



Unity - Loyalty  
Patriotism & Comradeship

# Up Spirits!

## NORWICH BRANCH NEWS

**Branch Hon. Secretary  
and Editor**

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**W**elcome 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 positions of note that have been filled since the Re-Commissioning Norwich Branch RNA and his recent Battlefield Tour.

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*

June is bustin' out all over (lovely girl) and the gloriously hot weather has turned the garden in to a jungle. Everything is growing faster than I can keep on top of, especially the weeds, and too much time is spent trying to keep the garden looking in reasonable shape.

But June has another important event, the same as it has had for the last 75 years, D-Day. And this year's is, like the 50th and the 60th and the 70th, full of important events and more importantly, memories. More important because the number of survivors from D-Day is diminishing rather quickly, most of them are now in their nineties. Naturally there is a lot of interest in this year's event with the high and the mighty turning out in force to pay their respects, and the survivors being shepherded around so that they will be in the right place at the right time so that it fits in with the VIP's schedule. Having once attended the Normandy beaches during a major anniversary I vowed never to do it again! However, for those who survived D-Day, this is their chance to attend the commemorations and our very own Fred Fitch is one of those who will be there. Fred was one of the Landing Craft crew who landed on Sword beach on D-Day and this year, for the very first time, he is returning. You would think that it would be easy, after all people go on holiday to France every year. But Fred has never had a

passport, so that had to be arranged; then he had to have insurance, accommodation, transport, the list goes on and on. Fortunately two very good guys in the RMA in Norwich took it upon themselves to organise everything, not just the documentation but also the funding (it's not cheap!) They will also accompany Fred to keep an eye on him, make sure he doesn't get into any mischief, and ensure that he can do what he wants to do without having to worry about anything. I am sure that the experience for Fred will be a memorable one and I sincerely hope that despite the sadder side of his visit he will enjoy the experience.

Much has been written about D-Day over the year, some good and some not so good. A lot is being written now, especially in the newspapers, and I can only assume that they used as their source material the not so good. There are too many inaccuracies, in one paper the article spoke of the "two American beaches, Utah and Omaha, and the two British beaches." The two British beaches weren't named but anyone who has bothered to read any decent history would know that there were FOUR British beaches, Gold, Juno, Sword, and Band. No troops were scheduled to land on Band unless the German batteries at Houlgate and Benerville needed to be put out of action (Op. "Frog" and Op. "Deer"). A RM Commando unit was designated for the task but in the event were not needed as the batteries played no part in disrupting the landings.

Another of my gripes with the media is the way they report what people said on D-Day. I know from interviewing a number of D-Day participants that they cannot remember what they did last week let alone 75 years ago and yet the press reports long conversations that took place at various times during the day as if they happened yesterday. Get real.

Although the D-Day commemorations are very important, and I will support them in every way that I can, I often wonder how those who fought in other theatres must feel. The great and the good don't turn up at commemorations in Italy or the Far East, and who remembers those who served at sea or in some far-flung outpost of a signals station. I cannot but feel that not enough is done to remember those who did not take part in the "big" events, like Normandy, but whose role in the final victory, both in Europe and the Far East, was just as important. I suppose people will say that we have Remembrance Day to remember those who died, but what about remembering those who are still alive; I believe that their contribution should be more widely recognised, just as Normandy is. And just to prove my point, after Normandy Fred was shipped off to the Far East, but who knows about that?

## Chairman's Report

### *Shipmate Nev Townsend*

Greetings Shipmates and welcome to another addition of Up Spirits. A few events have taken place since our last edition. Firstly we hosted the Area 5 meeting in early May, which was well attended with shipmates from 10 branches attending on the day. My thanks to all those that helped set up and ensured the meeting was a success. We are scheduled to host our next meeting in August 2020. In the evening we held a run ashore in the Nelson Hotel. Good to see shipmates from the meeting come along for a beer or two.

At the end of May we were finally able to use our Gazebo at an event. The annual Costessey Fayre at Longwater Lane was the location. The weather was one of sunshine and showers, but this didn't put people off and the event was well attended. The footfall at our RNA tent was sparse however we had 3 potential new members pitch up for a chat.

On the 6th June Shipmate Freddie Fitch was back in Normandy to commemorate the 75th D-Day anniversary. This was the first time Freddie has been back to Normandy. Safe journey back Shipmate and we look forward to your report on the trip when you get back.

The Community Sports Foundation (CSF) Veterans Project survey which we sent out to all our members and many other ex-military organisations attracted 140 replies, which is a great response. The funding bid will be submitted in a few days. Assuming the bid is successful they hope to have the project up and running in early September.

Finally another piece from Jackspeak.

Barrack Stanchion - Derogatory description of someone who deliberately avoids sea duty, or who has had a seemingly endless succession of shore jobs in

## Secretary's Report

### *Shipmate Gus Honeywood*

Welcome again Shipmates to the latest edition of Up Spirits, another busy couple of months has been encountered by the Branch which has seen us hosting the Area 5 Meeting and the first run out of the Branch Gazebo; I know S/M Steve Phillips will want to pass on his thanks to all those who helped out at the Costessey Fete and Fayre. By all accounts it was a reasonably successful couple of hours which again advertised the presence of the Branch.

We have a couple of busy months ahead beginning with the Armed Forces Week Flag Raising at City Hall, Royal Norfolk Show, National Armed Forces Day, Armed Forces and Dunkirk Service at St. Andrews Church and our 40th Anniversary Summer Luncheon. I have to comment that I find it disappointing that up to now more members haven't added their names to the list for the Luncheon. This is an extremely notable occasion and a significant milestone in our Branches history, I would encourage any of you that haven't yet added your name to the list to do so ASAP.

The month of July is slightly more peaceful, with the next Branch Run Ashore being held at Unthank Arms and again I would encourage as many members as possible to come along and join us. Whilst we may use the term 'run ashore'; we do not set out to drink our own body weight in alcohol. The whole concept of the evening is for Shipmates to get together and swing the lamp over a couple of drinks; seeing how the Navy changed between our service periods and exchanging experiences. Armed Forces Day in Norwich will be celebrated on 7th July at The Forum and again it is envisaged that a good layout will be made available to the public to advertise the Branches presence.

August begins with a bucket collection at Roys in Hoveton, and the month will finish with a Quiz and Chips evening at The Bush in Costessey. Although tickets are £6 a head this will include your fish and chips. Teams of 4 are requested, and there will be a number of rounds to hopefully suit all tastes.

I am sure you will agree that there are a number of social events planned over the next couple of months, as we on the Social Committee like to think there are year-round. It is extremely disparaging when these events are poorly signed up for and the main reason for these events is to give you, the Shipmates, a number of opportunities to socialise away from the formality of Branch Meetings.

Finally, before I close and as mentioned at a previous meeting, S/M Toni McClouds daughter Natalie, will be taking part in the Berlin Marathon later this year and will be raising funds for SSAFA. If you can share this to help with raising money for the organisation that would be much appreciated. The link for the JustGiving page is: <https://www.justgiving.com/fundraising/natalie-kendall12>

Yours Aye

## Welfare Report

### *Shipmate Phil Coates*

Nothing like a break in the warm sun and some time at sea to get you thinking of your time in the mob, thinking of those shipmates who perhaps you should have done better at keeping in touch with. Why the trip down memory lane you may be asking? Well, let me tell you.

This month I was given a challenge to help a terminally ill RN veteran, a former buccaneer pilot. Sadly, Anthony hasn't long left and he wants to spin a couple of dits with a serving RN pilot before he crosses the bar. He hadn't joined the RNA for reasons unknown, so this reach out by his neighbour and close friend was the only hope they had.

Not one to shirk a challenge, I engaged the power of social media and began the search. However, it was an email to the Senior Meteorological Officer (SMETOC) at RAF Marham which did the trick, Lt Cdr Anna Townsend RN graciously volunteered her services and those of her 2IC - job done!

Unfortunately after communicating with Anthony's wife Lynda, the visit was going to be too much as his condition had worsened and he was spending most of his time in bed. So the SMETOC was stood down.

None of us know what the future holds, maybe now is the time to get in touch with those shipmates of old and find out just what they are up to. No one wants to grow old lonely, getting in touch may just make someone's day.

## 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 6 July 2019** at The Unthank Arms, 149 Newmarket Street, Norwich, NR2 2DR.

## In the Beginning

### Shipmate Gus Honeywood

In Britain, it is said that you are never more than 70 miles from the sea. As a small island, its most important means of defence has historically been its navy. Therefore, it is not surprising that many aspects of Navy life and culture have filtered into everyday life.

Among these are many common expressions we use today. Sailors in the Royal or Merchant Navy were often called "Jack Tars."

The name "Jack" was used generically to refer to a common man, in the way we might talk today about an average Joe. "Tar" referred to the tarpaulin or sailcloth, so the term "Jack Tar" distinguished a man from other Jacks.

Because of this, naval slang is sometimes referred to as "Jack Speak." You have probably been using "Jack Speak" for years without even realizing it. Here are ten common expressions used today and their origins.

#### CHOCK-A-BLOCK

This expression is a variation of "block to block." It refers to the blocks on the pulleys, which were used for hauling and lifting heavy objects on the ship. When the two blocks on the pulley were sitting close together, the pulley would not move.

So, the expression was used to describe a situation where things were packed so closely together that there was no room to move. That is why we use it today to refer to a packed room or train carriage.

#### BELL BOTTOMS

The traditional wide-legged trousers worn by sailors had little to do with either fashion or practicality. They were, in fact, the result of the sailors' limited sewing abilities.

All sailors were expected to make their own trousers. To keep things simple, they did not bother to shape the fabric to fit. Instead, they just used it as it came.

As the standard width of a bolt of fabric was 54 inches, a sailor just cut it down the middle. After stitching the seams, they were left with two legs, around 25 inches around the bottom, which became the standard uniform.

As it happened, the additional width made it easier to roll them up and keep them clear of water on the deck.

#### LETTING THE CAT OUT THE BAG

The cat in question here was not a ship's cat, although feline sailors were often kept onboard to keep down the mice and rats which could eat the rations or gnaw through the ropes.

In this case, the cat referred to is the cat o'nine tails, a whip that was used for punishing the sailors. It consisted of three chords each divided into three strands and attached to a wooden stick.

## New Members

Welcome to the following re-newed member of the Branch

### Shipmate Rob Stephens

Full Member

Anthony served between 1981 and 2007, leaving as an POSA. He served on HMS Raleigh, HMS Mercury, HMS Fife, CinC NAV HOME, HMS Invincible, HMS Warrior, Naval Party 2010, HMS Amazon, HMS Exeter, HMS Cardiff, HMS Fearless, HMS Birmingham, CinC (Northwood), HMS Endurance and HMS Nelson

It was kept in a bag, so whenever the “cat” was let out of the bag, it meant that someone was going to be in trouble. Although the term has now come to mean disclosing a secret, the underlying idea remains that the disclosure is likely to get someone into trouble.

#### ROOM TO SWING A CAT

Again, the cat in question was the cat o’ nine tails. This term describes a space without enough room to swing the cat — namely a very small space.

In this context, although swinging the cat does not involve cruelty to animals, it certainly involved cruelty to humans who could be punished with lashes for what would be considered fairly minor offenses today.

#### TRUE COLOURS

Ships were identified by the colours of their flags. However, there were times when it was acceptable to use false colours to avoid being identified. If, for example, you were approaching an enemy ship but not yet actually in battle, it was considered acceptable.

However, once the fighting began, each of the two ships was obliged to show their true colours. This is why when someone shows their true colours, we release they are not as we had originally imagined.

#### SHOW A LEG

The call to show a leg is usually a wake-up call meaning you have to show that you are at least awake and will be getting up soon. However, it was not the sailors who were expected to show a leg but their girlfriends.

When sailors were in port, their girlfriends were allowed to spend the night onboard. The girls were even allowed an extra 30 minutes in bed after the sailor had up.

But anyone still in the hammock once the sailors were up could be asked to “show a leg” to ensure that it was the girlfriend and not the sailor who was under the covers in the hammock.

#### PULL YOUR FINGER OUT

The finger in question here is the finger of the so-called “powder monkey” whose job it was to prime the cannon on the ship. To do this, he would insert a small amount of gunpowder into the ignition hole, which had to be held in place by his finger. When it was time to fire, he would pull out his finger.

Consequently, the idea of not holding back and getting into action has, by extension, come to mean putting in some effort to achieve the desired result.

#### SQUARE MEAL

Why do we talk of about a square meal when most of us eat from a round plate? Because sailors used to have, their meals served on a square tray. This may have been for the convenience of easy stacking and storing when space was limited.

The meal served on the tray was the main meal of the day. That is why a square meal today is a substantial one.

Of course, with so many restaurants now serving food on boards and other variations, you could say that the navy was ahead of its time in terms of culinary presentation.

#### GROGGY

If you ever wake up feeling a bit groggy, it is probably not because you have been drinking “grog.” Grog was the sailors’ rum, which, at 57% proof, is stronger than the standard 40% we drink today.

The rum was diluted one-part rum to two parts water, and this task was overseen by Admiral Edward Vernon who always wore a coat of grogram, which was a coarse mixture of silk and wool. This earned him the nickname “Old Grog,” and so “grog” was the name given to the diluted rum.

Sailors who overindulged inevitably felt rather groggy the following day.

#### ON THE FIDDLE

This phrase, which implies cheating or fraud, also comes from the sailors’ meal times. Food supplies had to be rationed strictly to ensure there was enough to last the journey.

As a result, the plates had a small lip around the edge known as the “fiddle” to mark how high they should be filled. Any sailor who overfilled his plate was said to be “on the fiddle” which was, in fact, a punishable offense.

## Branch History

### *Shipmate Alf Wiggins*

In a previous Newsletter were recorded the names of members who had been President or Officers since 1979.

This time it’s the turn of the members who have headed-up the other posts essential to the Branch.

The odd estimate and assumption has been employed in places, but in general it’s a fair reflection of who did what and when. In the case of Welfare and Social, the names of a few who have been active and given help and assistance in these areas have been included, some in recent years, others from further back.

This is only intended to be a snapshot and some names are from memory, so apologies to anyone who may have been overlooked.

The original Up Spirits seems to have ceased publication in around 1987. I joined in 1988 and don't remember it. In 2003 it was resurrected with Fred Hogben as editor.

WELFARE OFFICER	SOCIAL SEC.	MEMBERSHIP SEC.	STANDARD BEARER	VICE PRESIDENT
Bill Clodd - 1980 - 1981 David Nabarro - 1982 - 1984 Frank Perfect - 1985 - 1989 Alan Driver (Anne Mizen) - 1990 - 1992 Alan Driver - 1993 - 1996 Reg McGuire - 1997 - 2017 Phil Coates - 2018 ->	Gordon Heighway - 1980 - 1982 Ray Self - 1983 - 2012 Pat Whiley - 2013 - 2015 Les Wheatley - 2016 Nev Townsend - Replaced Les 2016	Peter Jeffries - 1983 - 1984 Ron Fitt - 1985 - 1997 Eric Bream - 1998 - 2000 Alf Wiggins - 2001 - 2017 Gus Honeywood - 2018 ->	Sid Bloomfield - 1981 - 1982 James Donaldson - 1983 John Ward - 1984 Verdun Coote - 1985 Will Holsworth - 1986 - 1999 John Kett 2000 ->	Ben Riches - 1980? - 1995 Mike Mizen - 1996 - 2015 Ken Baish ???? ->
	<b>ASSISTANCE</b>	<b>MINUTES SEC.</b>	<b>UP SPIRITS EDITOR</b>	<b>PADRE</b>
<b>ASSISTANCE</b>	Colin Ayden Joyce Fitt Ron Fitt Helen Langlois Jim Langlois Bernahdette McGuire Toni McCloud John Mitchell Frank Perfect Gwen Pye John Pye Graham Rowland Rhoda Self Bob Sparrow Barbara Whiley Alf Wiggins	Mike Mizen ???? - 2015 Rob Stephens - 2016 Gus Honeywood - 2017 ->	Don Tyler - Frances Tyler - 1980 - 1981 Dougje Clarke - 1982? - 1985 Barbara Whiley - 1986 - ???? Fred Hogben - 2003 - 2011 Gus Honeywood - 2012 ->	Very Rev. Basil O'Farrall - 1980? - 1985 Rev. Bill Ives - 1986 - 1990 Rev. Derek Dolman - 1991 - 2000 Llm Clifford Self - 2001 ->
Bernahdette McGuire Bryan Hughes Yvonne Hughes John Pain Graham Rowland Clifford Self				

## Battlefield Tour 2019

### Shipmate Alf Wiggins

The tour this year was to Cambrai, a general area where we had visited a few years ago. On the way down from Calais to our hotel the journey was punctuated with stops at two places of interest. The first was La Carpole, a complex which was intended to be a V2 rocket site. The base was built into the hillside with many tunnels giving access to the interior. The whole thing was topped off with a large concrete dome. The design allowed for the rockets to be prepared inside and then wheeled out to the adjacent quarry ready for launch. Fortunately it was never used. The RAF bombed the Area a number of times and after D-Day it was overrun by Allied troops. The space inside is now a museum dedicated to the story of the V weapons. The second venue was the Arras Memorial and Cemetery where a short stop was made. The Hotel Beatus in Cambrai was familiar to us as it was where we stayed last time.

Saturday dawned wet and cold. The first location to visit was the Caterpillar Cemetery, so named after the valley in which it is situated. There are 5500 burials here, but the stop was brief due to the cold, and so there was little time to check for Norfolks'. Then on to the Theipval Memorial, the biggest British one in the world. It stands 45m high overlooking the Theipval Ridge and is comprised of 10 million bricks. On its walls are inscribed the names of 72,000 men who perished on the Somme but have no known grave. Incidentally, in the visitors centre there is a display of 600 photos of some of the missing. The memorial also serves as an Anglo-French Battle Memorial in recognition of the joint nature of the battle. The attached cemetery is also equally divided, 300 from each nation. A new museum has been opened in the Centre displaying items recovered from the surrounding battle sites. It was while we were up at the Memorial that the rain turned to sleet!!

Not far away stands the Ulster Tower, a medieval looking structure which houses artefacts associated with the 36th (Ulster) Division. It also acts as Northern Ireland's National War Memorial and was one of the first to be erected on the Western Front.

The battle of Cambrai was fought in November 1917 and was the first time that tanks were employed in large numbers. On the first morning 476 rumbled forward and to begin with significant gains were made, but much of the ground was lost when in due course the Germans counter attacked. Many lessons on how tanks should be used were learnt from this encounter.

Over the next few days many of the tanks were taken out by artillery and abandoned. However at least one was buried on the battlefield. She was found and recovered in 1998 due mainly to the efforts of Phillippe, the owner of our hotel. After much

research she was identified as a Mark 1V named Deborah. The names of the crew were also discovered. The last time we saw her was three years ago resting in a barn.

Since then a new museum has been created telling the story of the battle and Deborah is the centrepiece (pictured). The four crew who died, George Foot, William Galway, Joseph Cheverton and Frederick Tipping are buried in the Flesquieres Hill Cemetery next to the museum. Also interred here are two Norfolks', C. Calver from Foulsham and J Tolman, hometown unknown.

Sunday was wreath laying day but first it was a visit to the Le Touret Memorial. This is to honour the 13,400 killed in this sector of the Western Front who have no known grave. It takes the form of a loggia surrounding an open rectangular court. The names are listed on panels on the walls, arranged alphabetically by surname within Regiment and Rank. There are also over 900 buried here including 53 from the Norfolk Regiment of which 14 are from the county.

Vermelles was in the hands of the Germans early in the war but was recaptured by the French. The cemetery was built up over a period of time by various units including the pioneers of the 1st. Gloucestershire Regiment, and for a long time was known as the Gloucester Graveyard. After the war the dead from other areas were brought in and now there are 2134 buried here in various plots and of these 198 are unidentified. Among the 45 Norfolks' here ,22 are from the county.



We held our wreath laying ceremony at the Memorial. This year there were only four to form the Guard of Honour (pictured) and unfortunately no standards to parade. The lad with the wreath and in the WW1 style uniform is in the Army Cadets Corps.

The 1917 Bellecourt Museum is a private one. It was created in the 1980s by the local mayor, Jean Letaille and is dedicated to the British and Australian troops who fought in the battle of Bellecourt in the Spring of 1917. He and his wife were decorated with the Order of Australia for their efforts.

Monday and time to return home. Neuville-St-Vaast is the largest German cemetery in France from WW1. There are 44,833 buried here. The metal crosses bear more than one name because they only indicate a plot, not an individual grave. The Germans also have a War Graves Commission. The French started the cemetery after the war, bringing in the dead from small burial grounds in the north east of

Arras. The cemetery is also called "La Maison Blanche" from a nearby farm. After the war a stone memorial was erected by men of the 164th. Hanoverian Infantry Regiment in memory of their fallen comrades.

Just down the road is the British cemetery Cabaret Rouge. This contains 7650 graves of soldiers from all over the Commonwealth, including 7 from Norfolk. In 2000 one of the Canadians was exhumed and returned to Canada and buried in the National War Memorial in Ottawa.

The last visit of the weekend was to Norte Dame De Lorette the largest French cemetery. It is situated on a high plateau near Ablain-St Nazaire where a chapel to Our Lady of Loreto once stood. From a vantage point a wonderful panoramic view of the valley below is obtained. In 1915 the site was chosen to bury the dead who fell on the Western Front in Artois, Flanders, Yser and the Belgian Coast. Twenty thousand were identified and given individual graves. However, the bones of the other twenty-two thousand were put into eight Ossuaries. A Neo-Byzantine basilica was added later at the request of the Bishop of Arras. Built above one of the Ossuaries is a free-standing tower which has a permanent light shining from the top. There is also a massive circular black sunken wall on which, according to the information panel, are inscribed, in alphabetical order, the names of an almost unbelievable 580,000 soldiers of many nationalities who fought here. This figure includes 294,000 from Britain and the Commonwealth. On each Sunday since 1920 a volunteer Guard of Honour has welcomed visitors to the site and rekindled the Eternal Flame. This of course was a spectacle we did not witness because it was a Monday.

So ended our tour for this year. We completed the scheduled visits, but by golly how cold it was at times!!

## Calendar of Events – 2019 – 2020

### 2019

#### June

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
6th	Committee Meeting – 1930
13th	Branch Meeting – 1930
17th	Quiz and Chips Evening – The Bush, NR8 5DD – 1900
28th	Stanford Battle Area Trip

#### September

3rd	Committee Meeting – 1930
7th	Branch Run Ashore – Plasterers Arms – NR3 1SZ – 2000
10th	Branch Meeting – 1930
14th	Duxford Visit

#### October

1st	Committee Meeting – 1930
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
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## 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 29 July 2019.

If you have any submissions for Up Spirits, then you can email them to me at [rna.norwich@gmail.com](mailto:rna.norwich@gmail.com).

All submissions will be gratefully received.

3rd	Branch Run Ashore – The Fat Cat, NR2 4NA – 2000 – Celebrating Pickle Night
5th	Dunkirk Remembrance Service - St Paul's Chapel and War Memorial, NR9 5AP - 0930
10th	Committee Meeting – 1930
	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

### 2020

#### January

4th	Branch Run Ashore
7th	Committee Meeting – 1930
14th	Branch Meeting – 1930

#### February

2nd	Breakfast Club – Nelson Table Table, NR1 1DX – 1000
4th	Committee Meeting – 1930
11th	Branch Meeting – 1930

#### March

3rd	Committee Meeting – 1930
7th	Branch Run Ashore
10th	Branch Meeting – 1930

#### April

4th	Breakfast Club – Nelson Table Table, NR1 1DX – 1000
7th	Committee Meeting – 1930
14th	Branch Meeting – 1930

#### May

2nd	Branch Run Ashore
5th	Committee Meeting – 1930
12th	Branch Meeting – 1930