

SAMPLE ISSUE

STORM FORCE

THE RNLI MAGAZINE FOR KIDS



READY FOR
SUMMER

INSIDE: LIFESAVING SUPERHEROES, THE DYNAMIC DUTCH AND A PLUCKY PIONEER



Lifeboats

MAKE SUSHI

Why not have a go at making Choppy's favourite Japanese snack? This recipe for sushi rolls is delicious and easy to make

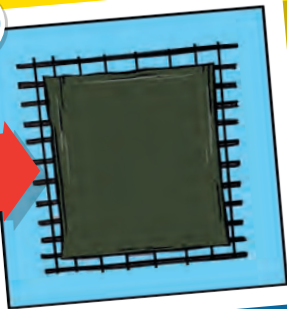


YOU'LL NEED

- Sushi rice (cooked)
- Nori (seaweed sheets)
- Your choice of fillings (cucumber, red pepper, shredded carrot, avocado, chicken, tuna, tofu)
- Bamboo rolling mat (Makisu) or sheet of greaseproof paper

INSTRUCTIONS

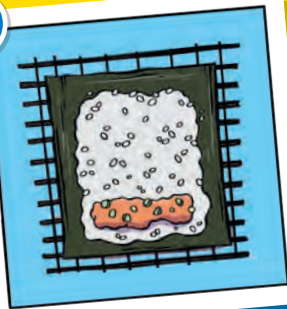
1



MAKISU

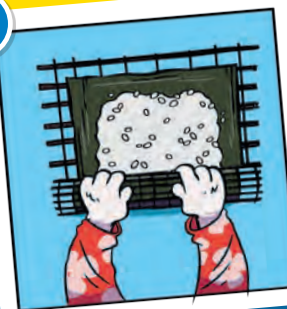
PLACE SEAWEED
with rough texture side up

2



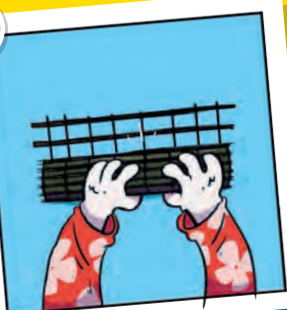
PLACE RICE
leaving a 2cm space all around.
Load your fillings near the bottom

3



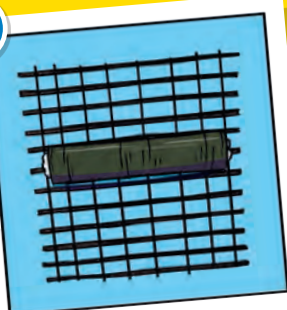
START ROLLING
while you lightly hold the fillings.
Roll it some more,
without rolling the makisu

4



SLIDE THE MAKISU
over the sushi while you roll.
Shape it nice and tight
as you finish rolling

5



UNROLL IT
slowly and remove the makisu

6



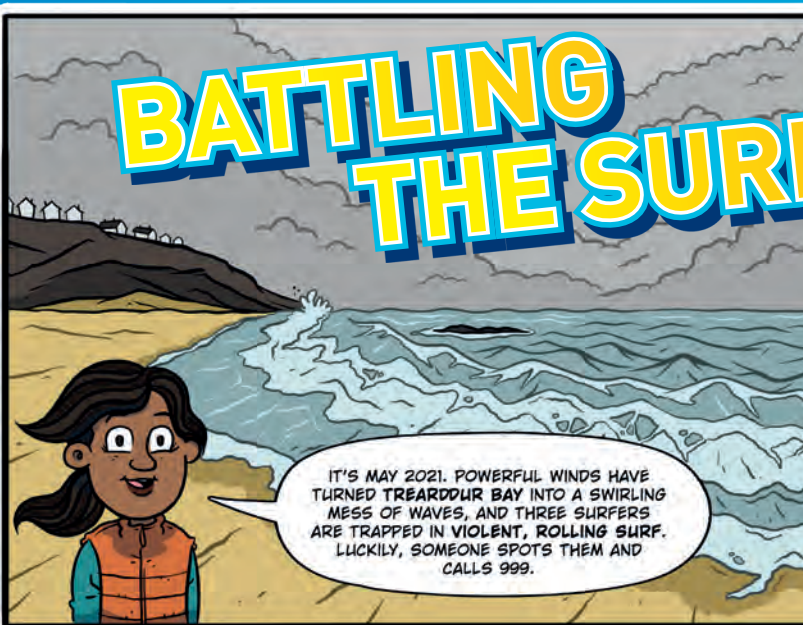
Rest it for a while, then ask an adult to chop it into slices for you

EAT IT!

WITH SOY SAUCE AND WASABI
(IF YOU CAN HANDLE IT!)



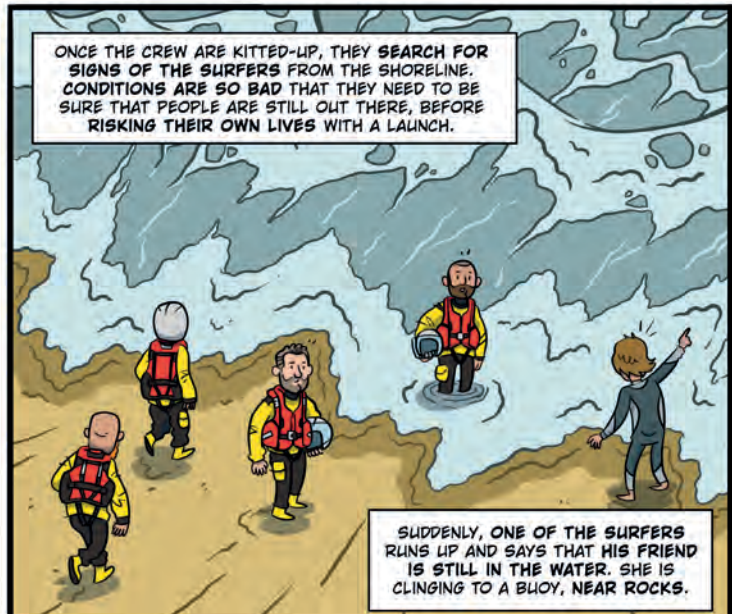
BATTLING THE SURF



IT'S MAY 2021. POWERFUL WINDS HAVE TURNED TREARDDUR BAY INTO A SWIRLING MESS OF WAVES, AND THREE SURFERS ARE TRAPPED IN VIOLENT, ROLLING SURF. LUCKILY, SOMEONE SPOTS THEM AND CALLS 999.

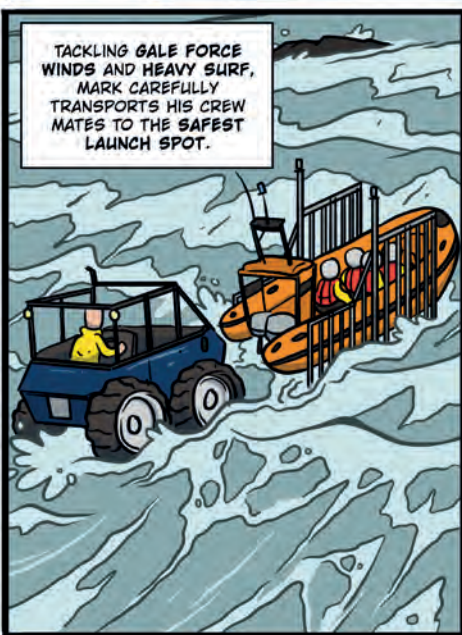


THE COASTGUARD ALERTS THE LOCAL RNLI CREW. AMONG THE VOLUNTEERS ARE LIFEBOAT HELM LEE DUNCAN AND TRACTOR DRIVER MARK SMITH, WHO LEAVE THEIR FAMILIES AND RUSH TO THE STATION.



ONCE THE CREW ARE KITTED-UP, THEY SEARCH FOR SIGNS OF THE SURFERS FROM THE SHORELINE. CONDITIONS ARE SO BAD THAT THEY NEED TO BE SURE THAT PEOPLE ARE STILL OUT THERE, BEFORE RISKING THEIR OWN LIVES WITH A LAUNCH.

SUDDENLY, ONE OF THE SURFERS RUNS UP AND SAYS THAT HIS FRIEND IS STILL IN THE WATER. SHE IS CLINGING TO A BUOY, NEAR ROCKS.



TACKLING GALE FORCE WINDS AND HEAVY SURF, MARK CAREFULLY TRANSPORTS HIS CREW MATES TO THE SAFEST LAUNCH SPOT.

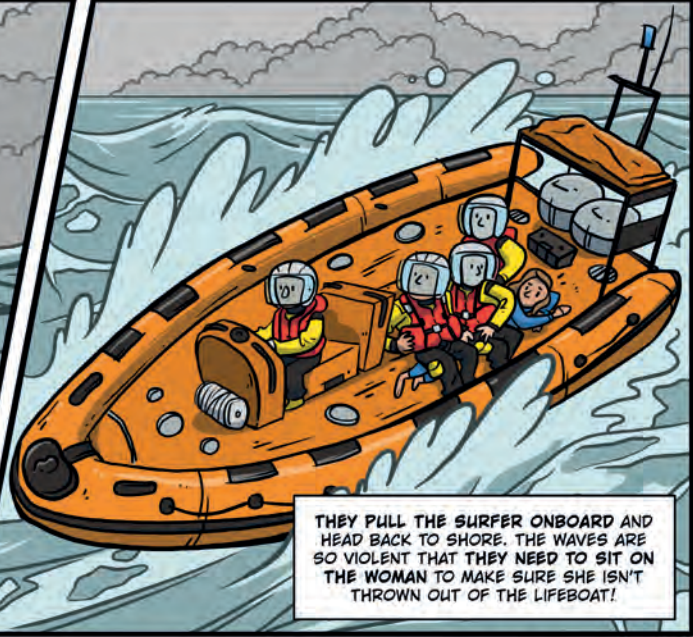


MARK GETS A DRENCHING AS WAVES BREAK OVER THE TOP OF HIS LAUNCH TRACTOR. 'IT WAS DEFINITELY THE EDGIEST SEA I'VE EVER DRIVEN INTO!' HE SAYS.

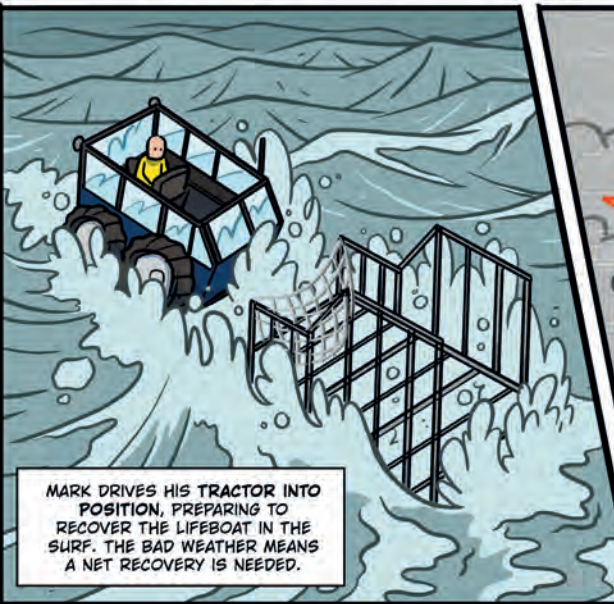


THE SURF IS SO POWERFUL THAT IT LIFTS THE LIFEBOAT OFF THE CARRIAGE. IT TAKES ALL LEE'S SKILL TO CONTROL THE ATLANTIC 85 LIFEBOAT AND GUIDE HER THROUGH THE WAVES.

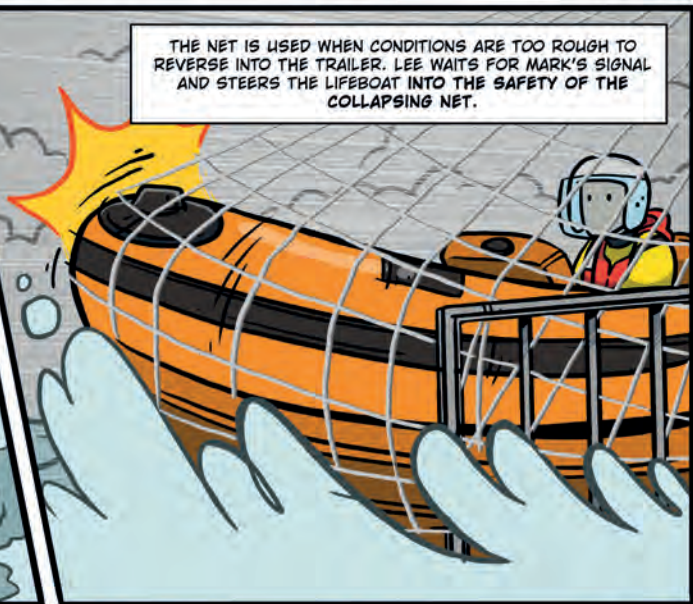
SEA CONDITIONS ARE EVEN WORSE OUTSIDE THE BAY, WITH WAVES UP TO 5M BREAKING AROUND THE LIFEBOAT. CREW MEMBER DAFYDD GRIFFITHS SPOTS THE CASUALTY WAVING IN THE DISTANCE AND THEY HEAD TOWARDS HER.



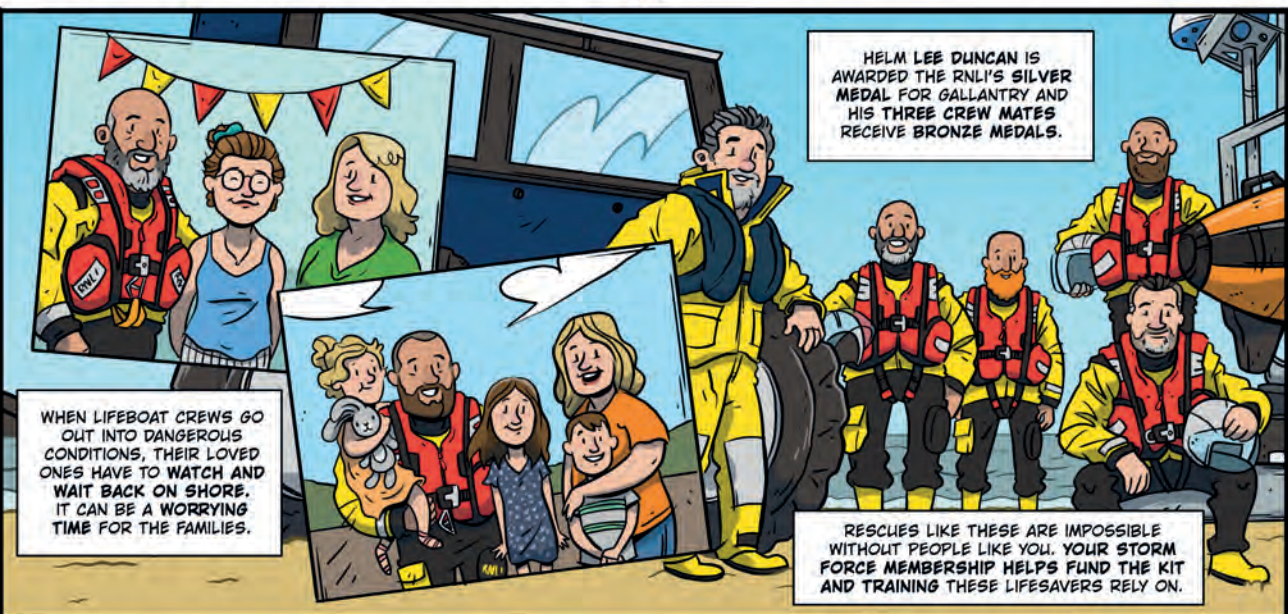
THEY PULL THE SURFER ONBOARD AND HEAD BACK TO SHORE. THE WAVES ARE SO VIOLENT THAT THEY NEED TO SIT ON THE WOMAN TO MAKE SURE SHE ISN'T THROWN OUT OF THE LIFEBOAT!



MARK DRIVES HIS TRACTOR INTO POSITION, PREPARING TO RECOVER THE LIFEBOAT IN THE SURF. THE BAD WEATHER MEANS A NET RECOVERY IS NEEDED.



THE NET IS USED WHEN CONDITIONS ARE TOO ROUGH TO REVERSE INTO THE TRAILER. LEE WAITS FOR MARK'S SIGNAL AND STEERS THE LIFEBOAT INTO THE SAFETY OF THE COLLAPSING NET.



WHEN LIFEBOAT CREWS GO OUT INTO DANGEROUS CONDITIONS, THEIR LOVED ONES HAVE TO WATCH AND WAIT BACK ON SHORE. IT CAN BE A WORRYING TIME FOR THE FAMILIES.

HELM LEE DUNCAN IS AWARDED THE RNLi'S SILVER MEDAL FOR GALLANTRY AND HIS THREE CREW MATES RECEIVE BRONZE MEDALS.

RESCUES LIKE THESE ARE IMPOSSIBLE WITHOUT PEOPLE LIKE YOU. YOUR STORM FORCE MEMBERSHIP HELPS FUND THE KIT AND TRAINING THESE LIFESAVERS RELY ON.

RACE TO THE ROCKS

RESCUES

Fowey's inshore lifeboat crew launched to rescue a 13-year-old girl who had been blown out to sea on her paddleboard. The weather was sunny, but a strong offshore wind pushed her onto sharp rocks near Pentewan beach and her dad went into the water to help. The RNLI crew quickly found the pair, and one of our volunteers climbed onto the rocks to carefully bring them onboard the lifeboat. The lifesavers then safely delivered dad and daughter into the care of medics.

See the crew in action at RNLI.org/superhero



CAPSIZING CHAOS



Lough Derg RNLI launched into gusty weather when a kayaker drifted from their group and capsized in cold water near Dromineer Bay. As the crew approached, one of the kayakers from the group, who had paddled to safety, pointed to where their friend was stranded. Our volunteers found the missing person holding onto their upturned kayak. The crew pulled the kayaker onboard and warmed them up before safely reuniting them with the rest of the group on land.

'SO GLAD YOU GUYS FOUND ME!'

When a Mayday call came from a man in the water near Whitsand Bay in Cornwall, both Plymouth RNLI lifeboats launched to his rescue at best speed. The man had been aboard his boat when a big wave hit and sank it. Plunged into chilly water, he dialled 999 for help. The skipper of a nearby fishing boat pulled the man out, and the inshore crew took him onboard the lifeboat to give him medical care. Luckily, the man was OK and he thanked the volunteers for saving his life.

Watch this action-packed rescue at RNLI.org/superhero





How William Hillary Made the RNLI

NO MATTER WHO YOU ARE OR WHEREVER YOU'RE FROM, YOU CAN CHANGE THE WORLD FOR THE BETTER. HERE'S HOW ONE MAN, 200 YEARS AGO, HAD A KIND IDEA THAT WENT ON TO SAVE MANY THOUSANDS OF LIVES.

AS A YOUNG MAN, WILLIAM HAD THE JOB OF EQUERRY (OFFICER IN CHARGE OF HORSES) TO THE DUKE OF SUSSEX. HE SPENT 2 YEARS WORKING ABROAD WITH THE DUKE - AND CAME HOME TO ENGLAND IN 1800, TO DISCOVER HIS FAMILY HAD LEFT HIM A LOT OF MONEY.



WITH BRITAIN AND FRANCE AT WAR, WILLIAM USED A LARGE CHUNK OF THIS FORTUNE TO CREATE AN ARMY TO DEFEND HIS COUNTRY.



IT WAS THE LARGEST GROUP OF SOLDIERS EVER CREATED BY ONE PERSON AND, AS A REWARD, HE WAS GIVEN THE TITLE SIR WILLIAM.

BUT THE BIG SPENDING LEFT WILLIAM WITH MONEY TROUBLES. HE LEFT HIS HOME IN ESSEX AND MOVED TO DOUGLAS ON THE ISLE OF MAN, WHERE HE SAW A LOT OF SHIPWRECKS AND PEOPLE DROWNING.



WILLIAM FOUND THIS REALLY UPSETTING AND WAS DESPERATE TO HELP. HE JOINED LIFESAVING RESCUES WITH OTHER VOLUNTEERS. THEY HAD SIMPLE BOATS AND IT WAS DANGEROUS WORK.

WILLIAM HAD AN IDEA: HE WOULD START A NATIONAL ORGANISATION, WHERE VOLUNTEERS WOULD SAVE LIVES FROM SHIPWRECKS ALL OVER THE UK AND IRELAND. IN 1823, HE MADE A LEAFLET DESCRIBING HIS IDEA AND PRESENTED IT TO THE BRITISH NAVY.

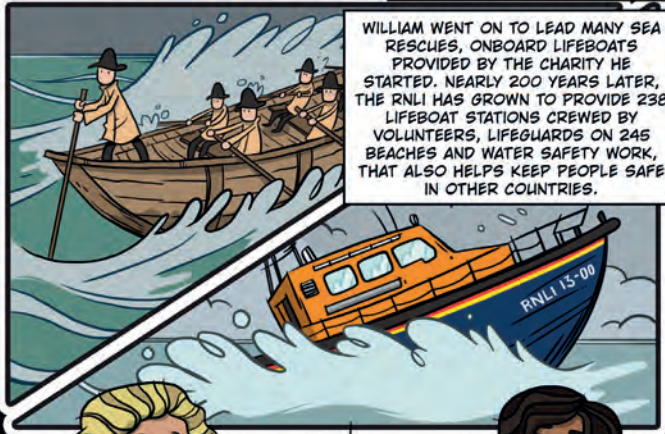


THEY WEREN'T INTERESTED BUT WILLIAM REFUSED TO GIVE UP.

HE CHANGED HIS LEAFLET SO IT WOULD ATTRACT ALL SORTS OF KIND AND GENEROUS PEOPLE IN SOCIETY. THIS TIME, IT WORKED. MEMBERS OF PARLIAMENT BECAME INTERESTED, AND IT LED TO AN IMPORTANT MEETING ON 4 MARCH 1824 - IN A PUB!



THE NATIONAL INSTITUTION FOR THE PRESERVATION OF LIFE FROM SHIPWRECK (NOW THE RNLI) WAS OFFICIALLY FOUNDED AT THIS MEETING. THE NEW CHARITY RECEIVED PUBLIC DONATIONS TO HELP IT PROVIDE LIFEBOATS TO PLACES THAT NEEDED THEM - AND IT HAS, EVER SINCE!



WILLIAM WENT ON TO LEAD MANY SEA RESCUES, ONBOARD LIFEBOATS PROVIDED BY THE CHARITY HE STARTED. NEARLY 200 YEARS LATER, THE RNLI HAS GROWN TO PROVIDE 238 LIFEBOAT STATIONS CREWED BY VOLUNTEERS, LIFE GUARDS ON 245 BEACHES AND WATER SAFETY WORK, THAT ALSO HELPS KEEP PEOPLE SAFE IN OTHER COUNTRIES.

WE HOPE WILLIAM'S STORY INSPIRES YOU TO KEEP DREAMING BIG, CREW MATE. WITH KINDNESS, PASSION AND THE WILL TO NEVER GIVE UP, WE ALL HAVE THE POWER TO DO SOMETHING GOOD. BECAUSE, JUST LIKE WILLIAM SAID:

'WITH COURAGE, NOTHING IS IMPOSSIBLE.'





ARE YOU A WATER SAFETY

SUPERHERO?

LOOKING FORWARD TO A SPLASH ABOUT THIS SUMMER? FIND OUT IF YOU ARE READY TO HAVE FUN AND STAY SAFE WITH OUR ULTIMATE QUIZ.

1

WHEN GOING NEAR THE WATER, DO YOU ...

- A Video silly moments and share them with your mates.
- B Use your spider-sense to check the area for Doctor Octopus.
- C Stay together with friends or family. And tell someone where you're going.

2

THERE ARE SIGNS AT THE BEACH. DO YOU ...

- A Ignore them. Someone will tell you if they say anything really important.
- B Look straight through them. With x-ray vision, nothing spoils your view.
- C Have a read. There could be some information that will help keep you safe.

3

YOU FANCY A NICE DIP TO COOL OFF. DO YOU ...

- A Hit the surf at a deserted cove you know. The waves there are gnarly.
- B Descend to the underwater kingdom of Atlantis. It's where your throne is.
- C Swim between the red and yellow flags at a lifeguarded beach,

4

AT THE BEACH, ASK YOURSELF ...

- A Have I got enough money for ice cream?
- B Should I use my superpowers to change the weather?
- C Is it safe to swim?

5

YOU'RE IN TROUBLE IN THE WATER. DO YOU ...

- A Panic, and use up all your energy thrashing around.
- B Speak to the dolphins using your special mind powers. They will escort you to shore.
- C Float on your back, and stretch out your arms and legs like you're a starfish.



6

YOU SEE BLACK AND WHITE CHEQUERED FLAGS. DO YOU ...

- A Swim between them. This is the safest place for a splash about.
- B Alert your fellow X-Men. It's a sign that Magneto is trying to enslave humankind.
- C Swim between the red and yellow flags instead. The black and white flags mean this area is for watercraft, so it's dangerous to swim here.

7

IS IT SAFE TO USE AN INFLATABLE IN THE SEA?

- A Sure, unless it's really windy.
- B Yes, so long as I don't pop it with my retractable metal claws
- C No. Especially when it's windy and the orange windsock is flying.

8

A BIG WAVE IS COMING AND YOU'RE STOOD NEAR THE WATER'S EDGE. DO YOU ...

- A Get your phone out for a splashy selfie.
- B Use your super-strength to hurl the wave back at General Zod.
- C Move well away from the edge, so you don't get swept in.

9

WHEN SHOULD YOU SLOP ON SOME SUNCREAM?

- A When it's sunny, silly!
- B Never. I wear an all-over Kevlar bodysuit and live in a cave, with bats.
- C Whenever you're playing outside in daylight.

10

YOU SPOT SOMEONE IN DANGER IN THE WATER. DO YOU ...

- A Jump in and save them. You're a great swimmer.
- B Reverse time by flying faster than the speed of light on your silver surfboard..
- C Call 999 or 112 and ask for the coastguard.



MOSTLY As

Oh no! You need to do some serious swotting up before you're safe to go to the seaside or near water. Go to RNLI.org/superhero and make yourself epic.



MOSTLY Bs

Crumbs, Chief! It sounds like you are planning to fight supervillains all summer. Boost your superpowers by learning about water safety at RNLI.org/BeachSuperhero



MOSTLY Cs

Congratulations! You know loads about water safety and are ready for an awesome summer by the sea. You can take that cape off now.

AROUND THE WORLD

NETHERLANDS

Famous for its windmills, clogs and canals, the Netherlands is a lively and fascinating country with fishing villages, farmlands, and bustling modern cities.

THE COUNTRY

The Netherlands (often called Holland) is in north-western Europe, between Belgium and Germany. It's about twice the size of Wales and has more than 280 miles of beautiful beaches and coastline. Most of its land is flat ('Netherlands' means 'low lands') and about a quarter of the country is below sea level. Windmills used to drain the water away but, today, modern flood defences keep the land dry. The capital city, Amsterdam, has more than 160 canals.



Stunning houses and canalboats in Amsterdam



Cycling by beautiful tulips and windmills at Zaanse Schans

The citizens are Dutch and they speak the Dutch language. They are welcoming and open-minded people, and prefer honesty to politeness, so will often speak their minds. They work hard but always make time for family, sport, and celebrations. The Dutch love football and speed skating, and more than half the population enjoy cycling – either to work or for fun. Also, they are the tallest people in the world!

THE PEOPLE

A Stan Gogh masterpiece?



Famous fish dish: fancy pickled herring with onions and gherkins?



THE CULTURE

Holland is famous for its artists, which include Vincent van Gogh and Rembrandt van Rijn. It's also home to some technology we may take for granted: bluetooth, DVDs, wi-fi and the microscope were all Dutch inventions. One of the country's biggest festivals is Koningsdag (King's Day) where they celebrate King Willem-Alexander's birthday and paint everything orange (like lifeboats).



The Dutch love dairy! They munch twice as much cheese as we do in the UK and Ireland

THE FOOD

Dutch people eat a variety of food but one their favorite dinners is simply potatoes, meat and vegetables. You probably know of Edam (the cheese with the red rind) but the Dutch have created many other cheeses too. In fact, they have been making the stuff since 400 AD! The country is also famous for its delicious pancakes, doughnuts and bitterballen (a meaty snack, shaped like a scotch egg).



Ruff loves the 'food walls' with their hot burgers and sausages



Croquettes: so popular that you can get McKroket in a bun at Dutch McDonald's

THE LIFESAVERS

The Netherlands' sea rescue service, the KNRM, is very similar to the RNLI. In fact, the organisations work together closely and will both celebrate their 200th birthdays in 2024. The KNRM's volunteer crews save lives from 45 lifeboat stations and their lifeguards protect people at busy beaches during the summer. Like the RNLI, the KNRM also promotes water safety and is funded by donations. They even have their own children's club, called Jonge Redders (young rescuers).



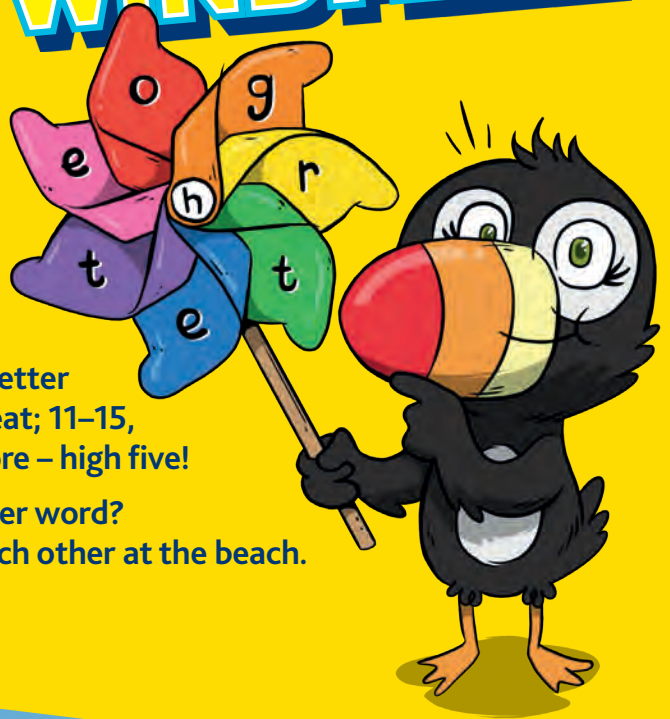
A Dutch Valentijn class lifeboat from Katwijk aan Zee

Funzone

WORD WINDMILL

Petey's pleased with himself because he's made 17 words using his special beach windmill. How many can you make? Each word must be at least three letters long and include the middle letter 'h'. If you make 10, you're great; 11-15, you're amazing; and 16 or more – high five!

What is the hidden eight-letter word?
Clue: it's about being with each other at the beach.



A-MAZE-ING SKILLS

Leila's in trouble in the water. She needs to stay calm and stretch out her arms and legs in the shape of a certain sea creature. See the maze to name the animal, and guide Leila from start to finish – where she's more relaxed and floating on her back.



DOUBLE DUTCH

We hope you enjoyed learning about the Netherlands in this issue. The Dutch language is similar to English and German, and some of its words will look and sound familiar to you. Can you guess what these Dutch seaside words are?



- BOOT
- KRAB
- OCEAAN
- SCHIP
- SURFPLANK
- VIS
- ZAND
- ZEE
- ZOMER
- ZONNECREME

HELICOPTER TRANSFER

These photos of an RNLI and HM Coastguard training exercise are not quite the same. Can you spot FIVE differences?



WHAT SHALL WE PACK?

Leon and Harry are planning a lovely afternoon by the water. Help them sort their stuff into two piles so they know what they need to pack for a fun and safe time. They've already made a start.



FUN FACTS: GREAT INVENTIONS

TRUE OR FALSE? AMERICAN INVENTOR, MARIA BEASLEY, DESIGNED THE FIRST PROPER LIFERAFT IN 1880.



TRUE OR FALSE? ORANGE CARROTS WERE FIRST CREATED IN THE NETHERLANDS.



TRUE OR FALSE? SPACECRAFT ENGINEER, LONNIE JOHNSON, INVENTED THE SUPER SOAKER WATER GUN.



FACT: THE FIRE EXTINGUISHER WAS INVENTED BY SEA SAFETY EXPERT GEORGE MANBY, WHO WAS AT THE RNLI'S FIRST MEETING IN 1824 (SEE PAGE 9).



GEORGE ALSO INVENTED A SPECIAL LINE-THROWING GUN, THAT IS STILL USED IN SOME SEA RESCUES TODAY.

1) TRUE. BEFORE MARIA'S FOLDING AND WATERPROOF DESIGN, A LIFERAFT WAS BASICALLY A PLANK OF WOOD! 2) FALSE. THE DUTCH HELPED TO MAKE ORANGE CARROTS POPULAR, BUT EXPERTS THINK THE FIRST ONES APPEARED NATURALLY IN SPAIN OR ITALY. BEFORE THE 1800S, CARROTS WERE ACTUALLY PURPLE (AND THEY DIDN'T GROW ON TREES!) 3) TRUE. LONNIE WAS WORKING ON A JET ENGINE HEAT PUMP FOR NASA WHEN HE GOT THE IDEA FOR HIS INVENTION. HIS MEGA SQUIRT GUNS HAVE GONE ON TO MAKE MORE THAN £800M (800 MILLION POUNDS)!

WHO ARE YOU?

Harry

- Personality: Fun, lively, sporty
- Likes: Music, films and being outside
- Fave food: Chinese food
- Hobbies: Paddleboarding, running and playing guitar
- Other facts: Has always wanted to be an RNLI lifeguard



Under The Sea!

Ah, what a lovely day to hang out the washing!



Why are you hanging clothes up?



To dry!



But... we live underwater!



STAN AND FRIENDS



Answers

WORD WINDMILL

The hidden word is TOGETHER

WHAT SHALL WE PACK

IMPORTANT: bottle of water, hat, shorts and t-shirt, suncream, sunglasses, towel
NOT IMPORTANT: comics, cuddly toy, football, goggles and snorkel, flamingo swim ring

DOUBLE DUTCH

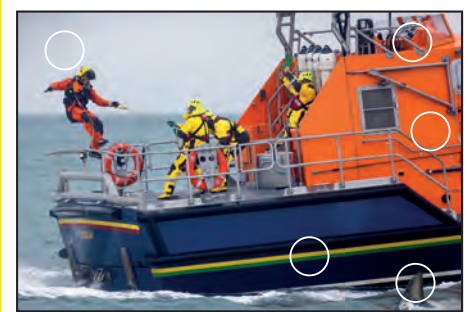
Boat, crab, ocean, ship, surfboard, fish, sand, sea, summer, suncream

A-MAZE-ING SKILLS

The sea creature is a starfish



HELICOPTER TRANSFER



STORM FORCE

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Published quarterly by the RNLI,
 West Quay Road, Poole, Dorset, BH15 1HZ.
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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:



Stop and think

1

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



Stay together

2

Always go to the water with friends or family. And tell someone where you're going.



Float

3

If you get into trouble in the water, try not to panic. Float on your back and stretch out your arms and legs like you're a big starfish. When you feel calm, put a hand in the air and shout for help.



Call 999 or 112

4

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!