



Unity - Loyalty
Patriotism & Comradeship

Welcome to the latest edition of Up Spirits; the bi-monthly newsletter of the Royal Naval Association – Norwich Branch.

This month we have an article from S/M Alf Wiggins on the Re-Commissioning Norwich Branch RNA.

Articles from The Monthly Circular and Up Spirits are also available on the Branch Website along with postings on Naval History and Traditions.

Up Spirits!

NORWICH BRANCH NEWS

Branch Hon. Secretary and Editor

Shipmate Gus Honeywood
11 Lakeland Way
Hethersett
Norfolk
NR9 3QA
01603 947391
E-mail: rna.norwich@gmail.com

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From the Quarterdeck – The President's Piece

Shipmate Mike Mizen

Recently Lindsay and I returned from a holiday in Canada (yes, thank you, we had a lovely time) visiting members of my family and touring the wide-open spaces. However, when we reached Ottawa and had booked in to our hotel, we were subjected to very heavy rain and violent winds. Unbeknown to us Ottawa and the surrounding district had been hit by six tornadoes. A little bit later the power station was hit by lightning and there was a massive power cut, shutting down most of the city. We were plunged in to darkness but being well prepared we both carry a torch in our luggage and fortunately we had some food left over from a picnic lunch. The only sound we could hear was the wind and the sirens of the emergency vehicles. In the morning we were advised that the only area of Ottawa with power was Downtown, so we headed towards it. Unfortunately, all the traffic lights were out so it took ages with cars crossing the junctions one at a time (they don't have roundabouts!). Eventually we found a decent restaurant, but it took an hour before we got fed and then I had to send mine back as my fried eggs were not cooked (I mean not cooked – the whites were raw!). Everything in the city was closed, shops and businesses were unable to open their cash registers, and they didn't have any light anyway. Tourist places, like museums, were closed and staff were instructed to not even bother turning up for work. To some people it was like the end of the world was nigh, to Lindsay and me it was a bit of an inconvenience. But the most important bit was that we could not get any information. All the usual methods, TV, radio, newspapers, etc were all closed because of the lack of power. It demonstrated to me how vulnerable we are when we cannot get information. The power came back on after 24 hours and it was then that we saw the devastation. Around Ottawa whole areas had been demolished, houses flattened, cars turned over, trees uprooted. One person was killed, I was surprised that there was not more. And we, in our hotel room, were

blindly oblivious as we saw very little damage. The next day we returned to our base in Barrie, about sixty miles north of Toronto. The storm was the main topic of conversation with everyone saying how lucky we were.

Then, a few days later, we heard about the earthquake and tsunami in Indonesia. What we had experienced was nothing compared to what the people there suffered. And once again, the lack of information has played a major part in the rescue efforts. I have heard reporters complaining that the government is not doing enough but where do you start. The damage, the injuries, the loss of life, is so great that the emergency services and the government must feel overwhelmed. I sympathise with all of them (not the reporters) as they face a mammoth task of trying to stabilise the affected areas.

Next month, at our November meeting, we will have our annual service of rededication. If you have a few moments during our short service, please give a prayer to those suffering as the result of the earthquake and tsunami. Thank you.

Secretary's Report

Shipmate Gus Honeywood

So here we are at the October edition of Up Spirits and I have to begin by remarking how frighteningly quick the year seems to have passed, it only seems like a short time ago that we were dealing with the 'Beast from the East'.

The next six weeks sees quite possibly our busiest time of the year with Trafalgar Night just around the corner, before we parade at the City War Memorial for Armistice Day. With this year being the centenary of the end of hostilities in 1918; it would be fantastic to see as many members on parade as possible; even if you are unable to continue with the march to the Cathedral.

Interspersed with these events are the Edith Cavell Service at Norwich Cathedral at 1030 on 13 October, the El Alamein Service at St Andrews Church, Honningham at 1030 on 21 October, the Acle Commemoration of 100 years since WW1 at Acle Recreation Centre between 1100-1600 on 3 November, the Branch Run Ashore; where we will also be celebrating Pickle Night; at York Tavern at 2000 on 3 November and the Dunkirk Veterans Remembrance Service at St Andrews Church at 0930 on 4 November. If you are able to attend any of these events, then your presence would be most welcome.

Welfare Report

Shipmate Phil Coates

Continuing along the same theme as August, September was also a rather quiet month from a welfare perspective and once again I have very little to report (which is a good thing as I can't make the meeting on Tuesday evening!). With the kind support of the Branch Secretary, the links section of the branch website has been updated and now includes a link to the Veterans Gateway, which can be used as the first port of call for veterans seeking support. Veterans' Gateway is made up of a consortium of organisations and Armed Forces charities, including The Royal British Legion, SSAFA – the Armed Forces charity, Poppy Scotland, Combat Stress and Connect Assist. The Veterans Gateway team is available 24 hours a day, 7 days a week, to put you in touch with the help you need or direct you to the information you are looking for. Visit veteransgateway.org.uk for more information or call 0808 802 1212 to speak to a member of the team.

Remember, support is only a phone call away, so please do get in touch. If I don't answer, please leave a voicemail and I will call you back as soon as I can. See you all in November.

From the Monthly Circular

Vacancy Standing Orders Committee Chairman and National Charter and Bye-Laws Advisor

Shipmate Ivan Hunter BEM is retiring as the Chairman of the Standing Orders Committee and National Charter and Bye-Laws Advisor after the next National Council meeting in September.

Applications are therefore sought from suitably qualified Shipmates to apply for the above positions.

Shipmates who may wish to apply for this vacancy, in the first instance should apply to the General Secretary by 01 October 2018.

Assistance Please – Kings College London

Central Office received a request for assistance from Hannah Harwood a research assistant at Kings College in London for which Shipmates may be able to assist. If anyone would like further specific details/ information of the study, please contact Andy at Central Office

Good morning,

I am contacting you from the King's Centre for Military Health Research, King's College London.

We are conducting some research investigating links between military service-related mental ill-health and the risk of developing dementia in older UK military veterans.

We would love your support with passing on information about our study to help recruit participants if possible. We are seeking male UK military veterans (minimum two years' service as a regular) aged over 65 years, either with or without a diagnosis of dementia.

It would be great to discuss the study further with a member of your team; I am happy to send more information and advertisement materials if you are able and willing to advertise the study by any means available to you.

We look forward to hearing from you!

Best wishes,

Hannah

Hannah Harwood

Research Assistant

HALO and MIDST projects, King's Centre for Military Health Research, King's College London 2.17 Weston Education Centre, Cutcombe Road, London SE5 9RJ hannah.l.harwood@kcl.ac.uk +44 20 7848 0267

Shipmate Submissions

Breakfast Club and Branch Run Ashore

Shipmate Gus Honeywood

The next Branch Run Ashore is organised for **Saturday 3 November 2018** at The Coach and Horses, 51 Bethel Street, Norwich, NR2 1NR.

We will be using the event to celebrate Pickle Night.

Our next breakfast club get together is organised for 1000 on **Saturday 1 December 2018** at Table Table, Longwater Interchange, Dereham Road, New Costessey, NR5 0TP.

Re-Commissioning Norwich Branch RNA

Shipmate Alf Wiggins

The following Minutes relate to the first meeting of the new Branch held at the Royal British Legion Club on Monday 24th. September 1979.

President S/M JIM BOWLES

Chairman S/M KEN COFFEE

Secretary S/M ESME KETTERIDGE

Treasurer S/M BEN RICHES.

32 Members signed the book. Enrolment forms handed out for completion by new members.

S/M Coffee opened the meeting and thanked all present for attending. This meeting was a result of a meeting earlier in the year when the six founder members, under the guidance of S/Ms Povey and Riches, decided to endeavour to raise a Norwich Branch. After acceptance by Head Quarters arrangements were made for the Commissioning to take place on Thursday 18th. of October in the British Legion Hall, Aylsham Road. S/M Coffee had been a member for many years of the Dagenham Branch, and the aim in the beginning was to raise money by any means to get the Branch started.

S/M Riches told me meeting there had been an earlier Branch in Norwich after the 1914-18 War, but for various reasons the membership had fallen off, there was a breakaway Branch still functioning with about 13 members and it was hoped that they would join the new Branch.

Discussion then took place for arrangements for the Commissioning Service. Offers being given by many members to bring contributions for refreshments and prizes for the raffle. S/M Bowles suggested that we keep the speeches short and endeavour to get to know one another. Members from other Branches in No. 5 Arena were to be invited, and wives and families of members.

The question of obtaining a Branch Standard was raised, and it was agreed this should be purchased when funds permitted. Mr Brighton, the Hall manager, joined the meeting and kindly donated two prizes for the raffle. He was very willing to help in every way to get the Branch on its feet. RNA members could become temporary members of the Club for 5p a month and join the British Legion at the beginning of their year.

Facilities of the Club would be available, Darts, Pool, Dances etc. For the Commissioning meeting the large room was booked with the kitchen facilities. Mr Brighton was willing to loan a record player etc. The Hall would be available until 11.30.

Question were asked about the aims of the Association. This was to promote friendship amongst ex-Naval personnel; to help members who are in need and in any hardships; to assist widows and dependants by offering advice and help should the need arise.

The meeting ended with a collection from members present and £15.80 was raised. S/M Riches enrolled and collected new members subscriptions

New Members

Welcome to the following new members of the Branch

Shipmate Kyle Rogers

Full Member

Kyle served between 2005 and 2012, leaving as an AB(ETME). He served on HMS Raleigh, HMS Sultan, HMS Montrose, RM Unit, HMS Diamond and Defence Diving School

Shipmate Colin Wilson

Full Member

Colin served between 1960 and 1982, leaving as an CPOSA. He served on HMS Pembroke, HMS Lochinvar, HMS Ark Royal, HMS Ganges, HMS Dolphin, HMS Resolution (Port and Stbd Crews), HMS Neptune, HMS Sceptre, HMS Repulse (Stbd Crew)

Calendar of Events – 2018-2019

October

- 13th Edith Cavell Service – 1030
 20th Trafalgar Night Dinner – Wensum Valley Golf Club – 1930
 21st El Alamein Service (Desert Rats) – Honingham, NR9 5BT – 1030

November

- 3rd Area 5 Quarterly – Rayleigh
 Branch Run Ashore — The Coach and Horses, NR2 1NR– 2000
 4th Dunkirk Veterans Remembrance Service – Honingham, NR9 5BT – 0930
 6th Committee Meeting – 1930
 10th Remembrance Service - Hethel 1030
 11th Armistice Day and Remembrance Day Parade - City Memorial – 1015
 13th Branch Meeting – 1930

December

- 1st Breakfast Club — Table Table, NR5 0TP – 1000
 4th Committee Meeting – 1930
 7th-8th Bucket Collection – Morrisons at Wymondham.
 9th Christmas Sunday Lunch – Bawburgh Golf Club, NR9 3LU
 11th Branch Meeting – 1930

2019

January

- 2nd Committee Meeting – 1930
 8th Branch Meeting – 1930

February

- 5th Committee Meeting – 1930

Future Editions of Up Spirits

Shipmate Gus Honeywood

The next edition of Up Spirits will be published for the December Branch Meeting, and I would request that all submissions for that edition are forwarded to me by 26 November 2018.

If you have any submissions for Up Spirits, then you can email them to me at rna.norwich@gmail.com.

All submissions will be gratefully received.

- 12th Branch Meeting – 1930

March

- 5th Committee Meeting – 1930
 12th Branch Meeting – 1930

April

- 2nd Committee Meeting – 1930
 16th Branch Meeting – 1930

May

- 7th Committee Meeting – 1930
 14th Branch Meeting – 1930

June

- 4th Committee Meeting – 1930
 11th Branch Meeting – 1930

July

- 2nd Committee Meeting – 1930
 9th Branch Meeting – 1930

August

- 6th Committee Meeting – 1930
 13th Branch Meeting – 1930

September

- 3rd Committee Meeting – 1930
 10th Branch Meeting – 1930

October

- 1st Committee Meeting – 1930
 8th Branch Meeting – 1930