



If you need assistance call the RNA Helpline on 07542 680082

'THE MORALE MESSENGER'

No 001

Ahoy Shipmates,

Operations Manger S/M Andy Christie reporting from the 'Man Cave' in his 'working from home' mode in Costa del Lee on the Solent. Hope you are all well and staying safe.

During the current crisis 'The 'Morale Messenger' will be produced weekly until the lockdown is lifted. This week it features; Church Notices; 'Whats the recipe today Jim?' a challenging Quiz and receipe for 'sex in the bushes' (Ooh Matron!) Rum Cocktail. Hope you enjoy the read and please forward recipes / dits for consideration to andy@royalnavalassoc.com.

❖ *Church Notices*

First up, I hope you have sighted Shipmate Geoff Apperley's very informative informationand essential reading briefing sheets; Surviving Isolation 1 and 2. They were forwarded to Area/Branch Secretraries and Welfare Advisers and it is also avaiable on the [Website](#) and Facebook.

Secondly the launch of the 'RNA Ventilator Appeal' next week. Please see the details below;

Shipmates may be aware that during the Second World War an initiative known as 'Warship Week' enabled local communities to contribute towards the cost of building new warships through National Savings. These ships replaced ones that were lost in the early part of the war and were vital to the effort in winning the Battle of the Atlantic in defending convoys. In that spirit, I write to ask for your assistance in raising the sum of £15,000 to enable our Association to purchase a 'Ventilator' for our amazing NHS.



If all 12,000 members were kind enough to contribute it would work out at just £1.25 per Shipmate.

With a large proportion of RNA shipmates falling into the Coronavirus 'At Risk' category, we are looking to raise the cost of a ventilator which would be an extremely welcome and valued bit of kit by the NHS. Of course, our ventilator won't win this war alone but it would be 'Our' contribution towards this major national crisis.

RNA "Hoe" Watch this spacedetails to follow...**RNA "Stand at Ease" ..Stand Easy !**

❖ *Naval News*

The General Secretary highly recommends that you try this website for news of what the ships, men and women of the RN have been up to over the last few weeks;

<https://www.royalnavy.mod.uk/news-and-latest-activity/news>

❖ *What's the Recipe today Jim!.....*

Today's recipe comes courtesy of Shipmate Geoff Patterson (St Neots Branch) even I could make this it sounds delicious, better than a crisp sandwich?

Officer's Chef Recipe (by S/M Geoff Patterson)

"Recipe from the Admirals Kitchen"

This is a recipe I picked up when working as personal chef to Sir Roddy Macdonald who was Chief of Staff Naval Home Command. I worked at his residence in Portsmouth Dockyard, where he entertained all sorts of high-powered service personnel, visiting diplomats and many other very high profile visitors. This recipe was a favourite of the Admiral, I think mainly because it was something really easy to put together, he could knock this up when he was home on leave at his cottage in the Isle of Skye, needless to say cooking was not something he would do every day and keeping it simple was the key.

Ingredients:

1 x Can Campbells condensed mushroom soup (if you can't get Campbells Heinz will do, I think you get a better result with Campbells). Do not dilute the soup.

2 packets of plain salted crisps (crushed almost to the texture of breadcrumbs)

4-6ozs grated Cheddar Cheese

2 x frozen Cod Steaks.

Method:

Place the cod steaks straight from the freezer in an ovenproof dish, not too big, enough to take the cod steaks.

Spread the Mushroom Soup over the cod steaks making sure they are covered.

Sprinkle a layer of the crushed crisps from one of the packets over the top of the mushroom soup, then sprinkle half the grated cheese over the crisps.

Sprinkle the second bag of crisps over the cheese and cover this with the last of the cheese.

Bake in a preheated oven at 190 centigrade or gas mark 6 for 45 minutes.

Serve with creamy mash potatoes (not Pom!) and garden peas or alternatively it can be served with plain boiled basmati rice.

❖ *Rum Cocktail Recipe - Sex in the Bushes*

Our thanks go to S/M Andy Christie and of course the 'Bar fella' at the Tiki-Tiki Bar in the Coconut Bay resort St Lucia where he was recently in Voluntary Isolation!

Vodka - very large Glug
Coconut Rum - very large Glug
Blue Curacao - smallish Glug
Pineapple juice - Top up glass
Mix - add couple of slabs ice

You can see in the picture just how effective a couple of these refreshments can cause. You have been warned - Enjoy!



❖ *The "Something for the weekend Sir" Quiz*

This should get those brain cells going..... Our thanks to the Quiz Maestro, Lee/Stubb Branch President Shipmate John Lavery. Answers in the next edition of 'The Morale Messenger'

Remember it's - Just for fun - no cheating!

OCEANS AND SEAS

Given the name of one of the top 20 longest rivers in the world, name the ocean or sea into which it flows

1. Congo (no9)
2. Yangtze (no3)
3. Amazon (no2)
4. Mackenzie (no11)
5. Yellow (or Huang He) (no7)
6. Nile (no1)
7. Murray (no15)
8. Mekong (no13)
9. Yukon (no20)

10. Volga (no16)

SPORT

Name the sport in which the following terms are used (definition not required)

11. Golden set
12. Saucer pass
13. Peek-a-boo style
14. Peloton
15. Spear tackle
16. Stableford
17. Indian dribble
18. Mawashi
19. Corridor of uncertainty
20. Bonspiel

TRAINS

21. In which English county did the *Great Train Robbery* take place
22. The Trans-Siberian Express connects Moscow to which other Russian city 5600 miles away
23. Name the 1951 Hitchcock thriller, in which 2 men meet on a train, and discuss killing each other's wives.
24. Which 1987 film is a comedy parody of the 1951 Hitchcock original, in which Danny Divito & Billy Crystal take the lead roles.
25. The French high speed rail system is the TGV, translated as "high speed train". What does TGV stand for.
26. What was the departure time and destination of the train, when sung by Gladys Knight and the Pips
27. Name the 1974 crime movie starring Robert Shaw, set on a New York subway train. It was remade in 2009 with John Travolta in the role.
28. What is the name of the luxury train that connects Cape Town to Pretoria in South Africa
29. Who had a hit in 1966 with *Last Train to Clarksville*
30. Who directed the 1996 British film *Trainspotting*

HIT SONGS BASED ON TRUE EVENTS

Given the year of release and a synopsis of the true story behind it, name the song.

31. 1980: Titled after a bomb, and the fact that pilot named the aircraft that dropped it after his mother.
32. 1969. The song writer tells of the events of his marriage and their publicly held honeymoon activities.
33. 1972. The band travel to Switzerland to record, but a fire means the place is burnt down the night before.
34. 1983. Song titled after a woman who claims that the narrator is the father of her newborn son, which he denies.

35. 1979. Following a shooting in a San Diego school, the 16 year old shooter was asked "why".
36. 1991. Song written following the death of the artist's son aged 4.
37. 1989. More than 100 headline events between 1949 and 1989
38. 1971. Describes the emotions of a 13 year old boy when he hears of the death of his musical icon.
39. 1983. Lyrics describe the horror felt by an observer in Northern Ireland after witnessing a major incident in Derry
40. 1885. Anti Vietnam war song, where the singer draws attention the young average age of the US troops.

WORDS WITH NO VOWELS

Each answer is a single word which has no vowels, and is 4 letters long or greater. There are no plurals:

41. A song of praise.
42. An abnormal membranous sac in the body.
43. Romany.
44. A flight passing close to a specified target or position but not landing.
45. An agreement between lovers to meet at a certain time and place.
46. An valuable aromatic gum resin obtained from several trees and shrubs in Africa and Arabia, used in perfume.
47. In architecture, a vertical groove, especially in a Doric column or frieze.
48. An underground vault or chamber, especially used as a burial place.
49. The immature form of an insect, such as a grasshopper.
50. A type of wildcat.

LYRICS

Given the artist and the popular song, give the next word that follows the lyrics given

51. ABBA - Dancing Queen: Ooh, you can dance, you can jive. Having the time of your life. Ooh, see that girl, watch that scene ...
52. Backstreet Boys - I Want it That Way: You are my fire, the one desire. Believe when I say, I want it that way. But we are two ...
53. Robbie Williams - Angels: I sit and wait, does an angel ...
54. Shania Twain - Man, I Feel Like a Woman: I'm going out tonight, I'm feelin' alright. Gonna let it all hang out. Wanna make some noise, really raise my voice Yeah, I wanna scream and shout, no...
55. Tina Turner - Nutbush City Limits: Twenty five was the speed limit ...
56. Michael Jackson - Rockin' Robin: He rocks in the tree tops all day long, Hoppin' and a-boppin' and singing his song. All the little birdies on ...
57. Mott the Hoople - All the Young Dudes: Billy rapped all night about his suicide, how he'd kick it in the head when he was 25. Don't want to stay alive when you're 25 ...
58. The KInks - Lola: I met her in a club down in old Soho, where you drink champagne and it tastes just like ...

59. Bruce Springsteen - Born to Run: In the day we sweat it out on the streets of a runaway American dream. At night we ride through...

60. Ian Dury & The Blockheads - Hit Me With Your Rhythm Stick: In the deserts of Sudan, and the gardens of Japan. From Milan to.....

Hope you have found this edition informative and it has improved your morale a little.

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The End