



**Unity - Loyalty
Patriotism & Comradeship**

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

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 covering the Branch Officers since the Re-Commissioning Norwich Branch RNA and a request on behalf of the Norwich City Community Sports Foundation.

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

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From the Quarterdeck – The President’s Piece

Shipmate Mike Mizen

Much as I enjoyed my role as Branch Chairman, I am glad that at last I have stood down. Don’t get me wrong, although the role has its ups and downs overall being on the ‘top table’ is a good place to be. You get to see how everything works and how the plans gradually come together and if, like me, you are a great supporter of the Branch, you get a feeling of achievement when it works and the occasional member says, “Thanks Mike”. Now I can take my place in the stalls where Lindsay has reserved a seat for me. I can look up to the top table (I can just see it over the heads of the people in front of me) and listen to what others are now doing towards the running of this Branch. My term as Chairman has come to a close and I was both honoured and surprised to receive the Certificate of Appreciation. For those who organised the honour, and those who both supported and applauded the award, thank you.

Now what do I do? I’m at a bit of a loss as to what to do next. I’m not going to barrack the top table or throw a spanner in the works, that’s not my style; in any case I have always said that if you can do a better job, get up and do it! I won’t get much chance to nod off either, Nev and Gus will see to that! So I suppose I will do what I hope (wish) all the other members do, listen carefully to what is happening or been planned, and then act on it. In other words, give as much support as possible to what has been organised on your behalf and enjoy the occasion.

Did you see the recent TV programme when Mary Berry visited HMS Defender and “assisted” with the cooking of emergency food during an exercise? I was reminded of the occasion when we had to live off emergency rations for A WEEK on HMS Messina when the galley caught fire. A Goanese cook (we didn't have ‘chefs’) threw water over a fire in the galley and set the whole place on fire. It could probably been put out with a couple of fire blankets but one of my crew (bloody hero) ran in with a foam extinguisher and covered everything with foam, so much so that we had no galley facilities for a week, hence the emergency rations. And what did we get, corned beef sandwiches morning noon and night! I love ‘em, - but only occasionally.

For the more intellectual amongst us, I recommend “Empire of The Sea – a look at the role of the Royal Navy in the development of Britain” on BBC4 at 2000 on Mondays, much more interesting than Mary Berry, bless her.

See you all at the next meeting.

Chairman's Report

Shipmate Nev Townsend

On the 08th March Norwich City FC held their annual Armed Forces Day at Carrow Road. For the second year running Veterans have also taken part. This year over 40 veterans (including standards) paraded around the pitch alongside a few serving personnel from RAF Marham. The weather tried and failed to spoil the night and we received a fantastic reception from all the fans around the Stadium. A very proud moment for myself and all those taking part, as many Veterans told me afterwards. My attempts to get the Forces2Canaries Patron Lord Dannatt on the pitch fell short. His reason why? Ask me when you see me next.

Our AGM and Branch meeting took place 12th March and saw over 40 members present on the night, which is a good too see. After 2 years as Vice Chairman I took over as Chairman from Mike Mizen. I consider it a great honour to be Chairman for the next 2 years. My thanks go to Mike for the past 3 years at the helm, he certainly leaves the branch in a far better position than when he took over. Welcome to all our new Committee members and thank you for volunteering your time to help run the Branch.

The HMS Invincible Memorial Service took place at Happisburgh Church on 16th March; many thanks to the 18 Norwich RNA members who turned up. Good turnout on the day with around 40 attendees in total. Inclement weather meant all the day's proceedings were carried out inside the church.

As we move forward in the 2019-2020 financial year our branch membership remains roughly the same year on year (considering both new members and those that let their membership lapse); which is a great testament to the Committee and the hard work they put in.

As the nights draw out and the temperature increases, we look forward to seeing more members attending our meetings at the social club.

Finally I will end with something from Jackspeak, the word for this edition is Banjo and it has 3 meanings.

To hit someone or something very hard

A sandwich, originally created from all (or most of) a French Loaf, and

then filled with a variety of contents. A common variant is the “egg banjo” involving fried egg.

It is the traditional name for anyone called “West”.

Secretary's Report

Shipmate Gus Honeywood

Welcome Shipmates to the latest edition of Up Spirits, and I would like to commence by welcoming S/M's Tony and Jennifer Lawrence to the Branch, their details can be found under the New Members section. There is one small point I need to rectify before I go any further; and that is to apologise to S/M Peter Wilson for providing the wrong forename in the New Members section when he joined the Branch.

Since the last edition of Up Spirits; it has been a reasonably busy couple of months with membership renewals and getting ready for the AGM; and then subsequently ensuring the annual returns are completed and submitted in a timely fashion to Area and HQ. The Branch AGM saw three new members join the Committee; and I would like to welcome S/M's Kevin Brett, Steve Deane and Steve Phillips to the throng.

Between now and the next edition of Up Spirits, we have a number of events on the calendar. The first being the Area 5 Meeting on the 4th May, the same date also sees the next Branch Run Ashore which is being held at the Hotel Nelson and it is hoped that as many Shipmates as possible will come along and join us. We have extended an invite to the other Branches who will be attending the Area 5 Meeting. Also, not to be forgotten, the date coincides with the annual rugby match between the Senior Service and the South Pacific Ringers at Twickenham.

Later on in May, the Branch will be attending its first fete of the year at Costessey and this will be the first outing for the new Branch gazebo. We will be looking for volunteers to help man the stall on the Monday 27th May (Bank Holiday Monday) at Costessey Park.

Before closing I would like to report that it is unfortunate that 14 members have decided not to renew their Branch Membership and it is sad to see the names of those that have taken this decision. However, the Branch continues with a healthy membership of 90 shipmates, and I would ask that members do all they can to promote and advertise our organisation wherever and whenever they can. Many thanks.

Welfare Report

Shipmate Phil Coates

In late March, the Branch were requested to support the funerals of a couple of non-members who had crossed the bar recently; Peter Harpham an ex-Royal Marine, was a widower without any other family. His funeral will be held at St. Faiths Crematorium on Tuesday 16th April at 11.00am. Arthur Alfred Davis, ex-RN Senior Rate, whose funeral was held on Monday April 1st, at 11am, at Saint Margaret's Church, Harleston.

Listen In!

I'm sure we all had an ear pounding or three in our time in the mob, maybe you were a cement head or maybe, you were unfortunate enough to be caught leaning on the guard rails by the buffer and suffer a full-on dressing down! Move to the present day and for many a year, our very own resident GI has been calling out the raffle numbers without the need for a loud speaker. So in some way, your fag brackets (your ears) may have been damaged...que the pardon jokes!

Now, before you think this is the old scabflifer starting to spin you some random dit or to tell us not to put anything smaller than your elbow in your ear (You shouldn't by the way), I just want to advise you about UK Veteran's Hearing Help. This organisation helps veterans who have suffered hearing loss as a result of service obtain fully-funded hearing aids with the support of the Royal British Legion. Definitely worth checking out their website or giving them a call if you've experienced hearing loss which is attributable to service life. For more information visit: <https://www.uk-veterans-hearing-help.co.uk> or call them on 0800 369 8600.

From the Monthly Circular

Central Office Open Days

Central Office are holding a number of Open Days over 2019, please dates below. There are plenty of spaces should

Branches, HQ Roll members or individual Shipmates like to attend, Central Office staff will be delighted to host them. For

those unaware the fun begins at 1100 in Central Office, Semaphore Tower HM Naval Base Portsmouth.

On arrival you will enjoy a sandwich lunch and brief by a Senior Naval officer on current Fleet issues followed by an update on RNA matters from the GS.

Then it is off on a Boat trip round the Naval Base. There will also be an opportunity to purchase 'Jackets, Buttons and Badges' from Nigel, so bring some cash! The Open Day normally completes by 1400.

Open Days are all held on a Friday. This year they will be held on; 17 May, 21 Jun, 26 Jul, 30 Aug and 11 Oct

If you interested in attending, please forward your details to Central Office. (Contact details at front of Circular)

Shipmate Submissions

Breakfast Club and Branch Run Ashore

Shipmate Gus Honeywood

The next Branch Run Ashore is organised for **Saturday 4 May 2019** at The Hotel Nelson, Prince of Wales Road, Norwich NR1 1DX.

Our next breakfast club get together is organised for 1000 on **Sunday 2 June 2019** at Table Table, Prince of Wales Road, Norwich NR1 1DX.

New Members

Welcome to the following new members of the Branch

Shipmate Anthony Lawrence

Full Member

Anthony served between 1981 and 2004, leaving as an RS. He served on HMS Fearless, HMS Newcastle, COMCEN Northwood, RFA Diligence, HMS Southampton, NP 1004, HMS Battleaxe, COMCEN Faslane, HMS London, UKSUBCAMS, HMS Herald, NJSC Northwood, HMS Lancaster and NATO COMCEN Northwood

Shipmate Jennifer Lawrence

Full Member

Jennifer served between 1988 and 1993, leaving as an WSTD. She served on HMS Heron, HMS Raleigh, HMS Battleaxe, HMS Neptune and HMS Drake

Branch History

Shipmate Alf Wiggins

Recorded below are the names of members who had been President and Officers of the Branch since 1979.

	PRESIDENT	CHAIRMAN	VICE-CHAIR	SECRETARY	TREASURER
1979-1980	Jim Bowles	Ken Coffee	=====	Esme Ketteridge	Ben Riches
1980-1981	— ~ —	— ~ —	Cyril Curtis	— ~ —	— ~ —
1981-1982	— ~ —	— ~ —	— ~ —	— ~ —	— ~ —
1982-1983	— ~ —	Frank Folkard	Mike Mizen	— ~ —	Don Tyler
1983-1984	— ~ —	Mike Mizen	Gordon Heighway	— ~ —	Peter Pulford
1984-1985	— ~ —	Gordon Heighway	John Ward	— ~ —	— ~ —
1985-1986	— ~ —	John Ward	Mike Mizen	— ~ —	— ~ —
1986-1987	— ~ —	Mike Mizen	Peter Smith	— ~ —	— ~ —
1987-1988	— ~ —	Peter Smith	Bill Clodd	— ~ —	— ~ —
1988-1989	— ~ —	Bill Clodd	Mike Mizen	— ~ —	— ~ —
1989-1990	— ~ —	Mike Mizen	Frank Folkard	— ~ —	Brian Butler
1990-1991	— ~ —	Frank Folkard	Will Holsworth	PG / EK ¹	— ~ —
1991-1992	— ~ —	Will Holsworth	Peter Smith	Esme Ketteridge	— ~ —
1992-1993	— ~ —	Peter Smith	Jon Read	— ~ —	— ~ —
1993-1994	— ~ —	John Read	Will Holsworth ²	— ~ —	— ~ —
1994-1995	— ~ —	Will Holsworth	Mike Mizen	— ~ —	— ~ —
1995-1996	— ~ —	Mike Mizen	Brian Howlett	— ~ —	— ~ —
1996-1997	— ~ —	Brian Howlett	Ray Castle	— ~ —	— ~ —
1997-1998	— ~ —	Ray Castle	Peter Pulford	— ~ —	— ~ —
1998-1999	— ~ —	Peter Pulford	Alf Wiggins	— ~ —	— ~ —
1999-2000	— ~ —	Alf Wiggins	Peter Cook	— ~ —	Ted Cockrill
2000-2001	— ~ —	Peter Cook	Terry Tyler	— ~ —	— ~ —
2001-2002	— ~ —	Terry Tyler	Reg McGuire	Fred Temperton	— ~ —
2002-2003	— ~ —	Reg McGuire	Fred Hogben	— ~ —	— ~ —
2003-2004	— ~ —	Fred Hogben	Peter Cook	— ~ —	— ~ —
2004-2005	— ~ —	— ~ —	— ~ —	— ~ —	— ~ —
2005-2006	— ~ —	Peter Cook	Pat Whiley	— ~ —	— ~ —
2006-2007	— ~ —	Pat Whiley	Graham Rowland	Ken Baish	— ~ —
2007-2008	— ~ —	Graham Rowland	Elsa Perry	— ~ —	— ~ —
2008-2009	— ~ —	Elsa Perry	Peter Cook	— ~ —	— ~ —
2009-2010	— ~ —	Peter Cook	Fred Hogben	— ~ —	Mike Wilkinson
2010-2011	— ~ —	Fred Hogben	Bob Knights	— ~ —	— ~ —
2011-2012	— ~ —	Bob Knights	Reg McGuire	Keith Smith	— ~ —
2012-2013	— ~ —	Reg McGuire	Barrie Jones	— ~ —	— ~ —
2013-2014	— ~ —	— ~ —	Barrie Jones	— ~ —	— ~ —
2014-2015	— ~ —	Barrie Jones	Bob Knights ³	— ~ —	— ~ —
2015-2016	— ~ —	Bob Knights	Keith Smith	Wendy Howard	— ~ —
2016-2017	Mike Mizen	Mike Mizen	— ~ —	— ~ — ⁴	— ~ —
2017-2018	— ~ —	— ~ —	Nev Townsend	Gus Honeywood	— ~ —
2018-2019	— ~ —	— ~ —	— ~ —	— ~ —	— ~ —
2019-2020	— ~ —	Nev Townsend	Phil Coates	— ~ —	— ~ —

¹ Pam Gulliver and Esme Ketteridge shared the post

² Will Holsworth acted for John Read regularly

³ Bob Knights took over from Barrie Jones

⁴ Gus Honeywood replaced Wendy Howard

In the Beginning

Shipmate Gus Honeywood

In the beginning God created the Heavens and the Earth,

He created the mountains, and the Oceans. He created the Sun and the Stars.

Then he looked down upon his wonders and God was not happy, for there was no life.

Then God created life, and the life was without form as the creature was a sloth in appearance, with deep pockets and short arms, so that his hands could not touch the bottom, his pants were baggy and hung off his body, and he could not talk without swearing. God took pity on this ungodly person, so he gave him medals, and ribbons, and guidons, and flags and badges, and patches, and lanyards. These items amused the creature and it ran off into the bush.

God called him a Soldier.

Then God looked down, but he was still not happy, so he created flighty creatures that filled his skies. They were small in appearance with distorted features, so God gave them moustaches to cover his mistake. These creatures would only talk in syllables less than three in number and could not communicate without telling you how good they were.

These flighty creatures would only huddle together and prance around without meaning or direction, they could not communicate with the Soldier.

God called him an Airman.

Then God took a day off. (When you are God, you can do that).

Then God looked down again but still was not happy. (That's not very good if you are God)

So he took his time and created a creature in the image of himself. This creature was tall and lean with strong arms to carry the world on his own. He was good looking in appearance and had the gift of perfect speech.

He tasked this creature to defend his mighty realm of oceans, which is the biggest job of all.

He blessed the creature with the ability to fly through the air and land on small platforms. (This impressed the shit out of the Airman who looked on in wonder). Then he blessed this creature with the ability to travel on water and the Soldier ran off in fear, never to be seen again. He gave him practical uniforms to fight Satan and defend God from evil. He gave him 'evening dress' to impress the hell out of the women at cocktail parties.

This mirror image of himself God called a Sailor.

Then God rested (creating the world is a big job).

Then God looked down again but was still not happy. Why?

In all his workings and wonders, he had not made himself a Sailor.

Then he realised, not everyone can be a Sailor.

Norwich City Community Sports Foundation

Shipmate Mike Mizen

Norwich City Community Sports Foundation are keen to develop a military and ex-military community focussed initiative involving the promotion of physical activity, possibly including walking football, and social integration. In order to develop suitable activities and target them appropriately, they have asked for the assistance of the veteran's charity structures already in place across Norfolk to encourage participation in a survey they are hosting through Survey Monkey. Attached is a link to the survey and it would be extremely helpful if you would consider circulating this across your network and encouraging participation. Whilst it is envisaged that the activity will start within Norwich at the NEST facility, they also see the potential for outreach activities elsewhere across the county if there is sufficient interest and support. It should be stressed that this is not just intended for the younger element of the community but also the older members.

This is an excellent initiative and would firmly link Norwich City FC with the veteran and serving community, including spouses. Please do try and participate in the survey. Thank you.

Link: <https://www.surveymonkey.co.uk/r/MFF2MJ5>

Calendar of Events – 2019

2019

May

- 4th Area 5 Meeting – Norwich
 4th Branch Run Ashore — Hotel Nelson, NR1 1DX – 2000
 7th Committee Meeting – 1930
 14th Branch Meeting – 1930
 26th-27th Costessey Fete

June

- 2nd Breakfast Club – Nelson Table Table, NR1 1DX – 1000
 4th Committee Meeting – 1930
 6th D-Day Service and Parade
 11th Branch Meeting – 1930
 24th Armed Forces Week Flag Raising – City Hall – 1030
 26th-27th Royal Norfolk Show
 29th National Armed Forces Day
 30th Armed Forces and Dunkirk Service - St Andrew's Church NR9 5BT – 1030
 30th 40th Anniversary / Summer Lunch – Wensum Valley Golf Club – 1300

July

- 2nd Committee Meeting – 1930
 6th Branch Run Ashore — Unthank Arms, NR2 2DR – 2000
 7th Armed Forces Day – The Forum
 9th Branch Meeting – 1930

August

- 3rd Area 5 Meeting – Rayleigh
 Bucket Collection – Roy's at Hoveton
 4th Breakfast Club – Nelson Table Table, NR1 1DX – 1000
 6th Committee Meeting – 1930

Future Editions of Up Spirits

Shipmate Gus Honeywood

The next edition of Up Spirits will be published for the June Branch Meeting, and I would request that all submissions for that edition are forwarded to me by 27 May 2019.

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.

- 13th Branch Meeting – 1930
 28th Stanford Battle Area Trip

September

- 3rd Committee Meeting – 1930
 7th Branch Run Ashore – Plasterers Arms – NR3 1SZ – 2000
 10th Branch Meeting – 1930

October

- 1st Committee Meeting – 1930
 6th Breakfast Club – Nelson Table Table, NR1 1DX – 1000
 8th Branch Meeting – 1930
 12th Edith Cavell Service
 19th Trafalgar Night Dinner – Wensum Valley Golf Club – 1930
 20th El Alamein Service - St Andrew's Church NR9 5BT - 1030

November

- 2nd Area 5 Meeting – Harwich
 Branch Run Ashore – The Fat Cat, NR2 4NA – 2000 – Celebrating Pickle Night
 3rd Dunkirk Remembrance Service - St Paul's Chapel and War Memorial, NR9 5AP - 0930
 5th Committee Meeting – 1930
 10th Remembrance Day Parade – City Memorial – 1000
 11th Armistice Day Parade – City Memorial – 1045
 Laying of Poppy Cross – St Peter Mancroft Church – 1115
 12th Branch Meeting – 1930

December

- 3rd Committee Meeting – 1930
 7th Breakfast Club – Nelson Table Table, NR1 1DX – 1000
 10th Branch Meeting – 1930