Issue 142 | RNLI.org/sf35

STORM FORCE

HAPPY BIRTHDAY TO US!

SPECIAL 35TH ANNIVERSARY ISSUE

PLUS: CELEBRATION SMOOTHIES, PEBBLE PAINTING, AND TOP TIPS FOR STAYING SAFE

RNLI Lifeboats

BIRTHDAY CELEBRATION SMOOTHIE

CONTENTS

5 Real–life rescues

8 Pebble painting

10 Cute cut–outs

12 Monster machines

14 Your shout

19 Cool comics!

What's red and yellow and delicious all over? No, it's not Stormy Stan – it's a Storm Force smoothie of course! Make one this summer to say 'cheers!' to our 35th birthday, and it will look like the red and yellow flags that keep you safe on the beach, too!

There's more stuff online at RNLI.org/sf35

NEW CREW NEEDED!

Share the world of Storm Force with your mates!
Send them to RNLI.org/JoinStormForce

STUFF YOU'LL NEED

- Raspberries or strawberries
- Milk
- Mango
- Orange juice
- Ice cubes
- A blender or a mixer

You must get an adult to help! Blenders can be dangerous. Never put your hand near the blades.

HOW TO MAKE IT

1. Make sure the blender is turned off. Chuck in a mug full of raspberries or strawberries and then add a mug full of milk in too.
2. Add around four ice cubes and ask your adult to blend it all together until it looks smooth.
3. Pour this lovely red mixture into the bottom of a drinking glass.
4. Ask your adult to rinse out your blender or mixer and to chop up the mango for you.
5. With your blender turned off, add the chopped mango into it with another four ice cubes.
6. Pour half a mug of orange juice on top and let your adult blend it all together again.
7. Pour it over the top of the red mixture in your glass.
8. Enjoy with a big straw!

recycle
When you have finished with this magazine please recycle it.

RNLI Lifeboats

NEWS HOUND

LET'S GET BUSY!

The summer holidays are here again – yippee! Some of you may still be stuck indoors a bit though, which is why we've brought you some **extra activities in this issue**. You'll also find four special Storm Force **activity packs to download** at RNLI.org/sf35. Just head for August 2020 in the Magazine Extras page. Whatever you get up to, we hope you have a great time. **You're the best crew ever!**

THANKS ... AND SORRY

Thank you so much for continuing to send in your wonderful drawings, photos and letters – I love seeing them! I know that I owe a few of you prizes but, because of coronavirus, it's not been safe for me to get to my Storm Force goodie cupboard at the main office. I promise to get up to date with that as soon as possible. In the meantime, please **keep on sending in all your lovely stuff!**
If you don't know how, see page 18.

STAY SAFE CREWMATES!

Our amazing lifeboat crews worked hard to stay on duty during the lockdown, while being careful not to spread coronavirus. You can see some of what they've been up to on the opposite page.

It's been far trickier for our lifeguards to do their usual work though, because it involves being so close to thousands of beachgoers every day. You'll find specially trained and protected lifeguards at our busiest beaches but there are a few places they can't patrol as usual.

That means **you need to take extra care this summer**, crewmates. Go to a lifeguarded beach if you can and follow our water safety tips on the back page. Because staying safe means you'll always have the best time!

RESCUES

HELP! I BROKE MY ANKLE!

When Amy heard shouts for help, she called her dad, Ian, who is a helm at Portishead RNLI. A girl had fallen and **broken her ankle while walking** along the coast with her parents. The walkers had already called an ambulance, but weren't able to carry the girl to the road for pickup. Due to social distancing, Amy's dad and mum Helen couldn't get close so they called the Coastguard. Helen brought blankets and water, while **Ian assessed the girl's injury** from afar. The Coastguard team arrived quickly and were able to move her safely. Helen says: 'I am so proud of how the team worked together.' We bet she's proud of Amy too!

BABY RESPONDS TO PAGER

St Agnes Crew Member Ed's pager went off, and he dashed out the door to help **rescue a pair of kayakers**. Just 2 minutes after the pager went off, Ed's wife Lucy went into labour! Lifeboat Operations Manager Paul says: 'We believe baby Schwarz might be the youngest person ever to respond to the pager.' Luckily, Ed was **back from the shout in time for the birth of his son**. Ed is a GP, and sent a **special thanks to all the brave doctors and nurses** who were working so hard this spring.

HISS-TERICAL RESCUE

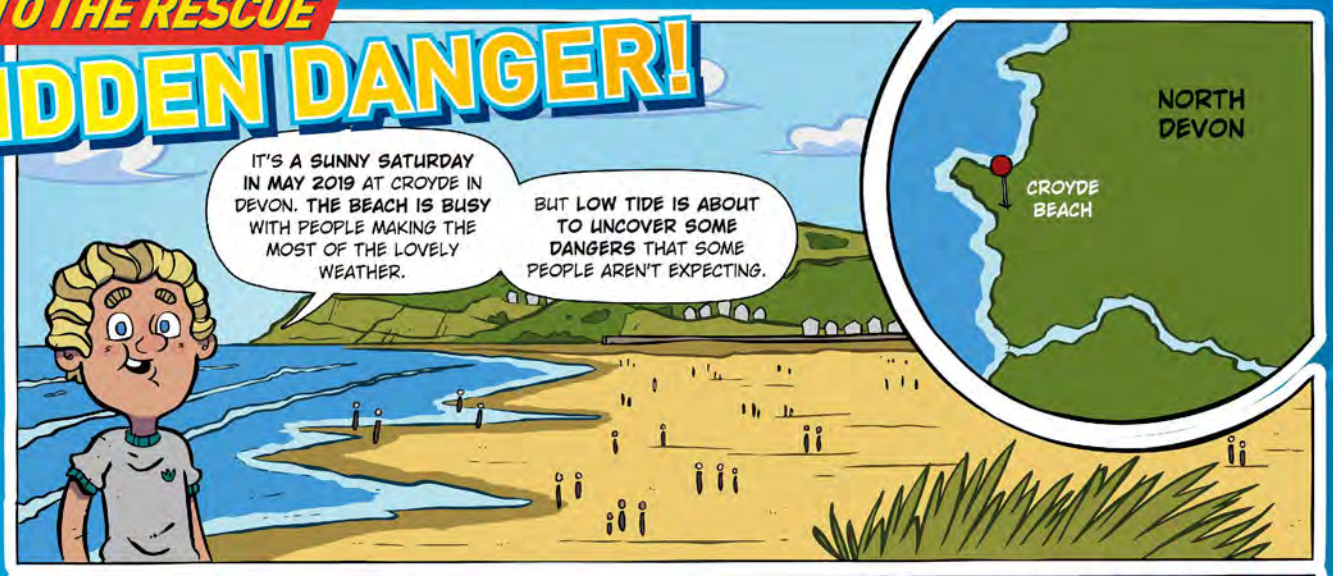
Cats aren't keen on water, just ask Choppy! So when this little guy got trapped with the River Thames rising fast around him, he wasn't best pleased. He went nuts when Chiswick lifeboat crew tried to rescue him. But eventually our kind crew member Mark got the poor puss wrapped in a towel and onto the lifeboat. When our lifesavers finally got the cat safely ashore, he was immediately chased by a dog. He must have used some of his nine lives that day!

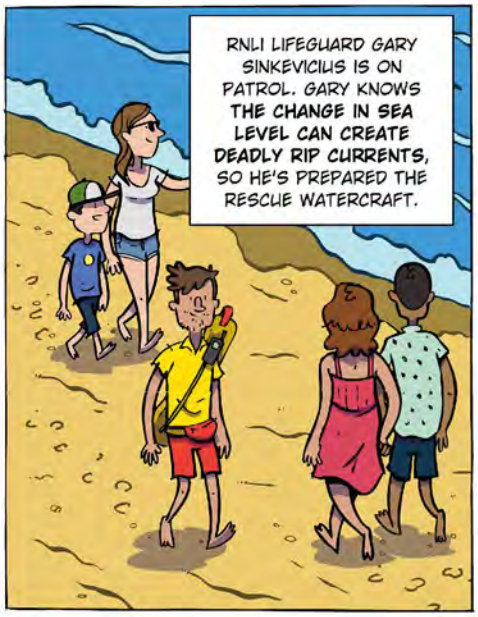
WATCH THIS FUNNY RESCUE VIDEO AT RNLI.org/sf35

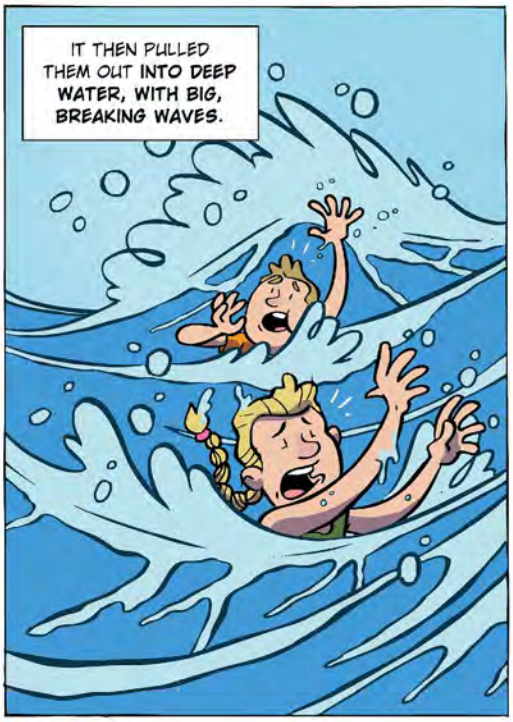
Photos: RNLI/David Clarke, Helen Lazenby, Ed Schwarz

TO THE RESCUE

HIDDEN DANGER!







HE TAKES ADVANTAGE OF THE RIP CURRENT, SKILFULLY USING IT TO GET TO THE CHILDREN FAST.
Lifeguards
GARY REACHES THE GIRL FIRST. SHE LOOKS CLOSE TO DROWNING. HE QUICKLY PULLS HER UP ONTO HIS RESCUE BOARD.
Lifeguards
THE GIRL GRABS ON TO GARY LIKE A KOALA BEAR, WHILE HE FINDS HER BROTHER WITH THE HELP OF ANOTHER MAN.
SUDDENLY, A HUGE WAVE WASHES ALL FOUR OF THEM ON TO A SANDBANK WHICH HAS BEEN UNCOVERED BY THE LOW TIDE.
THE CHILDREN LOOK PALE. GARY THINKS THEY HAVE INHALED SEAWATER, WHICH CAN BE VERY DANGEROUS.
WHILE THEY WAIT FOR THE AIR AMBULANCE, GARY MONITORS THEIR BREATHING AND CHECKS THEY ARE NOT GOING INTO SHOCK.
GARY THEN TAKES THE CHILDREN BACK TO THE BEACH WHERE MEDICS GET THEM TO THE AIR AMBULANCE. THEY ARE FLOWN TO HOSPITAL AND MAKE A QUICK RECOVERY.
THE MAN WHO HELPED EARLIER ALSO GOES TO HOSPITAL FOR A CHECK UP.
GARY SAYS THAT RIP CURRENTS ARE DIFFICULT TO SPOT, SO ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS. THE WATER IS SAFER HERE AND THE LIFEGUARDS CAN SEE YOU MORE EASILY.

COLOUR SPLASH!

Fancy getting arty outdoors this summer? Artist Nabeela Firdous teaches us how to make cool, colourful masterpieces with pebbles and paints!

Nabeela makes some amazing art by painting pebbles – just look at these!

NABEELA'S GUIDE TO PAINTING PEBBLES

1. **Pick some good stones!**
You'll find all kinds of different pebbles at the beach. Don't take more than a handful though, you don't want to spoil the seaside! You can also find them by the river, at the park or in your garden. Nabeela's top tip is to look for big, round ones with a nice smooth texture.

2. **Use thick paint**
'To help your colours come out really bright and make your pebbles pop, make sure you use some thick acrylic paint,' Nabeela says. You'll be able to get your hands on some wherever you buy your pens, pencil cases and stationery for school.

3. **Start with white**
If you want your painted pebbles to really stand out, start by dabbing a light layer of white paint over your stones before you start painting them properly. Take an old sponge, dip it in a bit of white acrylic paint and smoosh it all over your pebbles. Leave them to dry outside in the sun, on top of some old newspaper, for the rest of the day.

MEET NABEELA FIRDOUS

'I got into painting through practising henna art, and then I started looking for different things I could work on. When I came across pebbles, I just loved painting them and couldn't stop! It might feel a bit fiddly at first, but you get the hang of it. It's just like icing a cake!'

YOU CAN DECORATE WITH LOADS MORE STUFF THAN PAINT! TRY USING GEL PENS, GLITTER, STICKERS OR ANYTHING ELSE YOU FANCY – JUST WAIT FOR THE MAIN COLOUR ON YOUR PEBBLES TO DRY FIRST.

NO ICING BAG? LET'S MAKE OUR OWN!

1. Put your hand inside a sandwich bag and reach one corner of the bag down into a cup.

2. Take your hand out and open the bag up and around the outside of the cup edge.

3. With the bag still inside the cup, fill it with a good dollop of the paint you want to use.

4. Pull the sandwich bag out of the cup and use your scissors to snip off a teeny tiny bit of the corner where all the paint is gathered.

5. You're ready to decorate!

4 Decorate!
Nabeela uses a pre-rolled henna cone to decorate the amazing details on her pebbles – but we can practise using cake icing bags. If you have one at home, check with an adult you can use it. All you need to do is put the smallest icing nozzle you have in the pointy end of the bag and fill it up with the paint. The nozzle will help you write clearly and make great shapes and swirls.

5 Test it out first
Before you start using your icing bag on your brilliantly painted pebbles, have a few practice goes on some paper or card to get the hang of using it – you don't want to ruin your fantastic work!

6 Let them dry
The pebbles take 1 or 2 hours to dry, so don't pick them up too quickly after you've finished decorating. You could paint a bunch of pebbles lots of different colours and use them to make a bigger picture, like a rainbow or the beach – or you could even give them as surprise presents for your friends and family.

SHOW STORMY YOUR CREATIONS!

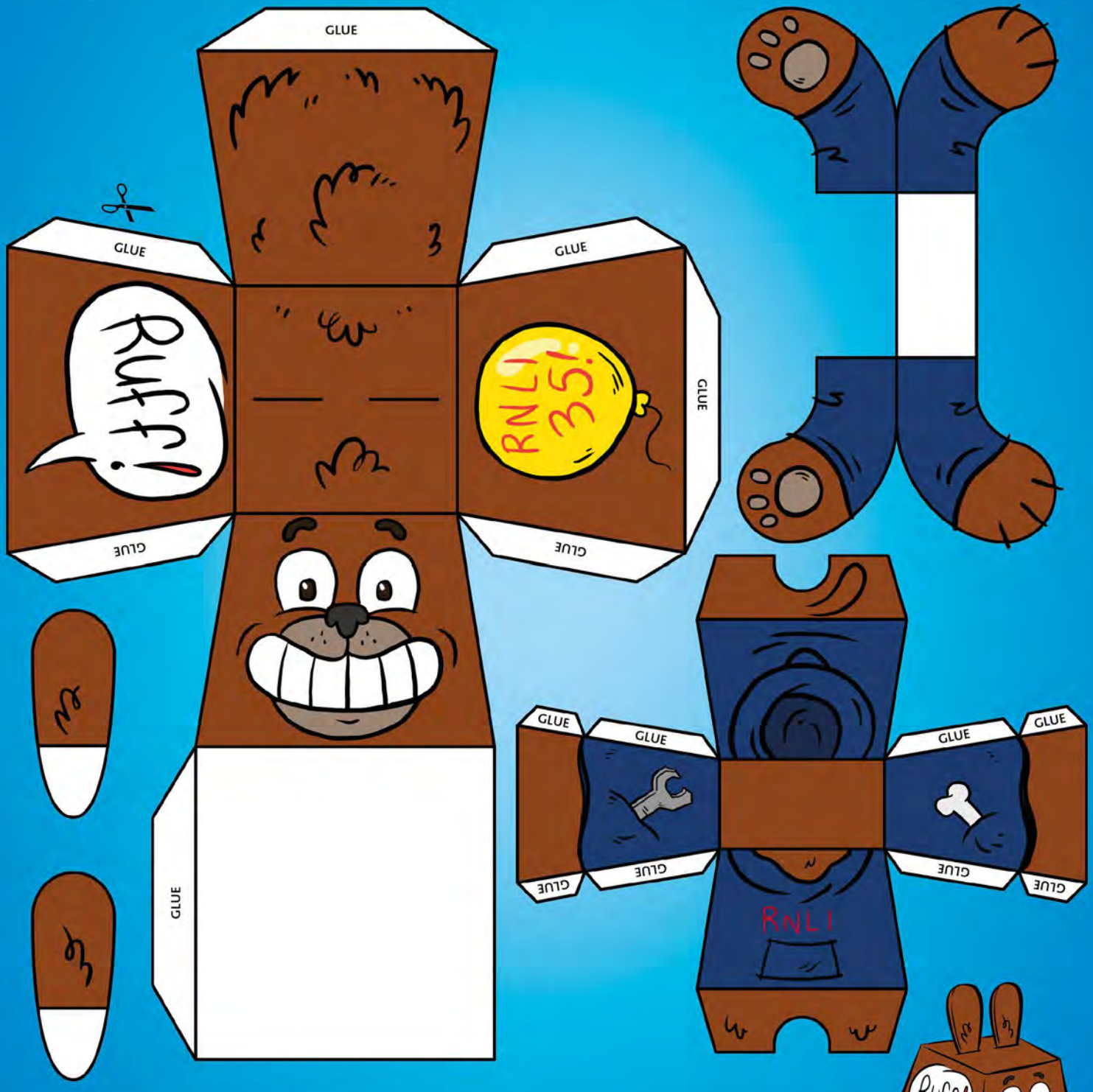
I'D LOVE TO SEE YOUR DESIGNS! SEE PAGE 18 FOR HOW TO SEND ME A PHOTO.

Photos: Nabeela Firdous, Soniya Rehman

RUFF!

POOCH PAPER TOY

Ruff is our loyal lifeboat mechanic, keeping everything shipshape for launch. This cool paper toy version of him could make a nice pal for your desk or bedside table.



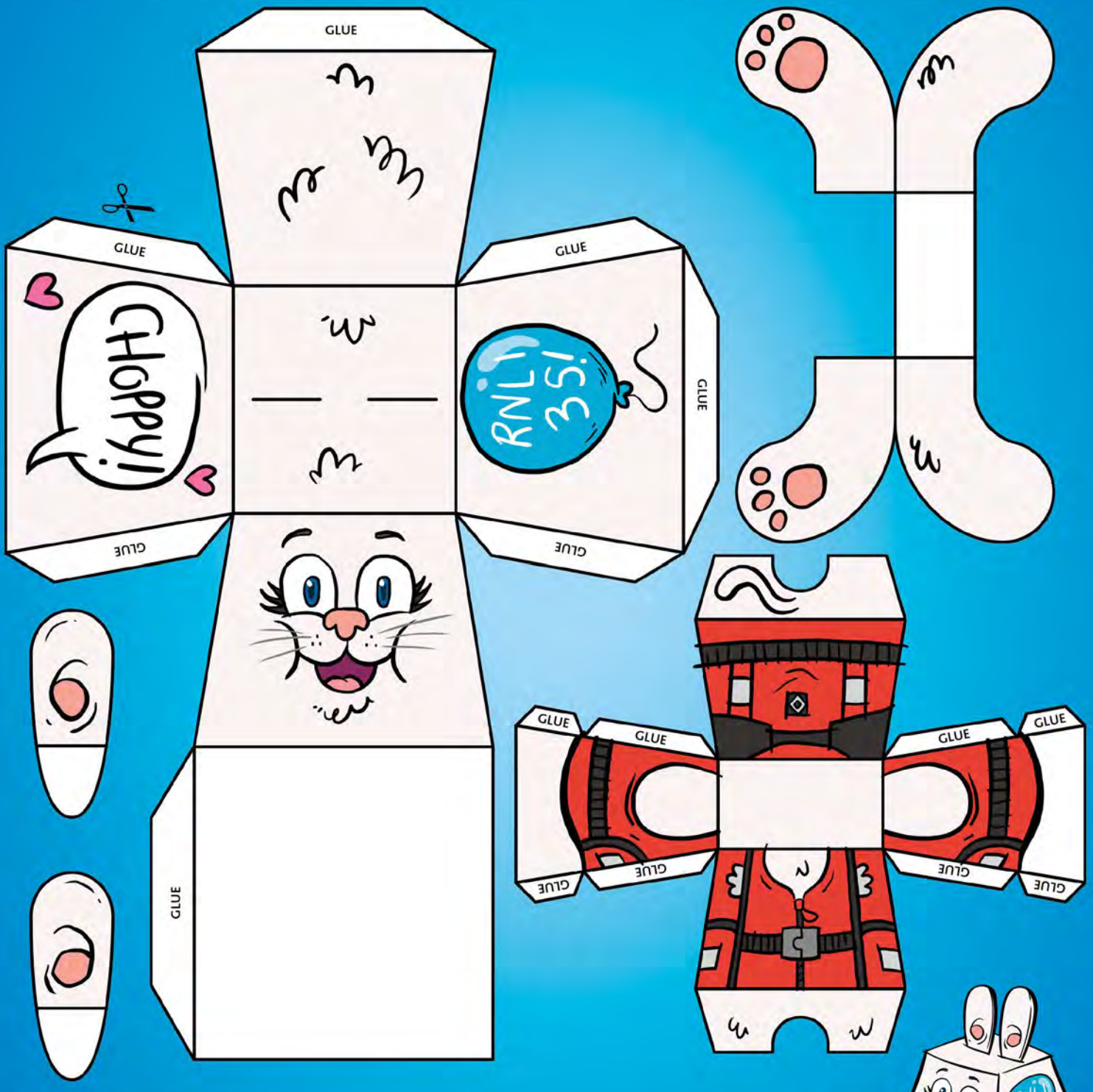
INSTRUCTIONS

1. Carefully cut out the character with scissors and snip the two ear slots on its head.
2. Fold down along all the black lines.
3. Glue all the flaps marked 'glue' and press them against their matching sides.
4. Stick the front and back of the arms together, then glue them between the head and body to assemble the whole character.
5. Pop in the ears. Your paper crewmate is ready for duty!

CHOPPY!

CAT CUT–OUT

Choppy is our lifeboat tractor driver. The crew depend on her to safely launch them every time. This cute paper toy could make a nice TV buddy or car companion.



MAKE ONE FOR A FRIEND

Go to the Crew Room at RNLI.org/sf35 to print off more copies.
We've included a blank template too, so you can design your own characters!
We'd love to see your creations. See page 18 to find out how to send us a photo.

TOP GEAR SPECIAL

1820s

MIGHTY HORSES

Men, women and farm horses launched lifeboats together for about a century. With boats and their launching carriages weighing around 10 tonnes (the same as two big elephants!) it was back-breaking work. The last horse-powered launch was in 1936.

POWER: 1HP
(SO LOTS NEEDED – AND DOZENS OF PEOPLE TO HELP)

UNRELIABLE: *NOT ALWAYS AVAILABLE IN A HURRY*

1920

CHAIN RAIL CRAWLER

The RNLI modified this Clayton farm tractor so it could get lifeboats to and from the sea without breaking down from water damage. Its caterpillar tracks also meant it could tackle ground that horses could not.

POWER: *35HP PETROL-PARAFFIN*

HANDY: *COULD BE OPERATED BY ONE PERSON*

1952

CHALLENGER III

As lifeboats and their carriages got heavier, more power was needed to transport them. This Fowler farm tractor was our first launch tractor with a diesel engine, and it was waterproofed especially for the RNLI.

POWER: *95HP DIESEL*

WATERPROOF: *UP TO 2M*

WHAT IS HP?

No, it's not brown sauce for your chips! It stands for horsepower. 1hp is roughly the same as the power of one horse. That's 746 watts, which is about the same amount of power it takes to lift 75kg by 1m in 1 second.

HORSEPOWER

1HP = 746 watts

TRACTORS WITH THE X FACTOR

OUR CREWS CAN'T SAVE LIVES UNLESS THEIR LIFEBOAT IS IN THE WATER. LUCKILY, SOME STATIONS CAN MOOR THEIR BOAT AFLOAT, WHILE OTHERS LAUNCH THEM DOWN A SLIPWAY. BUT WHAT IF THEY NEED TO GET A HUGE ALL-WEATHER LIFEBOAT ACROSS A BEACH TO THE SEA? THAT CALLS FOR A LEAN, MEAN LAUNCHING MACHINE! LET'S CELEBRATE 100 YEARS OF THE LIFEBOAT TRACTOR.

1982

TALUS MB-H

This was the first launch tractor specially designed for the RNLI. It's basically a little blue tank that can go in the sea! The watertight cockpit has dual controls, so the driver can operate it facing either direction.

POWER: 213HP DIESEL

WATERPROOF: UP TO 9M

1990

TALUS MB-4H

This was specially designed to launch our inshore lifeboats. It uses hydraulic transmission (a sort of fluid powered gearbox). That means the driver can change speed quickly so it's less likely to get stuck in mud.

POWER: 105HP TURBO DIESEL

SUPERB STEERING: BENDS BETWEEN ENGINE AND CAB

2013

SHANNON LAUNCH AND RECOVERY SYSTEM

This is basically a mobile slipway for our Shannon lifeboat and takes all the best bits from our other vehicles. It can cross all kinds of beaches (from steep shingle to sticky sand) and safely launch 18-tonne boats into massive surf.

POWER: 450HP TURBO DIESEL

CLEVER CARRIAGE:
CAN ROTATE LIFEBOAT 180° FOR QUICK RELAUNCH

Photos: RNLI/Clayton Engineering, Steve Guscott, Dave James, Geof Sheppard/CC BY-SA

Your Shout

ÉTIENNE, 7

WINS A **STAN BAG** AND **GOODIES**

WHILE IN LOCKDOWN, **ÉTIENNE** GOT SOME HOMEWORK TO DO ON EVERYDAY HEROES, AND HE CHOSE THE RNLI. HE COLOURED THIS PICTURE FROM **STORM FORCE** MAG AND MADE THIS COOL LEGO LIFEBOAT. ÉTIENNE HAD SO MUCH FUN THAT HE GOT THE LEGO OUT AGAIN FOR THE 2.6 CHALLENGE. HE AND HIS SISTER **SARANNE (9)** BUILT LIFEBOATS FROM JUST 26 LEGO BRICKS IN 2.6 MINUTES – BLINDFOLDED! WOW, RUFF'S NOT SURE HE COULD DO THAT, AND HE'S A MECHANIC! THE PAIR RAISED A BLOCKBUSTING £231 FOR THE RNLI.

JACOB AND RUFUS, 8

TWINS **JACOB** AND **RUFUS** BUILT THIS SUPER LIFEBOAT IN THEIR BACK GARDEN DURING LOCKDOWN. WE LOVE IT ALL, ESPECIALLY THE RADAR BRUSH – WHICH GIVES A WHOLE NEW MEANING TO DOING A RADAR SWEEP!

'HI, I'M **EVELYN!** EVERY YEAR I VISIT THE LIZARD LIFEBOAT STATION AND I ENJOY WATCHING THE BOAT LAUNCH ON PRACTICE NIGHT. LAST YEAR ME AND MY SISTER **ELIZA (4)** COLLECTED 5P COINS OFF EVERYONE AND WE DELIVERED THEM TO THE LIFEBOAT STATION. WE COLLECTED £15 ALTOGETHER.'

EVELYN, 7

WINS A **SNAP BAND, STICKERS** AND **PEN**

'I LOVE SEEING YOUR LIFEBOAT DRAWINGS, AND IT WAS A REAL TREAT TO FIND THIS ONE FROM 1890 – IT'S 130 YEARS OLD! **WILLIAM'S** DAD WAS IN CHARGE OF TRAMORE LIFEBOAT STATION BACK THEN, AND WILLIAM'S DRAWING SHOWS THE DAY WHEN THE NEW LIFEBOAT **HENLEY** ARRIVED AT THE STATION. THE TRACTOR HADN'T BEEN INVENTED THEN, SO THE CREW HAD TO GET HELP FROM HORSES TO GET THE LIFEBOAT INTO THE WATER. ONCE AT SEA, THE CREW USED OARS AND SAILS, RATHER THAN THE ENGINES I RELY ON TODAY.'

HARRI LOVES VISITING THE LIFEBOATS AND CREW AT THE **MUMBLES**. WHEN ASKED TO DRESS UP AS HIS FAVOURITE BOOK ON WORLD BOOK DAY, HE CHOSE **HERE COMES THE LIFEBOAT!** EXCELLENT TASTE, HARRI, AND YOU LOOK GREAT!

ROSIE IS A HUGE RNLI SUPPORTER AND RECENTLY **RAISED SOME MONEY FOR FLAMBOROUGH** LIFEBOAT. SO SHE DEFINITELY EARNED THIS **CHARITIES BADGE FROM BROWNIES**! AND THIS GRATEFUL LIFEBOAT CREW SENT HER THIS **NICE THANK YOU LETTER** WHICH NOW HANGS PROUDLY ON HER BEDROOM WALL. GREAT JOB, ROSIE :)

SHIP AHOY! WHEN WE WERE ALL STUCK AT HOME IN THE SPRING, WE DID LOADS OF DRAWING AND PAINTING. HERE'S **ROHAN** DRAWING STAN AND THE GANG RESCUING SOMEONE FROM A DESERT ISLAND.

Got something to shout about?

See page 18 to find out how to send us your stuff. You could win a prize!

RIDE THE WORD WAVE

Help Ruff catch the next wave on his surfboard by finding all eight words connected to the beach below.

M	R	G	L	E	K	G	H	P	A	U	L	N	X	D
U	O	L	O	F	G	O	G	O	F	F	I	S	E	E
Y	Z	B	H	B	E	J	T	R	L	T	F	O	M	K
U	R	E	I	D	E	R	N	W	O	E	E	N	U	H
T	O	E	S	L	Z	A	O	Z	A	T	G	G	D	E
A	F	E	S	Q	E	C	C	N	T	S	U	R	Z	R
R	X	G	A	C	I	P	T	H	H	P	A	Q	I	I
T	O	S	E	B	U	F	H	G	F	U	R	W	E	P
X	K	P	C	B	I	E	U	O	G	L	D	X	S	C
X	J	F	M	V	H	J	B	T	N	H	A	P	A	U
D	R	O	X	G	I	B	S	O	H	E	D	G	H	R
U	B	O	C	Q	K	A	V	S	A	V	B	S	S	R
M	J	L	X	R	O	Z	H	O	Y	R	W	L	Q	E
I	S	U	N	C	R	E	A	M	A	A	D	E	G	N
A	K	F	B	R	A	R	L	T	B	I	C	M	Q	T

BEACHFLAGS
MOBILEPHONE
RIPCURRENT
COASTGUARD
LIFEGUARD
SUNCREAM
FLOAT
RESCUEBOARD

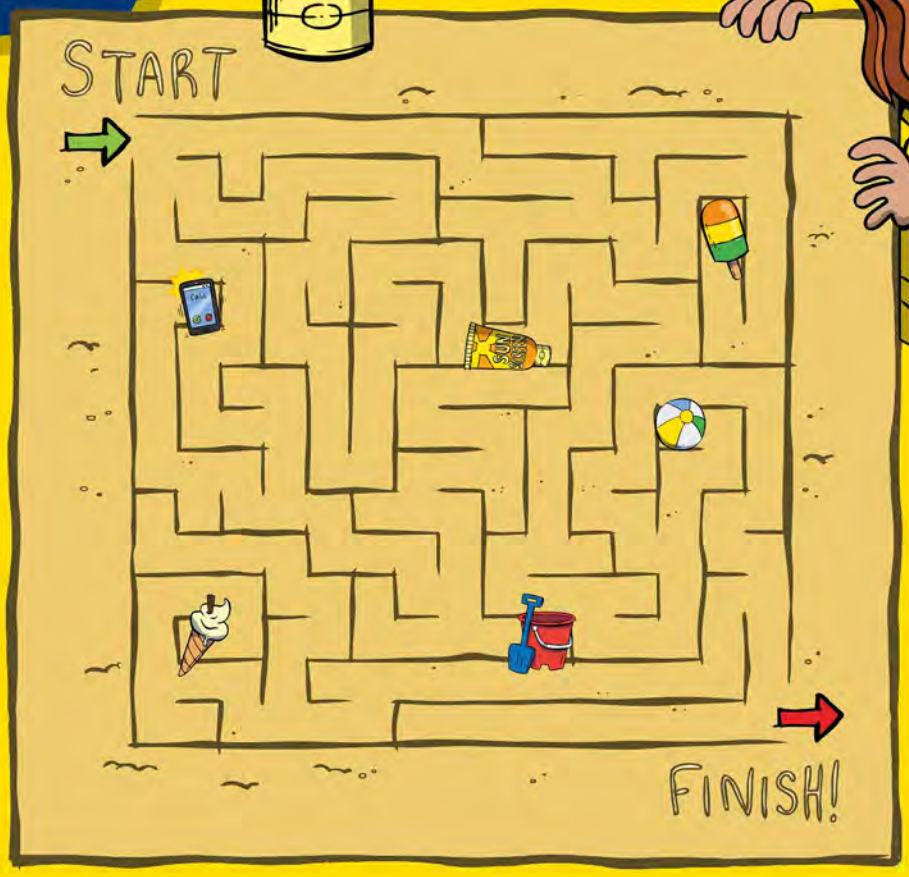
BEACH SMART

Some of these statements are true, and some are fibs trying to fool you. Do you know which are which?

1. You don't need to put suncream on if you're going in the sea
2. The red and yellow beach flags are there to let you know the weather is nice
3. If you see someone in trouble, you can call 999 to ask for help
4. You and your mates can keep yourselves safe by going to a lifeguarded beach
5. If you're swimming in the sea and the current is too strong, you should float rather than swim against it

GET SANDY THE ...

Sandy needs sun protection for the beach. Guide her through the maze to find the sunscreen, then head for the finish without getting distracted by all the other stuff!



FIND THE PAIR

Use a pen to draw a line between the two beach items that go together

PHONE

CONE

LIFEGUARD

SANDCASTLE

BODYBOARD

ICE CREAM

COASTGUARD

BUCKET AND SPADE

HUT

WETSUIT

Stuck? The answers are on page 18

Answers

RIDE THE WORD WAVE

M	R	G	L	E	K	G	H	P	A	U	L	N	X	D
U	O	L	O	F	G	O	G	O	F	F	I	S	E	E
Y	Z	B	H	B	E	J	T	R	L	T	F	O	M	K
U	R	E	I	D	E	R	N	W	O	E	E	N	U	H
T	O	E	S	L	Z	A	O	Z	A	T	G	G	D	E
A	F	E	S	Q	E	C	C	N	T	S	U	R	Z	R
R	X	G	A	C	I	P	T	H	H	P	A	Q	I	I
T	O	S	E	B	U	F	H	O	F	U	R	W	E	P
X	K	P	C	B	I	E	U	O	G	L	D	X	S	C
X	J	F	M	V	H	J	B	T	N	H	A	P	A	U
D	R	Q	X	G	I	B	S	O	H	E	D	G	H	R
U	B	Q	C	Q	K	A	V	S	A	V	B	S	S	R
M	J	L	X	R	O	Z	H	O	Y	R	W	L	Q	E
I	S	U	N	C	R	E	A	M	A	A	D	E	G	N
A	K	F	B	R	A	R	L	T	B	I	C	M	Q	T

BEACH SMART

1.	You don't need to put suncream on if you're going in the sea	✗
2.	The red and yellow beach flags are there to let you know the weather is nice	✗
3.	If you see someone in trouble, you can call 999 to ask for help	✓
4.	You and your mates can keep yourselves safe by going to a lifeguarded beach	✓
5.	If you're swimming in the sea and the current is too strong, you should float rather than swim against it	✓

FIND THE PAIR

GET SANDY THE...

SEND YOUR STUFF

Stormy Stan loves hearing about what you've been up to and awards prizes for his favourite pictures or letters. It's easy to send him your stuff:

- **SELECT** your best photos, drawings, jokes etc
- **CHECK** that it's OK with an adult and ask them to complete the online permission form at RNLI.org/SendToStormy
- **SEND** it all to stormystan@rnli.org.uk

Make sure emailed pictures are high-quality JPEGs. If you prefer the post, send original artwork to: Stormy Stan, RNLI, West Quay Road, Poole, Dorset, BH15 1HZ. **We can't use your stuff without a completed permission form.** Ask your parent or guardian to fill one in online and attach it to your email. A printed copy is fine if you're sending by post. Adults can find terms and conditions at RNLI.org/SendToStormy or call our Supporter Experience Team on 0300 300 9990 (1800 991802 in Ireland) for all enquiries. We're open weekdays 8am–6pm.

STORM FORCE
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Editor: Jon Jones
Designer: Steve Read
Illustrator: James Stayte
Contributors: Jasmin Downs, Jess Bradley and Mairead Dwane

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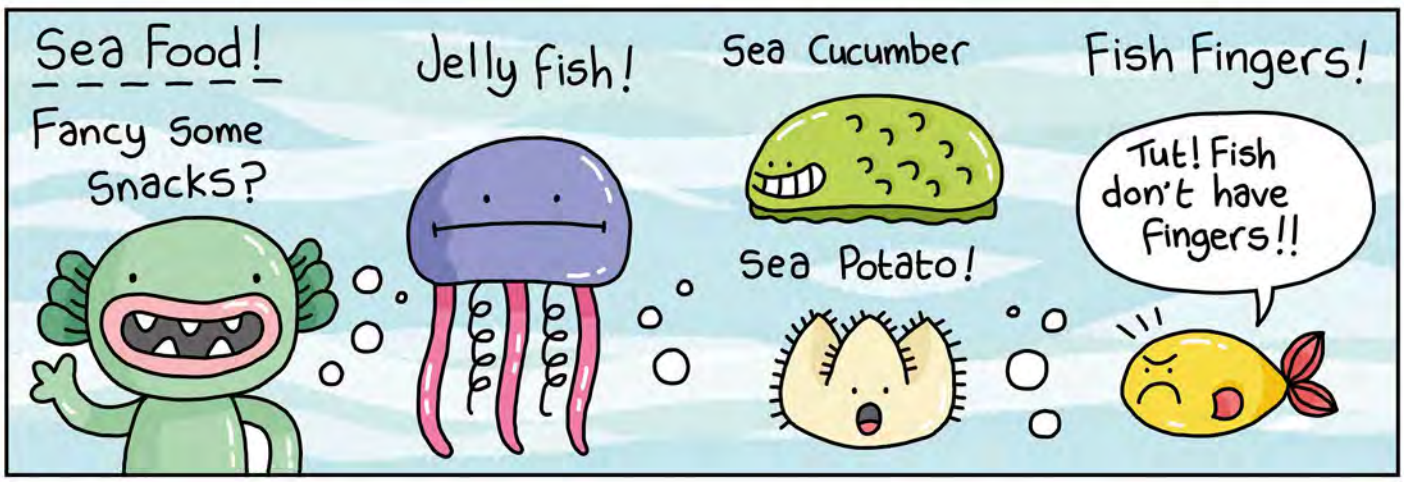
STAN AND FRIENDS

Under The Sea!



HAVE FUN, STAY SAFE!

ARE YOU LUCKY ENOUGH TO BE GETTING OUT ON THE WATER THIS SUMMER? IF SO, DON'T SPOIL YOUR FUN BY GETTING INTO DANGER, JUST REMEMBER THESE FOUR THINGS:

1 Stop and Think

When you're by the water ask yourself: 'Is this a safe place to swim?' and 'Is there a lifeguard nearby?'

2 Stay Together

Always go to the water with friends or family, but make sure you're still following the rules for social distancing. And tell someone where you're going.

3 Float

If you get into trouble in the water, try not to panic. Float on your back until you feel calm. Then put a hand in the air and shout for help.

4 Call 999 or 112

If you see someone else in trouble, don't go in the water to help – call 999 or 112.

STAYING SAFE IN THE WATER MAKES SENSE. IT MEANS YOU'LL ALWAYS HAVE A GREAT TIME!