through the wild landscape of northern Sweden to the Arctic Circle and the spectacular fjords of western Norway.
- ◆ Highlights of our tour include the delights of Stockholm and time in Kiruna and Jukkasjarvi. We discover the Music Museum at Ringve and the Nidaros Cathedral during a tour of Trondheim, and enjoy a boat cruise through the unforgettable scenery of the Geiranger Fjord. We also take a superb excursion on the dramatic *Flåm Railway* and a magnificent journey on the *Bergen Railway*, witnessing some of the most remote and beautiful areas of western Norway.
- ◆ Price includes flights from London to Stockholm and from Oslo to London, rail and coach travel throughout, half board hotel accommodation, 1 lunch, a full programme of excursions and the services of a Tour Manager throughout.



2008 Departure Dates and Prices  
26 departures between 2 May and 31 August  
Prices from £1,895 to £1,995

## Classic Glacier Express

10 DAY HOLIDAY BY TRAIN FROM LONDON

Travel with the UK's leading specialist in holidays by rail on this sensational 10-day holiday to Switzerland. A friendly and professional Tour Manager accompanies all departures so sit back and relax as you travel across the roof of the Alps through some of the most magnificent scenery in Europe.

- ◆ We depart London St Pancras on a superb two-centre holiday by First Class rail to Switzerland. The holiday includes time in the small town of Brig and historic Chur, linked by a truly spectacular journey on the famous *Glacier Express*, probably the slowest 'express' in the world.
- ◆ Highlights include a day in Zermatt, a visit to the charming town of Interlaken and a wonderful excursion on the *Bernina Express*, past waterfalls and deep ravines and over the Bernina Pass to Poschiavo. We also include some free time for you to explore Switzerland at your leisure.
- ◆ Price includes First Class rail travel, hotel accommodation with breakfast each day, 7 dinners, a Swiss Travel Pass, a full programme of excursions and the services of a Tour Manager throughout.

We also offer three other *Glacier Express* tours including a Standard Class tour with prices from £825pp. Please see our new brochure for details.



2008 Departure Dates and Prices  
30 departures between 25 March and 14 October  
Prices from £1,265 to £1,375

Two of over 70 escorted tours worldwide

Dates and prices are subject to availability.  
Prices are Per Person. Conditions apply.



ABTA No. V2170

2008 brochure out now  
**01904 734410**  
book online: [www.GreatRail.com](http://www.GreatRail.com)

GREAT RAIL JOURNEYS,  
SAVIOUR HOUSE, 9 ST SAVIOURGATE,  
YORK YO1 8NL

**THE RNLI**

A charity registered in England, Scotland and the Republic of Ireland. The Royal National Lifeboat Institution was founded in 1824 as the National Institution for the Preservation of Life from Shipwreck. Today, it provides the 24-hour on-call search and rescue service out to 100 nautical miles from the coast of the United Kingdom and Republic of Ireland; on the tidal reaches of the River Thames; and on selected inland waterways plus a seasonal lifeguard service on appropriate beaches in the south, south west and east of England. The RNLI is independent from Government and continues to rely on voluntary contributions and legacies for its income. **Chairman:** Sir Jock Slater GCB LVO DL; **Chief Executive:** Andrew Freemantle CBE

**SUPPORTING THE RNLI**

You can help save lives from the beach to the open sea by becoming a regular supporter of the RNLI. There are three adult grades of membership: Shoreline, Offshore (for those who use the sea themselves) and Governor. Storm Force is the RNLI's membership club for children.

**CONTACT DETAILS**

- RNLI Headquarters: telephone 0845 122 6999, email [info@rnli.org.uk](mailto:info@rnli.org.uk) or write to RNLI, West Quay Road, Poole, Dorset, BH15 1HZ
- Supporter Care team, for membership, donations, Lifeboat Lottery enquiries: telephone 0845 121 4999, email [supporter\\_care@rnli.org.uk](mailto:supporter_care@rnli.org.uk) or write c/o Headquarters address above
- Legacies team, for finding out about gifts in Wills: telephone 01202 663032, email [jmarshall@rnli.org.uk](mailto:jmarshall@rnli.org.uk) or write to John Marshall c/o Headquarters address
- Family association, for retired operational staff and volunteers: telephone 01202 662222
- The Editor: telephone 01202 662254, email [thelifeboat@rnli.org.uk](mailto:thelifeboat@rnli.org.uk) or write c/o Headquarters address above
- Advertising in *the Lifeboat*: Landmark Publishing Services: telephone 020 7692 9292, email [landmark@lps.co.uk](mailto:landmark@lps.co.uk)

# rnli.org.uk



Cover picture: Crew training in action at The Lifeboat College. See inside for how to take a look for yourself. Photo: RNLI/Chris Walker



# Lifeboats



## Dear Reader

After nearly 184 years, the RNLI might be forgiven for getting weighed down with the unending task of saving lives. What is therefore remarkable about everyone associated with the RNLI is their unflinching, nay ever-growing, passion for the charity and its purpose. From your correspondence I know that this is true of you, the member or regular donor, just as much as it is of the crew members, lifeguards, shore helpers, fundraisers, engineers, trainers ...

In this issue, as in every issue, we celebrate the extraordinary 'family' that is the RNLI. See page 14 for a close-up view of that family's

'home' and how to visit it for yourself. Read about passionate RNLI supporters from every walk of life, including actor Daniel Craig, survivor Graham Wills, athlete Tanni Grey-Thompson, mother Carlyne Yard and Chief Executive Andrew Freemantle. I hope that *the Lifeboat* brings you closer to the action but also to the people who share your commitment to saving lives at sea.

**Liz Cook**  
Editor

**Friends of the RNLI**

**A reminder of some special offers that can benefit you and the RNLI**

**Amazon**

5% of the value of orders donated to the RNLI  
[www.rnli.org.uk/amazon](http://www.rnli.org.uk/amazon)

**Bishop Skinner Marine**

You get discounted insurance and the RNLI receives 2.5% of sales and renewals  
[www.bishopskinner.com](http://www.bishopskinner.com) 0800 783 8057

**Chip + Trace boat security**

5% of sales and renewals goes to the RNLI  
[www.chipandtrace.com](http://www.chipandtrace.com) 0870 068 6452

**Goodyear**

The RNLI receives £2 for each set of HydraGrip tyres sold  
[www.mygoodyear.uk](http://www.mygoodyear.uk)

**Lifeboat Tea**

4p is paid to the RNLI for every pack sold, or all proceeds if bought at an RNLI shop  
[www.williamsontea.com](http://www.williamsontea.com) 01582 813810

**Travelscope holidays**

12.5% of the holiday price is paid to the RNLI after administration costs.  
See pages 11 and 28

**Magic Taxi web searches**

50% of advertising revenue to charity. Download the toolbar and nominate the RNLI at [www.magictaxi.co.uk/lifeboats](http://www.magictaxi.co.uk/lifeboats)

**Marinecall weather forecasts**

60% of profits on 10-day sailing forecasts goes to the RNLI 0871 200 3985 Quote 'RNLI Marinecall Club offer' to save 10%

**Netstationers**

5% of your order value is donated to the RNLI  
[www.rnli.netstationers.co.uk](http://www.rnli.netstationers.co.uk)

**Recycling – Accutecc**

The RNLI benefits from every recyclable cartridge and mobile phone received. Quote 'RNLI'  
[www.accutecc.co.uk](http://www.accutecc.co.uk) 01279 401404

**Recycling – Cartridges 4 Causes**

The RNLI receives a donation for every toner or inkjet bought. Quote 'RNLI'  
[www.cartridges4causes.co.uk](http://www.cartridges4causes.co.uk) 0800 881 8150

**Volvo**

You get a discount on a new car, the RNLI receives £500  
[rnli.org.uk/volvo](http://rnli.org.uk/volvo) 0845 680 1305

**Wedding List Giving**

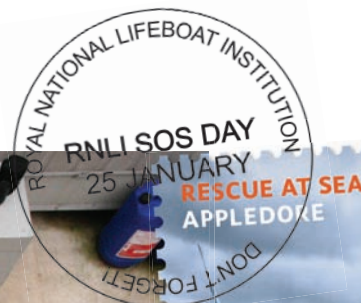
Set up a charity donation wedding list  
[www.weddinglistgiving.com](http://www.weddinglistgiving.com)



Loch Fyne Restaurants around the UK are helping raise money for an Atlantic 85 lifeboat for Lyme Regis. As the company approaches its 10th birthday, it is offering every RNLI supporter a free bottle of house wine until 13 February 2008. A minimum of two adult main courses must be ordered, and the deal does not apply in conjunction with any other offer. Present your RNLI supporter card before ordering. See [lochfyne.com](http://lochfyne.com) to find your nearest restaurant and for information on the company's 10th anniversary charity dinners on 13 March, at all locations.



14



52



46

10



Photo: RNLI/Chris Walker

Painting: Glyn Macey

# the Lifeboat

WINTER 2007–8, ISSUE 582  
*The Lifeboat* is published quarterly by the RNLI, West Quay Road, Poole, Dorset, BH15 1HZ. © RNLI 2008. All rights reserved. Reproduction is permitted with the prior consent of the RNLI. Opinions expressed by authors are not necessarily those of the publishers. Care is taken to ensure that editorial information is correct at the time of going to press but is subject to change.

Any products or services advertised in *the Lifeboat* by third parties are not in any way endorsed by the RNLI and the RNLI shall not be responsible for the accuracy of any information contained in such advertisements nor has it investigated or verified any of the information.

Blind and partially sighted readers can choose to receive an audio tape version as well as the magazine – this is a free service.

All recipients of *the Lifeboat* also receive *RNLI Compass* for their region. News in other regions can be viewed at [rnli.org.uk](http://rnli.org.uk). Offshore members, and those Governors who opt to, receive *Offshore* too. Members of the children's club Storm Force receive *Storm Force News*. Occasional donors receive *Lifeline*.

**Publications and Design Manager:** Mark Dunne;  
**Editor:** Liz Cook; **Researchers/Writers/Assistant Editors:** Mairéad Dwane, Bethany Hope, Elizabeth Paine, Rory Stamp, Carol Waterkeyn;  
**Proofreader:** Anne Millman; **Designers:** James Jary, Laura Wiltshire; **Publications Assistant:** Hannah Statton; **Print Manager:** Sonia Harris;  
**Printer:** Pindar plc, Scarborough

## NEWS including

- 8 Old and new generation lifeboats, boathouses – and crew
- 9 A readers' offer for all who love *The Sea*
- 10 Artistry in Cornwall and Whitby
- 12 Lifesaving world championships to boost volunteering

## RESCUE

- 4 **INSIGHT**  
A selection of RNLI rescues from around the UK and RoI
- 20 **IN FOR THE LONG HAUL**  
Ten hours across the Channel in a force 10
- 23 **GENTLY DOES IT**  
Minimising injury after a high-speed collision
- 24 **A STERN TEST**  
Midnight command for a new helmsman
- 26 **A BEACH OUT OF REACH**  
The perils of swimming beyond the flags

**50% recycled**  
 This magazine is printed on 50% recycled paper





Photo: Rolex/Daniel Forster



Photo: @Greg Williams

## FEATURES

- 6 **SPIRIT**  
**Incredible journey**  
A Summer cycle to remember the RNLI's heroes
- 14 **CLOSE UP**  
**Meet the Family**  
Discovering the heart of The Lifeboat College in Poole
- 32 **COASTAL LIFE**  
**Red sky in the morning**  
Reading the weather and saving lives

## VOICES

- 46 **HARD GRAFT AND GLAMOUR**  
Athlete Tanni Grey-Thompson knows what it takes to rise to the challenge
- 49 **PAYBACK TIME**  
Volunteer Graham Wills remembers a Mayday
- 51 **YOUR SHOUT**  
Readers' letters

## REGULARS

- 30 **BOOKS**  
Personal tragedy, intrigue and history – and a bit of fun
- 38 **LOTTERY**  
The Autumn winner is a guest of Anstruther lifeboat station
- 40 **LAUNCHES**  
Three months' of lifeboat activity at a glance
- 52 **THEN AND NOW**  
Lifeboat stamps from 1963–2008

Photo: RNLI/Laura Wittshire



# Insight



## 3 BEACH FIRST AID FOR ALL AGES

RNLI lifeguards on Sandymouth Beach in Cornwall saved the life of a man in his 80s who suffered a heart attack on 7 September. The man's wife was carrying out CPR when the lifeguards arrived. They restarted his heart with a defibrillator. He was given oxygen and put in the recovery position. The lifeguards then had to clear the beach for the air ambulance. A few weeks beforehand, RNLI lifeguards on Porth beach in Restormel had given first aid to an 8-month-old baby who had been sleeping in a beach shelter that was swamped by a wave from the incoming tide.



Photo: RNLI/Laura Harding

## 4 WORSENING WEATHER CREATES PROBLEMS

Hayling Island's Atlantic 75 lifeboat *Betty Battle* was launched to help two struggling windsurfers on 19 May. The wind had increased to force 6 and many craft were having difficulties. One windsurfer made his own way ashore and the other was brought in by the lifeboat, which then went to a capsized RIB that was a hazard to other water users. Two of the volunteers secured a tow rope before climbing onto the hull and turning her the right way up using momentum from the waves and their own weight.

## 1 FREED FROM ROPES AS WATER RISES

A 15-year-old boy was fishing on a small beach in Tyne and Wear on 14 September when he decided to wade into the water to have a closer look at a moored boat. He got entangled in some mooring ropes and was not able to free himself. The tide was rising and the water was cold. Two passers-by spotted him and raised the alarm at the nearby Tynemouth lifeboat station. The crew freed the boy and pulled him onboard their inflatable. He was not injured and, after being warmed up at the lifeboat station, made his own way home.

## 2 MAN RESCUED AND DRUG DEBRIS CLEARED

When a RIB capsized off Mizen Head at 5am on 3 July, one of her crew swam ashore saying that two others had been onboard. Castletownbere's Severn class lifeboat found one man floating in the water near the upturned boat, surrounded by white-wrapped bales. His condition was poor but he was revived by the lifeboat crew's first aid and transferred to the Coast Guard helicopter. Baltimore's Tyne class lifeboat helped search for the third man. The bales were found to contain cocaine, and the Baltimore lifeboat (shown inset) later collected around 60 while clearing the debris, before handing them over to Revenue officers and gardai.



Photo: Ken Crossan



Here is just a handful of incidents from 2007 from around the UK and RoI to give an insight into the thousands of lifeboat rescues carried out each year. See pages 20–27 for rescues marked ■.

## 5 FISHERMEN PLUCKED FROM LIFERAFT

Three fishermen were rescued by Wick's Trent class *Roy Barker II* on 21 October, half an hour after abandoning their sinking vessel 10 miles north east of the town. The *Prolific* was taking on large amounts of water, and the boat's pump could not cope. The skipper alerted the Coastguard, and the crew, donning their lifejackets, took to the liferaft. They were in good condition when the lifeboat picked them up and declined to be brought ashore by an RAF helicopter. Half an hour later, those onboard watched *Prolific* go under. The lifeboat crew retrieved the debris before bringing the fishermen back to shore and their relieved families.



## 6 OIL ONBOARD

A 27m boat on lease to the Ministry of Defence hit submerged rocks and began to sink at 11am on 20 August. When Holyhead's *Christopher Pearce* arrived, the crew had already been airlifted to safety by helicopter, but tonnes of oil onboard the vessel, which was taking on water and listing 30°, posed a pollution threat. The lifeboat crew used salvage pumps to try to refloat her. As conditions worsened, with force 6 winds starting to blow, another pump was brought aboard and the crew began to win the battle. She was finally towed into harbour before 6pm.





# Incredible journey

The RNLI's Chief Executive spent an especially productive Summer last year. Carol Waterkeyn finds out how



A senior manager takes a cycle ride. Quite unremarkable until you realise that the man in question is the RNLI's 63-year-old Chief Executive, Andrew Freemantle CBE, and that the ride took in 1,230 spectacular but gruelling miles from Headquarters in Dorset to Rome. Andrew was raising funds for the memorial and garden newly planned for the home of the RNLI in Poole. They will be a celebration of all the RNLI people who have made such an impact on the charity and its work through its 184-year history – especially those who have lost their lives saving others.

Andrew explains: 'We realised that, although there are memorials around the coast dedicated to individuals or particular crews, there is no one, single place to remember and record the names of them all. When I discussed this with my colleagues, the Trustees and the RNLI Council, everyone agreed it was a good idea but we knew we couldn't use our regular funds, which are given for saving lives. We would need to raise the money separately. And so it was that three ex-service friends and I planned an epic cycle ride. Unlike the others I hadn't done much cycling before, so the training and subsequent ride were a bit hard on the old bottom – even though I was the bambino of the group!'

Their preparation over, the intrepid four set off on 31 August. The Chief Executive had booked 3 weeks' annual leave in which to complete the trip. The task was to cover at least 60 miles a day, a goal they met with

With a French and Italian speaker among them, lodgings were usually arranged a day or so ahead by mobile phone. The laundry routine became to wash their cycling gear each evening and hang it to dry where they could.

The legendary warm welcome offered to cyclists on tour in France and Italy proved true: hotel managers happily secured their bikes, and other road users were generally considerate. There were some rather scary moments in the road tunnels with enormous lorries rushing past. But Andrew's worst moment was when one of his tyres blew out on the Alps. 'Luckily I was not travelling fast downhill at the time. It went "bang" like a shotgun and the tyre and inner tube completely split.' He used an emergency replacement for a couple of days until he could find a suitable new tyre. Kicking his bike in frustration, threatening to throw it in the Tiber and other Basil Fawlty behaviour was fortunately rare.

Reaching Rome was a particularly special experience. The sight of the Coliseum after the daily slog up mountains, down narrow tracks and across cobbles was an emotional moment. The night before, all four adventurers had met up with their wives 25 miles north of their destination. The ladies then drove ahead to meet the jubilant but tired cyclists as they made their grand entrance onto St Peter's Square in front of the Vatican. It was very moving for them all at the end of such an unusual and taxing 'holiday'.

So far the Chief Executive's efforts have raised almost £50,000 in sponsorship, with several thousand more being

## 'Our crews and lifeguards do difficult and uncomfortable things everyday so I feel it is the least I can do ...'

an average of 64 a day, at around 12.8 miles per hour. This was despite the challenges of the Massif Central and the Alps. With the Mistral, the infamous icy wind behind them, they even managed to take a day off.

One thing the friends did not have to worry about was eating too many calories – frequent meals and snacks were all exercised off while the group worked to keep up their water intake. 'The weather was very kind to us. When we reached Siena, we found a beautiful mediaeval city with cobbled streets and a marvellous piazza, gorgeous historic churches and fantastic ice cream,' enthuses Andrew: 'We wanted to stop.'

raised by his friends. What would he think to doing it all again? 'I would be happy to do something else worthwhile to raise money for this project. Our crews and lifeguards do difficult and uncomfortable things every day so I feel it is the least I can do to repay them. Lance Armstrong, the cyclist who won the Tour de France seven times having conquered cancer, wrote in his autobiography that: "cycling is uncomfortable; your butt and everything else hurts." I can certainly identify with that ...'

As he has already completed the London Marathon on behalf of the RNLI, we can be sure that Andrew's next challenge will be pretty spectacular!

If you would like to join Andrew in his fundraising for the RNLI memorial and garden, you can make a donation via the RNLI Supporter Care team (see contact details on page 1), the JustGiving websites, or buy an RNLI first-day stamp cover (see page 52). For more about the project itself see page 9.

**Left: Andrew Freemantle reaches Rome, 1,230 miles nearer to his goal**

**Above L-R: The awesome foursome on their fundraising travels. Bobby Hanscomb, Tobin Duke, Andrew Freemantle and Gerard Wyllys**

# 21st century stations



The RNLI's Shoreworks team is continuing to update lifeboat stations around the UK and Rol, thanks to your support.

In Hoylake, Merseyside, a £2M appeal has been launched to raise funds for a new lifeboat station to cover the approaches to Liverpool. The existing boathouse was built in 1899 and it will not be possible to modify it for the next generation of lifeboat that will replace the station's Mersey class Lady of Hilbre.

Hoylake Coxswain Dave Whiteley (pictured above, right) says: 'At the moment, the crew are based in a cramped, ageing building designed to house 19th-century rowing lifeboats. We don't have proper training and crew facilities and sometimes our lifeboat kit doesn't dry out properly between shouts.' Find out more or donate at [rnli.org.uk/hoylakeappeal](http://rnli.org.uk/hoylakeappeal).

Devon District Council has given planning permission for a new station at Exmouth, construction of which is scheduled to begin in the Spring. At the moment, Exmouth's Trent class all-weather lifeboat is tidally restricted and cannot launch on service at low water. Her crew members change in temporary cabins and use public toilets. The inshore D class lifeboat is housed further along the seafront, and shore helpers must bring her across a busy road to the beach before launching.

The new building will be near Maer Rocks and will house both the D class and a carriage-launched all-weather lifeboat that can head out at any state of tide. There will be better crew facilities and more environmentally friendly and cost-saving features such as solar panels and rainwater harvesting.

The introduction of the Tamar class and Atlantic 85 lifeboats means more shoreworks projects are underway or planned at Shoreham, Bembridge and Sennen Cove, Queensferry and Portaferry.

Photo: Nigel Millard

## Running into money

Fit fundraisers around the UK and Rol have raised hundreds of thousands of pounds for the RNLI by pounding the streets in various running events.

In December, the RNLI's Reindeer Runs in Dorset and Port Talbot got participants in the mood for Christmas with fancy dress, mince pies and hot punch. At the time *the Lifeboat* went to press, 2,000 people were due to run.

October saw RNLI entrants in the Dublin City Marathon and the BUPA Great North and South Runs. More than 130 raised money for the RNLI in the Great North Run alone, including Helen Nicholson from Halifax, who ran to celebrate her brother Paul's 10 years as a crew member in Sunderland.

Helen says: 'No matter where

he is or what he's doing, Paul drops everything when his pager goes off. His commitment to the RNLI is amazing and I don't know how he and the other volunteer crew members do it.'

Upcoming events for the RNLI's dedicated athletes include March's Bath Half Marathon and April's Flora London Marathon.

Runs like these are just one category of RNLI fundraising events designed to get the blood pumping. Sponsored skydives, abseils and bungee jumps are held regularly for adrenaline junkies who want to help the charity while having the experience of a lifetime.

Check your *RNLI Compass* for an adventure near you, or visit [rnli.org.uk/events](http://rnli.org.uk/events).

## DANIEL CRAIG ABOARD

Actor Daniel Craig has publicly lent his support to the RNLI following a visit to Ramsgate lifeboat station (pictured centre with the crew).

Born in Hoylake, he grew up knowing the lifeboat crew there by name and has maintained his admiration for crews ever since. He explained in an interview in *GQ* magazine in December: 'The tireless, unassuming, and above all brave work that the RNLI volunteers undertake every day makes me proud and honoured to be associated with them. Please help them do their job; support your local lifeboat.'

Hot on the heels of this ringing endorsement, Daniel chose the RNLI to financially benefit from his win at the British Independent Film Awards.



Photo: © Greg Williams

# COUNTING DOWN TO

RNLI SOS day, 25 January is fast approaching, with many events already planned for the RNLI's national fundraising day 2008.

If you haven't planned anything yet, there's still time to join in the fun. Check out the website at [rnli.org.uk/sos](http://rnli.org.uk/sos) for lots of great ideas that can be organised quickly and easily. These events will help banish the January blues at your work place, school or club, so get involved, have fun and help the RNLI save lives.

Order a free fundraising pack online or by calling 0845 121 4999, or 1800 789 589 from the Rol.



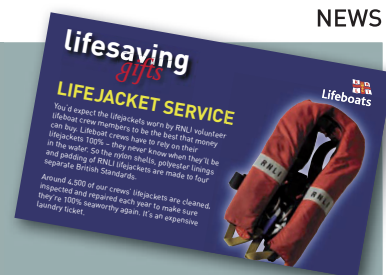
## Give with confidence

You may have noticed the Fundraising Standards Board (FRSB) logo appearing on RNLI materials recently (see page 2).

The RNLI has signed up as a member of the FRSB, an independent charity regulator. Membership means the RNLI must follow certain processes when handling complaints and adhere to the Institute of Fundraising's codes of practice. The RNLI has always aimed

for the highest level of service to supporters, and the FRSB logo offers reassurance that the charity takes its duties in this regard seriously.

Should you have any complaints, the RNLI itself remains your first port of call, with the FRSB a last resort in the unlikely event that you feel a solution has not been reached. For more information, visit [frsb.org.uk](http://frsb.org.uk).



## SPLASH OUT!

Thank you to everyone who bought an RNLI virtual gift for someone special at Christmas. The range will still be available in Spring, as a thoughtful alternative to Valentine's chocolates and Easter eggs.

When you buy a virtual gift, you don't actually receive the item you choose, but you are making a donation to the RNLI in your loved one's name. They will receive a certificate explaining how your generosity helps provide crews with the best and safest equipment possible. See how you can help, and avoid those last-minute queues, at [rnli.org.uk/splashout](http://rnli.org.uk/splashout).

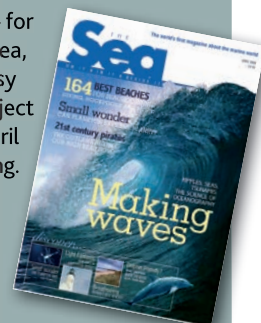
## CELEBRATION

In the Summer issue of *the Lifeboat* we told you about the memorial and garden planned for RNLI Headquarters in Poole, Dorset, as a tribute to all the charity's volunteers since 1824. Artists were invited to pitch their ideas for the project, and proposals are now in. We hope to make details of the shortlisted entries available at [rnli.org.uk/memorial](http://rnli.org.uk/memorial) soon. Funds for the project have to be raised independently, as the RNLI cannot use money donated for saving lives at sea. Read about RNLI Chief Executive Andrew Freemantle's fundraising cycle to Rome on page 6.

## READER OFFER

In it, on it, beside it – for those who love the sea, the world's first glossy magazine on the subject will be launched in April by Signature Publishing.

*The Sea* magazine will cover all things marine, from news, history, oceanography and wildlife to leisure, culture and commerce. RNLI supporters can get exclusive discounted subscriptions to the new magazine, and every subscription will help raise funds for the RNLI too. For more information telephone 01428 601020, or email [info@signaturepl.co.uk](mailto:info@signaturepl.co.uk), or see [www.theseamagazine.com](http://www.theseamagazine.com).



## Cornish originals on eBay

Cornish artist Glyn Macey is auctioning 120 of his works on eBay for the RNLI. Glyn has put a painting up for sale every weekday since the start of October, with a bidding period of one week each.

Glyn's acrylic studies of Cornish scenes have marked him as one to watch in the art world. Many of the paintings have sold for well over £100, and in November one sold for more than £1,000. Glyn has generously donated half of the proceeds to the RNLI.

He says: 'The weather changes minute to minute here, and it's all too easy to find yourself in an exposed location with the waves whipping up. The volunteers of the RNLI show extraordinary courage in saving lives every year.'

Glyn is just one of more than 200 community sellers who have donated some of their eBay proceeds to the RNLI. Find out more at [ebay.co.uk/rnli](http://ebay.co.uk/rnli).



Painting: Glyn Macey

## Royal events in Whitby and Poole

Photo: RNLI/Tony Roddam



Royal support for the RNLI continued in the Autumn, with two notable visits.

The Duchess of Kent opened the new lifeboat station at Whitby on 7 September. She also named the station's latest D class inshore lifeboat *OEM Stone III*.

The lifeboat was funded with a legacy from Barnsley woman Olive Stone. As a little girl, Ms Stone was rescued by a lifeboat crew, and she supported the RNLI since that day.

The Duchess is pictured above unveiling a bronze bust of Whitby's most famous lifeboatman Henry Freeman, created by renowned sculptor Richard Sefton. Freeman was a crew member for more than 40 years,

and was the only survivor of the Whitby lifeboat disaster in 1861, thanks in part to the cork lifejacket he was wearing.

The new lifeboat station replaces a building from 1918, and provides up-to-date facilities for one of the busiest crews in the north of England, including warm crew changing rooms, a training room and offices.

The Duchess of Kent has long been associated with Whitby lifeboat station, and has named the station's last three lifeboats. She arrived at the ceremony onboard the station's Trent class all-weather lifeboat *George and Mary Webb*.

A month later, Her Royal Highness Princess Anne visited The Lifeboat College in Poole on 9 October, as part of her tour of Dorset.

The Princess sat at the helm of the College's lifeboat simulator, before watching four RNLI crew trainers demonstrate a lifeboat capsize in the sea survival pool. She then went to see the training vessel *Robert S Ellsmoor*, moored outside the College, and met lifeboat crew from around the UK and RoI who were attending training courses. Find out more about the College on page 14.

## SHARE THE BENEFITS

If you have unwanted shares in a UK-listed company, donating them to the RNLI could be a tax-efficient way of realising their value.

The sale of donated shares on behalf of the RNLI raised £140,000 in 2007, more than enough to buy a new Atlantic 85 inshore lifeboat.

Shares worth more than £100 can be donated straight to the RNLI. For lower-value shares, administration costs mean direct donation is not the most efficient way of giving. You can send these shares to ShareGift, a charity that collects shares until it has enough to sell and distributes the proceeds among a number of charities. In 2007, ShareGift gave the RNLI £15,000.

To find out more, contact the RNLI's Rhys Parker on 01202 663285, or visit [www.rnli.org.uk/sharegiving](http://www.rnli.org.uk/sharegiving) and [www.sharegift.org](http://www.sharegift.org). As with all financial matters, you should also seek independent advice.

# READER OFFERS



## Lifeboats

Every booking benefits the RNLI



## OCEAN CRUISES 2008-2010

DEPARTING FROM THE UK - NO FLYING!

Our ship the MV Van Gogh has become a firm favourite with UK passengers and is often referred to as 'the happiest ship afloat' for its popular atmosphere, facilities and West End-style entertainment.

Weighing in at nearly 16,000 tonnes, the vessel offers plenty of facilities including a seawater swimming pool, fitness centre, sauna and cinema. Spacious decks offer expansive views of the ever-changing vista, while a selection of comfortable bars and lounges are a great place to relax after an exciting day sightseeing, shopping or exploring.

A well-furnished restaurant offers dinner in two convenient seatings, after which there's live entertainment in the show lounge. All of the 253 passenger cabins are well equipped with en suite, music channels, cabin-to-cabin telephone, mini-safe, TV and are air conditioned.

- **£100 discount off your cruise** if you book before 29th February 2008
- **£200 discount** if you book a 2009 cruise before 30th June 2008
- Up to **40%** off the **Round the World Cruise 2010** if you book before 30th June 2008
- **Easy payment scheme**
- **Complimentary** executive coach transfers to the vessel or **FREE** parking at port
- All **gratuities included** on board
- **Excellent cuisine:** breakfast, lunch, afternoon tea, dinner and late night snacks
- All **passenger** and **port taxes** included

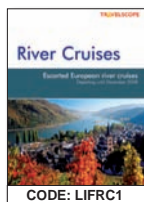


### FANTASTIC CHOICE OF OCEAN CRUISE ITINERARIES

- |   |  |
|---|--|
| <b>Spitzbergen, North Cape &amp; land of the midnight sun</b><br>From Harwich 14 Days: 3rd & 16th June 2008 <b>From £1249</b> | <b>Madeira &amp; Canary Islands cruise</b><br>From Falmouth 12 Days: 24th September 2008 <b>From £1099</b>     |
| <b>Iceland &amp; the Faroe Islands cruise</b><br>From Hull 10 Days: 17th July 2008 <b>From £999</b>                           | <b>Summer Gardens cruise</b><br>From Harwich 4 Days: 12th September 2008 <b>From £449</b>                      |
| <b>Marvels of the Mediterranean cruise</b><br>From Falmouth 20 Days: 5th October 2008 <b>From £1899</b>                       | <b>Christmas &amp; New Year sunshine cruise</b><br>From Falmouth 15 Days: 21st December 2008 <b>From £1599</b> |

Unless stated prices based on 2 sharing \*Discounted Price

All cruise prices based on 2 sharing.



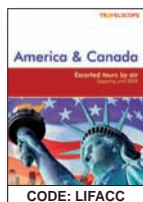
Range of River Cruises (including 4\*) 2008 by coach or by air



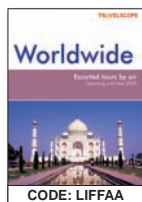
New Singles brochure Out Now! Departures 2008-9



Full range of regional airport departures 2008



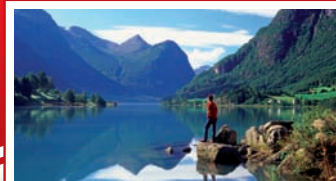
A range of America & Canada holidays by air 2008/2009



Includes a range of regional airport departures 2008/2009



Order your FREE DVD today to complement your brochure!



### Norway's Summer Fjords

**9 Days** departs: 24th August 2008  
Cruising from **Harwich** from only **£999**

- 6 superb ports of call: Bergen, Geiranger, Olden, Flåm, Gudvangen and Stavanger

### Falmouth to the Fjords

**12 Days** departs: 4th May 2008  
Cruising from **Falmouth** from only **£1249**

- 9 superb ports of call: Barrow, Oban, Lerwick, Ålesund, Olden, Flåm, Ulvik, Eidfjord and Bergen



### St Petersburg & the Baltic Capitals

**12 Days** departs: May, Jul & Sept 2008  
Cruising from **Harwich/Hull** from only **£1199**

- 5 superb ports of call: Copenhagen, Stockholm, Tallinn, St Petersburg and Helsinki



### Round the World Cruise

**93 Days** departs: 4th January 2008  
Cruising from **Falmouth** ~~£9999~~ **£5999**  
**40% discount per person if you book before 30/06/08**

- 24 superb ports of call including: Antigua, Ecuador, Tahiti, Auckland, Sydney, Mauritius, Durban, Cape Town, Cape Verde and Madeira

### ORDER YOUR FREE BROCHURE TODAY..

24 hr Hotline

**0844 412 9699**

Please quote the holiday code (see coupon)

### BOOK DIRECT TO AVOID DISAPPOINTMENT:

Phone the Brochure Hotline number to book direct. We are here to take your call in person: Mon-Sun 8am-10pm, Bank Holidays 8am-8pm (excl. Christmas Day & Boxing Day).

To book online 24hrs a day: [www.travelscope.co.uk/lif](http://www.travelscope.co.uk/lif)

Return address:  
Travelscope  
Holidays Ltd,  
Pioneer Avenue,  
GLOUCESTER  
GL3 4AW

Please send me a brochure for:

- |   |               |
|---|---------------|
| <input type="checkbox"/> Ocean Cruises    | Code: LIF-OCC |
| <input type="checkbox"/> America & Canada | Code: LIF-ACC |
| <input type="checkbox"/> Europe           | Code: LIF-EUC |
| <input type="checkbox"/> Worldwide        | Code: LIF-FAA |
| <input type="checkbox"/> River Cruises    | Code: LIF-RC1 |
| <input type="checkbox"/> Just Friends     | Code: LIF-JFR |

Name: .....  
Address: .....  
Post Code: .....  
Tel. No: .....  
Email: .....

**TRAVELSCOPE**  
Supporting the RNLI  
Registered charity  
ABTA V5060 ATOL 4555

12.5% of the holiday price is paid to the RNLI after administration costs are deducted. Charity registered in England, Scotland and the Republic of Ireland. The RNLI thanks Travelscope Holidays Ltd for its fundraising support. The use by Travelscope Holidays Ltd of the RNLI name and logo indicates Travelscope Holidays Ltd's support for the RNLI but it does not imply RNLI endorsement of the product/service offered by Travelscope Holidays Ltd. LIF Winter 2007

# LIFESAVING WORLD CHAMPIONSHIPS

Photo: Harvie Allison



Newquay, Cornwall, will host the Rescue 2010 Lifesaving World Championships after a successful bid by Surf Life Saving Great Britain (SLSGB).

More than 5,000 competitors from 55 countries will take part

in the event, which will promote water safety and lifesaving skills – and help the RNLI.

Volunteer lifeguards are essential to the RNLI's plan to double lifeguard operations in the next 5 years. The charity's partnership with SLSGB

will develop just such a strong volunteering base, and Rescue 2010 will give this ethos extra momentum.

More than 120 individual and team titles will be contested, in the surf and in the pool, in June and July 2010.

## SONGS, SEAFARERS AND CEREMONIES

The RNLI continues to update the lifeboat fleet around the coasts of the UK and Rol, and new D class and Atlantic 85 inshore lifeboats were named recently including:

Wicklow lifeboat station celebrated its 150th anniversary with the naming of its D class *Sheringham Shantymen* on 13 October. The lifeboat was funded by the eponymous group of Norfolk singers, who raise money for the RNLI with concerts and CDs (available from the RNLI gift catalogue and website).

Twenty four members of the group travelled to the ceremony, and sang *Home from the sea* as the lifeboat was launched after being named. Musical Director Brian Farrow, who is also Lifeboat

Operations Manager at Sheringham lifeboat station, says: 'The Shantymen have spent 3 years raising money to purchase this new lifeboat and were thrilled to learn it was to be stationed in Wicklow, not least because we now have a genuine reason to return to Ireland! We know that the Wicklow crew will use this new lifeboat to continue their own proud tradition of selfless service.'

The D class lifeboat is a fast, light inflatable that is used in surf, shallow water and confined locations.

Readers in Ireland can find out more in their *RNLI Compass*. Wherever you live, see your copy of *Compass* for details of naming ceremonies in your region.



## PILOT PERMITS

Leesa Espley from Hunstanton is the first woman in the RNLI to get a hovercraft licence. A supply teacher by profession, Leesa is also a retained firefighter and is on call for emergencies on land and at sea 24 hours a day. Hunstanton's hovercraft is used for rescues in the marshes, sandbanks and shallow waters that characterise the area. The lifeboat station's Brian Penty also qualified as a hovercraft pilot when RNLI examiners visited to assess the pair's skills.

Photo: Simon Barber



## SEASIDE RESCUE

Watch out for the new fifth series of BBC's *Seaside rescue*, which was filmed last year with RNLI lifeboat crews in Yarmouth, Isle of Wight; Lympington, Hampshire; and Falmouth, Cornwall. Film crews also followed RNLI lifeguards in Perranporth, Cornwall.

Broadcast dates are not confirmed yet, but if you sign up for *RNLI on TV* email alerts we can tell you about this and other programmes as soon as they are certain. Register at [rnli.org.uk](http://rnli.org.uk).



## ENTHUSIASTS' HANDBOOK

*The Lifeboat Enthusiasts' Handbook 2008* costs £5 and is available from Tony Denton at [tony.exboat@virgin.net](mailto:tony.exboat@virgin.net). It lists every RNLI lifeboat from the 19th century's pulling craft to today's Tamar class. Find out what happens to lifeboats after RNLI service, or check a station's fleet and ancillary equipment. If you're especially interested in the lifeboat fleet, the Lifeboat Enthusiasts' Society and its thrice-yearly newsletter may be for you. Find out more at [rnli-lbes.org.uk](http://rnli-lbes.org.uk).

# PURE PHARMACEUTICAL GRADE 'GLUCOSAMINE GIVEAWAY!'

Buy One Get One Free + Free Glucosamine Joint Gel!



## Glucosamine

Sulphate 1000mg HIGH STRENGTH

Glucosamine Sulphate is now one of the most popular products for joint health in the UK. It plays a key role in the smooth working of joints and helps maintain connective tissues. Why not try our biggest selling supplement at the lowest price in the UK guaranteed! Because quality is our priority all our Glucosamine is made to pharmaceutical standards, each tablet provides 1000mg of Glucosamine Sulphate 2kcl.

**BUY 180 & GET 180 FREE!**

Only 2p per Day!

**BUY ONE GET ONE FREE!**

### Cod Liver Oil

1000mg HIGH STRENGTH Super Strength Cod Liver Oil at the cheapest price in the UK!



### Ginkgo Biloba

6000mg HIGH STRENGTH Help to improve short term memory & circulation to the brain, heart, limbs & eyes.



### Omega 3

FISH OIL 1000mg Containing essential fatty acids EPA & DHA to help maintain a healthy heart.



## FREE GIFT! Glucosamine Joint Gel

Simply order our Glucosamine and we will send you Glucosamine Gel (50ml) - RRP £9.99 for FREE!



360 FOR £7.49 RRP £39.99

## Quality is Priority - Pharmaceutical Grade!

The Highest Strength Formulations, giving you a high level of 'actives' and great value for money.

Pharmaceutical Grade Ingredients produced to the highest standards.



Smooth Taste Free Gloss coating makes tablets easy to swallow.



## Quality Assured

'Good Manufacturing Practice' (GMP) is a set of strict pharmaceutical regulations, codes and guidelines for the manufacture of medicinal products.

## Glucosamine & Marine Chondroitin

500mg/400mg STRENGTH Super Strength and Number One Best Selling Joint Supplement!



Order now on our Freephone Orderline - Please quote LB30

**0800 988 0292**



Lines open 8am-6pm (Mon-Sat)  
Customer Service Line: 0845 863 0622

**SimplySupplements™**  
High Quality Vitamins & Minerals

Same Day Despatch & The Lowest Prices in the UK Guaranteed!

\* You will receive two containers of 180 for the prices above & 120 for Gluc. Chond.

Code	Product	Size	Price	Qty	Total
S130	Glucosamine Sulphate 1000mg	360 Tabs	£7.49		
FG400	Glucosamine Joint Gel	50ml + 50ml	FREE		FREE
<b>ADDITIONAL PRODUCTS</b>					
S400	Omega 3 Fish Oil 1000mg	360 Caps	£9.85		
S700	Glucos. 500mg/Chond. 400mg	240 Tabs	£16.99		
S404	Ginkgo Biloba 6000mg	360 Tabs	£9.69		
S143	Cod Liver Oil 1000mg	360 Caps	£9.95		
S210	Selenium 200mcg + ACE	360 Tabs	£7.95		
S145	Multivitamins + Iron (100% RDA)	360 Tabs	£6.49		

**LB30** Add £1.99 (P&P) on orders under £17  
Deduct discount on Bulk Buy (See coupon)

TOTAL

Please complete and return to: (no stamp needed)

Simply Supplements, FREEPOST GU253, PO Box 204, Guernsey, GY1 5BR

I wish to pay by cheque/PO made payable to: Simply Supplements

Paid by: Mastercard  Visa  Switch  Solo

\_\_\_\_\_

Valid from \_\_\_\_\_ Expiry Date \_\_\_\_\_ Issue No. \_\_\_\_\_

Name (Mr, Mrs, Ms) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Simply Supplements is a trading style of Pinnacle Health LTD, Registered in Jersey, company no. 90555

## Discount Voucher

£2

Spend over £20 and Save £2 off the cost of your order.

Please Quote **LB30**

All offers & prices featured are only applicable to this advert and are valid until 30.04.08

Data protection: We may from time to time make our mailing list available to carefully selected companies which may be of interest to you. If you would prefer not to receive such mailings please tick box

# MEET THE FAMILY

Building a strong and happy family can be a tough task for anyone but this is exactly what The Lifeboat College is attempting to do for the RNLI. Four members of this charity 'family' tell Liz Cook and Carol Waterkeyn what it means to them







Sue  
Hennessy

### The Principal

'When I heard the first tentative ideas about a college for the RNLI, I knew *exactly* what the potential was,' says Sue Hennessy, glowing with the remembered excitement. 'Yes, it should be a centre of excellence for training our crews and lifeguards – of course! – but there was so much more. Perhaps it would be the place where everyone who has *any* connection with the RNLI could come, share the same space and some of the same experiences.'

Sue explains further: 'My vision was that a crew from the west of Ireland might bump into a fundraising branch from the east of England. Or a couple of Shoreline members eating lunch would see kitted-up crews joining their training boats for exercises. Staff from a corporate donor might meet the RNLI's sea survival experts face to face ... How inspiring and strengthening that would be to the whole RNLI family.'

But this was no pipe dream – Sue is now both Head of Training and College Principal in Poole, living every working day (and sometimes night) the reality of The Lifeboat College. She sees the building and all that it offers as a powerful tool in distance management: 'The RNLI is literally a peripheral service – it is largely coastal, on the edge. Even our Headquarters is by the sea. How do you hold that all together?' The Principal is a hands-on woman, personally hosting tours of the site and inducting new staff. Being part of the College and thence the wider RNLI is 'so compelling and a constant thrill,' enthuses Sue. 'From the beginning we were going to be world leading.'

## 'The RNLI is literally a peripheral service ... on the edge ... How do you hold that all together?'

I researched the very best in conference centres and agonised over the right furniture, lighting, beds ... It would all have to stand up to heavy use but still be attractive and comfortable for a wide range of people.

'Now we strive every day to perfect everything we do, whether that be training, the food, the reception or the technical services that visitors receive – if any of those aren't right, the family just won't want to come and stay!'



Tim  
Edwards

### The Crew Member

For 37 weeks of the year, The Lifeboat College is teeming with volunteer lifeboat crew members from all over the UK and RoI. With courses ranging from basic boathandling to command and control, the diversity of trainees is extraordinary. Probationers routinely rub shoulders with crew of many years' standing and everyone is stretched by the expert tuition.

Just one of several courses underway in October last year was D class Helm – a chance for existing helms to both brush up their skills and learn new techniques and for others to gain relevant knowledge from scratch. Five students had travelled from afar, taking time off from their 'day jobs' to live and breathe lifeboats for a week. Classroom work and practical →

exercises went hand-in-hand, in both the indoor survival pool and the open waters of Poole Harbour and beyond.

Volunteer Tim Edwards from Lytham St Annes, Lancashire, explains: 'We've worked on handling the lifeboat itself and towing other craft. Practising recovering weighted dummies from the water simulates rescuing casualties but also prepares us for any "man overboard" emergency. We've carried out complex searches and improved our teamwork and leadership.'

The trainees certainly gain high-level knowledge and skills from their time in Poole but living and working so closely together also builds confidence and an increased sense of belonging to the wider RNLI family.

## 'It's hard work but the instructors are top notch!'

Tim and his fellow trainees sum up: 'It's been a very satisfying week.'



### The Customer

Nowadays, only 10% of lifeboat volunteers have had a professional maritime occupation so training is even more important if they are to fulfil their lifesaving roles and keep safe themselves. Training is expensive but The Lifeboat College offsets the expense in two ways. Large savings are made through providing catering and accommodation on site. Income is generated by marketing the building's facilities to other organisations.

The latest string to this commercial bow is the RNLI Sea Survival Experience. This corporate team-building event comprises some components of the real-life training

the charity's volunteers go through and can genuinely be said to offer something unique. There is surely no better environment in which to demonstrate the importance of working well together, trying to survive 'the elements'.

Starting with a thorough briefing from instructors and dressing in RNLI kit, these novice 'crew' undergo poolside drills and then gain skills in the survival pool that RNLI crew members rely on every day. Clambering into liferafts in a powerful swell and 'rain', 'thunder' and 'lightning' before rescue by 'helicopter' form the heart of the event, all under the watchful eye of RNLI trainers. Participants recover with a hearty meal before returning to their workplace with a new understanding of the RNLI's work.

John Green, Vice President of Telesoft Technologies, and 11 colleagues were the first to try out the Sea Survival Experience. They were bowled over. 'It was an awesome experience,' he reports. 'It was totally different and revitalising in comparison with other corporate days we've tried. The RNLI has tremendous staff, great communicators and fabulous facilities.'



### The Member

When the College has spare accommodation, it is open to members to sample. RNLI supporter Tony Holkham and his wife weren't sure what to expect. Tony explains: 'Would it be a hotel? Exclusive club? Campus? Each conjures different, not necessarily positive, images. We found something else.'

'Greeted by friendly staff, the peaceful atmosphere impressed us. Our room was spotless, spacious, and warm; you could open the window for fresh air; and the view of Holes Bay was lovely, especially early morning and evening. Dinner on Friday was so tasty, and the service so good, that we looked no further

## 'It's a home-from-home.'

on Saturday, despite Poole being awash with eating places. It was home-cooked food at its best, with plenty of variety (and quantity!).

'After a superb breakfast on Saturday we ventured further into Dorset and visited Monkey World, then returned to stroll round Poole town (just a few minutes from the College) with its shops and entertainment to suit every possible taste; on Sunday, we found the Old Lifeboat Station Museum and other attractions on the quayside.

'If we had any criticism, it was the unnecessary background music in the restaurant, and the cigarette butts outside (stub bins being few and full). But I nit-pick – we had a lovely, relaxed weekend, and we must congratulate the approachable, helpful and happy staff for making it so, and the unobtrusive way they kept it immaculate without being sterile, as hotels can be. Everyone was chatty and complimentary, whether there for work, training or leisure, and it was lovely to see people of all ages enjoying the facility.

'So, hotel, club or campus? To its credit, the College tries to be none of these. It has found the perfect balance, a home-from-home that we were delighted to visit, and certainly will do again; these few words aren't enough to do it justice.

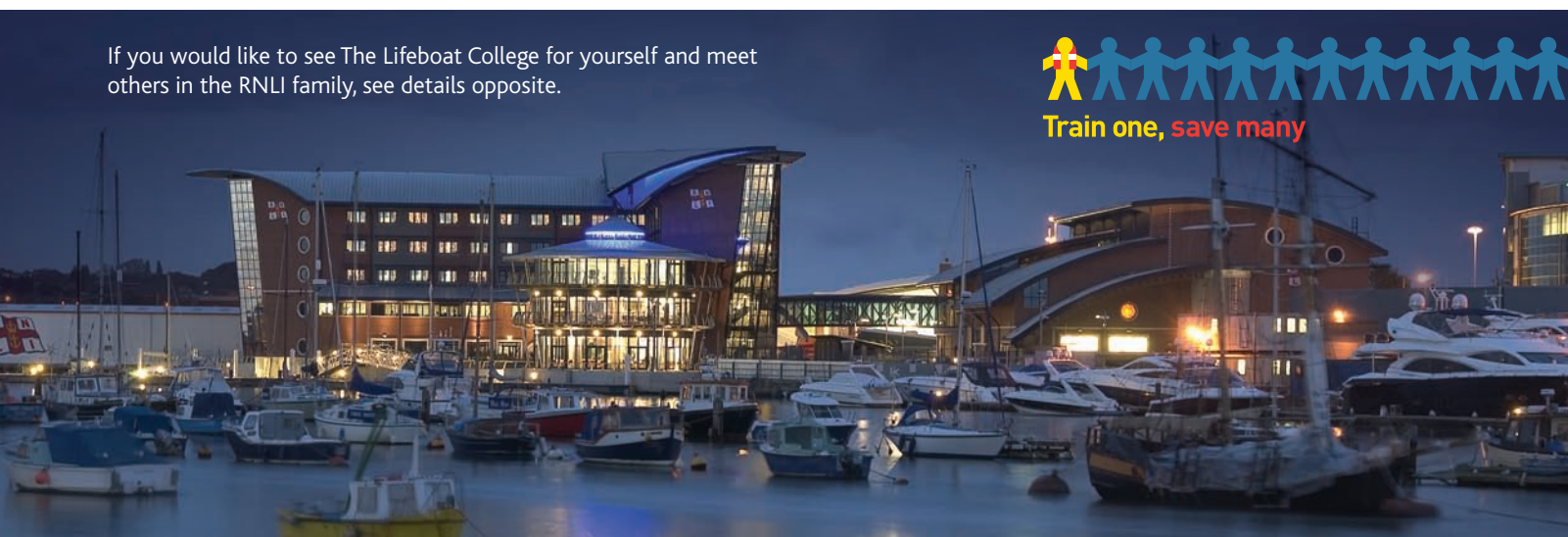
'Value for money? Certainly. Tell your friends – if they aren't RNLI members, or haven't yet stayed at the College, they don't know what they're missing.'

## 'It was an awesome experience ... revitalising.'

If you would like to see The Lifeboat College for yourself and meet others in the RNLI family, see details opposite.



Train one, save many





# Special breaks at The Lifeboat College

## 'Twas a dark and stormy night

A very special weekend break with 2 nights' bed and breakfast 22–23 February 2008 and a unique opportunity for you to go behind the scenes at The Lifeboat College. You will watch a demonstration in the sea survival pool on Saturday morning and enjoy a gala dinner with guest speaker on Saturday evening.  
£205 double occupancy and £160 single occupancy

## From the vine to the wine

An essential weekend for wine lovers, comprising 2 nights' bed and breakfast 7–8 March 2008 with tutored wine tastings and expert wine advice on Saturday morning and a gala dinner with specially selected wines on Saturday evening.  
£225 double occupancy and £175 single occupancy

## Surf away!

### An introduction to computers for the complete beginner

Not to be missed! An opportunity to learn about computers in the home of RNLI training, comprising 4 nights' bed and breakfast 17–20 March 2008 with two tutored sessions of 2 hours duration on the use of the internet, email and Microsoft Office plus 'drop in' sessions in The Lifeboat College's IT training rooms.  
£450 double occupancy and £325 single occupancy

## Easter Eggstravaganza

Bed and breakfast for 3 nights 21–23 March 2008 with a gourmet Easter Sunday lunch and eggs galore!  
£295 double occupancy and £235 single occupancy  
Extend your break and stay Easter Monday night too, 24 March 2008, at just £50 double or £40 single, bed and breakfast.

With stunning views of Poole harbour from every room and fine food and drink The Lifeboat College is the perfect location for a break at anytime. Everyone involved with the RNLI, whether volunteer, member, crew or other 'family' member, can enjoy our wide range of facilities. Standard bed and breakfast rates are just £69.50 for double occupancy and £62.50 for single occupancy. Visit our virtual tour at [rnli.org.uk/360tour](http://rnli.org.uk/360tour) to find out more.



**Remember!** Every £1 you spend at The Lifeboat College helps the RNLI to save lives at sea

Call to book or for more information 0870 833 2000  
or email: [tlc\\_reception@rnli.org.uk](mailto:tlc_reception@rnli.org.uk)

The Lifeboat College, The Royal National Lifeboat Institution, West Quay Road, Poole, Dorset, BH15 1HZ

[rnli.org.uk/thelifeboatcollege](http://rnli.org.uk/thelifeboatcollege)

# HALF PRICE

A SELECTION FROM OVER 40 PRODUCTS IN OUR SALE



**St John's Wort**  
300mg providing  
900mcg  
of hypericin  
**120 tablets**  
~~£5.95~~ **£2.95**



**Gold Standard  
MultiVitamins  
& Minerals**  
28 essential  
micronutrients  
**180 tablets**  
~~£9.95~~ **£4.45**



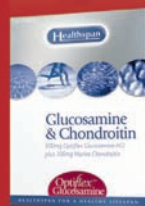
**Opti-Omega 3**  
Highest quality  
premium omega  
3 available  
**120 capsules**  
~~£9.95~~ **£4.45**



**Ginkgo Biloba**  
6,000mg  
120mg standardised  
extract  
**360 tablets**  
~~£9.95~~ **£7.95**



**MSM**  
800mg  
Pure distilled  
OptiMSM  
**240 tablets**  
~~£10.45~~ **£8.45**



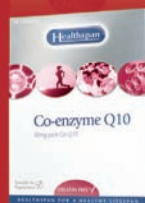
**Glucosamine HCl  
& Marine  
Chondroitin**  
500mg + 100mg  
**120 tablets**  
~~£7.95~~ **£5.95**



**Evening  
Primrose Oil**  
1,000mg  
Providing  
100mg GLA  
**180 capsules**  
~~£9.95~~ **£6.95**



**Cod Liver Oil**  
1,000mg  
Purest Icelandic  
one-a-day capsules  
**180 capsules**  
~~£7.45~~ **£5.45**



**Co-enzyme Q10**  
30mg  
High strength  
one-a-day capsules  
**90 capsules**  
~~£9.95~~ **£6.95**

**QUALITY GUARANTEED** ALL PRODUCTS ARE MADE USING THE PUREST INGREDIENTS IN PREMISES THAT CONFORM TO THE STRICTEST PHARMACEUTICAL STANDARDS (GMP). IF YOU'RE NOT ENTIRELY HAPPY WITH ANY HEALTHSPAN PURCHASE, PLEASE RETURN IT TO US FOR A FULL 'NO-QUIBBLE' REFUND.

## FREE POSTAGE & PACKAGING

Product Description	Size-Price	Qty	Total (£)
Cod Liver Oil - Pure Icelandic 1,000mg 'One-a-day'	180 @ <del>£7.45</del> <b>£5.45</b>		
Co-enzyme Q10 - 30mg	90 @ <del>£8.95</del> <b>£6.95</b>		
Evening Primrose Oil - 1,000mg 'One-a-day'	180 @ <del>£9.95</del> <b>£6.95</b>		
Ginkgo Biloba - 120mg standardised extract	360 @ <del>£9.95</del> <b>£7.95</b>		
Ginkgo and Ginseng - 3,000mg + 600mg Panax Ginseng	120 @ <del>£9.95</del> <b>£2.95</b>		
Glucosamine - 1,000mg Optiflex Glucosamine	360 @ <b>£10.95</b>		
Glucosamine & Chondroitin - 500mg + 100mg Marine Chondroitin	120 @ <del>£7.95</del> <b>£5.95</b>		
Happy Days 5-HTP - 100mg	60 @ <del>£9.95</del> <b>£6.95</b>		
Milk Thistle - 110mg standardised extract	120 @ <del>£9.95</del> <b>£2.95</b>		
MSM - Advanced OptiMSM 800mg	240 @ <del>£10.45</del> <b>£8.45</b>		
Multivitamin Gold - 28 vitamins, minerals and micronutrients	180 @ <del>£9.95</del> <b>£4.45</b>		
Opti-Omega 3 - Premium Fish Oil	120 @ <del>£9.95</del> <b>£4.45</b>		
Probiotic - 5 billion 'friendly' bacteria	90 @ <del>£9.95</del> <b>£7.95</b>		
Saw Palmetto - 320mg extract plus Zinc and GLA	90 @ <del>£9.95</del> <b>£7.95</b>		
St John's Wort - 900mcg of Hypericin	120 @ <del>£9.95</del> <b>£2.95</b>		
Vitamin B Complex - with Biotin and Folic Acid	360 @ <del>£7.95</del> <b>£5.95</b>		
<b>Orders OVER £15 - please deduct £2</b>			<b>- £2</b>
<b>Postage and packaging (worth £1.95)</b>			<b>FREE</b>

Name (Mr, Mrs, Ms): .....

Address: .....

Tel. No: .....

Total £

Debit my Mastercard / Visa / Switch Issue No / Start Date: .....

Card No: .....

Expiry Date: .....

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

## 4 EASY WAYS TO ORDER

**FREEPHONE** 0800 73 123 77 lines open

7 days a week 9am-6pm

**ONLINE** [www.healthspan.co.uk](http://www.healthspan.co.uk)

**FAX** 01481 713790

**POST** Healthspan Ltd, PO Box 64, Guernsey GY1 3BT.

Please make cheques/PO payable to 'Healthspan'

Please allow 10 days for UK delivery. Your call may be recorded for training purposes. Prices valid until 29.02.08. Free post and packing applies to UK delivery only. Our Customer Charter provides a no-quibble refund on products and guarantees that your personal data will not be passed on to third parties. Please tick this box if you do not wish to receive future product updates:

**RNLI-AJA**

Healthspan Ltd., PO Box 64, St. Peter Port, Guernsey, GY1 3BT

[www.healthspan.co.uk](http://www.healthspan.co.uk)

**FREEPHONE**

# ICE SALE

Healthspan

NUTRITION FOR A HEALTHY LIFESPAN

\* *"60 is the new 50 these days and we can all optimise the quality as well as the quantity of our lifespan to actively 'live younger' – nutrition is the key to influencing our healthy lifespan."*

DR SARAH BREWER  
GP and Nutrition Expert

live  
younger

Glucosamine HCl  
1,000mg

New Optiflex glucosamine with  
**40% more glucosamine** per gram  
than the ordinary sulphate 2KCl form

360 tablets **£10.95**



£2 OFF

SPEND £15 &  
SAVE £2 ON  
YOUR ORDER

*Offer can only be used once. Not to be used in  
conjunction with any other offer*

RNLI-AJA

*Offer expires 29.02.08*

0800 73 123 77

The weather was appalling – against the 50–60 knot headwinds and torrential rain, the limping 10m yacht could not make headway. Fearing for their lives, her nauseated crew, Frank Barrett and Robert Keillor, wisely called for assistance and Selsey's all-weather lifeboat *Voluntary Worker* launched at 9.45pm.

Coxswain Martin Rudwick knew he and his crew were in for a long night. Powering through the 3m swell, it took the Tyne class an hour to reach the stricken vessel, nearly 20 miles to the south west. By now, it was pitch dark and the storm was hammering them at a brutal storm force 10. But the radio direction finding equipment onboard proved true and the *Paka'a's* navigation lights glinted through the blinding rain.

The lifeboat began to escort the casualty towards Chichester Harbour, guiding her through the safest course, but a further hour of the *Paka'a's* struggling only saw her pushed west towards the rocky shoreline of the Isle of Wight. They were getting nowhere and a tow was the only solution.

Second Coxswain Willy Pledger tried to board the *Paka'a* with a towline, but the turbulent sea had other ideas. The yacht's course was uncontrollable and there was a high risk of the two vessels colliding violently, perhaps even crushing Willy between them – the attempt was reluctantly aborted. Instead, despite his extreme fear, the *Paka'a's* skipper negotiated his wildly pitching foredeck himself, securing a line thrown from the lifeboat.

But conditions were growing ever worse and, although the 14m Tyne had the strength needed for the task, the straining tow did not, and the line soon parted – and the skipper disappeared! To the crew, fearing him lost to the sea, the 10 minutes it took to return to the yacht seemed interminable; thankfully, he reappeared, safe onboard.

Martin now altered course north west towards the Isle of Wight, in the hope of gaining some shelter via the cliffs at Dunnose Head. At around 1.20am, Willy succeeded in his second attempt to board the yacht, and the towline was made fast. The alternative would have been to abandon the *Paka'a* to the storm.

# In for the long haul

The yacht *Paka'a* was returning across the Channel from Cherbourg, on the evening of 27 May 2007, when her auxiliary engine began to fail

The lifeboat and her charge turned once more directly into the wind, for a slow but steady progress to Chichester. Throughout, the crew took turns illuminating the *Paka'a* (to check she remained connected and upright) and sheltering from the cold in the wheelhouse. As dawn broke they were 6 miles from shore and allowed themselves to think the worst was over but, at 4.45am and just 1 mile out, the tow parted yet again. This time, however, daylight was on their side and Willy's repeat of the difficult and dangerous reconnection proved secure.

Harbour was reached at 7am although, disappointingly, it was still too rough to continue to the intended destination of Sparkes Marina. The dependable *Voluntary Worker* slogged on a further 2 miles until at last the safe water of Itchenor was reached. At 7.45am, the *Paka'a's* crew gratefully berthed at the visitors' jetty.

The exhausted lifeboat crew arrived back at station close to 9am, 11 long and arduous hours after launching. The stamina of the men had been stretched almost to breaking point, but despite their bruises they were elated at the success of the tough service. Martin comments: 'I want to praise and thank my crew for their efforts and the RNLI for providing the first-class equipment to make us feel safe and confident throughout the service.'

As for their rescuees, they could not have been more thankful for their deliverance. See their letter to Martin on page 51.

THE DETAIL

ALL-WEATHER LIFEBOAT TYNE CLASS

ON-1146 *Voluntary Worker* On station at Selsey: 25 February 2006  
 (previously relief fleet 1988, Lytham St Annes 1988-90, relief fleet 1990-2006)

Funding: Volvo Car UK Limited

Crew: Full-time Coxswain Martin Rudwick (52), Second Coxswain William Pledger  
 (53, fisherman), full-time Mechanic Geoff Mellett (54),

Max Gilligan (51, steel fabricator), Colin Pullenger (40, steel worker),

Phil Pitham (27, retained firefighter, joiner), James Albery (24, fish sales worker)



Photo: John Periam



Lifeboats

# LAUNCHING SOON!

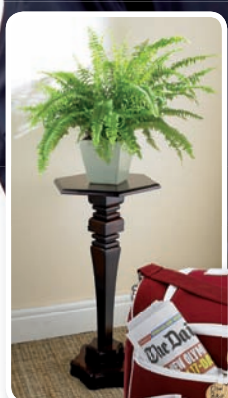
## new SPRING gift catalogue 2008



SHOP ONLINE  
[rnlishop.org.uk](http://rnlishop.org.uk)

ORDER NOW BY PHONE  
**0870 600 1824**

No matter how long the winter, spring is sure to follow, and we've selected the *very best products* to guarantee you enjoy the season. So, put the spring into your step and order your copy of the **New Spring Gift Catalogue 2008**.



**WITH OVER 120 NEW PRODUCTS!**



### REQUEST A CATALOGUE

BLOCK CAPITALS PLEASE

The RNLI catalogue is produced by the RNLI for the RNLI. If you would like a copy, please complete the details below and return to: **RNLI (Sales) Ltd, Freepost ADM3967, Poole, BH15 1ZP.**

Mr/Mrs/Miss/Other                      Initials                      Surname

Address

Postcode

Email

Please provide your email address if you would like to receive emails about product promotions or ways you can support the RNLI.

• We never give your information to other organisations for marketing purposes. Your details will be used by the RNLI and passed to RNLI trading companies. We would only give your data to another organisation if required to do so by law. If you do not want to receive information about other ways to support the RNLI, please tick here  **DPA**.

Charity registered in England, Scotland and the Republic of Ireland. RNLI (Sales) Ltd – 2202240 is a company registered at West Quay Road, Poole, Dorset, BH15 1HZ.

808LBU

**EVERY PENNY OF PROFIT RAISED GOES TOWARDS THE LIFESAVING WORK OF THE CHARITY**



# GENTLY DOES IT

A crash between a personal watercraft and a powerboat left a 16-year-old boy in agony, needing urgent but careful attention

Aberdovey lifeboat crew were just back from a call out to a kitesurfer when they were asked by radio to launch again, in the early afternoon of 22 August 2007. With good visibility and fair conditions, the Atlantic 75 *Sandwell Lifeline* reached Aberdovey estuary, Gwynedd, within minutes, with volunteer Phil Bresnen at the helm.

The lifeboatmen found a boy in the water; conscious, but in a lot of pain in his lower back and sides. Phil remembers he was in danger of going into shock and was 'fairly vocal'.

Luckily, a man on a safety boat from the local yacht club had done the right thing by keeping him afloat and waiting for assistance rather than trying to drag him onboard. Crew Member Ed Davies now entered the water to assess the teenager's condition and to support him, both physically and mentally.

Suspecting back injuries, the crew needed to get the boy onto a stretcher, into the lifeboat and back to land for expert medical attention. The slightest jolt could lead to long-term damage.

With Ed still in the water, the crew deployed

a stretcher and carefully floated the teenager onto it. Ed strapped him in while Crew Member Nick Greatbatch deflated the sponson at the back of the lifeboat to bring the floor of the vessel almost level with the water. Sea conditions were moderate, so the crew were able to slide the stretcher smoothly onboard.

Once inside the lifeboat station, ambulance personnel tended to the casualty and waited for a helicopter to transfer him to hospital.

The Coastguard helped clear a packed Aberdovey beach for the arrival of the air ambulance, but the helicopter found itself unable to help as the lifeboat stretcher wouldn't fit inside. Moving the boy off of the stretcher was out of the question as it might aggravate his injuries. One of the air ambulance crew stayed to give medical help and the helicopter left the beach, empty handed. Within minutes, back up arrived in the form of an RAF rescue helicopter. To the awe of the spectators, the larger helicopter landed safely on the beach, took in the boy on the stretcher and airlifted him to Bangor hospital.

The teenager was found to have compressed vertebrae and severe bruising and had to rest in bed for weeks. But it was thanks to the lifeboat crew's gentle handling, and skilful teamwork with other organisations, that no lasting effects are anticipated. Ed and his fellow volunteers were delighted that everything had gone so smoothly: 'It was the best result there could have been – no long-term damage to the boy.'

'Our challenge was to keep the injured boy as still as possible, to minimise trauma.'

Crew Member Ed Davies



The boy with back injuries is airlifted to hospital from outside Aberdovey lifeboat station

Photo: Doris O'Keefe

# A STERN TEST

Inshore lifeboats are equipped with powerful engines to reach casualties quickly, but many rescues call for some strong handiwork too. Rory Stamp reports

The skipper knew it wouldn't be easy to get his yacht *Sub Woofer* back into Galway harbour. After a brisk evening sail on 5 May 2007, he and three friends were looking forward to motoring for home. But the strong westerly winds they'd experienced in the evening increased to near-gale force as midnight approached. A tidal current together with the rapid flow from the River Corrib (one of the most powerful rivers in Europe) made for surprisingly rough seas. And then the 9m yacht's auxiliary engine cut out.

In the conditions, it was too dangerous to go down below to try and restart the engine. Left without power, the skipper and his crew deployed an anchor but it dragged in the sand and mud below. They began to be swept towards the rocks of Rinmore Point. 'We got very, very cold and took a bit of a beating,' recalls the skipper, who radioed for help.

Galway inshore lifeboat crew members were paged at 11.45pm and, 15 minutes later, the B class Atlantic 75 *Dóchas* (which means 'hope') was launched. Aboard were Helmsman Brian Niland and Crew Members Ciaran Oliver and Michael Swan, pictured below from right to left. It was Brian's first rescue as Helmsman, and his boathandling skills faced a stern test. Once the lifeboat was clear of the shelter of the harbour, the north westerly force 7 winds made for a challenging passage.

The lifeboat crew caught sight of *Sub Woofer* within minutes. She was in an area of shallow, rocky water just 100m from the shore. It was too dangerous for Brian to motor alongside. Instead, he and the crew deployed an anchor, planning to reverse in from this fixed point. By now the yacht had run aground, and the priority was to get her crew of four to safety. 'If we had gone in under full power, the anchor would have dragged and we could have damaged the outboard engines on the rocks,' says Ciaran. The crew agreed that the solution was to slowly but surely bring her alongside using a rope.

Ciaran entered the water with a tow line and swam through the confused seas. 'It wasn't too cold – the crew kit did its job,' he remembers. He was helped aboard the *Sub Woofer* and attached the line to one of the yacht's winches. Meanwhile, Brian and Michael shut down the lifeboat engines, raising them from the water to protect the propellers. While they slackened the anchor line, Ciaran and the yacht crew heaved on the tow line, pulling the lifeboat through the rocky waters and towards the yacht.

The lifeboat was nearing stern first, which would make it difficult for the yacht crew to climb aboard over the raised engines. 'That meant that we had to set up another line to bring us in at an angle – it involved a lot

of concentration but we did it and they got aboard safely,' says Ciaran.

With everyone off the yacht, Ciaran, Michael and Brian heaved the lifeboat back to the deeper water, where they recovered their anchor and restarted their engines. By 1.06am, they were all back at the lifeboat station.

'I couldn't speak more highly of the crew,' said *Sub Woofer's* skipper, whose yacht was recovered when the weather had calmed down. 'They gave up a night's sleep to come and get us.'

Galway Lifeboat Operations Manager Pat Lavelle says: 'Brian was with two experienced crew members but everything he did was using his own initiative. It's a treacherous area and the weather was pretty bad.'

**'It was a relief to see them all come back in one piece.'**

In a letter to the Galway crew, the RNLI's Chief Executive Andrew Freemantle wrote: 'This was a well-led and professionally executed service, which demonstrated first-class seamanship and teamwork by all the crew of the inshore lifeboat. Well done, all of you!'





Joyce Sant



James Lynch



James Nevill



Joyce Lawrey



Fred Plappert



Joyce Mancini



Don Perfect



Ron Griffiths



John Tyler



Kaye Hammond



Maureen Howden



Robert Gough

## Extraordinary people.

Each year, thousands of remarkable people provide voluntary donations which enable the RNLI to carry out its work. Many have no direct connection with the sea or maritime history, but simply have responded to our call and the bravery of our crews.

Quite naturally, we also lose some of these supporters each year, though a great many are kind enough to arrange for collections to be made at their final ceremonies.

To mark the magnificent contribution made by these donors we have set up a special website which celebrates their lives in words and pictures. The website also features crew members and other RNLI personnel, who served us on land or sea.

Each person's web page has the facilities for visitors to add their memories and make further donations direct to us, which means our friends can continue to serve our cause.

If you would like to include a member of your family, or a friend, now passed away, on this new website, please go to [rnli.org.uk/rememeralovedone](http://rnli.org.uk/rememeralovedone) or contact Nina Stubbs on 01202 663591 or email [nstubbs@rnli.org.uk](mailto:nstubbs@rnli.org.uk).





# A beach out of reach

Even strong swimmers can be caught out, struggling in sight of land. Carol Waterkeyn reports

Sunday 3 June 2007 was a memorable day for all the wrong reasons. A family holiday nearly turned into a disaster when Carolyne Yard, her two sons and daughter visited Devon with friend Mark and his daughter. They were all staying in a cottage at Woolacombe and had gone to visit nearby Barricane beach, which unfortunately was not patrolled by lifeguards.

Carolyne explains: 'It had all started off so well. It was the last day of our holiday. It had been close to my son Will's birthday so we'd gone yet again to the sea. The boys had got their wetsuits on and just gone off doing what they had done every day of the holiday. They had gone into the sea. The weather was nice. We knew the beach pretty well, we had been there plenty of times – and then this all happened.'

The sea was a little choppy but plenty of people were swimming and surfboarding. The Yard family and friends settled themselves in a good spot while Angus and Will, 16 and 14 respectively, went off for some surfing. Carolyne and Mark sat on the beach and the two girls were close to the shore splashing

about in the water. The boys had been out having fun for about half an hour when Carolyne's friend voiced his concern that the sea seemed to have swept them over to the left, near to some rocks.

Carolyne remembers: 'I thought Mark was overreacting, but we went to the edge of the

**'At their age – big teenage boys – they don't call for their mum, so I knew there was a problem.'**

water and motioned to the boys to move over, so they started to try to swim back, but they couldn't. They were really swimming hard. Will, who is the better swimmer, was swimming really strongly but he just didn't move.' The boys had been caught in a strong rip current.

Mark decided to go in to help but then Will and Angus shouted to Carolyne. 'At their age – big teenage boys – they don't call for their mum, so I knew there was a problem,'

she says. Carolyne realised she shouldn't attempt to go in the water herself as she is a weak swimmer. 'As Mark got in I called to another man who had a surfboard to see if he could help and then I immediately phoned 999 for the Coastguard.'

The nearest lifeguards were at the neighbouring Woolacombe beach and the Coastguards called them for assistance. They reassured Carolyne on the phone, telling her she would soon see the RNLI lifeguards coming in by boat. She kept looking out for the boys in the water and when they temporarily disappeared from view she was really frightened. 'When I saw the rescue boat come around the corner, it seemed to have taken forever. I bet it only took 2–3 minutes but when you are on the phone and your boys are in the sea and you think they're going to drown, 2 minutes is a long time. When I saw the boat I was just so relieved.'

The lifeguards' inshore rescue boat sped into view. Lifeguard Bernie (Bernadette) Padbury jumped into the water with a rescue tube while her colleague remained at the



## RIP CURRENTS

If you are caught in a rip current, remember the three R's.

### RELAX

Try to stay calm and float. People drown in rips because they panic.

### RAISE

Raise an arm to signal for help.

### RESCUE

Wait for assistance, obey directions from a lifeguard. If you are able, swim parallel to the beach, out of the current.

Photo by kind permission of the South West Coast Path Association



helm. Bernie swam to Angus and Mark, while Will and the surfer who had tried to help managed to get up onto the rocks. Bernie says: 'The water was like a whirlpool and the tide was coming in. I didn't want to swim the guys back to the boat and risk the safety of the lifeguard who was driving, or leave behind an already disorientated Angus or Mark. On balance I decided on a walk over the rocks even though Mark's feet were cut like they had been through a cheese grater. Then I swam them through a gully before reaching the beach again.'

Carolyne continues the story: 'We all met up on the beach and cried and shook. They were all very shocked. My daughter arrived; she had gone off to get towels. Angus said he was shaking because he was cold but I think it was more shock than cold; they were all white as well. Mark broke down and cried and said: "That was so close."'

Will adds: 'When we couldn't get our way out of the problem by swimming I had real fear. I thought we were going to end up being crushed into the rocks and that was really scary.'

Woolacombe Lifeguard Bernie says: 'It was quite a dangerous rescue. Everyone was really shaken up including the man who had tried to help. But, thankfully, it all worked out well in the end.'

Carolyne sums up: 'If the lifeguards hadn't been there my boys would have drowned that day. I had heard that you are 500 times more likely to drown on a beach without lifeguards and when I go with the boys now, we'll go further up the beach where the lifeguards are. Definitely.'

### 14-year-old Will and his mum Carolyne are glad to be reunited

Photo: RNLI/Eleanor Driscoll

# Princess Diaries

Ken Johnson from Essex won a cruise, sponsored by RNLI corporate partner Travelscope, after recommending a friend to receive the RNLI gift catalogue. He and his partner Vivienne boarded the *Princess Danae* for 7 days of shopping, supping and scenery, Scandinavian-style around the Fjords of Norway. Mr Johnson agreed to let *the Lifeboat* print excerpts from his travelogue:

## 22 May

We drove to Harwich and joined the *Princess Danae* at 3pm. Safety procedures were explained and we set sail into the North Sea. The sea was calm and we settled down to our first evening meal afloat – five courses for those who could manage it. After evening entertainment we retired to another lounge on the after deck for a late-night drink and an opportunity to meet other passengers.

## 24 May

We awoke to find ourselves entering the Hardanger Fjord. Later that morning we arrived at the small port of Ulvik, crossed the fjord by ferry and took a coach trip up through mountains laid with snow up to 2m deep, and on to a large hotel constructed in 1896. The hotel was visited by the composer Grieg and is still in use today. We descended to a small town called Eidfjord, where we had tea and a locally produced cake that was similar to shortbread.

## 25 May

We berthed in Bergen, Norway's second city. Life here is based around the sea, from the inshore fishing industry to the deep-sea vessels that ply the North Sea and beyond. We walked into town, passing the square-rigged sailing ship used for training young Norwegian naval cadets, into the market place where locally caught fish could be tasted and purchased. Whale and reindeer meat were also for sale. Most of Bergen was destroyed in the Second World War, but we strolled through what remained of the old town before heading back to the ship.

## 26 May

The *Princess Danae* arrived in Flam, where we had an early breakfast and a short walk to the railway station. From here this dramatic railway rose from sea level to 867m over a distance of 20km. Sea spray hit the train as it wound its way through tunnels and over precarious wooden bridges that clung to the cliff like a seagull on its rocky perch. We alighted at Voss, where we enjoyed a smorgasbord lunch. We were lucky to see a traditional Norwegian wedding at the local church, with most guests in national costume. Following a quick browse around the shops, we boarded the coach to Vik, stopping en route at a waterfall that appeared to fall out of the sky.

## 28 May

We awoke to find ourselves steaming down the east coast of England. Our luggage was ready for offloading and all that remained was to say our goodbyes to the friends we had made and disembark when called to do so.

We would like to say 'thank you' to Travelscope and the RNLI for this wonderful experience. I must admit that when we were first told of this prize we were very sceptical, thinking it a hoax or joke! But these thoughts were soon dispelled when we contacted Travelscope, and the RNLI sent us confirmation. There are only two charities I support, one of which is the RNLI, and this support will continue.

Visit [lif.travelscope.co.uk](http://lif.travelscope.co.uk) to browse the company's selection of cruises and other holidays, call 0870 264 2161 or see the advert on page 11. A donation is made to the RNLI for every holiday booked by readers of *the Lifeboat*. Call 0870 600 1824 for a copy of the RNLI gift catalogue, or shop online at [www.rnlishop.org.uk](http://www.rnlishop.org.uk).



Ken and Vivienne meet Captain José Valente



Peter Christian Special Offer Country Check Shirts

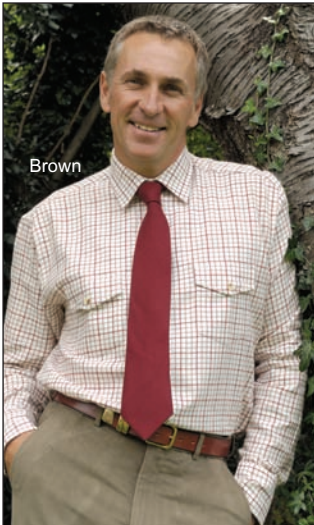
# Pure Cotton Tattersall Shirt

Special Offer **£12** each when you buy three

Why pay £25 plus for shirts of this quality? Buy three or more of the Peter Christian Tattersall Check Shirts for only £12 each to match your wardrobe! The Tattersall shirt is a timeless classic made in 100% brushed cotton.

The perfect everyday shirt, casual with cords or smart with formal trousers. Cut with a generous roomy fit and long back length to keep you comfortable and looking very smart.

These easy to wear shirts look great with a tie or comfortably casual without.



Brown

- 100% cotton
- Twin stitch finish
- Long back length
- Generous cut
- Two buttoned breast pockets
- Neat lie to collar
- Blue, Brown or Green

Free return service and money back guaranteed if not delighted

*Peter Christian*

Winner of best 'Mens Apparel & Accessories' catalogue at the ECMOD 2006 Awards

Order Now

01273 493 393

open 8am-8pm 7 days a week

[www.peterchristian.co.uk](http://www.peterchristian.co.uk)

Order by phone: 01273 493 393 quoting **23T02** with your credit/debit card number. By fax: 01273 491774 By post: complete the coupon and send it with your credit/debit card details or cheque to: **Peter Christian, 25 Mackley Estate, Henfield Road, Small Dole, West Sussex, BN5 9XR**

Please send me	Code	Colour	Collar	Qty	Total
Tattersall Shirt	MS10				
Tattersall Shirt	MS10				
Tattersall Shirt	MS10				
<b>Colours:</b> Brown, Blue, Green				p&p	£4.00
<b>Collar:</b> S(14/14.5), M(15/15.5), L(16/16.5), XL(17/17.5), 2XL(18/18.5), 3XL(19/19.5), 4XL(20/20.5)				Total	

**Please send me**

1 shirt for £15 + £4 p&p = £19

2 shirt for £30 + £4 p&p = £34

3 shirt for £36 + £4 p&p = £40

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel \_\_\_\_\_

E-mail \_\_\_\_\_

I enclose a cheque made out to Peter Christian for £ \_\_\_\_\_ Card Type \_\_\_\_\_

Card No \_\_\_\_\_

Valid From \_\_\_\_\_ Expiry Date \_\_\_\_\_ Maestro Issue No \_\_\_\_\_ 3 Digit Security No \_\_\_\_\_

We aim to despatch as soon as possible, please allow up to 14 days for delivery. If you are not completely satisfied, return the item to us unused within 14 days for a refund. Occasionally we make our mailing list available to other companies who may have offers of interest to you. If you do not wish us to do this please tick the box

A Division of Hills of Bramley Ltd Co Reg No 0476802

## Sea stories – new writing from the National Maritime Museum

Various writers

This intriguing collection encompasses tales of the remote and wild coastal landscapes of Orkney and the west of Ireland, Mediterranean mysteries, an ill-fated expedition to find the North West Passage, and more.

All the stories have been commissioned from an impressive line-up of contemporary UK and Irish authors and will keep you guessing so, if you're a fan of short stories, this book comes highly recommended.

Published by the National Maritime Museum  
ISBN 9780948065804  
Price £7.99 paperback

*Reader offer: RNLI supporters can get a special discount of 20% on the recommended retail price (plus postage) by ordering directly from the National Maritime Museum shop at [www.nmm.ac.uk/shop](http://www.nmm.ac.uk/shop) or by calling 020 8312 6700 quoting reference SS01. This offer ends 31 March 2008.*

## Nautical chart puzzles – Isles of Scilly, Poole Harbour, Falmouth Harbour and more

Now here's something to do on these long Winter evenings. Whether you like a challenging jigsaw or are fascinated by Admiralty charts, as used by mariners, these will remind you of the sea when you can't be there in person. You will also get to know the various features quite well as you pit your wits against those tricky little cardboard shapes!

These puzzles are not as difficult as they look – although you do need quite good eyesight to read some of the smaller details. Not books, but just as enthralling.

Only available from The Sea Chest Nautical Bookshop, Plymouth, on 01752 222012 or at [www.seachest.co.uk](http://www.seachest.co.uk).  
Price £13.99 plus £3 postage

## The lifeboats story

by Edward Wake-Walker

Former RNLI Public Relations Director Edward Wake-Walker has used his extensive insider's knowledge to write *The lifeboats story*. He chronicles the earliest lifeboats designed by Lionel Lukin and his contemporaries, through to today's computerised Tamar class.

Lifeboats have come and gone: some have been tragically lost at sea with their crews, while others have come to a respectable retirement and been lovingly restored. From the rowing and sailing lifeboats through to steam and motorised craft, the author takes us along a touching and fascinating journey of lifeboats and their indomitable crews.

Published by Sutton Publishing  
ISBN 9780750948586  
Price £8.99 hardback

Available from the RNLI gift catalogue or at [www.rnlishop.org.uk](http://www.rnlishop.org.uk), plus postage.

# BOOKS

From the history of lifeboats and lighthouses to pastimes for Winter evenings, Carol Waterkeyn reviews what's new on the shelves this season





## Lighthouses of England and Wales – a complete guide

by Tony Denton and Nicholas Leach

This illuminating (!) reference delves into the history and tradition of lighthouses, one of the earliest being that at Dover Castle and built in Roman times. The authors, both members of the Lifeboat Enthusiasts' Society, have worked their way along the coastlines of England and Wales gathering information and taking beautiful photographs of all of the known lighthouses including the famous Eddystone, Spurn Point and Needles lights.

The centuries-old tradition of resident lighthouse keepers sadly ended in 1998 yet lighthouses remain architectural icons in their own right, conjuring up some of the most evocative of maritime images. They represent the drama of heavy seas breaking over lone beacons perched perilously on menacing coastlines, safeguarding mariners from danger.

Published by Landmark Publishing  
ISBN 9781843063193  
Price £19.99 paperback

(See the RNLI gift catalogue or [www.rnlishop.org.uk](http://www.rnlishop.org.uk) for some hand-painted 1:150 scale lighthouse models.)



Photo: RNLI/Laura Wiltshire

## Left for dead

The untold story of the tragic 1979 Fastnet Race

by Nick Ward and Sinéad O'Brien

Reviewed by Bethany Hope

*Left for dead* is an uncomfortable read. It's one man's account of being caught in the 1979 Fastnet Race disaster. Nearly three decades later, after post-traumatic stress, the official report, much press coverage and speculation, Nick Ward reveals how he was abandoned by his crew in a nightmare storm and how he lived to tell the tale.

Nick and co-writer Sinéad O'Brien tell you at the start who survives on the racing yacht *Grimalkin* and who perishes. (It's a gruesome hell, with only the body of Gerry Winks for company.) Although you know how the story ends, it's still a gripping read. Nick's enthusiasm for sailing and excitement at being part of the race is stirring stuff: 'Hearing the boat's beautifully straight bow, sharp as a knife, slice easily, effortlessly into the gentle chop was magic. I knew that sailing was something I could never get enough of, ever.'

His passion for sailing is only equalled by his desire to stay alive through his subsequent trial. It shows Nature at her best and worst, from ochre skies through to blood, bilge and broken bones. It's a real page-turner. Here's an extract from the book, the build up to the first of many terrifying knockdowns:

*"Behind you ... to port ... look ... LOOK!" Suddenly Matt and Dave were shouting and gesticulating manically with, if it were possible, an even greater sense of fear and urgency in their voices.*

*'Mike and I looked behind us, slightly to port. An unusually large, unsynchronised wave was poised above us, its curling lip about 10 feet above our heads. At this time we were surfing along at a terrifying angle down the face of a breaker – as we bottomed out in the trough, we had no choice but to go with it.*

*"HANG ON!" Gripping the tiller tightly, readying myself for the roar coming over my left shoulder, I heard Mike bellow to no one in particular: "Jesus Christ!"*

*'The wave roared under us and lifted Grimalkin's stern up. It wrenched the tiller from our hands and rendered the rudder useless. Grimalkin was out of control – the wave's mass completely overtook us. I felt the straps of my harness tighten, and a huge gaping pit seemed to open in my stomach. As we began to tip over to a 45-degree angle, my harness tether jarred under pressure at its fullest extent. My attempts to cling to something, anything, failed. I was sucked from my seat and thrown through the air. Thoughts – quick and immediate, like electric shock – shot through my brain. Was this it?'*

Throughout the book there is an underlying air of tension, and not just from the threat of the storm. Much of the intensity comes from the anger that Nick feels towards his fellow crew members who took the liferaft, leaving him and Gerry for dead. Although by the end of the book he does write that the three men were 'blameless', the bitterness he felt for years at being abandoned permeates every chapter. This survival account is awesome yet, like Nick, we feel dissatisfied, left wanting answers from the crew who left him.

Published by A&C Black  
ISBN 9780713682816  
Price: £16.99 hardback



Unless other ordering details are stated, all books reviewed are available from good bookshops and online from Amazon via the RNLI website at [rnli.org.uk/amazon](http://rnli.org.uk/amazon). Amazon will donate a minimum of 5% of the value of all such orders to the RNLI (but you must access Amazon via the RNLI website and not go direct). Additional postage and packing charges may apply.

Offshore members will find reviews of: Dee Caffari's *Against the flow*, *The wrong kind of snow* by Antony Woodward and Robert Penn, and *Through the French canals* by David Jefferson in their accompanying supplement.

# Red sky in the morning

In the 1979 Fastnet race, 15 lives were lost when yachts were caught in hurricane force winds and what the weathermen called 'phenomenal' seas. Bethany Hope investigates how 21st century weather forecasting helped prevent a similar tragedy in 2007

On Saturday 11 August 1979, conditions were perfect for the start of the Fastnet race at Cowes, Isle of Wight. As the race progressed, the BBC's early evening shipping forecast on 13 August predicted winds of force 7 or 8 – it would be an exhilarating ride. No further information was available to seafarers until midnight but meanwhile the weather system deepened rapidly. Three hundred yachts were far from land, spread across the 150-mile stretch between Land's End and the Fastnet Rock. Overnight, and to everyone's surprise, force 10–12 winds hit and 15 souls were lost.

In the aftermath of the tragedy, there was a wide-ranging review of general ocean-racing safety. Some of the crews in the storm hadn't known sea safety basics: they didn't have a radio to call for help or made the fatal decision to abandon the

1854. Five years later a tempest off Anglesey wrecked the passenger vessel *Royal Charter*, with the loss of 459 people. In response, the then head of the Met Office, Admiral Robert FitzRoy RN, created the first gale-warning service. The Met Office now provides a variety of weather services for the UK and rest of the world and the Irish Meteorological Service provides weather information in the RoI.

The first offshore forecast relied on a network of 15 coastal stations, with canvas-covered wooden frames in the shape of cones or drums, lit up by lanterns at night. Crews at sea could tell by the arrangement of the shapes the direction from which gales could be expected.

The invention of the electric telegraph in the 1870s and wireless telegraphy in 1901 were huge advances for the communication of forecasts. In the 1950s, practical use of numerical weather prediction began, with

use it to simulate the world's atmosphere mathematically, going on to predict what will happen next. Although the mathematical model used can never fully represent the complexity of the real atmosphere, it is based on a well-founded understanding of the laws of physics. A 3-day forecast from the Met Office is as accurate now as the 1-day forecast was 20 years ago. The Met Office can model the entire globe's atmosphere and provide a forecast within 3 hours.

## And now the Shipping Forecast

The best predictions in the world are useless unless they reach the people who need them. Many of us regularly watch BBC weather presenters, who are Met Office staff and trained meteorologists. Some will also be familiar with the Shipping Forecast, transmitted four times a day on BBC Radio 4 on behalf of the Maritime and Coastguard Agency. A specialist forecast is necessary because winds behave differently at sea from on land. They also tend to be stronger, as the relatively smooth sea surface does little to reduce their speed.

The broadcasting institution that is the Shipping Forecast follows a strict if poetic format, giving a summary of gale warnings in force, a general synopsis and a forecast to specified sea areas around the UK and RoI. The Forecast is easy to follow, if you know the code and Beaufort scale (see overleaf). The area-specific forecasts cover in turn: wind direction and speed, sea state, weather and visibility. For example: *Dogger, Fisher, German Bight: Northwest 5–7, occasionally gale 8 in Fisher and German Bight, becoming variable 3 or 4. Moderate or rough, occasionally very rough. Showers. Good.* →

**'We not only know more about impending bad weather but it's possible for us to give earlier warning of it.'**

Jonathan Stanford, Met Office

bigger vessel prematurely for a liferaft. With an update in Fastnet regulations, VHF radios became mandatory, qualifications for competing were introduced and the number of starters limited to 300.

Most of all, getting accurate and timely weather warnings out to mariners had never seemed so important. What followed meant that offshore weather forecasting was never the same again.

## Winds of change

The Met Office provided sea current information for sailors from its foundation in

computers fast enough to make calculations from data to produce a useable forecast.

In the late 20th century, technology transformed the world of weather forecasting. Satellite imagery became far more detailed, providing useful information from otherwise inaccessible ocean areas. Automatic observations of the atmosphere became much more common, while manual observations from ships, aircraft, buoys and balloons are still vital.

Supercomputers at Met Office headquarters in Exeter collect data continually from all these sources and

**FASTNET 1979**

Unexpected force 10–12 winds hit the Fastnet race in 1979 and 15 lives were lost.

Between 6pm 13 August and 6pm 16 August 1979, 13 lifeboats and their crews from both sides of the Irish Sea gave 334.8 hours' service and saved the lives of 96 people. It was the biggest peacetime rescue operation in history.

Here, Courtmacsherry Harbour's Solent class lifeboat offers one of the competitors a lifeline.

Photo: Ambrose Greenway

STAY AT PARTICIPATING HOTELS FOR FREE



## FREE HOTEL ACCOMMODATION – ALL YEAR ROUND

For only £29.95 you and a partner can STAY FREE as often as you like for 12 months.\*

### “HOW DOES IT WORK?”

- For only £29.95, your Privilege Hotel Pass gives you the freedom to enjoy as many hotel breaks as you wish over 12 months.
- With your Pass you will also receive the Travel Offers Directory which provides details on each of our featured hotels.
- Stay for just 1 night or more – All you have to do is pay for your meals – dinner and breakfast – your accommodation is absolutely free!
- Twin or double rooms are available and meal prices range from £19 to £30 and over per person for award winning dining.

### “WHAT’S THE CATCH?”

Difficult to believe but there really is no catch! We **guarantee** that the only costs you commit to are the following:

Annual membership fee & postage                      £29.95 + £3.50      £33.45

For each stay you book at each hotel there is a minimum spend requirement per person per night for dinner and breakfast

Minimum Spend per person on dinner & breakfast	No. of Hotels
Less than £25.00	18
£25.00 – £30.00	75
£30.00 – £40.00	131
£40.00 – £50.00	78
£50.00 – £60.00	18

### “THERE CAN’T BE ANY GOOD HOTELS THEN...”

Just look and see for yourself at [www.travel-offers.co.uk](http://www.travel-offers.co.uk)! Most hotels are 2 – 3 star and many have won awards for their cuisine, boast top leisure facilities and have a stunning selection of attractions and amenities close by – all you have to do is decide where you want to go.

Travel Offers Ltd. has been established for 12 years and already has thousands of loyal members who decided to try it once and keep coming back to enjoy more savings each year. The savings you make from a single break more than pay for the membership fee.

Choose from over 320 hotels:			
England	192	Scotland	71
Channel Islands	6	N. Ireland & Ireland	29
Wales	26		

\*At many hotels this offer is not available for some Bank Hols. Some hotels require a minimum stay of two nights and some may not take bookings for certain months.  
e.g. some Scottish hotels close in the winter. All Hotel bookings are subject to availability

TO ORDER CALL:  
**08712 821 821**  
Lines are open  
Mon - Fri 8.00 am - 8.00 pm, Sat 10.00 am - 3.00 pm  
Calls cost 10p per minute from a BT landline  
[www.travel-offers.co.uk](http://www.travel-offers.co.uk)

**TRAVEL OFFERS LTD**

**£29.95**  
for as many hotel breaks as you wish over 12 months

Code	Hotel Directory & Privilege Hotel Pass	QTY	PRICE	TOTAL
GCD	12 months free accommodation for 2 adults		£29.95	
Postage, packing/handling £3.50				

I enclose a cheque payable to Travel Offers Ltd. Please print your name and address on the reverse of cheque (orders from ROI - credit cards only)

Please debit my:    Mastercard     Visa     Maestro     Delta

Expiry date      Maestro issue no.     Maestro valid from

Cardholder's signature

Mr/Mrs/Miss/Ms

Address

Postcode

Tel/Mobile

Email

Date of Birth

Travel Offers Ltd. may make names and addresses available to other companies, tick here if you prefer not to receive mailings.

**Please send to: Travel Offers Ltd., PO Box 3580, Chester CH1 9HW**

Please allow 7 days for delivery from receipt of order. Closing date for orders 31/03/08

There are now many ways for sea-goers to receive information on the weather, from different forecasters worldwide, by radio, telephone, fax, SMS and internet. Some sailors who race or who travel around the world even have their own private meteorologists and weather routers.

Never has the weather forecast been more accurate or accessible. Sea-goers, whether they're in a canoe or a superyacht, have up-to-date, accurate information at the touch of a button and can then make decisions about whether to set to sea or seek safe haven when at sea. Checking the weather before you go out can be a lifesaver – and is now a legal requirement.

### Practise what you preach

Weather and sea state information is, of course, essential for the RNLI. The Training team at The Lifeboat College in Poole check the Met Office and Marinecall websites before every exercise. Unlike an operational station, the trainers can choose when and where to go out. In a real-life 'shout', the Coastguard contacts the station to request the launch of a lifeboat, but they may not be aware of local sea conditions.

basis, for short and long-range forecasts, so the crews know what they're heading into. Angus MacLeod, Stornoway launching authority, has granted permission for the launch of the *Tom Sanderson* in a severe gale force 9, gusting storm force 10: 'Sometimes you are extremely worried that you have sent seven men into danger.'

The RNLI gives its lifeboat stations guidelines for the operational limitations of inshore lifeboats. Beyond these, an inshore lifeboat station may decline to launch and perhaps recommend a flank station's all-weather lifeboat for the job instead. Sometimes a pair of lifeboats will launch – an inshore to search in shallower waters and an all-weather to provide safety cover.

Nigel Roper, LOM at Hayling Island, similarly recognises the responsibility of giving permission for the crew to risk their lives for others: 'As launching authority, it's important to have in-depth knowledge of your patch and an intimate knowledge of local tides. This, coupled with the information from our local weather stations, will give me a pretty good idea of what the sea state will be.' In 17 years, Nigel estimates he has refused to launch due to the weather only once.

RNLI lifeguards too have to be ready for sudden changes in the weather and sea state. Their red flag warns visitors to keep out of the water in dangerous conditions but, in contrast, forecasts of good weather help the RNLI prepare for busy periods on the beach.

### The long view

It's not just short-term weather forecasts that prove useful. The Met Office makes long-term predictions

on climate change. A possible increase in sea levels and the severity of cyclonic winter storms may mean more work for the RNLI. Demands for lifeguarding may also increase if average temperatures rise.

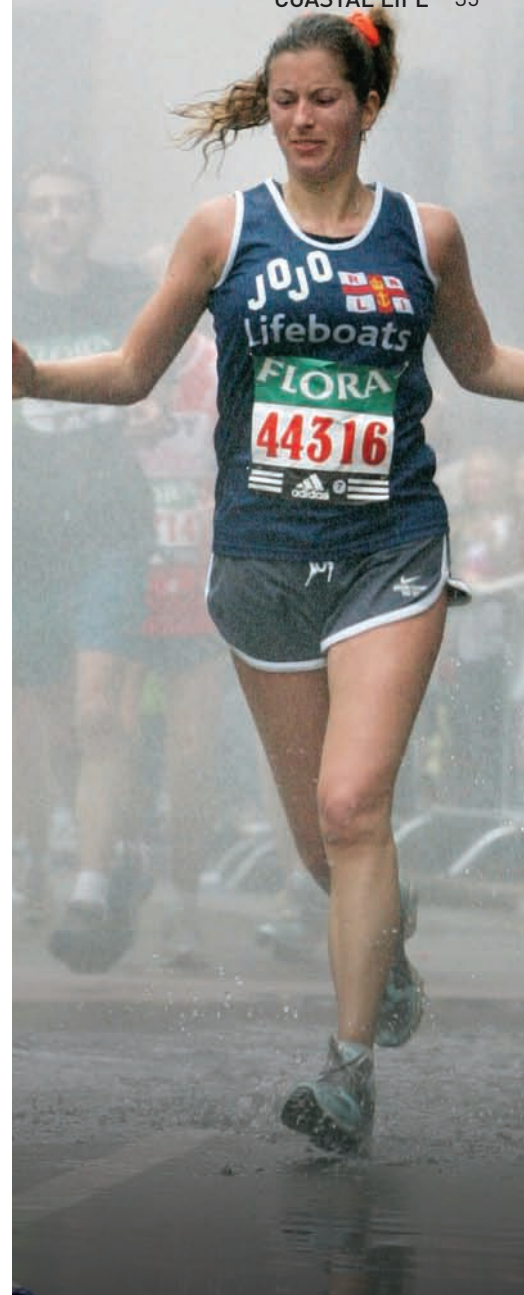
Long-term weather predictions have already had an impact on designs for lifeboat stations. Sometimes new boathouses are built with raised floor levels and in others the RNLI accepts the increased flood risk and instead designs the building to accept occasional flooding. →

Beaufort wind force scale

Beaufort wind scale	Wind speed (knots)	Wind descriptive terms	Probable wave height (m)	Sea descriptive terms
0	0	Calm	-	Calm (glassy)
1	1-3	Light air	0.1	Calm (rippled)
2	4-6	Light breeze	0.2	Smooth (wavelets)
3	7-10	Gentle breeze	0.6	Slight
4	11-16	Moderate breeze	1.0	Slight-moderate
5	17-21	Fresh breeze	2.0	Moderate
6	22-27	Strong breeze	3.0	Rough
7	28-33	Near gale	4.0	Rough-very rough
8	34-40	Gale	5.5	Very rough-high
9	41-47	Severe/Strong gale	7.0	High
10	48-55	Storm	9.0	Very high
11	56-63	Violent storm	11.5	Very high
12	64+	Hurricane force	14+	Phenomenal

It is ultimately up to the local RNLI launching authority, usually the Lifeboat Operations Manager (LOM), to decide whether to launch.

The term 'all-weather lifeboat' is to be taken literally. All-weather lifeboats really are designed for saving lives whatever the weather. Stornoway lifeboat station has a Severn class all-weather and they use the forecaster Metcheck.com on a daily



### COME RAIN OR SHINE

Hardy RNLI fundraisers will run for the RNLI whatever the weather, but area- and date-specific weather forecasts can help them prepare. The Met Office offers a Talk to a Forecaster service and bespoke forecasts for individual events, so organisers can plan accordingly.

# BUY ONE GET ONE FREE\*!!

## BUY ONE ADJUSTABLE BED GET ANOTHER FREE!!

The Great British  
Bed Company

- > Pressure relief, reflex foam, pocket sprung or cool plus mattress
- > Massage systems available
- > 7-day delivery on selected models
- > We can take away your existing bed
- > Can be linked up to make a double
- > Choice of sizes
- > Manufactured in the UK
- > Choice of 10 fabrics



Call for our **NEW FREE** 60 page colour all products brochure or to arrange for a **FREE** home demonstration.

**Don't buy anywhere else until you have spoken to us.**

The Great British  
Mobility Group

AS SEEN  
ON T.V

Call **FREE** anytime

# 0800 876 6655

\*On all our premier ranges

LBB08

# BUY ONE GET ONE FREE\*!!

## BUY ONE RISE & RECLINER GET ANOTHER FREE!!

The Great British  
Chair Company

- > ANY width, ANY depth, ANY seat height
- > Manual recliners or "touch of a button" Electric rise & recliners
- > Matching settees and chairs available
- > 400 fabrics including leather
- > Chairs available for 18, 25, 35 and 50 stone weight
- > Massage/heat system available
- > Manufactured in the UK



Call for our **NEW FREE** 60 page colour all products brochure or to arrange for a **FREE** home demonstration.

**Don't buy anywhere else until you have spoken to us.**

The Great British  
Mobility Group

AS SEEN  
ON T.V

Call **FREE** anytime

# 0800 876 6655

\*On all our premier ranges

LBC08

# Want to save a fortune on your electricity?



It's easy. Simply change a 50W halogen bulb for one of our direct replacement low energy LED bulbs and **save up to £200 per bulb - that's a 94% saving!**

Call **0845 460 4321** for more information or visit **litebulbs.co.uk** to order.



Saving based on replacing standard 50W GU10 halogen bulb with 4W Super Bright GU10 LED over 30,000 hour lifetime of bulb at £0.08/kWh.

### Rolex Fastnet Race 2007

In 2007 there was a severe weather warning issued by the Met Office for the Fastnet so, in sharp contrast to 1979, race organisers the Royal Ocean Racing Club (RORC) knew exactly what conditions the competitors would be sailing into. Some of the bigger boats were thrilled at the thought of force 7 or 8 winds and went on to break records but the conditions would pose a problem for some, particularly the smaller competitors.

The race starts at Cowes, Isle of Wight, runs to the Fastnet Rock, County Cork, and finishes at Plymouth, Devon. The RORC chose to delay the start for 25 hours, meaning that the predicted bad weather would challenge the boats sooner rather than later. In 1979, racers were caught on the way out in the exposed Irish Sea, far

from shelter. RORC Racing Manager Janet Grosvenor well remembers the damage caused. She explains that in 2007, because of the delay, winds gusting to 40 knots hit the boats in the Channel, near safe ports rather than when they were past Land's End, 'with nowhere to run to'.

However, some believe that race organisers should have delayed the start another 24 hours, to avoid the bad weather completely. Many small boats were damaged and a few competitors were injured. Emergency services including lifeboats from Salcombe, Torbay and Falmouth sprang into action. Peter Hodges, Lifeboat Operations Manager at Salcombe, stresses that the RNLI will rescue anybody in trouble without question, but argues that boats shouldn't set out with such bad weather predicted: 'The fact that no one was killed was more chance than precaution.'

Cancelling the race was not an option, according to Janet Grosvenor. The RORC firmly believes: 'It's up to the individual to

make a decision on whether to start a race or whether to retire.'

In the 2007 Rolex Fastnet race, 271 boats started the race and 211 retired. But, unlike in 1979, no lives were lost. Most cited seasickness and the state of the sea as major reasons for pulling out but crucial to the decision-making process for each boat was the weather forecast: crews knew that there would be no let up in conditions.

World-class sailor and RNLI Offshore member Dee Caffari's experience was typical. This extract from her diary at [www.deecaffari.co.uk](http://www.deecaffari.co.uk) shows how she made a sensible and informed decision to withdraw.

*'I checked the boat and found some areas of chafe on the mainsail that had resulted in some holes and the extra pressure had a knock on effect. While I was repairing what I could of the damage, Mike checked the weather ahead. I had to ask myself if I really wanted to put my seasick crew and Aviva through another hard night to reach the rock?'*

*'After a chat we all decided unanimously that we could repair the damage now and still enjoy a sail home with reduced stress levels rather than risk severe damage that would be expensive and put us all at risk in the Irish Sea.'*

### The future

There is no doubt that increasingly accurate forecasts will reach more and more people, helping to save lives at sea but, just as surely, the seas and weather around the British Isles remain notoriously treacherous. Furthermore, however hi-tech forecasting is, some humans will inevitably make ill-judged decisions about when and where to go to sea. Lifeboat crews, prepared to risk their lives for the sake of others and equipped with the best of lifeboats, kit and training, will always be called for, whatever the weather.

(See page 31 for a review of *Left for dead*, a graphic account of one man's Fastnet 1979. Offshore members can find more on weather forecasting and how it affects seagoers in their specialist supplement to *the Lifeboat*.)





# Lifeboat Lottery



## Your chance to win!

First prize in the Spring 2008 Lifeboat Lottery is a Citroen C2 Cool 1.1i. Second prize is a 7-night cruise to France and the Iberian peninsula, kindly provided by P&O Cruises. There are seven cash prizes from £500-£100.

Tickets will be available to supporters on 22 January and earlier to fundraising branches. If you don't usually receive tickets and would like to, please call 0845 121 4999 or email [lottery@rnli.org.uk](mailto:lottery@rnli.org.uk). (Please note that due to differing tax and gaming laws, lottery tickets are not available in the Rol or Northern Ireland.)





Autumn winner Kirsten Ferguson said during her visit to Anstruther lifeboat station:

**'My husband and I are not sailors but I grew up in Denmark and recognise how important the sea is. You hope you will never need a lifeboat, but it is good to know they are there. I feel supporting the RNLi is the natural thing to do.'**



## Autumn 2007 winners

1st prize: Peugeot 107, Mrs K Ferguson, Edinburgh  
 2nd prize: Generously donated by Travelscope, 12-day cruise to the Baltic capitals, Mr C Edwards, Warrington  
 3rd prize: £500: Mrs S Newell, West Midlands  
 4th prize: £250: Mr PJ Sandaver, Kent  
 Five prizes: £100 each, Mr CJ Hobden, East Sussex; Mrs M Collings, Chelmsford; Mr and Mrs K Nicholson, Lancashire; Mr H Waterman, Suffolk; Mr H Cunningham, Somerset.

# LAUNCHES

## 3,112 LIFEBOAT AND HOVERCRAFT LAUNCHES JULY-SEPTEMBER 2007

### ABERDEEN

ON-1248(17-24):Jul16,  
Aug15  
D-536:Jul2,12,16,30,31,  
Sep4,23

### ABERDOVEY

B-758:Jul15,Aug4,5,12,  
22(x2),24,26(x4),29

### ABERSOCH

B-790:Jul6,23,24,25,27,29,  
30,Aug3(x2),5,8,12(x2),15,19,  
23,27,29,30,Sep13,19,23

### ABERYSTWYTH

B-704:Jul3,20,22(x2),  
Aug1,14,21,25,29

### ACHILL ISLAND

ON-1240(14-28):Jul21,  
Aug4,15,Sep18

### AITH

ON-1232(17-14):Sep26

### ALDEBURGH

ON-1193(12-34):Jul9,23,  
Aug11,24(x2),Sep16

D-673:Jul20,Aug4,8,15,21

### ALDERNEY

ON-1199(14-0):Jul4,10,25  
D-551:Aug8,27

### ANGLE

ON-1114(47-011):

Jul12,16, Aug2,25,31,Sep8  
D-638:Aug8,16,26,29

### ANSTRUTHER

ON-1174(12-17):Jul8,11,  
14(x2),17,18,22,26(x2),28,  
Aug9(x2),16(x2),31,Sep2,  
9,11,20

D-667:Jul8,14,17,

18,23,26(x2),Aug16(x2),19,  
31,Sep2,9,11

### APPLEDORE

ON-1140(47-027):

Aug3,5,6,12,13

B-742:Jul13,15,21,30,

Aug1,5,6,10,11,12,20,28,  
Sep1,9,11

### ARAN ISLANDS

ON-1269(17-38):Jul1,5,12,  
16,24,25(x3),Aug5,12,20,  
24,25,Sep21,22

### ARBROATH

ON-1192(12-33):Jul10,16,  
28,Aug13,17

D-621:Jul2,3,10,15,28,30

D-670:Aug13,17,21

### ARRAN (LAMLASH)

B-770:Jul8,15,23,Aug18,  
19,Sep8,29

### ARRANMORE

ON-1244(17-22):Jul1,  
7(x2),10,11(x2),14,15,22,  
26,29,30,31,Aug4,15,26,  
Sep27,30

### ATLANTIC COLLEGE

B-763:Aug12,23,24,29,  
Sep10

### BALLYCOTTON

ON-1233(14-25):Jul9,  
Aug1,9,15,20,28,Sep11

### BALLYGLASS

ON-1235(17-15):Aug30

### BALTIMORE

ON-1122(47-017):Jul2,5,  
20,22

ON-1137(47-024):Jul31,

Aug1,17,18

### BANGOR

B-805:Jul4,9,13,15,21,  
22(x2),29,Aug4,14,19,28,  
Sep16,19,22

### BARMOUTH

ON-1185(12-26):Aug28  
D-678:Jul24,Aug9,17,19,  
22(x2),Sep8,14,16(x2)

### BARRA ISLAND

ON-1230(17-12):Jul25,26,  
Aug3(x2)

### BARROW

ON-1117(47-01):Jul25,31,  
Aug10

D-567:Jul3,6,25,Aug1,27,  
28,31,Sep1,21

### BARRY DOCK

BB-034:Aug24

ON-1245(14-29):Jul6,22,  
30(x2),Aug3,7,22,24(x2),  
Sep1,2,6,9,14

### BEAUMARIS

B-757:Jul1,7,9,15,16,19,  
26,27(x3),29,Aug1

B-768:Aug3(x3),5(x2),  
8(x2),12,15,20,24,26(x2),  
27,Sep3,9,10,15,21

### BEMBRIDGE

ON-1126(47-018):Jul11,11,  
18,19,20,27,29,Aug6,11,  
12(x2),23,24,25(x2),  
Sep21,23

D-649:Jul1,18,19,28,  
Aug5,11,16,Sep8(x2)

### BERWICK-UPON-TWEED

ON-1191(12-32):Sep26

D-639:Jul3,5,31,Aug1,26

### BLACKPOOL

B-773:Jul8,21,Aug19

D-508:Jul9,21,Aug19

D-558:Sep6

D-566:Jul8,9,Aug5,6(x2)

### BLYTH

D-606:Jul12,15,29,30,  
Aug5,16,17,27,Sep12

### BORTH

D-635:Jul3,15,20,Aug2,  
4(x2),14,24,27,Sep1

### BRIDLINGTON

ON-1169(12-12):Jul31,  
Aug17

D-557:Jul4,12,17,29,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BRIGHTON

B-737:Jul18(x2),28,29,30,  
Aug5(x3),8,17,20(x2),  
25(x5),26,31(x2),  
Sep2,7,18,26

### BURNHAM-ON-SEA

B-795:Jul22,Aug18,19,  
Sep8,9,22

D-664:Jul31,Aug3,15,18,  
26,Sep8,9

### BURRY PORT

D-611:Aug10,11(x2),13(x2),  
22,26,28,30,Sep1,8,9,15(x2)

D-615:Jul21,30

### CALSHOT

ON-1155(47-037):Jul6,8,  
15,17(x2),21,22,25,28(x2),  
Aug6,8,9,10(x4),12(x4),22,  
24,29,Sep12,23,30

D-604:Jul15(x2),16,17(x2),  
22(x2),30,Aug8,10(x3),26,28

D-609:Sep12,16,19,30

### CAMPBELTOWN

ON-1241(17-19):Jul11,15,  
Aug4,19,Sep7,27

D-571:Aug9,19,20,Sep8,9

### CARDIGAN

B-752:Jul18,28,Aug1(x2),  
3(x2),5,9,18(x2),20,  
27(x2),Sep16

D-524:Aug3,26,29

### CASTLETOWNBERE

ON-1277(17-44):Jul2,  
24(x2),30,Aug4,Sep1,10

### CHISWICK

E-001:Aug10(x2),13,18  
E-003:Jul1,8,11,12(x2),17,  
18(x2),20(x2),21,22(x3),24,  
29,31,Aug1(x2),2,26,28,  
Sep2,3,5,7(x2),14,15,16,  
22,23(x2),26,29,30

E-006:Sep20(x2)

### CLACTON-ON-SEA

B-744:Jul1(x2),7,14,18,  
Aug1,7,13,24(x2),26(x2),  
31,Sep1,5,9

D-559:Jul7,26,31,Aug3,  
15,26(x2),31,Sep15

### CLEETHORPES

D-618:Jul19,23,26(x3),  
27(x2)

D-625:Jul1,8,9,14

### CLIFDEN

B-724:Jul5,23,10,12,14,  
15,17,20,Sep30

D-525:Jul5,6,12,14,17,21  
D-679:Jul7,Aug22,Sep30

### CLOGHER HEAD

ON-1190(12-31):Aug13,  
Sep27

### CLOVELLY

B-723:Jul22,23,26

B-759:Aug29

### CONWY

D-627:Jul7,9,14,18,27,28,  
Aug2,4(x2),11(x3),22(x2)

D-675:Aug30,Sep10

### COURTMACSHERRY

### HARBOUR

ON-1205(14-07):

Jul12,21,22

### COURTOWN

D-548:Jul1,26,29,Sep1

### CRASTER

D-542:Aug13,24(x2),25

### CRICCIETH

B-707:Jul7,8,19,22,31,  
Aug4,8(x2),19,21(x2),22,  
28,30,Sep25,30

### CROMER

ON-1162(12-004):Jul14,  
30,Aug4,18(x2)

D-509:Aug4,11,12

### CROSSHAVEN

B-782:Jul9,20,22,28,  
30(x2),Aug3,6,11,21,  
Sep9,11

### CULLERCOATS

B-811:Jul1,2,14,18,19,  
24,26,30,Aug1,4,7(x2),  
9,14,16,Sep4,14,16,  
20(x2),23

### DOUGLAS

ON-1147(47-032):Jul4,  
Aug16

### DOVER

ON-1220(17-09):Jul2,7,19  
ON-1279(17-46):Jul29,31,  
Aug19,21,26,Sep15,16,17

### DUN LAOGHAIRE

ON-1204(14-06):Jul5(x2),  
23,Aug6

D-565:Jul5,7,12,18

### DUNBAR

ON-1207(14-09):Jul14,22,  
26,13,26,Sep2,8,29

D-544:Jul15,31,  
Aug14,1,Sep8

### DUNMORE EAST

ON-1215(14-17):Jul8,  
Aug4,19,22,Sep9,15,22

### EASTBOURNE

ON-1178(12-21):Jul26,  
Aug2,4

ON-1195(12-36):Jul5,11,  
Aug12,26,27,28,  
Sep9(x2),29,30

D-605:Jul5,8,19,22,26,30,  
Aug6,8,25(x2),27(x2),  
Sep9,17,29

### ENNISKILLEN

B-581:Jul7(x2),19,21,29,  
Aug19

B-591:Jul7,8,31,Aug4,25,  
Sep1,7(x2),14,15,23

### EXMOUTH

ON-1210(14-12):Jul1

D-669:Jul1

### EYEMOUTH

ON-1209(14-11):Jul17,31,  
Aug30,Sep2

### FALMOUTH

ON-1256(17-29):Jul16,  
23(x2),Aug5,23,29,31,  
Sep15(x2),30

B-713:Aug18,22,23,  
25,29,31

B-756:Jul3(x2),8,13(x2),  
14(x2),23(x2),24,29,Aug2,  
4,11(x2),15(x2),16,  
Sep7,13,30

### FENIT

ON-1228(14-24):Aug2,  
6(x2),7,11

ON-1239(14-27):

Aug24,Sep7

D-561:Jul8,23,31,Aug1,2,  
6(x2),11,22,24,Sep17

### FETHARD

D-504:Jul22,Aug6,19,24

### FILEY

ON-1170(12-13):Jul16,26  
D-563:Jul3,7,18,27,Aug1,  
16,17,19,29,Sep1,9,10,13

### FISHGUARD

ON-1198(14-03):Jul27,  
Aug2,24,Sep17,23,26

D-640:Aug20,21,24,26,  
Sep17,23,25(x2)

D-652:Jul18,19,20,Aug2



ON-####(12-##)  
Mersey class  
last built: 1993  
refit cost: £190,000



ON-####(14-##)  
Trent class

**FLAMBOROUGH**

**B-703**:Jul14,28  
**B-820**:Aug16,19,22,29,31  
**FLEETWOOD**  
**ON-1156(47-038)**:Jul24  
**D-501**:Jul24,26  
**FLINT**  
**D-658**:Jul8,13,30,31,11,13,14,29,31,17,30  
**FOWEY**  
**ON-1222(14-18)**:Aug4,5,14(x2),16,18,19,21,25,29,31  
**D-526**:Jul14,23,30(x2),31,32,1,3,14(x2),26,29,31  
**FRASERBURGH**  
**ON-1259(14-34)**:Jul6,2,6,7,20,30,31,12  
**GALWAY**  
**B-738**:Jul4,13,14,31(x4),16,23,29,31,12,25  
**GIRVAN**  
**ON-1148(12-11)**:Jul11,23,30,31,19,25  
**GRAVESEND**  
**E-001**:Jul7(x2),11,13(x2),14  
**E-002**:Jul2,22(x2),27,31,32,3,5(x4),6,8,15,19,29,32,14,15(x2),16  
**GT YARMOUTH**  
**AND GORLESTON**  
**ON-1213(14-15)**:Jul3,6,7,20,30,31  
**B-774**:Jul24,27,28,4,6,8,12,20(x2),23,26,30(x2),31,32,4(x2)  
**B-786**:Jul6,9,14,15(x2),16,21,23,27  
**HAPPISBURGH**  
**D-607**:Aug18,29,31  
**HARTLEPOOL**  
**ON-1274(14-37)**:Jul8,9,15(x2),13(x2),17,29,31  
**B-766**:Jul8,10,11,18,22,29,31,5,13(x2),29(x2)  
**HARWICH**  
**ON-1202(17-03)**:Jul1,2,9(x2),13,14,20,29,31,32,16  
**ON-1237(17-17)**:Sep26  
**ON-1278(17-45)**:Jul31,1,3  
**B-789**:Jul6,8,9,13,14,16,20(x2),28,31,1,3,6,8,12,16,18(x2),21,24,26,29,30,14,15

**HASTINGS**

**ON-1125(12-002)**:Jul22,23,25,26,18  
**D-540**:Jul19,23,29,3,4,5,8,10,11,12,19,25(x2),29,3,9,15,30  
**HAYLING ISLAND**  
**B-712**:Jul11,18,29,8(x2),9,11,20,25,26(x2),29(x3),31,26,29  
**D-642**:Jul11,18,29,8(x2),9,11,20,25,26(x2),29,31,29  
**HELENSBURGH**  
**B-791**:Jul8,14,21,23,28,31,1,18,19,22(x2),23,26,29,1,3(x2),7,17,18,24,27  
**HELWICK HEAD**  
**B-760**:Jul5,21,22,14,15,29,32,24  
**HOLYHEAD**  
**ON-1272(17-41)**:Jul16,17,23,4(x2),5(x2),15,20,21,31,32,3  
**D-601**:Jul10,14(x2),18,21,27,28,29,10,15,20,26,29,2(x2)  
**D-654**:Sep22  
**HORTON AND PORT EYNON**  
**D-531**:Jul9,27,30,29,5,8,15,19,25,26,27,28,29,32,22  
**HOWTH**  
**ON-1180(14-01)**:Jul5,6,13(x2),25(x3),31,16(x2)  
**D-659**:Jul3,5,6,13,18,23,29,32,7,13,23,24  
**HOYLAKE**  
**ON-1163(12-005)**:Jul4,12,28,31,16  
**HUMBER**  
**ON-1216(17-05)**:Sep23,26  
**ON-1237(17-17)**:Jul1,2,3(x2),23,24(x2),26,28,29,32,16,23  
**HUNSTANTON**  
**B-713**:Jul31  
**B-749**:Sep2(x4),16  
**H-003**:Jul29,29,25  
**ILFRACOMBE**  
**ON-1165(12-007)**:Jul2,28,3  
**ON-1187(12-28)**:Aug16(x2),26,27  
**D-555**:Jul8,9,13,18,27,30,31,2,4,6,7,8,9,21(x2),23,27,29

**INVERGORDON**

**ON-1206(14-08)**:Jul8,15,21,12,29,16,3,9,19  
**ISLAY**  
**ON-1219(17-08)**:Jul12,16,21,23,29,15,31,16  
**KESSOCK**  
**B-771**:Jul15,27,29,9,24,31,23,28  
**KILKEEL**  
**B-812**:Jul1,2,11,20,22(x2),23,25,29,22,27,31,17  
**KILMORE QUAY**  
**ON-1133(47-021)**:Jul14,21,29(x2),30,31,11,13,15,17,21,22,25,28(x2),31,29,3,8  
**KINGHORN**  
**B-720**:Jul1,4,6,7,9,24,28,29(x2),30,31,3,5,17,19(x2),20(x2),26,29,31,32,6,17,20,29(x2)  
**KINSALE**  
**B-796**:Jul11,12,22,29,31,18  
**KIPPFORD**  
**D-528**:Jul28,28,15  
**D-553**:Sep22  
**KIRKCUDBRIGHT**  
**B-814**:Aug31,29,22  
**KIRKWALL**  
**ON-1231(17-13)**:Jul23,29,29,31,5  
**KYLE OF LOCHALSH**  
**B-740**:Jul3,3,5,5,12,13  
**LARGS**  
**B-739**:Jul5,14,21,29,17,19,23,24,27,29,32,3(x2)  
**LARNE**  
**ON-1246(14-30)**:Jul30,31,20,21  
**D-646**:Jul29,29,2  
**LERWICK**  
**ON-1221(17-10)**:Aug30,31,8  
**ON-1263(17-34)**:Jul9,22  
**LITTLE AND BROAD HAVEN**  
**D-628**:Jul14,15,26,29,30,32,5,7,13,24,26,8  
**LITTLEHAMPTON**  
**B-779**:Jul5,7,11,18,20,29,4,5(x2),6(x2),9,10,11,15,16,18,30,32,8,9,11  
**D-631**:Jul5,18,20,29,31,27,31,10,11  
**LITTLESTONE-ON-SEA**  
**B-785**:Jul1,5,7,31,29,2,11,26,27(x2),31,14

**LLANDUDNO**

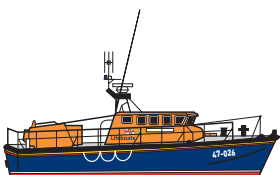
**ON-1164(12-006)**:Jul9(x2),28,28,5,11(x2),12  
**D-656**:Jul2,4,13,22,12,15,18  
**LOCHINVER**  
**ON-1271(17-40)**:Jul3,16,16,16,5,28,2,5  
**LONGHOPE**  
**ON-1284(16-05)**:Aug11  
**LOOE**  
**B-793**:Aug2,3,4,8,16,20,21,22(x2),23,25,29,2,10  
**D-574**:Jul31,29,4,5,5  
**LOUGH DERG**  
**B-586**:Jul15  
**B-705**:Aug2,3,11,29,9,15  
**LOUGH SWILLY**  
**ON-1142(47-029)**:Jul29,30,31,14,14,22,24  
**B-717**:Jul8,14,22,24  
**B-819**:Sep2,12,14  
**LOWESTOFT**  
**ON-1112(47-010)**:Sep30  
**ON-1132(47-020)**:Jul4,10,13,14,17,19,23,24,26,6  
**LYME REGIS**  
**B-722**:Aug5,8(x2),12(x3),29,7(x2),11,25  
**B-741**:Jul14(x3),29  
**LYMINGTON**  
**B-784**:Jul7(x2),15(x3),16,21(x2),24,25,30(x3),31,10,11,16,17(x2),26,27,28,29,1,2,9,15,16(x3)  
**LYTHAM ST ANNES**  
**ON-1184(12-25)**:Sep18  
**ON-1189(12-30)**:Jul1,1,17  
**D-657**:Jul1(x2),3,8,29(x2),31,17(x2),26(x4),31,31,31,7  
**MABLETHORPE**  
**D-660**:Aug4  
**MACDUFF**  
**B-804**:Jul23,29,13,16  
**B-815**:Sep24  
**MALLAIG**  
**ON-1250(17-26)**:Jul11,27,28,20,21,29,13,19  
**MARGATE**  
**ON-1177(12-20)**:Jul15,23,28,29,25,14,20  
**D-503**:Jul21,25,28,28,5,16  
**D-545**:Jul19  
**MINEHEAD**  
**B-708**:Jul2,17,29,1,2,5,29  
**D-549**:Jul17,2,5,12

**MOELFRE**

**ON-1116(47-013)**:Jul25(x2),31,29,24,25,29,29  
**D-532**:Jul2,12,25(x4),31(x2),31,11,14,20,25  
**MONTROSE**  
**ON-1138(47-025)**:Aug17  
**ON-1152(47-034)**:Aug4  
**D-626**:Aug4,17,22  
**MORECAMBE**  
**D-530**:Sep16  
**D-564**:Jul11,22(x2),25,9,10  
**H-002**:Jul1,22(x4),25,28,29,7,8,9,31  
**MUDEFORD**  
**B-806**:Jul10,11,12,20,21(x2),24,26,27,28,30,31(x2),31,4,10,11,12(x2),15,18(x3),19,29,16,20,23  
**B-810**:Aug26(x4),29,2  
**NEW BRIGHTON**  
**B-721**:Jul9,17,26,29,30,16,19,26,29,31,9,15,16(x2)  
**B-723**:Sep30(x2)  
**H-001**:Aug1  
**H-005**:Aug27,29,6,9,20  
**NEW QUAY (CARDIGANSHIRE)**  
**ON-1172(12-15)**:Aug21,26,29,24,27  
**D-616**:Aug21,22,26,29,3,24  
**D-655**:Jul12(x2),17  
**NEWBIGGIN**  
**B-745**:Jul8,14  
**B-754**:Aug16,29,2  
**NEWCASTLE**  
**ON-1188(12-29)**:Jul8,26,29,26,31  
**D-637**:Aug4,26,29,2,13  
**NEWHAVEN**  
**ON-1243(17-21)**:Jul2,8(x2),9,17,22,28,29,4,5,12(x2),16,26,27(x2),31,31,1(x2),2,5,9,16  
**NEWQUAY (CORNWALL)**  
**B-715**:Jul2(x2),12,18,26,28,29,4(x2)  
**B-717**:Aug8,12(x2),13,15(x3),20,25,28(x2),31,24,24  
**D-636**:Jul2,12,15,18(x2),28,31,29,4,5,12(x2),13,15(x2),28(x2),29,24  
**NORTH BERWICK**  
**D-619**:Jul29,30,29,1,3,19

**OBAN**

**ON-1227(14-23)**:Jul6,7,8,24,27(x2),29,31,29,1,8,9(x3),30(x2),31,29,6,9,10,13,15,16,23  
**ON PASSAGE**  
**ON-1122(47-017)**:Jul28  
**ON-1216(17-05)**:Sep18  
**PADSTOW**  
**ON-1283(16-04)**:Jul2(x2),15(x2),22,29,20,25,29,14,18  
**PEEL**  
**ON-1184(12-25)**:Jul16,18,29,13  
**PENARTH**  
**B-725**:Jul26,29,1,10,27,29,22,26  
**D-534**:Jul19,25,29,1,12,27,29,15,25  
**PENLEE**  
**ON-1265(17-36)**:Jul1,2,2,7,23,29,5,18,20  
**B-787**:Jul8,21,24,29,1,11,14,21,24,29,3,5,26  
**PETERHEAD**  
**ON-1282(16-03)**:Jul13,19,29,12,20,29,15  
**PLYMOUTH**  
**ON-1264(17-35)**:Jul16,20(x2),31(x2),29,2,3,5,11,13,22,29,21,23,29,30  
**B-775**:Jul20,31,29,1(x2),2,6,9,22,29,4,11,19,21,22,23  
**POOLE**  
**ON-1131(47-023)**:Jul19,23,25,26,29,8,11(x3),29,11,18  
**B-710**:Jul15,23,25,27,29,3,8,9,10,20,22,25,27,29,4,11,18,24  
**PORT ERIN**  
**B-813**:Jul4,6,29,25,27,29,14(x2)  
**PORT ISAAC**  
**D-546**:Aug16  
**PORT ST MARY**  
**ON-1225(14-21)**:Jul4,5  
**ON-1234(14-26)**:Jul27,28,29,11,29,14,18  
**D-575**:Aug15  
**PORT TALBOT**  
**D-550**:Jul22,29,22,29,2  
**PORTAFERRY**  
**B-706**:Jul7  
**B-762**:Jul26,28,29,14,22,29,5,17  
**PORTHCAWL**  
**B-726**:Jul1,8,18(x2),19,27,28,29,29,1,5(x2),12(x2),27(x2),29(x2),29,10



**ON-####(47-###)**  
 Tyne class  
 last built: 1990  
 refit cost: £220,000



**B-###**  
 B class  
 Atlantic 21,75 or 85  
 new cost: £135,000



**D-###**  
 D class  
 new cost: £29,000



**E-###**  
 E class  
 last built: 2002  
 refit cost: £60,000



**H-###**  
 Inshore rescue hovercraft  
 new cost: £175,000

**PORTHDINLLAEN**

**ON-1120(47-015)**:Jul24,  
Aug4,7,11,26,29,31,23,28

**PORTPATRICK**

**ON-1151(47-033)**:Jul21,  
Aug5,15,20,29

**PORTREE**

**ON-1214(14-16)**:Jul18,23,  
30(x2),27,14,18

**PORTRUSH**

**ON-1247(17-23)**:Aug17,27  
**D-572**:Jul9,15,22,27,28,  
Aug4,23,27,29,16,23,27

**PORTSMOUTH**

**B-718**:Jul3,7,8,14,15,17,  
18,19,24,30,Aug1,7(x3),  
8,12(x3),14,17,18(x2),22,  
29,29,29,9,15,16(x2),  
19(x2),23,30

**D-554**:Jul30(x2),  
Aug7,11,29,30

**PWLLHELI**

**ON-1168(12-010)**:  
Aug30,31

**D-522**:Jul14,Aug1

**D-676**:Aug23,31,29,30

**QUEENSFERRY**

**B-735**:Jul15,18(x2),24,  
28(x3),29,Aug7,13,19,20,  
23,24,26,29,29

**RAMSEY**

**ON-1171(12-14)**:Aug24

**RAMSGATE**

**ON-1197(14-02)**:Jul11,  
Aug7,9,12,25,26,29,16,28

**B-765**:Jul6,8,12,19,  
24(x2),29,Aug4,8,12,  
25(x2),29,28,11,12,14,15

**XP-28**:Sep15

**RED BAY**

**B-728**:Jul12,30(x2),  
Aug11,20,24,29,16

**REDCAR**

**B-777**:Jul15(2),Aug5,17,  
19,26,28,29,15,22(x2)

**D-516**:Jul15(x2)

**D-677**:Aug17,29,22

**RHYL**

**ON-1183(12-24)**:Jul1,22,  
Aug1,3(x2),12,29,28

**D-604**:Sep29

**D-632**:Jul1,8(x2),17(x2),  
23(x2),31(x2),Aug1,3(x2),  
4,5,7,9,10,11,12(x3),14,  
22(x4),26

**ROCK**

**D-634**:Jul17(x2)

**D-665**:Aug6,20,25,26,  
29

**ROSSLARE HARBOUR**

**ON-1276(17-43)**:Jul12,  
Aug2,6,13,29

**RYE HARBOUR**

**B-727**:Jul12,Aug5,21,  
26(x2),29

**SALCOMBE**

**ON-1130(47-022)**:Jul5,8,  
9,Aug3,14(x3),29,20,27

**B-769**:Jul9,26,29,31,  
Aug4,6,21,30,29,16,26

**SCARBOROUGH**

**ON-1175(12-18)**:Jul27

**D-515**:Jul27,Aug5(x2),24,  
29,1,9,15

**SEAHOUSES**

**ON-1173(12-16)**:Jul14,29,  
29,11,17

**D-529**:Jul7,14(x2),29,  
32,12,27,31,29,5,8,9

**SELSEY**

**ON-1146(47-031)**:Jul8,  
Aug8,10,26

**D-533**:Jul29,31(x2),  
Aug4,7,29,29,27,27

**D-624**:Aug7,29,1,2

**SENNEN COVE**

**ON-1121(47-016)**:Jul26,  
Aug4,7,29,29,29,10

**D-624**:Aug7,29,1,2

**SHEERNESS**

**ON-1211(14-13)**:Jul25,26,  
Aug3,6,12,25(x2),29,2,15

**D-662**:Jul3,15,21(x2),22,  
29,Aug5,7,8,9(x2),12,15,  
18,26,29,24

**SHERINGHAM**

**B-818**:Jul29,Aug4,6,14,  
18,29

**SHOREHAM HARBOUR**  
**ON-1115(47-012)**:Sep2,3,  
10,18

**ON-1158(47-040)**:Jul11,  
21,28,Aug4,6,13,21

**D-647**:Jul3,21,31,  
Aug4(x3),5,8,11,12,18,  
25,26,29,11

**SILLOTH**

**B-714**:Jul31,Aug8,29,1

**SKEGNESS**

**ON-1166(12-008)**:  
Jul11(x2),14,19,Aug5(x2),  
15,16,24

**D-573**:Jul7(x2),14,26,  
27(x2),28,Aug1,3,5(x3),  
11,12,14,18(x2),24(x2),  
25,30(x2),31,29,22

**SKERRIES**

**B-747**:Sep2,17,23

**B-792**:Jul24,Aug3,9,12

**SLIGO BAY**

**B-781**:Jul5(x2),5,27,29

**SOUTH BROADS**

**D-492**:Aug6,14,25  
**XP-42**:Aug6,25,30

**SOUTHEND-ON-SEA**

**B-776**:Jul1,7(x2),15,  
21(x2),29,Aug5(x2),18,25

**D-527**:Jul1(x2),29(x2),  
Aug4,5,11,25,27(x2)

**D-633**:Jul6(x2),10,Aug4,  
5,6(x2),11,13,14,16,26

**H-004**:Jul2,9(x2),10,15,  
29,31,Aug7,8

**H-006**:Aug25,26,27(x3)

**SOUTHWOLD**

**B-753**:Jul7,Jul14,  
Aug17

**ST ABBS**

**B-783**:Sep2,15

**ST AGNES**

**D-625**:Sep12

**D-630**:Jul16,18,Aug12,19

**ST BEES**

**B-719**:Aug22

**ST CATHERINE**

**B-772**:Jul24,Aug4(x2),12,  
13,26,29,24

**ST DAVIDS**

**ON-1139(47-026)**:Jul4,20,  
24,Aug12,19,25,29,  
29,29,29

**D-543**:Jul4,8,14(x2),29,  
Aug8(x2),9,13,25,29

**ST HELIER**

**ON-1157(47-039)**:Jul5,  
Aug8,29,21,29(x2)

**B-802**:Sep6

**B-816**:Jul16,31,Aug10

**ST IVES**

**ON-1167(12-009)**:Jul3,5,  
26,Aug4,29,10

**D-668**:Jul5,17,26,28,  
Aug4,5,20,29,13,20

**ST MARY'S**

**ON-1229(17-11)**:Aug12,  
26,29,20

**ON-1260(17-31)**:  
Jul26,27,30

**ST PETER PORT**

**ON-1203(17-04)**:Jul14,15,  
16,22,25,31,Aug11,  
16(x2),20

**ON-1260(17-31)**:Sep27

**STAITHESS****AND RUNSWICK**

**B-757**:Aug26(x2),29

**B-788**:Jul16,28,Aug5,19

**STORNOWAY**

**ON-1238(17-18)**:Jul5,  
Aug27,29

**STRANRAER**

**D-519**:Aug3,16,17,30

**STROMNESS**

**ON-1236(17-16)**:Jul11,  
18,Aug4

**ON-1263(17-34)**:  
Aug19,29,23

**SUNDERLAND**

**B-817**:Jul7,8(x2),13,15,  
24(x2),29(x2),Aug8,12(x2),  
20,23,24,26(x2),29,10,  
15,16(x2),23

**D-608**:Jul13,28,29(x2),  
Aug6,29

**SWANAGE**

**ON-1182(12-23)**:Jul23,30,  
Aug2,6,7,10,20,26,29(x2)

**D-613**:Jul6,7,23,29,30,  
Aug2,6,10,21,25,29,15,16

**TEDDINGTON**

**D-648**:Jul2,8(x2),11

**TEIGNMOUTH**

**B-809**:Jul1(x2),4,5,7,  
8(x2),14,17,20,24(x2),  
Aug4,11(x2),15,21,23,25,  
27(x2),29

**TENBY**

**ON-1281(16-02)**:Jul4,30,  
Aug16,22

**D-562**:Jul2,22(x2),6(x2),  
9(x2),11,14,15,16,22(x3)

**THE LIZARD**

**ON-1145(47-030)**:Jul13,  
Aug17,26

**THE MUMBLES**

**ON-1127(47-019)**:  
Jul2,4,28,Aug5,11,25,30,  
29,28

**D-623**:Jul8,14,28,29(x2),  
30,31,Aug3,6(x2),19(x3),  
29,34

**D-645**:Sep9(x2),13,15,28

**THURSO**

**ON-1273(17-42)**:Aug2,  
29,12,18

**TIGHNABRUAICH**  
**B-743**:Jul10,12,14,23,25,  
29,12

**TOBERMORY**

**ON-1257(17-30)**:Jul5,20,  
21,24,30

**ON-1270(17-39)**:Aug5,9,  
11,27,29,27,29

**TORBAY**

**ON-1255(17-28)**:Jul6,16,  
20,26,Aug3,7(x2),11,14,

18,20,23,29,29,11,  
20(x2),29

**ON-1279(17-46)**:Jul6

**D-602**:Jul7,17,18,20,  
24(x2),26,30,Aug3,8,10,  
12,14,21,27,29

**D-651**:Sep6,8(x2),9,10,  
11,20,23,28,29

**TOWER PIER**

**E-001**:Sep21

**E-004**:Jul3(x3),6,9,11,  
13(x3),16(x2),17(x2),  
22(x3),23,24(x2),27,Aug1(x2),  
2,4(x5),5(x4),6,29,3

**E-005**:Aug10,13,15,16,21,  
24,25(x2),26,28(x2),29,  
5,6,7,8,9(x2),10,11(x3),  
12(x2),13,14,16,17,18,  
20(x2),22,23,24(x2),26,  
27(x2),29

**TREARDUR BAY**

**B-731**:Jul2,8,13,15

**D-620**:Jul2,8,15

**TROON**

**ON-1275(14-38)**:Jul2,15,  
22,Aug9,11,14,24,29,3,8

**D-506**:Jul2,15,21,Aug11,  
14,29

**TYNEMOUTH**

**ON-1242(17-20)**:Jul11,14,  
16,29(x2),Aug6,7,8,25(x2),  
26,29,29

**D-513**:Jul8(x2),14,31,  
Aug3,6,12,14

**D-535**:Aug26,27,29,  
29,5,8,15,17

**VALENTIA**

**ON-1218(17-07)**:Jul4,  
13(x2),14,15(x2),Aug4,5,9

**WALMER**

**B-808**:Jul9,17,Aug8,9,  
12,26

**D-663**:Jul9,17,Aug12,19

**WALTON AND FRINTON**  
**ON-1112(47-010)**:Jul1,14,  
24(x2),  
Aug1,4,8,27,29,29,3,5

**ON-1154(47-036)**:Sep26

**WELLS**

**ON-1161(12-003)**:Aug29

**D-661**:Jul8,23,29,Aug5,  
10,11,12,13,14,26,27(x4),  
31,29,4,8(x5),9,17,29

**WEST KIRBY**

**D-610**:Jul14,18,31,Aug1

**D-612**:Aug5,11,23,29,13

**WEST MERSEA**

**B-761**:Jul14,17,18,21,29,  
31(x2),Aug5,12(x2),13,  
18(x2),26,31,29,1,2(x2),  
4,15,16,23,30

**WESTON-SUPER-MARE**  
**B-736**:Jul8,Aug5(x2),  
29,2,8,29

**D-537**:Jul8,Aug2,3,5,  
29,29

**WEXFORD**

**D-644**:Aug19,22,25,  
29

**WEYMOUTH**

**ON-1201(17-02)**:Jul5,7,  
11(x3),14,17,21(x2),22,  
30,Aug1,9,11,13,18,21,  
22,24,25,28,29,31(x3),  
29,2,10,16(x4),25

**B-746**:Jul5,6,12,14,17,  
22,30,Aug5(x3),10,11,13,  
14,15,22,23,24,25(x2),  
31(x2),29,2,3,10,11(x2),  
16(x2),30

**WHITBY**

**ON-1212(14-14)**:Aug29,  
29,15

**ON-1266(14-35)**:Jul8,19,  
Aug7,19,26

**BB-013**

Jul30

**D-512**

Sep7

**D-674**:Jul14,17,Aug19,28

**WHITSTABLE**

**B-764**:Jul1(x3),7(x3),8,  
15(x2),16,25(x2),27,29,30,  
Aug2,3(x4),4,5(x2),11,  
12(x3),13(x2),14,15,  
18(x3),20(x2),5(x2),26(x2),  
27,28,29,2(x2),14

**WICK**

**ON-1224(14-20)**:Jul8,9,28,  
Aug21,29,11

**WICKLOW**

# RNLI AGM and APA

# An invitation to all supporters

It has been another busy year for the RNLI. Supporters can reflect on the events of 2007 at the RNLI's Annual General Meeting (AGM) and Annual Presentation of Awards (APA) at the Barbican Hall, London, on 22 May 2008. Tickets for both events are free and all are welcome on a first-come, first-served basis.

Only Governors have the right to vote at the AGM. Phone 0845 121 4999 for details of becoming a Governor.

The APA celebrates the achievements of the RNLI and its people, with a film review of the year highlighting the main events of 2007. This is currently in production and supporters

are invited to submit any suitable film footage they might have for possible inclusion. Please send any such footage to Film and Image Manager Eleanor Driscoll, RNLI, West Quay Road, Poole, Dorset, BH15 1HZ, by the end of February.

The day comes to an emotional climax with the presentation of awards to RNLI volunteers and supporters in recognition of their outstanding dedication and commitment.

To apply for tickets to the AGM and/or the APA, fill out the form below and return it by 30 March to AGM office, RNLI, West Quay Road, Poole, Dorset, BH15 1HZ. Tickets will be despatched in early April.



Photo: Adrian Don

## Application form

Name(s) \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Membership number \_\_\_\_\_

I/We wish to attend the Annual General Meeting on Thursday 22 May 2008 at 11.30am

Please indicate number of tickets required:  
by Governors \_\_\_\_\_  
by non-Governors \_\_\_\_\_

I/We wish to attend the Annual Presentation of Awards on Thursday 22 May 2008 at 2.30pm

Please indicate number of tickets required \_\_\_\_\_

I/We would like to receive a copy of the *Annual Review, Report and Accounts 2007* in advance of the Annual General Meeting  
NB It will save the RNLI money if you can collect your copy at the meeting

I/We cannot attend either meeting but would like to receive a copy of the *Annual Review, Report and Accounts 2007*



L-R: Poole lifeboat crew volunteers  
Anne Millman, Mike Hallard, Dave Riley and Andy Elton

## Journal archive

The digital archive of *the Lifeboat* journal from 1852–2008 will go into production this quarter. As very few printed copies of some of the older journals are still in existence, the digital archive makes this resource accessible to everybody while preserving it for future generations. Searchable by keyword, date or lifeboat station, you can browse 580 issues from the comfort of your own home.

The journal archive charts the development of the RNLI from its earliest days as the National Institution for the Preservation of Life from Shipwreck, through two world wars and vital technological advancements, to today's joined-up rescue service that covers the whole of the UK and RoI.

Read accounts of famous rescues as they were reported at the time, or search for hidden gems by station, by lifeboat or by coxswain.

The archive, which is as much a piece of social history as an in-depth maritime chronicle, will be available as a set of approximately three DVDs or seven CD-ROMs, both for use on computers only.

If you would like to own a copy, please fill in the form and return it to us. Registering your interest by 15 February will help us gauge how many we need to manufacture. We will then get in touch with you to confirm your order and organise payment when the product is available in March.

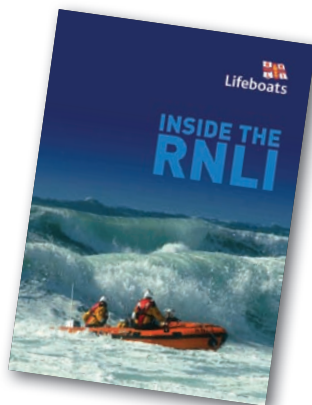
Registering your interest now will save you 10% on the full price of £100 (€140).

## Inside the RNLI

*Inside the RNLI* is a 44-page guide to everything RNLI. High-quality images and the voices of volunteers, staff and supporters make it an essential piece of kit for anyone with an interest in the charity and its work.

Every class of lifeboat in the fleet is profiled, and articles on everything from *Train one*, *save many* to the RNLI Heritage Trust make *Inside the RNLI* a perfect snapshot of the Institution as it is today.

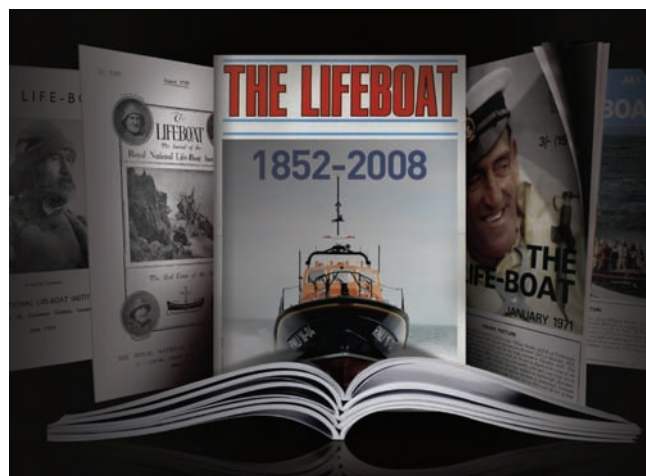
Order a copy using the form on this page, enclose a cheque for £4.95 (€7), and get the inside story delivered to your door.



## Film of the year

The RNLI's filmed review of the year, *This is the RNLI year that was 2007*, is in production and will be shown at May's Annual Presentation of Awards. Everyone who attends will be given a free copy.

A special extended version of the film, with additional awards footage, can be ordered here for £10 (€14), whether you plan to attend the ceremony or not. Your DVD will be sent to you after the APA, if you return the form and enclose a cheque for £10 (€14).



## Order form

Name(s) \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Membership number \_\_\_\_\_

Phone number \_\_\_\_\_

Email address \_\_\_\_\_

I will probably buy a copy of *the Lifeboat* journal digital archive 1852–2008 when it becomes available. I would like to register my interest now to help the RNLI gauge demand. I understand the archive will eventually cost me £90 (€126) instead of the full price of £100 (€140). I also understand I will be contacted to confirm my order.

Please indicate the quantity you require \_\_\_\_\_

I would like to purchase the 44-page *Inside the RNLI* brochure, and enclose a cheque for £4.95 (€7).

Please indicate the quantity you require \_\_\_\_\_

I would like to purchase a DVD of the extended film *This is the RNLI year that was 2007*, to be sent to me after the AGM in May. I enclose a cheque for £10 (€14).

Please indicate the quantity you require \_\_\_\_\_

If you are ordering more than one item, you may send one cheque for the total. UK supporters should make cheques payable to RNLI (Enterprises) Ltd. RoI supporters should make cheques payable to RNLI. All cheques should be sent to RNLI, West Quay Road, Poole, Dorset, BH15 1HZ. Prices include postage and packaging.

Pull out





# Classified

## Health

Back Pain? Cocyx Pain? Just want to sit better? ✓



See how our cushions could help you!  
Call us FREEPHONE:-

**0800 328 9673**

for a Colour Brochure and Money Back  
Guarantee Detail (No salesmen will call)



**Your Satisfaction - our Success**

Posture Products - PO Box 31 Exmouth EX8 2YT

## Shopping

**However Faded or Torn, Your old Eiderdown can be re-made as new**



**EIDERDOWNS RE-COVERED Also DUVETS RECOVERED and NEW**

**FEATHER EIDERDOWNS**  
Please send stamp for patterns.

Keys of Clacton Ltd. Dept RC786

Stephenson Road, Clacton-on-Sea, Essex CO15 4XA

**TEL: 01255 432518**

[www.englishneiderdown.co.uk](http://www.englishneiderdown.co.uk)

**Hard-to-Get Sizes BEDLINEN**

2'6" 3ft 3'6" 4ft 4'6" 5ft 6ft 7ft

**ANY SIZE CAN BE MADE**

- Sheets
- Valances
- Quilts
- Pillows
- Duvet Covers



**Special Sizes Catalogue**  
**TEL: 01255 432518**

Keys Ltd, Dept S725 Stephenson Rd,  
Clacton-on-Sea, Essex CO15 4XA

Website: [www.anysizebedlinen.co.uk](http://www.anysizebedlinen.co.uk)

## Weather Monitoring

**WEATHER INFORMATION IN YOUR HAND**

**NEW MODELS NOW AVAILABLE**

Altitude  
Pressure  
Wind Speed  
Wind Chill  
Temperature  
Humidity  
Dew Point  
Heat Index  
Time & Date



Up to 2000 measurements  
Replaceable impeller  
Graph & recall trends  
Large backlit LCD  
Easy to use  
Accurate

Buy on-line

**[www.r-p-r.co.uk](http://www.r-p-r.co.uk)**

richard paul russell ltd  
tel: 01590 679755 fax: 688577  
email: [sales@r-p-r.co.uk](mailto:sales@r-p-r.co.uk)

**Barometers & Barographs**

New items & restoration by experienced craftsmen

Russell Scientific Instruments Ltd, Rash's Green, Dereham, Norfolk NR19 1JG

**Tel: (01362) 693481**

[sales@russell-scientific.co.uk](mailto:sales@russell-scientific.co.uk)

[www.russell-scientific.co.uk](http://www.russell-scientific.co.uk)

## Optical Accessories

**Monk Optics**

Binocular Specialists



**Two Eyes Are Better Than One**

This unique 90mm or 110mm scope with twin eyepieces is a major breakthrough in high powered observation. It is now possible to observe distant objects with two eyes for fatigue free viewing and higher resolution and yet still retain the relative compactness, lighter weight, and lower prices which have traditionally favoured spotting scopes over observation binoculars.

Visit us or send for details of our full range of observation binoculars, starting from £295.

Wye Valley Observatory  
The Old School Brockweir,  
Chepstow, NP16 7NW

Tel: (01291) 689858  
Fax: (01291) 689834

Email: [advice@monkoptics.co.uk](mailto:advice@monkoptics.co.uk)  
Web: [www.monkoptics.co.uk](http://www.monkoptics.co.uk)

## Gifts

The Sun and Moon control Time and Tide and our sailing.  
Be master of both with **TIDEMASTER® MOONPHASE**

Blue or White Dial



- Chronometer accuracy.
- Luminised hands.
- Exact phase of the moon displayed.
- Spring and neap tides at a glance.
- Tidal monitoring bezel set daily shows tidal state with navigational accuracy
- Guaranteed working depth NOW 50 fathoms with all stainless steel case.
- Economy straps £84.95.
- Webbing reinforced PU straps £89.95.
- Waterproof leather straps £94.95.
- Stainless steel £99.95.

Express despatch: Credit cards or POs  
Cheques allow 10 days Tel: 01258 817662

YACHTING INSTRUMENTS LTD,  
BOATING DEPARTMENT, MAPPOWDER  
STURMINSTER NEWTON, DORSET, DT10 2EH  
Visit [www.tidemaster.co.uk](http://www.tidemaster.co.uk)

To advertise on these pages please contact

**Taryn Jacoby** at

**Landmark Publishing**

2 Windmill Street  
London W1T 2HX

t: 020 7692 9292

f: 020 7692 9393

e: [advertising@lps.co.uk](mailto:advertising@lps.co.uk)

**Work doesn't get any more rewarding than this.**

[www.rnli.org.uk/jobs](http://www.rnli.org.uk/jobs)



**Lifeboats**

# Classified

## Devon & Cornwall

### CADGWITH COVE, CORNWALL

Selected cottages around beautiful unspoiled fishing village. Ideal for out-of-season breaks. Complete peace and quiet. Pets welcome.

Brochure: 01326 290764  
www.cadgwithcovecottages.com  
email: covecottages@aol.com

### SALCOMBE & DARTMOUTH HOLIDAY HOMES

Quality Self-Catering Cottages in South Devon

SALCOMBE 01548 843485 salcombe.com  
DARTMOUTH 01803 833082 dartmouthuk.com

### PORTLOE, CORNWALL

Choice of 2 renovated former fishermen's cottages both just yards from the harbour in this beautiful unspoilt Roseland Peninsula fishing village. Sleep 4 & 6 respectively. Phone 0208 541 5919 for details & a brochure

Family owned farmhouse with its own beach nr Penzance.

Fully equipped for S/C. 5 bedrooms. Ground Source c/h, available all year. 01494 871387  
www.chyprazefarm.co.uk

### Restronguet Nr. Falmouth

Peaceful, picturesque, waterside hamlet. Boating facilities, Own quay, slip, beach. Pub. Houses sleeping 2/4, 6/8. Gardens, dogs welcome. Friday booking all year. Letting over 50 years!  
Peter Watson 01326 372722  
www.creeksideholidayhouses.co.uk

### The Cornish Collection Looe

Elegant waterfront apartments and exquisite cottages near fine beaches.

4 stars ETC. No Pets.

0845 365 1394  
www.cornishcollection.co.uk

Dart Valley Cottages. Pretty cottages on & around River Dart including Dartmouth and Dittisham. Sailing schools, boat hire. 01803 771127 www.dartvalleycottages.co.uk

## Cumbria

Family run cosy barns and cottages in Hawkshead/Sawrey area. Free fishing with most. Pets welcome. Great walks/views. Tel: 015394 42435 www.lakeland-hideaways.co.uk

## Dorset

SWANAGE HOLIDAY PROPERTIES LTD.  
QUALITY S.C COTTAGES, HOUSES & FLATS: OVER 30 YEARS IN HOLIDAY LETTINGS. TEL: 01929 421525  
FAX: 01929 423658 WWW.SWANAGEHP.CO.UK

SWANAGE: AVALON. S.C HOLIDAY FLATS AND FLATLETS, SLEEP 2/10, FULLY EQUIPPED, C.H., CAR PARK, 200M BEACH/TOWN.  
BROCHURE 01929 424779

Beamy Cottages near  
*spectacular* Dorset Coast  
Call Free 0800 980 4070



www.dorsetcoastalcottages.com

### Churchwood Valley

11th Bellamy Conservation Gold Award  
**WAKE UP TO NATURE!**  
Secluded log cabins. Pets welcome. Beach nearby. Wembury Bay, South Devon  
01752 862382  
www.churchwoodvalley.com

## West Country

POLRUAN-BY-FOWEY  
Old fisherman's cottage, a few paces from the quay. Sleeps 2/4. Woodburning stove. Sailing, fishing, walking or just watching! Pubs and shops. People say "Good Morning".  
BROCHURE & BOOKINGS  
01726 870582  
www.polruancottages.co.uk

FOWEY - The Old Lifeboat Station.  
Waterfront apartment. Stunning Views. Town centre, but quiet. Sleeps 2. (02392) 632807 for brochure.  
www.oldlifeboatstation.co.uk

Cottages in the  
West Country  
600 inspected holiday homes  
01647 434050  
Helpful Holidays  
www.helpfulholidays.co.uk

## East of England

WELLS-NEXT-THE-SEA, NORFOLK  
A clean cosy cottage (no stairs) overlooking delightful green on the unspoilt North Norfolk Coast. Sleeps 4, c.h., no pets. Tel: 01328 711220

## Wales

### CARLTON HOTEL MUMBLES

Family run, 20 en-suite rooms many with panoramic views over Swansea Bay. On level opposite Mumbles promenade, just minutes from the Pier and lifeboat station. Beautiful local walks and restaurant.

Ground Floor Rooms.

B&B from 30pppn. DB&B available. Call for special offer for Lifeboat readers.

mail@carltonmumbles.co.uk

www.carltonmumbles.co.uk



Tel: 01792 360450

### HONEY COTTAGE IN PEMBROKESHIRE

www.honey-cottage.co.uk Sleeps 5. Pembroke castle 15 min walk. Temby-angle RNLI boats 10 miles  
01646 681437 / 07790 301830 (Daphne)

### Fisherman's Cottage, West Wales

- beachside location, sleeps 4. Excellent sailing, walking and dolphin watching. Weeks or weekend lets. Tel 01275 845258

## Isle of Wight

### ISLAND COTTAGE HOLIDAYS

Isle of Wight. Charming individual cottages in lovely rural and coastal surroundings. Some cottages with pools and a wonderful house beside the beach at seaview. ETC3-5 Stars. For a brochure ring: 01929 480080  
www.islandcottageholidays.com

## Scotland

NORTH WEST OF SCOTLAND  
Achmelvich Beach, near Lochinver  
Modern Self Catering Caravans  
6 Berth, fully serviced.  
Beautiful beach.  
Tel/Fax 01571 844454  
www.lochinverholidays.co.uk

PORTKNOCKIE, BANEE  
Harbourside cottage, fully equipped, sleeps up to 10. Ideal location for sailing, fishing, diving etc. Malt Whisky area. Tel: 01309 691 728.  
www.cottageguide.co.uk/old-postoffice

## Ireland

Kenmare, South West Ireland  
A quality holiday home by the waters edge.  
For a brochure, tel: +353 (0)23 55102

## Overseas

## Tenerife

Beautiful Golf del Sur

New 1 Bedroom Ocean Front Apartment  
Stunning sea views, close to all amenities and superb golf courses  
Tel/Fax 01932 706864

## Sailing

### Norfolk Powerboating

A unique opportunity to take a course or just a trip on "Constance of Blakeney", our ex RNLI Watson 42 Lifeboat. RYA Training Centre offering the full range of RYA Powerboat courses. Tel: 01263 741302  
on967@aol.com  
www.trainingafloat.com

# Classified

## Cruises & Boating

### Enjoy a Unique Travel Experience

Imagine sailing worldwide aboard a passenger carrying cargo ship, or maybe taking a voyage on a working vessel around the coasts of England and Wales. See our interactive website:

[www.strandtravel.co.uk](http://www.strandtravel.co.uk)

or call for our brochure:  
**020 7010 9290**

357 Strand, London WC2R 0HS  
Fax: 020 7010 9292 | Email: [voyages@strandtravel.co.uk](mailto:voyages@strandtravel.co.uk)  
ABTA 94506 ACE 1679 IATA 91-2.2491 0



**STRAND VOYAGES**

**THE POLAR PEOPLE** hand-crafted Arctic & Antarctic holidays  
[www.thepolarpeople.co.uk](http://www.thepolarpeople.co.uk)  
029 20 704 987

dog-sledging skiing sailing wildlife northern-lights walking

**CARGO SHIP VOYAGES LTD**  
World wide travel as passengers on cargo ships. Tel: 01473 736265

### Hotel Boat Holidays

The deliciously different way to explore the canals and rivers of England and Wales. Fine food, convivial company, country walks and home comforts.  
4 and 7 night inclusive holidays

Tel 07810-50 10 45  
[www.barge-cruises.com](http://www.barge-cruises.com)

## Services

### Sound and Vision Storage



Tidy away CDs, DVDs and Videos into one of our hand crafted cabinets. We offer a wide choice of wood finishes and sizes in traditional and contemporary styles.

For a brochure (24 hours):

Telephone: 01295 760017  
email: [info@john-austin-furniture.co.uk](mailto:info@john-austin-furniture.co.uk)

John Austin Furniture Ltd  
Greatworth Park, Banbury, OX15 2HB  
[www.john-austin-furniture.co.uk](http://www.john-austin-furniture.co.uk)

### Sail a real Square Rigger TS ROYALIST the flagship of the Sea Cadets

Sat 31st May - Fri 6th June 2008  
From Falmouth to Milford Haven  
(Possibly visiting Scillies, Eire etc weather permitting)

5th - 7th September 2008  
Gosport to Gosport

Enthusiasm with a reasonable level of fitness more important than experience!  
Age range sixteen to seventy plus - of both sexes.  
A wonderful opportunity to have fun sailing a square rigger with permanent crew of five and twenty volunteers.

For more information, Contact Alan Burt  
Charter Secretary  
Square Rigger Club

1 East Garleton Cottages, Drem,  
North Berwick, East Lothian, EH39 5BB

Tel: 01620 826671  
Email: [alan@waterstongroves.com](mailto:alan@waterstongroves.com)

## UK Holidays

Book a Warner Leisure Hotels break and Save up to 25%\*

**Warner Leisure Hotels**

To book call our friendly Privilege Holiday Club Team on **0800 1 388 399** quoting code **HC862**.  
[www.warnerleisurehotels.co.uk/phc](http://www.warnerleisurehotels.co.uk/phc)

\*Terms and conditions apply as stated in the current Warner Leisure Hotels 2008 brochure. Offers are subject to availability and apply to new bookings only. Exclusions & supplements apply, please ask at time of booking. Bourne Leisure Limited (trading as Warner Leisure Hotels) is a company registered in England and Wales with company no.01854900 whose registered office is 1 Park Lane, Hemel Hempstead, Herts HP2 4YL.

### GREAT SAVINGS ON COUNTRYSIDE BREAKS WITH OLD ENGLISH INNS

only £24.50 per person, per night, including breakfast

How would you like to enjoy a few days in the countryside? Whether you enjoy walking, cycling, exploring old villages, visiting historic houses and gardens or simply relaxing with a favourite book in a comfy armchair, you will be able to arrange your perfect break with our special offer. You have over 60 traditional properties to choose from over 28 counties - just perfect for a break away!

To take advantage of this fantastic offer and for a list of participating hotels,

call **FREE**  
**0800 917 3085**

Book on line at [www.oldenglish.co.uk](http://www.oldenglish.co.uk)

or email: [central.reservations@oldenglish.co.uk](mailto:central.reservations@oldenglish.co.uk) quoting **RNLI**

#### Terms & Conditions

All prices are per person, per night based on two people sharing a twin or double standard room for two nights. Rates include full English Breakfast. Single supplements apply. Offer subject to availability. Cannot be used in conjunction with any other offer. Applies to new bookings only. Offer valid until 30th August 2008. Excludes Xmas/New 2007 and Valentines/Easter Holidays 2008. Calls are recorded for training purposes. OEI reserve the right to remove/change the properties during the promotion and to withdraw the promotion at any time.



## RNLI

**RNLI DVD** **NEW!** **Lifeboats**

**SAFE in their hands**

Featuring the building and never-before-seen action of the RNLI's latest all weather and inshore lifeboats Tamar and Atlantic 85

**£9.99** inc p&p

Please send this slip with a cheque payable to RNLI(Enterprises) Ltd. to Image Resource Unit, RNLI HQ, West Quay Road, Poole, Dorset, BH15 1HZ.

Name.....  
Address.....  
Tel..... Quantity.....

lbn/sum06



# Hard graft & gladiator

Her remarkable determination and bravery have won Tanni Grey-Thompson international awards and fans – but the sporting idol has her own heroes and heroines, as she explains to Rory Stamp

'The weather was horrible,' shivers Tanni as she recalls her first experience of the RNLI. The now 11-times gold medallist was just 7 years old at the time, and had only recently begun to use a wheelchair. On a stormy day while on holiday in Brixham, Devon, she and her family heard the deep explosion of a maroon summoning the lifeboat crew. Peering through a rain-lashed window that overlooked the seafront, she watched volunteers rush to the lifeboat station in response. 'I remember thinking how scary the sea was – you could see huge waves crashing into the walls. Suddenly, all these cars screamed up to the slipway and the crew members jumped out.'

Seeing the volunteers launch a lifeboat in such conditions left a lifetime impression on Tanni, now 37. 'They came back 2 hours later with a broken-down boat in tow,' she remembers. 'My mother and father were already involved in RNLI fundraising, and that experience made me really appreciate why. I still find it quite humbling when I think about what the crew members do, especially as I'm *not* a fan of the sea.'

It is typical of Tanni to prefer talking about the actions of others rather than her own remarkable achievements, of which there have been many. Born with spina bifida, she went on to build an elite sporting career that spanned 19 years, winning 11 Paralympic gold medals and setting 30 world records. She has also won the women's London Wheelchair Marathon six times, including the 1994 and 1998 events when she raised more than £50,000 towards an Atlantic 75 lifeboat for Cardigan lifeboat station. Still used by the crew today, the *Tanni Grey* was named by the woman herself in 1999.

'It was a brilliant day, especially as it was a Welsh lifeboat station,' says Tanni, who was born in Cardiff. 'The crew took me out in the lifeboat – I was very wary at first but they made it clear to me that the last thing they would do is let me fall overboard from a lifeboat that had my name on it!' Another highlight of that year was her marriage to Dr Ian Thompson, who she had met when they were both members of the national wheelchair racing squad.

Two years later, Tanni was the guest of honour at the RNLI's annual presentation of awards in London. Ending an emotional speech at the ceremony, she said: 'I leave in awe of the bravery and dedication of those people who have been involved and, not for the first time during my involvement with the RNLI, wishing that I'd come wearing slightly less mascara.'

Given her glittering career and a series of distinctions (her damehood was conferred in 2005 and she has received several sports personality accolades and a Pride of Britain award), you'd be forgiven for thinking Dame Tanni has had a glamorous life. 'That's not necessarily the case,' she says. 'There's a lot that people don't see. As with all athletes, I've spent most of my time training and that's not very glamorous, especially in Winter. It's just going up and down a road, with a very, very runny nose.'



'Lifeboat crew members sometimes get public attention if they carry out an exceptional rescue. But there's a lot of unpaid, essential hard graft that isn't seen.'

While she points out that 'winning medals and saving lives are obviously completely different things', Dame Tanni believes there are some similarities between the lives of RNLI volunteers and athletes. 'Again, there's a lot of stuff that goes on behind the scenes,' she explains. 'Lifeboat crew members sometimes get public attention if they carry out an exceptional rescue. But the training, the washing down of lifeboats, the maintenance and so on: it's a lot of unpaid, essential hard graft that isn't seen.'

Although she left the sporting stage in May 2007, after winning a silver medal at the Paralympic World Cup in Manchester, Dame Tanni is still a busy lady. She continues to train, is a BBC commentator and is a member of the Laureus World Academy, which 'promotes sport as a tool for social change'. She is also involved with a new company, Rackety's, which makes clothes for disabled people. 'The designs are great – there are some really vibrant colours but they are also functional. It's very rewarding when a parent says to you that you've brightened up their life and their daughter's life because she finally has an outfit that is easy to get on and off and looks pretty.'

Retiring from athletics has also made it easier for this highly successful woman to do the job she loves best: being a mum to her 5-year-old daughter (pictured above). 'It's great being able to spend more time with Carys. She always did think athletics was boring!' laughs Dame Tanni. And despite being a self-confessed landlubber, she says that her home on the north east coast of England offers a regular reminder of the RNLI's mission to save lives at sea. 'We live in Redcar, and the lifeboat crew there is a real part of the community. It's an amazing group of people who put everything on the line to rescue other people. I wouldn't do it for a million quid!'

# Computing for Seniors – it's never too late to start!

*(no experience necessary – it's a piece of cake!)*

Are you petrified by computers? Does the sight of a keyboard make you tremble? Does computer jargon seem like gobbeldy-gook? Have you tried to crack computers – only to give up in despair?

Now there's good news! Computer expert Jeff Clarke has written a book that targets seniors – and all those who suffer from 'computer anxiety'!

**All your questions answered – no jargon, just plain English!**

Jeff's new book is titled *Master Your Computer in Just 2 Hours!* – and that's exactly what it helps you to do! The book is written in good old-fashioned English – no baffling jargon! You'll get step-by-step instructions that begin

*"This is the best book on computing I've ever come across – and I've read a few! Now I'm getting the most out of my computer!"*

G Edwards, London

*"I keep your book right on my desk. Because whenever I've got a problem with using my computer – I know it will give me the solution."*

B Nelson, Yorkshire

*"My grandchildren are amazed that I am using my computer with as much confidence as they have!"*

T Patterson, London

*"I finally get it, after struggling with my computer company's instruction manual... I have finally found a book that tells me exactly how to do the things I need to do"*

R Brown, London



**NOW INCLUDES Windows VISTA**

at the very beginning: setting up your computer! In just two hours, you'll master dozens of computer skills including surfing the Net, sending emails, downloading photos, creating documents and more!

The book is organised in easy-to-follow lessons that will build your skills – and turn you into a computer whiz! You'll follow the lessons at your own pace... and move onto the next level only when you feel ready. What's more, the book features big type – for easy reading.

## A wealth of skills – clear instructions

Here's just a sample of the valuable computing skills you'll master...

- How to choose the right computer and set it up
- Navigate the latest Windows software, including VISTA
- Master the art of desktop publishing

- Learn about the parts of your computer – their function and how they work
- Discover how to contact friends or associates anywhere in the world – FREE!
- Make your computer 'double' as a fax machine
- Send precious family photos – FREE!

*Master Your Computer in Just 2 Hours!* is very easy to use. So whether you're a complete beginner – or someone who has tried and then given up on computers – *Master Your Computer in Just 2 Hours!* is the perfect book for you!

## FULL MONEY BACK GUARANTEE

If after trying the course you are not completely satisfied, you may return it anytime within THREE MONTHS for a full refund. You don't need to give any reason, just send it back and you will be fully refunded.

- Create personalised stationery, greeting cards and posters!
- Manage your home finances
- Find out where to obtain new software FREE!
- Explore the worldwide web – get to know your way around the Internet

Lines Open  
8am to 9pm Mon-Fri  
9am to 8pm Sat-Sun

**CALL NOW** **0871 224 0777**  
AND ASK FOR DEPT 186C

Send to: Computers Made Easy, Dept 186C, Emery House, Greatbridge Road, Romsey, Hants. SO51 0AD

- YES** Please send me the following copies of *'Master Your Computer in Just 2 Hours'* on a 3 months trial. I may return it any time within 3 months for a full refund.
- One copy for £9.95 + £2.95 insured p&p.
- SAVE £4.90 – two copies for just £17.95** + £2.95 insured p&p
- I enclose a cheque/PO for £\_\_\_\_\_ payable to Computers Made Easy
- Please charge my VISA/MASTER/SWITCH/DELTA/MAESTRO card:

START	EXP	ISSUE NO	SIGNATURE
TITLE	NAME	D.O.B.	
CAPITAL LETTERS PLEASE			
ADDRESS			
POST CODE		TEL	
EMAIL			

Delivery normally within one week but please allow up to 28 days.  
If you do not wish to receive other interesting offers from reputable companies, please tick this box

visit [www.windsorproducts.com](http://www.windsorproducts.com)



# Payback time

Sailor Graham Wills has always supported the RNLI but, as he tells Rory Stamp, a rather unpleasant experience led him to go a little further for the charity

When the flashing blue light appeared through the darkness, Graham Wills sighed with relief. His new yacht, his pride and joy, was snared in a trawl net. Wrapped around the propeller, rudder and keel, it had left Graham and his two crew members trapped a mile and a half off Cornwall's Lizard peninsula.

Graham wasn't short of boating experience – he had taken up sailing at the age of 16, eagerly grabbing any chance to crew different boats until, in 2000, he took on his biggest test yet:

sailing around the world in the BT Global Challenge.

Then he decided to buy a yacht of his own. And so, in April 2003, he set off from Weymouth, Dorset, to take

his new Moody S38 around the south west tip of Cornwall to his home town of Burnham-on-Sea in Somerset.

He and his crew (two friends with Yachtmaster qualifications) were making good progress on a night passage from Falmouth to Newlyn when they hit the net. All three were standing watch at the time, but it was a moonless night and they did not spot the unmarked hazard. There was a slight swell and little wind, and they were stuck fast. Graham had no choice but to radio for help.

'When the Falmouth lifeboat arrived, I had such mixed feelings,' says Graham, 58. 'It was indescribable relief as the lifeboat approached

us, but then frustration because she didn't initially come alongside. But none of us had stopped to think that the Coxswain didn't want to run into the trawl net as well! Shock came when we realised the yacht may have to be abandoned.' Fortunately the lifeboat crew managed to cut the yacht free, and she was towed to harbour with her exhausted but grateful crew.

Graham, a retired banker, has never forgotten the help he received that night.

**'If I were younger, I would love to be a crew member but of course there are a lot of other ways in which I hope to be able to help'**

In the same year as his rescue, a new RNLI lifeboat station was opened near his home. Keen to lend his time and experience to the charity that had rescued him and his yacht, Graham became station Treasurer in 2005 and, in 2007, was appointed Chairman.

'If I were younger, I would love to be a crew member but of course there are a lot of other ways in which I hope to be able to help,' says Graham, whose role includes chairing meetings, giving presentations and accepting donations on the station's behalf. 'My involvement provides a way to repay the RNLI for the help and support that I was given.'

The rescue off Falmouth was by no

means Graham's worst experience at sea. While taking part in the BT Global Challenge, he and his fellow competitors hit extreme weather between New Zealand and South Africa. 'On the passage from Wellington we were knocked down and I dislocated my left shoulder.' On the same leg of the race, the yacht suffered another knock down in the notorious Southern Ocean. 'That time I thought I had broken my back,' says Graham.

'I wish I could have been taken off the yacht by an RNLI lifeboat!' Once Graham and the crew arrived in Cape Town, a hospital visit showed he had crushed a disc in his spine. 'At times it still troubles me, but I wouldn't have missed the race experience,' he adds.

Such experiences of the sea's raw power prompt a range of emotions in Graham every time he witnesses the Burnham-on-Sea lifeboat launch: 'I'm proud that they willingly put themselves on the line for others and am concerned for their safety,' he says of the crew. He is also grateful for the opportunity to volunteer for the charity. 'Being retired provides a challenge in terms of what to do with one's free time, but there's lots you can do to support the RNLI. You'll be rewarded with new friends and the knowledge that you're doing something for a very worthwhile cause – which I can definitely vouch for!'

# SAFELY NEGOTIATING THE BEST PRICES

As an RNLI member and supporter you can receive significant discounts on your brand new Volvo, through this unique affinity scheme. A £500 royalty will also be made payable to the RNLI when you buy your new car.

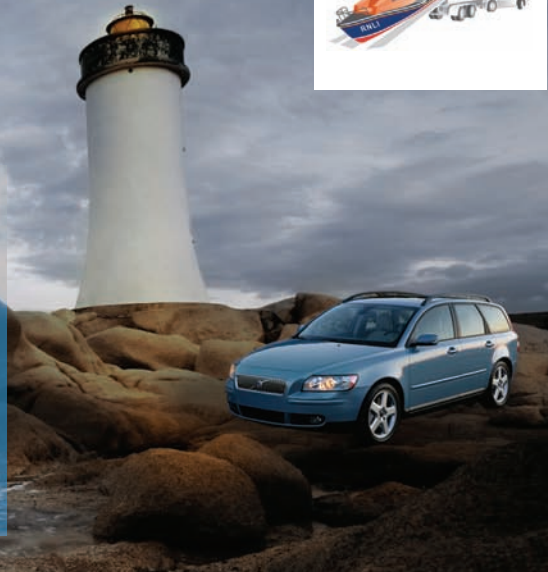
Save:

up to £1275 on a new Volvo C30

up to £1250 on a new Volvo S40

up to £2000 on a new Volvo C70

up to £2600 on a new Volvo XC90



**CAMBRIDGE GARAGE**

**0845 6801 305**

[www.cambridgegarage.co.uk](http://www.cambridgegarage.co.uk)

Whether travelling on land or sea you're in safe hands with Volvo and RNLI

For further information on this fantastic scheme call **0845 6801305** or visit [www.rnli.org.uk/volvo](http://www.rnli.org.uk/volvo)



# 15% off

Exclusive discount at  
**HOMEBASE**

Saturday 19th and Sunday 20th January 2008

Find your exclusive invitation in this edition  
*of the Lifeboat*



# your shout

To add your shout, write to the Editor at [thelifeboat@rnli.org.uk](mailto:thelifeboat@rnli.org.uk) or RNLI Headquarters, West Quay Road, Poole, Dorset, BH15 1HZ



Dear Editor

I am in my 90s but one thing I have never forgotten is when I 'just went for a swim'.

I was in the Army, stationed at Bournemouth and bored. One day I decided to swim between the piers. Though a poor swimmer, I was confident I could stay afloat indefinitely and thought that, in time, I should get there.

I swam and swam until I began to feel cold internally. I turned towards the shore but found myself struggling to breathe in the surf. I realised I might drown. Fortunately, I had the presence of mind to turn on my back so I could see the waves coming and snatch breaths. At last I was through.

I crawled out of the water, wobbly and heavy. I forced myself into a trot and by the time I reached my clothes I was dry and no longer shivering. What a fool I had been. The danger of surf, tide, current or cold had never occurred to me so I had told no one before I set out. It was a bright sunny day and I was just going for a swim ...

I watch TV's *Seaside rescue*, where people, in all innocence, take appalling risks. Then I think back. It is a good thing that the RNLI has extended its services to beaches and the lower Thames. Where there's water, there's risk.

Yours sincerely  
Leslie Rogers, Surrey



Dear Editor

I read with great interest the Autumn 2007 rescue article 'Perilous play'. It reminded me of my time in Great Yarmouth where I met and married my wife 41 years ago. I always taught my children to respect the sea and its currents.

I would also like to say a big 'thank you' to all the RNLI crews both past and present.

I would however like to point out that Great Yarmouth and Gorleston station is in Norfolk and not in Suffolk!

Best regards  
Eddie Sturley (retired North Sea oilman), by email

Corrections and clarifications

In the Autumn 2007 issue we were supplied with the wrong photograph to illustrate the new Rosa Chris Beardshaw. Here is the correct one:



Several kayakers wrote to tell us that the craft shown in 'Five alive' is suitable for use at sea but of course only with suitable training, kit and precautions. Apologies for any offence caused to the many responsible participants of this sport.

Apologies to Tom Templeton for errors in 'Rapture of the deep'. Tom clarified what happened: 'My back-up equipment was the DSMB that needed to be assembled prior to release and inflated with the "octopus", which then free-flowed. I did not carry out a controlled emergency swimming ascent, but a normal ascent and only took air from my buddy when it ran out at 20m on the way to the surface from a depth of 34m.'

Dear Martin [Rudwick, Coxswain at Selsey]

Words cannot express the gratitude that we feel towards you and your crew for your prompt and gallant help in extreme weather [see page 20.] We would like to give our special thanks to Second Coxswain Willy Pledger, who came aboard and gave his expert assistance and calming influence, which helped us to cope with the long night ahead. For such an essential service, which relies on voluntary contributions and not Government funding, we salute you and the many other RNLI personnel involved around our coast.

Yours in gratitude  
Robert Keillor and Frank Barrett  
London



# First-class service

The RNLI has been an eye-catching subject for portrayal on stamps for decades. Here is a small selection from the past and a preview of a new set of stamps due to be issued on 13 March.

You can order from an exclusive range of first-day covers that will benefit the RNLI memorial and garden fund (see pages 7 and 9) by contacting Buckingham Covers on 01303 278137 or by email [sales@buckinghamcovers.com](mailto:sales@buckinghamcovers.com).

RNLI (Enterprises) Ltd (which pays all its taxable profits to the RNLI, a charity registered in England, Scotland and Republic of Ireland) will receive a minimum of £1 from each sale but the RNLI will benefit significantly more from sales to readers of *the Lifeboat* – please remember to quote 'Lifeboat' when ordering. See [www.buckinghamcovers.com](http://www.buckinghamcovers.com) for more information.



## TOP ROW (left to right)

- Ninth international lifeboat conference in Edinburgh (1963)
- Alderney's Waveney class Louise Marchesi of Round Table (1993)
- One of a Guernsey set marking 175 years of the RNLI (1999)

## MIDDLE ROW

- Exclusive to Lundy marking the RNLI's 'sesqui-centenary' (1974)
- Rescues from 100 years of the RNLI in Jersey (1984)
- Ballycotton's 1936 service to the Daunt light vessel (1974)

## BOTTOM ROW

- RNLI-themed stamp from the UK's Safety at sea series (1985)
- 50th anniversary from the birthplace of the RNLI (1974)
- One of six new UK designs under the Rescue at sea theme and showing the RNLI and Coastguard in action, to be issued in March (2008).



# 4★ MALTA

1 WEEK ALL-INCLUSIVE AT THE SUPERB 4★ FORTINA HOTEL from **£299**<sup>pp</sup>



- No single supplements on selected dates.
- 3 nights All-Inclusive from £199pp • Other durations available.

Malta sits in the heart of the Mediterranean and is blessed with blue seas, warm sunshine, modern amenities and the added benefit of friendly English speaking locals. Visit this charming island and see for yourself by staying at the superb 4★ Fortina Hotel from just £199pp.

## Fortina Hotel ★★★★★

The 4★ Fortina Hotel offers Mercury Direct clients the ultimate in All-Inclusive holidays combined with a series of special offers, **FREE** room upgrades and 2 **FREE** Spa Sante sessions (on selected dates). It has a superb location on the waterfront of Malta's leading resort, Sliema.

Dine around in a choice of 5 restaurants from £98per person per week.

Departures: Jan '08 - Oct '08

[www.mercurydirect/lbfm8](http://www.mercurydirect/lbfm8)

\*From\* price applies to selected departures & flights between 01-15/01/08.

All offers are subject to availability & can be withdrawn without notice.



### PRICE PER PERSON INCLUDES:

- ✓ Return flights from Gatwick or 14 other airports (supplements may apply).
- ✓ 1 week on All-Inclusive at the superb 4★ Fortina Hotel in Sliema.
- ✓ Comfortable air-conditioned garden view rooms with private facilities, satellite TV and telephone.
- ✓ Buffet breakfast, lunch, snacks and dinner daily.
- ✓ All your drinks including locally produced beers, spirits, soft drinks and wine.
- ✓ Return transfers and representative service in Malta.
- ✓ **FREE** Malta guidebook/dictionary.
- ✓ **FREE** cruise to Grand Harbour, Valletta.

### FREE ROOM UPGRADES:

- Book a Seaview room & receive a Superior room.
- Book a Superior room & receive a Deluxe room.
- Book a Deluxe room & receive a Deluxe Suite.



MercuryDirect

Open 7 days a week



Booking Hotline:  
**0844 482 6568**

Quote ref:  
**LBFNM8**

Brochure Hotline:  
**0844 482 6569**

NEW

# NEW! Enjoy DAB digital radio NOW available with room-filling Bose sound



DAB hideaway module shown in Platinum White

## Introducing the BOSE® WAVE® music system with DAB

### Compact, sleek and unique

The BOSE® WAVE® music system - DAB is like no other audio system. Designed to be compact and discreet, it produces a lifelike richness of sound you would ordinarily expect only from much bigger and more expensive Hi-Fi systems. Play any of your CDs or tune in to any DAB, AM or FM radio station and, thanks to our U.S. patented dual waveguide speaker technology, you will hear room-filling sound of acclaimed clarity and resonance. *Gramophone magazine* says "the sound is punchy and impressive... its ability to fill an average room is quite astonishing" and Mark Prigg, the Technology Correspondent for the *London Evening Standard* adds "it is the superb sound quality that really sets it apart from the rest, with a rich, deep bass, that can fill any room."

### Now with DAB digital radio

The BOSE® WAVE® music system - DAB comes with a plug-in DAB module that you can either hide away or use to complement the system. It gives you access to a whole range of digital broadcasts, where you can experience radio without the hiss, crackle or fade that can affect analogue services. With up to 19 national stations and nearly 200 more broadcasting regionally and locally there are more reasons than ever to go digital. To see which digital stations are available in your area visit [www.wave-dab.co.uk](http://www.wave-dab.co.uk) and click on the DAB Coverage tab.

### Your 30 day risk-free home audition

To experience if the WAVE® music system - DAB is right for you why not take the opportunity to audition the system in your own home for 30 days – with no obligation to buy. If, after 30-days, you are not impressed by the streamlined styling, simple plug-in-and-play set-up and lifelike sound of the WAVE® music system, send it back at our expense for a full refund.

If you already own a WAVE® music system please call or visit [www.wave-dab.co.uk](http://www.wave-dab.co.uk) for details of the add on BOSE® DAB module

### What do you get?

#### Lifelike, quality performance and style

- ✓ Critically acclaimed sound reproduction from disc or radio
- ✓ A DAB tuner that automatically updates with all stations available in your area
- ✓ One small remote that controls all functions and tuning
- ✓ Slot loading CD and MP3 disc player
- ✓ Cable for connecting your iPod® or MP3 player
- ✓ An easy to install complete music system
- ✓ Graphite Grey or Platinum White

### What makes the WAVE® music system - DAB so different?

The BOSE®-U.S. patented dual-tapered waveguide technology the WAVE® music system - DAB contains, creates a sound of astonishing clarity, reproducing both the highest registers and lowest resonances with superb definition, uniquely available from Bose.



Two tapered waveguides create richer, more lifelike sound. Available only from Bose.

### Why wait when you can try it right now?

Call us free on:

# 0800 081 3558

quoting reference 10765 and find out more about:

- ✓ Our completely risk free home trial with no obligation
- ✓ Easy, interest free instalment plan

### The BOSE® WAVE® music system will be delivered to your door within just a few days

Opening Times: Mon-Fri: 8.30am - 8.30pm Sat & Sun: 9.00am - 8.00pm

Online at [www.wave-dab.co.uk](http://www.wave-dab.co.uk)  
Or ✉ Text 'Mag400' to 84118

\*Instalment payment plan is available on credit/debit cards only and subject to status. An initial deposit is due at the time of order and all payments will be charged to your credit/debit card. There will be no interest charges from Bose. In the event of late payment, credit/debit card company interest charges may apply. Payment plan and special offer not to be combined with any other offer or applied to previous purchases. Delivery subject to product availability. Price and/or payment plan subject to change without notice. Risk-free refers to 30-day trial only. ©2007 Bose Corporation. All rights reserved. The WAVE® music system's distinctive design is also a registered trademark of Bose Corporation in the U.S. and other countries. Quotes are reprinted with permission: Gramophone magazine; London Evening Standard. FY08/Q3/DAB Revelation/NC/CTA. DAB Digital Radio® used with permission of Digital One Ltd.

