



**ROYAL NAVAL
ASSOCIATION**



RNA NHS & 'Ventilator' Appeal

<http://uk.virginmoneygiving.com/charities/TheRoyalNavalAssociation>

'THE MORALE MESSENGER'

No 002

**HOOTROTDCOTUDCASDAH..... Hands to Harbour Stations.....Assume NBCD
State 3 Condition Yankee.....**

Ahoy Shipmates,

Operations Manger S/M Andy Christie reporting from deep within the 'Man Cave' on the Costa del Solent with the second edition of the Morale Messenger. Hope you are all well and staying safe.

Thanks to the Shipmates who have conacted me to say how much they enjoyed the first edition and BZ to Shipmate Phil Dobson (Bognor Regis Branch) who sent me a text saying he tried the recipes and said "they were very good".



A huge thank you to the those Branches and Shipmates who have already donated to the RNA NHS & 'Ventilator' Appeal which launches today. Please read the Church Notice below.

This week it features;

- Church Notices;
- 'Whats the recipe today Jim?' a challenging
- 'Something for the weekend Sir' Quiz
- Cocktail of the week receipe for the aptly named 'Ship Wreck!' Rum Cocktail.

Hope you enjoy the read and please forward recipes / dits for consideration to andy@royalnavalassoc.com.

Reminder If you need assistance call the RNA Helpline on 07542 680082

❖ Church Notices

RNA NHS & Ventilator Appeal - Please see the details below of the launch of the 'RNA NHS & Ventilator Appeal'

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' or allow the NHS to decide, where best it would benefit from funding - PPE for instance.

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 or NHS kit (for instance PPE) which would be extremely welcomed by the NHS at this time. Of course, in terms of funding, our providing a ventilator or other NHS kit, won't win this war alone, but it would be 'Our' contribution towards this major national crisis.

To donate simply go to the this link, which is the preferred option, so we can speed the whole process up - <http://uk.virginmoneygiving.com/charities/TheRoyalNavalAssociation>

Or - <https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1019133&pageId=1159896>

Or you can send a cheque marked 'NHS & Ventilator Appeal' to RNA, Central Office, Building 1/087, Scott Road, HM Naval Base, Portsmouth Hants PO1 3LU, please also annotate the envelope as well.

VE75 Day - The Govt are about to announce a Two Minute Silence for 1100 on 8 May to commemorate VE Day 75.

Shipmates are encouraged to openly participate in this remembrance moment; be that by standing proudly in your garden, at your front door or at a window during the Two Minute Silence. I very much hope that Shipmates will join others by marking this important moment in whichever way they deem appropriate.

Surviving Isolation and Bereavement Guides - I hope you have sighted Shipmate Geoff Apperley's very informative information and essential reading briefing sheets; Surviving

Isolation 1 and 2. They were forwarded to Area/Branch Secretaries and Welfare Advisers and it is also available on the [Website](#) and Facebook. He is also responsible for producing a very comprehensive guide to Bereavement which Shipmates can also find on the RNA website

RNA Sloops/Clothing - During isolation would be the perfect time to have a 'shuft' at the new sparklingly updated website of our official clothing supplier, RLP Embroidery, which is run by Shipmate Ray Pullen (Aldershot Branch).

So please follow the link at the short trail: www.rnaslops.clothing It is well worth a look (and no he didn't pay me to get you too look!)

❖ *What's the Recipe today Jim!.....*

Today's recipe comes courtesy of Shipmate Spike Highes (Lee on the Solent and Stubbington Branch) who served up many meals during his time as a Royal Naval Chef in HM Ships - NP 2010 Falklands, Hermes, Challenger, Illustrious, Cardiff and Invincible.

Spike's version of '**S*it on a Raft**', which serves 4

450g or 1lb of Lamb or Pigs Kidney

2 Medium Onions

Desert spoon of Oil or Knob of Butter to saute the Kidney

250ml or $\frac{1}{2}$ pint of Stock(lamb or Chicken), Gravy powder to make the Jippa.

Seasoning to Taste

Four slices of fresh white bread

Butter or Spread for toast.

Method

Trim and roughly dice the Kidney

Peel and Chop the Onions

Place the butter or Oil in a good sized pan and heat

Add the Kidney and Onion to the pan and lightly brown (2-3 minutes)

Add the stock and bring to boil then gently simmer for approx 5 minutes

Add the Gravy powder and thicken to taste

Simmer for a further 5-6 minutes

Lightly toast the bread and spread with butter or your chosen spread

Place the toast on a plate and serve out the kidneys in four equal portions

*If you are feeling skilful, as an addition try piping creamed potato around the edge of the slices of toast, this helps to keep in all the Jippa.

❖ *Rum Cocktail Recipe - 'Ship Wreck'*

Our thanks go to S/M Andy Christie and of course the 'Bar fella' at the Barbados Club and Spa!

Dark Rum - Huge Glug
Galliano - very large Glug (dreadful stuff)
Cranberry Juice - Top up glass
Pineapple juice - Top up glass
Mix - add couple of slabs ice
Garnish with slab of pineapple and 'wanchi burberry'

You have been warned - Enjoy!



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

This should get those brain cells going..... Once again our thanks go to the Quiz Guru, Lee/Stubb Branch President Shipmate John Lavery. Answers are below followed by another Quiz No 2 as before answers in the next edition of 'The Morale Messenger'

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

Here you go Questions and Answers to Quiz no 1-

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) - Atlantic Ocean
2. Yangtze (no3) - East China Sea
3. Amazon (no2) - Atlantic Ocean
4. Mackenzie (no11) - Beaufort Sea
5. Yellow (or Huang He) (no7) - Bohai Sea
6. Nile (no1) - Mediterranean Sea
7. Murray (no15) - Southern Ocean
8. Mekong (no13) - South China Sea
9. Yukon (no20) - Bering Sea
10. Volga (no16) - Caspian Sea

SPORT

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

11. Golden set

Tennis - a set which is won without losing a single point. This means scoring the 24 minimum points required to win the set 6-0

12. Saucer pass

Ice hockey - technique in which the puck is passed to another player in such a way, that it flies in the air like a flying saucer

13. Peek-a-boo style

Boxing - gloves shielding the face

14. Peloton

Cycling - the main group or pack of riders

15. Spear tackle

Rugby (union or league, or Aussie rules) - an illegal tackle in which a player lifts another player into the air and drops them so that they land on their back, head or neck

16. Stableford

Golf - scoring system that scores points based on the number of strokes taken at each hole

17. Indian dribble

Hockey - pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick

18. Mawashi

Sumo wrestling - the belt that the wrestler wears in competition.

19. Corridor of uncertainty

Cricket - an area where a ball can pitch during a delivery

20. Bonspiel

Curling - a curling tournament, usually held on a weekend

TRAINS

21. In which English county did the *Great Train Robbery* take place

Buckinghamshire

22. The Trans-Siberian Express connects Moscow to which other Russian city 5600 miles away

Vladivostok

23. Name the 1951 Hitchcock thriller, in which 2 men meet on a train, and discuss killing each other's wives.

Strangers on a Train

24. Which 1987 film is a comedy parody of the 1951 Hitchcock original, in which Danny DeVito & Billy Crystal take the lead roles.

Throw Momma from the Train

25. The French high speed rail system is the TGV, translated as "high speed train". What does TGV stand for.

Train a Grande Vitesse

26. What was the departure time and destination of the train, when sung by Gladys Knight and the Pips

Midnight Train to Georgia

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.

The Taking of Pelham One Two Three

28. What is the name of the luxury train that connects Cape Town to Pretoria in South Africa

Blue train

29. Who had a hit in 1966 with Last Train to Clarksville

The Monkees

30. Who directed the 1996 British film Trainspotting

Danny Boyle

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.

Enola Gay (OMD)

32. 1969. The song writer tells of the events of his marriage and their publicly held honeymoon activities.

The Ballad of John & Yoko (Beatles)

33. 1972. The band travel to Switzerland to record, but a fire means the place is burnt down the night before.

Smoke on the Water (Deep Purple) "We all came out to Montreux on the Lake Geneva shoreline, to make records with a mobile. We didn't have much time".

34. 1983. Song titled after a woman who claims that the narrator is the father of her newborn son, which he denies.

Billie Jean (Michael Jackson) "Billie Jean is not my lover. She's just a girl who claims that I am the one"

35. 1979. Following a shooting in a San Diego school, the 16 year old shooter was asked "why".

I Don't Like Mondays (Boomtown Rats)

36. 1991. Song written following the death of the artist's son aged 4.

Tears in Heaven (Eric Clapton)

37. 1989. More than 100 headline events between 1949 and 1989

We Didn't Start the Fire (Billy Joel)

38. 1971. Describes the emotions of a 13 year old boy when he hears of the death of his musical icon.

American Pie (Don McLean)

39. 1983. Lyrics describe the horror felt by an observer in Northern Ireland after witnessing a major incident in Derry

Sunday Bloody Sunday (U2) "I can't believe the news today, oh, I can't close my eyes and make it go away. How long?"

40. 1985. Anti Vietnam war song, where the singer draws attention the young average age of the US troops.

19 (Paul Hardcastle)

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.

Hymn

42. An abnormal membranous sac in the body.

Cyst

43. Romany.

Gypsy

44. A flight passing close to a specified target or position but not landing.

Flyby

45. An agreement between lovers to meet at a certain time and place.

Tryst

46. An valuable aromatic gum resin obtained from several trees and shrubs in Africa and Arabia, used in perfume.

Myrrh

47. In architecture, a vertical groove, especially in a Doric column or frieze.

Glyph

48. An underground vault or chamber, especially used as a burial place.

Crypt

49. The immature form of an insect, such as a grasshopper.

Nymph

50. A type of wildcat.

Lynx

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

Digging (the dancing queen)

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

Worlds (apart, can't reach to your heart)

53. Robbie Williams - Angels: I sit and wait, does an angel

Contemplate (my fate)

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

Inhibitions (make no conditions)

55. Tina Turner - Nutbush City Limits: Twenty five was the speed limit

Motorcycles (not allowed in it)

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 **Jaybird** (Street, love to hear the robin go tweet tweet tweet)
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 **Wendy** (stealing clothes from Marks & Sparks)
58. The KInks - Lola: I met her in a club down in old Soho, where you drink champagne and it tastes just like **Cherry-cola** (C O L A cola)
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 **Mansions** (of glory in suicide machines)
60. Ian Dury & The Blockheads - Hit Me With Your Rhythm Stick: In the deserts of Sudan, and the gardens of Japan. From Milan to **Yucatán**. (Every woman, every man)

❖ QUIZ No 2

Its all about PORT

1. Portmeirion is a village in North Wales, used as a location to film which 1960s TV show
2. Port Moresby is the capital city of which country
3. What colour is the light on the port wingtip of an aircraft
4. Le Port is the biggest harbour on the island of Réunion. What is the name of its neighbouring island about 100 miles away.
5. Port Sunlight is a village in Merseyside, built by the Lever brothers in the 1890s to house their workforce which made which product.
6. Port of Spain is the capital city of which country
7. Annabel Port is a British radio presenter. She was the co-presenter with Geoff Lloyd 2008-2017 on which national radio station.
8. Port au Prince is the capital city of which country
9. The PORT score is a clinical prediction rule that medical practitioners can use to calculate the probability of death from which illness
10. Port Elizabeth sits on the southern coast of South Africa, east of a 200 mile stretch of coast popular for its wildlife and diverse vegetation. By what name is this region known.

COMMON 3 WORD PHRASES

Each answer is a common 3 word phrase, and the 2nd word is always "and". ie Q: Soft substance consisting of muscle, and type O. A: Flesh and blood

11. Six balls and unconscious
12. An examination of evidence by a judge and mistake
13. Complain and eat
14. Evil character created by Robert Louis Stevenson and religion of the Indian subcontinent
15. Completed and did housework
16. Peter Bonetti or Phil Tufnell and a term used in boxing for a swollen bruise caused by a blow to the eye
17. To carry something with you and an extra run scored in cricket when the ball has not been hit by the batsman
18. Reared an animal and edible fatty substance
19. Zeros and crucifixes
20. Give financial or moral support to, and didn't win an Olympic medal

EXPLORERS

21. On the 26 March 2012, who became the first person to reach the Challenger Deep of the Mariana Trench on his own, and the third person to do so overall?
22. How many people have set foot on the moon?
23. Which Victorian explorer was the first European to see and name the Victoria Falls on the Zambezi river?
24. The Viking, Eric the Red, was the founder of the first Scandinavian settlement on which island?
25. Dr. Robert Ballard, an oceanographer and marine biologist with the Woods Hole Oceanographic Institution, found the remains of what in 1985?
26. Which two men were the first to summit Mount Everest in 1953?
27. What nationality was Sir Henry Morton Stanley, the journalist and explorer who was famous for his exploration of central Africa and his search for missionary and explorer David Livingstone?
28. Who was the first woman to fly solo across the Pacific Ocean?

29. Which European explorer discovered and named Lake Victoria while searching for the source of the Nile river?

30. The 16th century Spanish explorer Juan Ponce de Leon allegedly searched for what mythical wonder in Florida?

BRITISH BADDIES

Name the British actor noted for playing the movie baddie

31. Probably the most famous British baddie.... who played Dr Hannibal Lecter in the 1991 movie *Silence of the Lambs*

32. In the 2001 movie *Hannibal*, who played Mason Verger wearing heavy make up

33. Alan Rickman played Hans Gruber in the first *Die Hard* movie (1988), but who played his brother in *Die Hard with a Vengeance* (1995)

34. Who played *The Man with the Golden Gun*

35. Who played Mr Orange in *Reservoir Dogs*, Pumpkin in *Pulp Fiction* (who held up the coffee shop), and Abomination in *The Incredible Hulk* (2008)

36. Who played Lord Voldemort in the *Harry Potter* movies, and Francis Dolarhyde in *Red Dragon* (2002)

37. Who played Blackbeard in *Pirates of the Caribbean: On Stranger Tides*

38. Who played Ernst Stavro Blofeld in *You Only live Twice* (1967), parodied by Mike Meyers when playing Dr. Evil

39. Who played Loki in *Thor* (2011), *The Avengers* (2012), and *Thor: The Dark World* (2013)

40. Who played the science officer Ash, who is later found to be an android in *Alien* (1979)

HEALTH & DISEASE

41. The disease rickets is caused by a deficiency in which vitamin?

42. How is the childhood illness "pertussis" more commonly known?

43. Once called "The Royal Disease" as it was common in the European Royal families in the 19th & 20th C, which genetic disease did Queen Victoria's son Prince Leopold suffer from?

44. Dr Edward Jenner developed the technique of vaccination to combat which disease?

45. Florence Nightingale came to fame as a result of her nursing of soldiers during which war?

46. Sir Robert Ross was the UK's first Nobel Prize winner, when he was awarded the 1902 prize in Medicine for his work on which tropical disease?

47. *Pediculus humanus capitis* is the Latin name for which parasite?

48. Which part of the body would be affected, if you suffered from "Quinsy"?

49. Spread by the bite of an infected Tsetse fly, how is the disease Human African Trypanosomiasis more commonly known?

50. What does the acronym ADHD stand for?

Dingbats - Say what you see

51.



Pot00000000

52.



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WABRUDIRLOTBES

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FOOT
L FOOT —
FOOT

58.

BAND

59.

Japurá
Orinoco
Amazon
Nile

60.

COLT JR.

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

Please stay safe and if you need assistance call the RNA helpline **07542 680082**

The End