

Hello Everyone

Welcome to this month's newsletter which, as you will see, is in a slightly different format. You will have already received our Commodore's letter explaining the current situation with the Club. This newsletter will, hopefully, help to keep members in touch and curb some of the boredom of lock-down. We have now adopted a new vocabulary with previously little-used words like "Zoom" in constant daily use (as both noun and verb). We are very fortunate to be able to have virtual parties and get-togethers with our friends to keep in touch and sane. If, like me, you are working from home and attending Zoom meetings, it is fascinating to visit your colleagues' sitting rooms. "Furlough" is now used in the context of unpaid leave, although it originally meant a 'leave of absence granted to members of the services or missionaries'!! We heard it mostly in old American movies. We are now all "self-isolating" and "socially distancing". For the sake of everybody's physical and mental health, let's pray it doesn't go on too much longer. Thanks to everyone who has posted comical videos, etc to lift the spirits and keep us smiling. In the mean time I hope you enjoy this month's offering.

Good health

Sue
Editor

Royal Temple Yacht Club Office COVID-19

Although the Club and office is closed, we are still working behind the scenes, albeit at home. If you wish to contact the office for information/advice please email

Kathryn at info@rtyc.com

or

Elizabeth at Elizabeth.anderson@rtyc.com
and they will do all they can to assist.

Help Protect Others, Please Stay Safe and Stay at Home

Elizabeth Anderson
Honorary Secretary

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY "Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

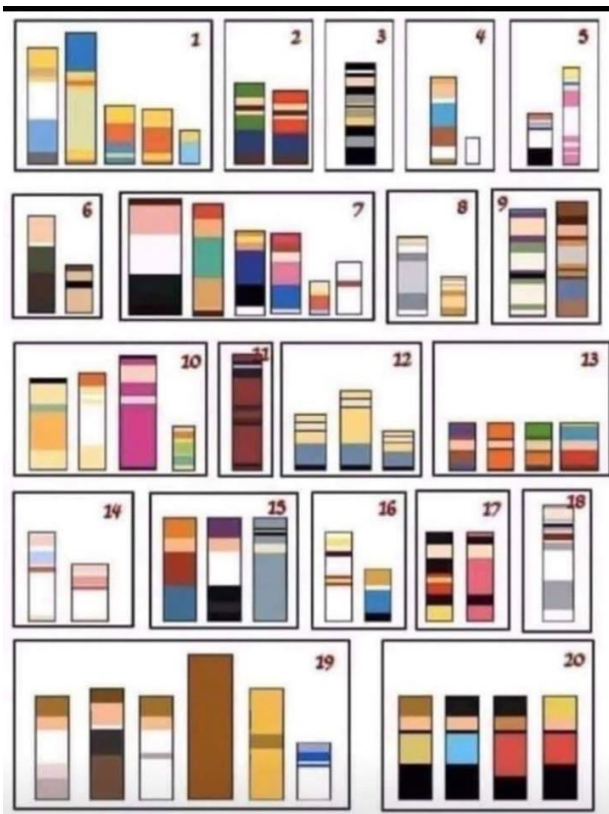
Keep Calm · Stay Wise · Be Kind

RAMSGATE WEEK & SOCIAL MEDIA NEWS

How will we view this period when we look back with the perspective of time? Strange times, scary and uncertain times but we can only soldier on, after all the majority of us are only being asked to stay indoors, not fight on the front line.

My social media role has been most active this month, trying to find funny jokes and inspiring articles to put up on our Facebook and twitter, and to keep us upbeat through our isolation period. With the first Coronavirus Murder being announced last week after a 69-year-old man couldn't cope being isolated with his wife and killed her, true fact, not a joke, I decided that exercise and keeping myself busy was important to my own mental health. I've found some little quizzes and articles to hopefully keep our followers amused and social media has been a great way to engage with other people and keep myself sane. For those who have never tried it, this would be a great opportunity to give it a try. You can keep in touch with family this way and see what crazy stupid things people put up on there. However, with this self-isolation at least the craze of young women putting out photos of themselves pouting appears to have stopped. After all, with untamed eyebrows, undyed hair and no botox not many people want to put their true picture out there at present.

Here's a little quiz to keep your mind exercised, as a clue and to get you in the right mindset, the first answer is The Simpson's TV Show.



Answers on Page 10

Euromarine Insurance Ramsgate Week is currently expected to continue, fingers crossed. However, until we have a clear idea of what is going on we will continue to wait and see. You never know, with so many regattas being cancelled, if we are in a position to hold on we may have a bumper year. So, watch this space.

Two of our sponsors, Shepherd Neame and Copper Rivet Distillery, have been working together at this time to create hand gel for Emergency Service staff. An article about them is on page 3 in this edition and we would like to congratulate them on their initiative.

So that's about it from me, please stay strong and stay safe. Once this is all over I look forward to having a drink with you all in the bar as the Yacht Club will need us all to show our support.

All the best



Karen
Chair of Ramsgate Week and Social Media.

NEWS FROM

SHEPHERD NEAME & COPPER RIVET DISTILLERY

Posted: 31st March 2020

We are excited to announce that **Shepherd Neame** is teaming up with **Copper Rivet Distillery**, based in Chatham Maritime, to create hand sanitiser for use by our emergency services staff.

Shepherd Neame began brewing 'clean beer' for the initiative last Tuesday (March 24). This is at least 10% ABV and no hops will be used to ensure it is aroma and flavour-free.

The brew is being road tankered to the Copper Rivet Distillery, where it will be used as a feed stock for their distilling alcohol to create the sanitiser.

The initiative has been launched in response to widespread shortages of hand sanitiser, which has been flagged as an important tool in combating the Coronavirus.

Copper Rivet co-founder Stephen Russell said: "Our business sells Dockyard Gin and Vela Vodka to pubs, bars and restaurants, which are now all closed. In these difficult times, we wanted to use our equipment and resources to support our emergency services, while also protecting distillery jobs, so we decided to look into diverting our production to alcohol hand sanitiser. Our Head Distiller Abhi Banik has worked hard to create a formula that achieves the efficacy of the alcohol while also being kind to the hands."

Co-founder Matthew Russell added: "We are one of only a handful of English distilleries to make our own neutral alcohol, but such is the likely demand for the sanitiser, that we approached Shepherd Neame to supply specially brewed, high strength beer in bulk to boost our supplies for the distillation process. We already have a strong relationship with the brewery as they list our products, and we wanted to work with a partner we can rely on."

It is hoped that the first consignment of Copper Rivet's hand sanitiser will be available by Friday (April 3). This will be initially for the emergency services and public authorities only, including a large quantity for the Met Police.



Shepherd Neame Chief Executive Jonathan Neame said: "Following the Government decision to close all pubs, our current operational focus is to continue production at the brewery to maintain sales to supermarkets. When Copper Rivet approached us about this project, we were delighted to get involved, and have now adapted our output to ensure a steady supply of alcohol for hand sanitiser. We are delighted to be able to support such a fantastic initiative to support the national effort."

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 Even if you are unconscious,
 I will support and protect you
 Until help arrives.
 All this I will do for you
 If you do two things for me
Look after me and put me on.

**USELESS
 UNLESS
 WORN**



The RNLI is the charity that saves lives at sea
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ENTERTAINMENT

Immediately upon the “All Clear” our new Events Programme will be announced. Can't wait for the first Big Party!



*Denys Tweddell has kindly searched through his archives and sent in a contribution to amuse us.
 Thank you, Denys*

Sitting here “Covid Confined” my thoughts go back to the great times I’ve enjoyed as a member of The Club; I use the upper case T deliberately. Where can you find another association that offers such a wealth of history and treasures?

In my time, I have been fascinated with the memorabilia that surrounds us, so much so that I have been charmed to dig into the archives for stories that need to be told. So, with that in mind here is an introduction; this relates to our Mercury Barometer in the Bar.

This was based on that designed by Admiral Robert Fitzroy whose name is ever remembered by his exploits on the Beagle and, in particular, with this passenger in 1832-33, Charles Darwin. But that is a great story in itself

In later life Admiral Fitzroy set up a weather forecasting service for inshore waters. He organised a series of weather stations around the UK which reported daily on readings for temperature, humidity, wind strengths and atmospheric pressure. From these, strong weather warnings could be issued using the cone hoists used in harbours to this day.

Now back to our barometer. As with other Fitzroy models there is a Chemical Item too. This is indeed another forecaster predicting weather trends. The test tubes contain (or did when the apparatus was made) a supersaturated solution of camphor, potassium nitrate and ammonium carbonate in an alcohol base. The device was designed to register the inter-reaction to changes of humidity, pressure and temperature of the ambient air.

Atmosphere dry – weather fine: the solid part is closely collected on the bottom of the glass and the supernatant liquid clear.

Rain approaching: The solid deposit rises, small crystalline stars float in the liquid which is otherwise clear.

Winds approaching: Flakes appear on the surface in the form of leaves or feathers; when these remain sharp the weather will be fine. When they are blunt and dull, then rain and nestled weather can be expected.

Frost: The top becomes covered with a film upon which small oily drops are seen. If the “oil” increases and large sharp feathers grow down into the liquid, then the frost will increase in intensity.

Let us hope we can soon go and see if this drivel contains any semblance of truth.

Denys Tweddell



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CRUISING

When asked to place a report in the April issue of the Temple Newsletter I little thought this would be written when there is so much pressure on everyone dealing with Coronavirus.

All scheduled Cruising events have now been put on hold. Dunkirk Little Ships '80th Anniversary return to Dunkirk' was the first to be cancelled which was a great disappointment to them, Thames Motor Yacht Club and, of course, the skippers of six yachts, *Stay Young*, *Surprise*, *Pintail*, *Assumpta Ann*, *Blown Away* and *Principessa* who had registered as support vessels. I have been in touch with the Vice Commodore of DLS and Hon. Secretary of TMYC saying that RTYC are most willing to support any events which may come to Ramsgate in future months.

As and when restrictions are lifted the Cruising Committee will meet to discuss how we can amend the Cruising schedule – we may be able to take in cruises already planned i.e.

July	Crouch (or Dunkirk/Gravelines) leaving dates/places open
Aug 18 – 24	Rivers Orwell and Deben
Aug/Sept	Boulogne/Calais/Gravelines/ Dunkirk

We missed out on our Cruising Curry Fitting Out evening and have also missed our Cruising Socials – but Autumn will see a return to both although it may be a Cruising Curry Laying Up evening!

We can all be thankful that our Commodore and his team, having worked under a lot of pressure, have secured the safety of our staff and premises during the closure of the Club and I have no doubt that when things are up and running again members will rally round and get RTYC back on its feet again.

Best wishes to you all.

Anne Peers
Rear Commodore Cruising

Please send any contributions for compilation into the next issue or comments, etc to Sue Foster at sueandtommyfoster@gmail.com

**ANNE HAS BEEN TRAWLING HER PHOTO ARCHIVES
OF PREVIOUS CRUISES.**



French Cruise and Petit Jardin



Bradwell & Brightlingsea Cruise 2017



Round Sheppey 2018



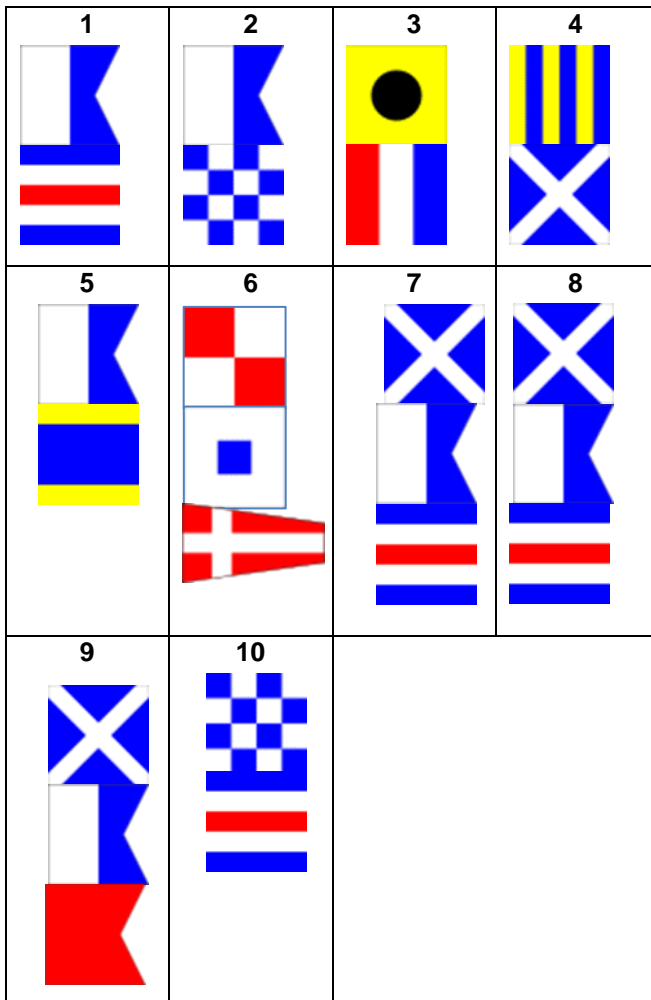
Gravelines-Dunkerque April 2019

SAILING NEWS



TEMPLE TEASER FROM STUART CARTER

International Code Flags
MULTIPLE FLAG SIGNALS
Solution on page 10



Hi to all of our sailing community. When I took up the post of Rear Commodore Sailing, nobody told me that I would be locked down and cancelling all of our sailing for the foreseeable future. It's not doing my "street cred" very many favours; you can see the headlines "New boy cans all the racing at RTYC" Oh well, in my defence I can rely on this wretched Covid-19

It's interesting that a year ago, I purchased *Warrior* and bought her to Ramsgate from Ireland, quickly re-rigged her with Clive's help and launched her for the 2nd race of the Spring Series last year, having never sailed her before, and came a resounding last!! Luckily, we soon got her going, and I've got *Foxy* and *Cobra* in my sights this year. Bring it on boys!

Now we are a year on, *Warrior* is all set up and was ready to go for the Frostbite and first race of the Springs, crew organised and raring to go, and she sits in her cradle sunning herself in all of her glory, going nowhere. So, whilst we are all disappointed, I do hope the racers and cruisers have had time to get their boats ready and the crews lined up in anticipation of the sailing programme this year?

Well, I can advise that as soon as we can get the club open again I will be getting us back on the water asap. If we don't get back on the water, I feel some marriage guidance will be necessary; I have two loves in my life and *Warrior* comes a close second.

We are keeping our fingers crossed hoping not to cancel Ramsgate Week and will leave this decision to the end of May, so hopefully we can all participate in this fabulous event in July.

The sponsors of the buoys have been approached for their support but, as you know, the club needs as much local support and charitable donations to keep it being the huge success that it is, so if you know anybody that would like to fill the RTYC begging bowl, I'll be happy to discuss how we can promote their support in the club.

In closing, the RCS Team are about to start on virtual meetings, so we are up and ready when the lock downs are lifted, and we can go sailing again. "Hoorah" I hear you all say.

Please stay safe and I look forward to updating you in the next newsletter.

All the best
Nick

UNFINISHED BUSINESS

The Caribbean 600

I was back in the Caribbean in February for the Caribbean 600. This is a 600-mile RORC race and the 2nd time I've competed in it. The first time we did not finish. In 2018 in big winds, a record 44 boats of the 80 starters retired. This became known to the crew of *Panther* as UNFINISHED BUSINESS.

So, this was another record in 2020, the slowest! Trade winds really are not a constant. Ok, they do come out of the East. In 2018 we had 25-30 knot averages and this year 5-10. The C600 is a technical course as you can see below. Acceleration zones between the Islands and wind shadows can bring wind speed changes from 20 knots to zero in mere boat lengths. And there are a lot of corners and some tricky navigation at the North end of the course so there was a lot of sail handing at the different points of sail. Big kite up, drop for code zero then J1 and back up to the kite was not uncommon, as if we were racing around the cans of Ramsgate. And with the 2020 Vendee Globe challenger Pip Hare on board as our tactician and coach and Alex Alley as skipper, it was "energetic" let me say that! And a fantastic experience.



I love Antigua and English Harbour and the Yacht Club. It literally is where it all started – this big boat sailing. Karen and I were on holiday and visited the harbour and walked the marina and had a cappuccino under *Cloggy's* and saw postcards "crew wanted". So, back in Ramsgate..... well that's another story.

And, of course, RORC and the Antigua Yacht Club put on great events and this is the welcome party and you can see the crew of *Panther* training hard below. Much deserved after Pip put the *Panther* crew through their paces in two days of practice – well until the wind dropped off and we motored 10 miles back to marina.



Panther race crew in training

Race day, not a breath of wind at breakfast and as we motored out past the committee boat it began gently to fill in. We got off to a good start in the light airs, weight forward and down, move gently around the boat – keep it moving on this windward leg against the swell. And we are doing ok, distracted by the big boats coming through. A couple of 100 foot maxis, 6 Volvo's, Mod 70's and *Maiden*.

We settled in for what was to be a long and record-breaking slow race.



Getting rolled by a Volvo 65



..... and Maiden

Day 2 and we've been becalmed behind St Kitts for 6 hours. Frustratingly we can see our group leaders; *Scarlet Oyster*, *Liquid*, *EH101* – just one to two miles ahead. Then the breeze filled in.... for them and we literally saw them sail over the horizon – our race was run, we had no chance of getting a place. All we can do is race our race for the best of the rest. We did, and we had great fun and some great sailing. Photo below is 6:30 am of Day 2. Becalmed



Becalmed

Getting through Saba, St Barth's, St Martin and Anguilla is a navigational challenge. It was the middle of a dark night, kite up, kite down, etc and a few squalls and lots of submerged rocks and no navigation marks. It was a busy night for everyone and then rounding St Barth's again for the 150-mile reach. We had good winds and this was a fast leg for us. It was brilliant, Code zero and a stay sail, trim the main and max the boat speed.



Rounding St Barths

Then it was time to do battle with the big wind shadow of Guadeloupe and the acceleration zone off her East. Here we gained back a couple of places and then set off for three long legs to finish, gaining one more position. You are still a day and half from the finish but have to sail around three sides of Antigua to get home. The last being a 35-mile beat!

But I would do it again?

Of course.

Chris Cox



BUSINESS FINISHED!

QUARANTINE

At a moment of great global fear — particularly surrounding cruise ships, given the more than 700 coronavirus cases and eight deaths from an outbreak on the *Diamond Princess* cruise ship, docked off Japan — some have expressed reluctance to let potentially infected passengers disembark. Even President Trump said last week that his personal preference would have been to keep them on the Grand Princess.

Epidemiologists, however, say that keeping sick people on a ship in an attempt to isolate disease can “amplify infections.”

“Quarantine vessels went out of business a long time ago,” as University of California, Berkeley epidemiologist Arthur Reingold recently put it to TIME.

That fact shows how far the science on effective quarantine science measures has come. In fact, the term quarantine has maritime origins, coming from *quaranta giorni*, Italian for “forty days,” the length of time ships from infected ports had to anchor in Venice during the 14th century bubonic plague epidemic, according to the CDC.

“If there was suspicion of disease on the ship, the captain was ordered to proceed to the quarantine station, where passengers and crew were isolated and the vessel was thoroughly fumigated and retained for 40 days,” wrote medical historian Eugenia Tognotti in a 2013 article on the history of quarantine in the journal *Emerging Infectious Diseases*. “This system, which was used by Italian cities, was later adopted by other European countries.”

Arguments for why the number 40 was chosen vary, from Hippocrates’s theory about 40 days as tipping point for disease to the 40 days that Jesus spent fasting in the wilderness. And Venice wasn’t alone; also around this time, ships could not enter modern-day Dubrovnik on the Croatian coast, without spending about a month on an isolated island because wind and sunshine were thought to be natural disinfectants.

An early reference to quarantine in the English language comes from diarist and Secretary of the Navy Samuel Pepys, who wrote in 1663 that ships had to “perform quarantine” for 30 days in the Thames estuary if they came from Amsterdam and Hamburg, where another plague outbreak was occurring.

During the 18th and 19th centuries, yellow fever scares led to ships being put under quarantine, raising a “yellow flag” during the day and shining a light at night until it was safe to enter the ports. “The abominable yellow flag, still marks our ship as ‘plague smitten.’ Every boat steers off from us, afraid of contamination,” wrote a traveller named Edwin Montague, while his ship was docked at the Spanish port Mahon in 1848, *en route* back to America from the Holy Land.

When industrialisation helped fuel a cholera outbreak, European ports began banning ships with “unclean licenses,” originating from regions where the outbreak was occurring.

In 1832, during a cholera outbreak in England, New York wouldn’t let British ships come within 300 yards.

During an outbreak in 1892 in the US, President Benjamin Harrison’s Surgeon General declared that “no vessel from any foreign port carrying immigrants shall be admitted to enter any port of the United States until such vessel shall have undergone quarantine detention of twenty days, and such greater number of days as may be fixed in each special case by the State authorities.”

Already by 1911, the *Encyclopaedia Britannica* was defining quarantine as “a term originally applied to the old sanitary preventative system of detention of ships and men” that “is now a thing of the past in the United Kingdom and in the majority of other states.”

Using ships as quarantine vessels were deemed ineffective by the early 20th century as scientific understanding of antibiotics, vaccines and the different causes of these diseases increased and led to new approaches to quarantine that varied based on the makeup of that particular disease.

In International maritime signal flags, plain yellow, green, and even black flags have been used to symbolize disease in both ships and ports, with the colour yellow having a longer historical precedent, as a colour of marking for houses of infection, previous to its use as a maritime marking colour for disease.

It is sometimes called the “yellow jack”, which became a name for yellow fever. Cholera ships also used a yellow flag.



The plain yellow flag (“Quebec” or Q in international maritime signal flags), perhaps derives its letter symbol for its initial use in quarantine, but this flag in modern times indicates the opposite—a ship that declares itself free of quarantinable disease, and requests boarding and inspection by Port State Control to allow the grant of “*free pratique*”.

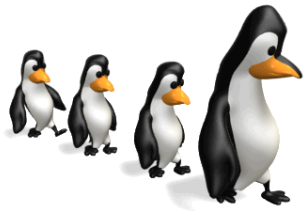
Signal flag “Lima”, also called the “Yellow Jack” when flown in harbour, now means “ship is under quarantine”.



Stuart Carter



THE WALKING GROUP



Contact Davena on 07760 402479
to be added to the group *WhatsApp*

As soon as we are able, the next walk will be announced. In the meantime, we hope our walkers are managing to get out to stretch their legs and keep fit and healthy.

TEMPLARS GOLF SOCIETY

Regrettably, just like the rest of us, our golfers our golfers are confined to barracks.



SOLUTIONS TO OUR QUIZS Karen's quiz from Page 2

21:20



Answers...

1. The Simpsons
2. Super Mario Bros
3. Batman
4. Tin Tin
5. Dexter's Laboratory
6. Wallace & Gromit
7. Family Guy
8. Tom & Jerry
9. Toy Story
10. Flintstones
11. Deadpool
12. Despicable Me
13. South Park
14. Pinky & The Brain
15. Futurama
16. Dangermouse
17. Mickey & Minnie Mouse
18. Bugs Bunny
19. Star Wars
20. Star Trek ■

Sorry Karen,

I still don't get it ??!!!



TEMPLE TEASER SOLUTION

From page 6

1. AC I am abandoning my vessel
2. AN I need a doctor
3. IT I am on fire
4. GM I cannot save my vessel
5. AD I am abandoning my vessel which has suffered a nuclear accident and is a possible source of radiation danger
6. US4 Nothing can be done until the weather moderates
7. MAC I request you to arrange hospital admission
8. MS1 My vessel is a dangerous source of radiation; you may approach from my starboard side
9. MAB I request you to make rendezvous in position indicated.
10. NC I am in distress and require immediate assistance (Distress signal).