



# e-potternews

## EXCITING INFORMATION COMES FIRST

When I sat down to compile this month's issue I thought I would only have about two pages. How wrong I was. There is just so much going on that I've had to edit some of the articles.

Two months of feedback has shown that we have skimmers, dippers and divers amongst our Members. Some just want the headlines and others will sit down to enjoy the read. To make it easier for the former the layout is always the same so you can go straight to

your main area of interest and then catch up the rest at your leisure.

Any new and exciting information comes first, this month it is the new racing class, the RS Elite. Then the Social Programme, Club Notices and Information, Cruising, Racing, Volunteers and Training. Finally anything which doesn't fall into those categories; this month there is a warning from Mike Urwin about the dangers of Lyme disease.

Ann Brunskill

## NEW ONE-DESIGN KEELBOAT FLEET

The Club has a new keelboat fleet for the coming season and beyond – the RS Elite. 7 Elites have been bought or ordered by Club members for the 2009 season and a number of people are planning to join the fleet later in the season.

There are active fleets at several other clubs, including Hayling Island and Royal Burnham; as well as a Class Association which coordinates the class racing programme nationally including the national championships. Cowes Week has an RS Elite Class

This is an exciting development for the Club. A modern, fast-growing class of boat is important to attract new sailors to the Club and to create a new and potentially important class of sailing in the Club's range of activities, without any adverse effect on existing classes. The class

captain, David Wansbrough, david@wansbrough.co.uk will be happy to answer any questions about the boat or the fleet. There is also more information at the RS website: [www.rssailing.com](http://www.rssailing.com) and from the Class Association website: [www.rselite.org](http://www.rselite.org).

The Club also intends to help young sailors, including those graduating from WJS, by introducing a programme of training and qualification within the Club to enable these graduates to charter the Elite as skipper.

The best news of all is that RS Elite owner and Club member Steve Powell has very generously donated an RS Elite to the Club for the use of members. This boat, named *FREEBIE*, will be available for charter by members from April onwards at special rates, which are currently: Daily charter (racing days) £60; Daily charter (non-racing days) £40; Cowes Week £450. Members will be able to enjoy a day's racing for £20 per head, or just try out the boat for fun at less than £15 per head.

Any member interested in chartering should contact the Sailing Manager, Ben Matthews ([events@rlym.org.uk](mailto:events@rlym.org.uk)).

## SOCIAL

Get yourself and your camera ready for the coming season. ePotterNews will always print the best ones.

Thursday, 12th February – Photography talk by Baxter Bradford with details of a competition in September. Followed by Supper

**Saturday, 7th February – Tommy Cooper Style Entertainment & Dinner** – a hilarious after-dinner speaker – get the last few tickets “jus’ like that”.

**Saturday, 14th February – Valentine's Night** – dinner and live music for that special night out

See the posters and the website for the menu.

**Saturday 21st February – Cruising Dinner with Colonel John Blashford Snell** – always an entertaining and informative evening

**Saturday 28th February – Famous Chef's Dinner** members are still talking about the last one – the menu was superb – this time it is James Martin



**Saturday 7th March – Antiques Evening** with local expert George Kidner – great fun trying to date and value (let alone work out what they are) antiques and then hear about them over supper.

**Saturday 28th March – Famous Chef's Dinner** Jamie Oliver I wonder if pork is on the menu?

Contact the Office for tickets, times and prices for all these events. Don't forget the regular coffee mornings, Bridge suppers and quiz nights throughout February and March.

#### **Improvements to the Club**

As part of the on-going programme, the River Room will shortly be refurbished. It is hoped to keep disruption to a minimum.

#### **It snowed this week, did you get out the camera?**

Don't forget the 2009 Christmas card competition. Entries by 30th April in either digital format (jpeg preferred) or hard copy (maximum size A5) to the Office accompanied by your name and telephone number.

### **CLUB**

#### **Dinghy Park**

All current Members who had spaces in 2008, and who did not renew by the due date, should be aware that they may lose their space in 2009. If anyone has not received their Dinghy Park renewal forms for 2009 please contact the Office asap. It may be necessary to open up a waiting list for the Dinghy Park.

Does anyone know who owns Laser Number 51464 currently in the Dinghy Park? Again please contact the office.

Renewal notice for the toast rack and outboard spaces will be sent out in early March.

#### **Club website changes**

Members may recall the malicious attacks which disabled the website several times last summer. The emergency website created to enable continuity of service was found to be more robust, attractive and easier to navigate, administer and backup than the original one. This site has been used permanently since last December.

Some of the extra features now available include: a new calendar system with small viewing windows on the Home Page, so you can see at a glance what is going on both on the water and in the Clubhouse without any further clicks.

The Members' area contains, amongst other things, contact details for each member, just like the annual Club handbook, but updated every month. This area is password protected, so to use these facilities please contact the Office for the details.

If any member would like a simple demonstration of how the website works, please contact the Office to arrange a session.

We are now taking new applications so if you haven't got a space and would like one please email [jon@rlymyc.org.uk](mailto:jon@rlymyc.org.uk).

### **CRUISING**

**Gins Farm Winter Meet Thursday 12th February**

**Portsmouth Gunwharf Quays Marina** Overnight 17th/18th March - Buffet Supper night of Tuesday 17 March at Royal Naval and Albert Yacht Club

**Cruising Seminar 14th February** Peter Upcher is now sadly not able to run the navigation part of the seminar so Maggie Thoyts has stepped into the breach and is introducing a session on Cooking at Sea - making the seminar very much a family affair!

**Cruising Dinner Saturday 21st February** Colonel John Blashford-Snell is the guest of honour. Tickets are now on sale in the Office. Please book up soon to avoid disappointment.

**Safety Morning 4th April** See full details in the Training Section below

**Spring Cowes Meet 17th/19th April** It has been confirmed that the dinner on Saturday will be held at the Sir Max Aitken Museum.

**French Canal Charter Cruise Planning Meeting –11.00 am Sunday 8th February** in the Library to discuss the project and make some decisions. If you would like to hear more, do come along. We already have about 40 people who have expressed interest

#### **WINTER LECTURES (WEDNESDAYS AT 6.30 PM)**

**11th February Pitfalls of Buying New or Used Boats**  
Jonathan Hadley-Piggin

**18th February Exbury in the 21st Century**  
John Anderson

**25th February Best of Turkish Cruising**  
Jeremy Waters

**4th March subject to be confirmed**  
Derek Burke

**11th March The Moody Legacy**  
David Moody

**18th March The Portulan Legacy**  
earliest explorers charts – John Beake

**25th March A South American Adventure**  
Chris Cobham

**Diary Note** Please change these dates in your diaries for later in the season. The Gins Farm Meet will be on 2nd/4th October and the Needles Relief on 19th December.

### **RACING**

**ROYAL LYMINGTON CHALLENGE CUP 2009**  
**25th TO 27th JUNE**

#### **Club Team Selection Trials**

The trials for the Club's team will take place on the first three Sundays of the Henri Lloyd Spring Series. The Spring Series rating bands will be adjusted as appropriate. The closing date for entries is 10.00 am on 12th March 2009. Entry forms are available from the Sailing Manager: [ben@rlymyc.org.uk](mailto:ben@rlymyc.org.uk).

The selector is Nick Ryley, ([nick.ryley@uwclub.net](mailto:nick.ryley@uwclub.net)), who is happy to answer any queries and may be contacted by email. Please put Challenge Team Selection in the subject line.

The team will be announced on May 14 2009. A second team may be considered.

#### **Accommodation Required**

Many Club Members will have happy memories of the

Royal Lyminster Cup when they were kind enough to put up skippers and crews in their own homes. We are asking for similar assistance for visiting crews for the Royal Lyminster Challenge Cup. Times do change and we wouldn't be asking you to do this for free. Accommodation would only be on a bed, no breakfast basis (the Club will be providing breakfast.)

If you have a spare room or two, don't live too far from the Club and would like to be in some way involved in this event, please contact Rachel Nuding, Event Coordinator, either on 01590 673894 or by e-mail: Rachel.nuding@btinternet.com for further information and to answer any questions you may have.

#### HEALTH4HEALTH REGATTA - 3RD AND 4TH JULY

The Club will be running the sailing and hosting several of the social functions for this new event. See [www.rlymyc.org.uk/h4h](http://www.rlymyc.org.uk/h4h)

Health4Health is a charitable venture, which has the potential to create a major annual event. There was a successful pilot last year but this is the first full challenge with sailing, running, swimming and cycling events.

They need support from all the medically related people we can find. If you would like to enter a team or compete in a single event, please look at the website [www.health4health.org.uk](http://www.health4health.org.uk), where there is an online entry form. Maybe you can challenge friends or associates to field their own team too. Runners, swimmers and cyclists can enter individually, as can anyone working in health, pharmaceutical or related industries.

#### VOLUNTEERS

The 2009 Volunteer Form is now available at [www.rlymyc.org.uk/volunteers](http://www.rlymyc.org.uk/volunteers) (you need to go to the bottom of the page to find it – Ed.) Please fill it in and return it to Ben ([jon@rlymyc.org.uk](mailto:jon@rlymyc.org.uk)). If you have any queries please contact him.

**The Volunteers Day will be Saturday March 14th.** Please come along to talk to our race team members, and hopefully sign up to help this year. There will be refreshments for those attending.



#### Henri Lloyd Spring Series starts on Sunday 19th April.

We are asking anyone interested in helping with this event, both on and off the water, to contact the Sailing Manager, Ben Matthews as soon as possible on 01590 672677, or email [ben@rlymyc.org.uk](mailto:ben@rlymyc.org.uk)

#### Committee Boats

We always need Committee Boats and this year, with the Royal Lyminster Challenge Cup there will be plenty of opportunities for being in the best place to see the events. If you have a motor boat, sailing boat or even a RIB, and would like to play a part



Lovely Spring Weather – Mainframe during the 2008 HL Spring Series

in the Club's on-the-water activities, please contact the Sailing Manager on 01590 672677, or email [ben@rlymyc.org.uk](mailto:ben@rlymyc.org.uk).

Ben will be happy to talk you through the roles and responsibilities associated with supplying a Committee Boat.

#### WEDNESDAY JUNIOR SAILING CELEBRATES ITS 25TH ANNIVERSARY

This year's season of WJS will be the 25th since Dr's Jonathan Rogers and Tom McEwen started it in September 1984. Details of the various ways the Club will be commemorating these 25 years will be announced later.

In the meantime, Jenny Wilson, who currently runs WJS, would very much like to hear from past helpers. Jenny and Roger took over WJS in October 1993. She would particularly like to get stories and photos from those who helped during the early years. Please write to her via the Club, or email [jennywilson@forestlodgevets.com](mailto:jennywilson@forestlodgevets.com) with your present contact details and a brief account of what you did when you were helping.

In addition, Jenny would love to hear from anyone who has been through the scheme as a sailor with any particular memory or anecdote they would like to share.

The next season starts on 22nd April. Further details can be found at [www.rlymyc.org.uk/Junior](http://www.rlymyc.org.uk/Junior)

#### TRAINING Lots of new courses this spring!

Kristy, our Club Instructor, will be running dinghy beginner, improver and start racing courses as well as an adult refresher club probably on Tuesdays and 'Sailing is Fun' clubs for juniors during the holidays. For further details contact Kristy on [kristy\\_powell@hotmail.co.uk](mailto:kristy_powell@hotmail.co.uk) or 07814 544467.

We also have a few places left on a *Dinghy Instructors course* at Easter.

On the Powerboat side there will be a number of *Powerboat Level 2 courses* organised over the next couple of months and possibly a Safety Boat Course. For further details please see the Club website or email [marietta@healinghouse.com](mailto:marietta@healinghouse.com).

We are looking for Members to train as *Powerboat Instructors* and join our team of Instructors providing training for Members to drive the RIBs that support the Club's extensive programme. It is a three day course at the Club and you need to be an experienced rib driver already. For further details contact Marietta Pinto on [marietta@healinghouse.com](mailto:marietta@healinghouse.com)

Planning is going well for the *Cruiser Practical Safety Morning on 4th April* at the Lifeboat Station. There will be life-raft and flare demonstrations, practical demonstrations of how to get people back into yachts and preparations for helicopter rescues. In the Club there will be a number of stalls with safety equipment for sale as well as RNLI and Coastguard personnel to answer your queries. If you are interested in attending please sign up on the list in the Club.

*ICC AND CENVI* -Direct Assessments for International Certificates of Competence (ICCs) can be done through the Club at a nominal cost, as well as testing for CENVI Certificates, which you need for taking your boat onto the



Inland Waterways of Europe (including the inner harbours of a number of popular ports). If you are interested please enquire at the office or email [training@rlymyc.org.uk](mailto:training@rlymyc.org.uk)

We have a number of *RYA First Aid courses* planned for the next two months. The instructor is excellent and the training is very practical. For further details see the Club website or enquire at the office. [www.rlymyc.org.uk/Training/first\\_aid.html](http://www.rlymyc.org.uk/Training/first_aid.html)

On the *Race Management* side we have a Seminar on Competitor Friendly VHF at 1800 on 19th February and a Course Setting Seminar on Saturday 18th April. Please book places on both these through the office.

We are planning a *Radar Course* and beginning to put together the programme for later in the year so if there is anything you would like to do, please contact Roger Wilson, Chairman of the Training Committee ([rogerwilson@forestlodgevets.com](mailto:rogerwilson@forestlodgevets.com)).

### **RNLI LYMINGTON GUILD SPRING FAIR**

**Saturday, 28th March 2009 9.30am. – 1.30pm**

The RNLI Lympington Guild Spring Fair with Craft & RNLI Souvenir Stalls will be held at St.Thomas Church Parish Hall, Lympington, Coffee, Sandwiches, coffee and tea will be served. They would appreciate donations for the Prize Draw, and for the stalls: hard and paperback books, jewellery, handicrafts, toys, pictures, produce, cakes, preserves. If you can help please call: any of the following numbers 679205, 677102, 67347, 623029, 682126, 643268

### **FINALLY**

#### **A Cautionary Tale.... Lyme Disease by Mike Urwin**

*We are publishing this article to alert everyone about this disease. Even now in February Mike is still not completely recovered, although much better, as attendees at his recent Rules lectures can confirm. A second victim, Linda Jackson recently wrote to the Commodore asking him to bring it to members' attention. -Ed.*

Back in July 2008, I was bitten on the leg by what I now know was a tick. Initially, there was a small red patch about the size of 10p piece. It didn't itch or hurt and gradually spread to about 6 inches diameter over the course of a week and then disappeared. I ignored it.

Towards the end of August, I started to get pains in my thighs which gradually spread to my lower back, stomach, shoulders and upper arms. Initially, I (and the NHS) put this down to muscular strain from moving boats. My appetite disappeared. Blood tests did not show anything. The pain got worse. More blood tests did not show anything. The pain got worse. I was now using about 12 codeine plus 12

paracetamol per day! I started losing weight dramatically, ultimately 2 stones! My whole rib cage went numb, affecting my breathing. I was unable to sleep properly.

More blood tests (my left arm was by now empty!) eventually (with some prompting to the doctors from us) came back positive for Lyme disease which, for those who don't know, is a deer-borne infection spread by ticks.

28 days of vicious antibiotics (nausea and chugging up everywhere) finally nailed it.

Now, at the beginning of November, ie some 4 months after the original bite, I am beginning (but only beginning!) to feel better. I am still nearly 2 stones down, very weak, and have zero energy. I can manage a short half day at work, no more.

I do not know exactly where or when I was bitten, but it is more than likely that it was while fishing on the upper reaches of the Lympington River.

I now know that the New Forest is a 'hot spot' for Lyme disease. It seems that the medical profession do not all know this, nor what the symptoms are. If caught early I am told that it is not nearly as severe as the attack that I had. If not caught early, as I found to my cost, it is very unpleasant indeed. If not diagnosed, the effects can be very serious and long term. Once diagnosed, the treatment is simple – antibiotics – even if somewhat unpleasant.

So, I urge you to take the following precautions:

- Wear long trousers and long sleeve shirts when walking in the Forest.
- If you suspect that you have been bitten by a tick, seek medical advice.
- The rash often shows as a 'target' of red rings.
- Symptoms (ie pains etc) do not start to show until about 3 weeks after the bite.
- When you see your doctor, tell him/her that you have been in an area with lots of deer and mention LYME DISEASE.

### **DISCOUNTS FOR CLUB MEMBERS**

The first five give 10% discount on presentation of a Club card. Elmers Court discount is by arrangement.

- Kew Electrical Unit 730 Ampress Park Lympington
- Rivaaz (Indian Restaurant) Lympington High Street
- Henry Lloyd (Yacht Clothing) Lympington High Street
  - Yachtmail (Chandlery) Town Quay Lympington
  - Rainbow Copy Ampress Park Lympington
  - Elmers Court Lympington

## **Three ways to help your club**

An introduction from you is all that is needed, the Club will do the rest. The leaflets are available from, or can be sent out by, the office

### **membership - join a friend**

Current membership is 2800 people - the target is 3000. There's no waiting list. So join a friend, they can become a provisional member immediately.



### **advertising & sponsorship**

Do you know an organisation which would benefit from being associated with the Club by sponsorship or by advertising in club publications. If so let the office know



### **club facilities promotion**

We offer • regatta management  
• corporate event hosting  
• business dining  
• conference and meeting facilities. The office will take the bookings.

