

SEMAPHORE SHORT

AHOY SHIPMATES Uckers has a special place in the traditions of the Royal Navy, and has enjoyed a renaissance in recent years. We like to think we at the RNA have played our part with our annual Uckers World Championships, which this year will be in October at its usual venue – the Royal Maritime Hotel in Portsmouth. We would love to see shipmates battle it out in regional competitions, such as the **Welsh Open tournament on 6 June**, before the main event, so let us know of any uckers events in your branch or area.

RNA CONFERENCE ADMIN

A reminder that the outline programme for the RNA National Conference, based around Salford Quays, can be found in the December Semaphore Circular (click [here](#)) – we will be giving you a glimpse of the venues in upcoming Circulars. The latest documentation for potential delegates, for the submission of Branch motions and nomination forms for those shipmates who would like to be considered in elections for members and deputy members of the National Council will be available in the February Semaphore Circular, which will be published next Friday (6 February).

FIRESIDE CHATS

The first Fireside Chat of February will be held next Monday (2 Feb), when author Gav Don will talk about 'One Submarine's Secret War Against the Axis' – the story of HMS Triumph in the Mediterranean in 1941. Fireside Chats start at 1830 every Monday, and to access the chats, log into Zoom [here](#). The meeting ID is 288 830 5105 and the access password is Shipmate.



MEET THE BOSS First Sea Lord Gen Sir Gwyn Jenkins visited HMS Raleigh to attend a Passing Out Parade of Cunningham 25/23, marking a key milestone in Royal Navy initial training. The visit to the sprawling training establishment at Torpoint in Cornwall included time spent engaging with recruits, members of the ship's company and training departments as well as a tour around the 240-acre estate, which was first commissioned as a training base 86 years ago this month.

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AND RELAX... This month's Welfare Wednesday will be exploring Tai Chi Qigong – a gentle, grounding practice combining smooth, flowing movements with relaxed breathing. It's brilliant for easing stress, improving balance, and supporting overall wellbeing. The session is suitable for and open to everyone, whether you want to unwind, move more freely, or simply pause for a mindful moment midweek. Join your shipmates as they breathe a little deeper and allow both body and mind to reset and recharge. The session will be next Wednesday (4 February) for an hour from 7pm and is delivered online via Zoom. If you are interested, use [this link](#) to join in.

PLAY THE ROYAL NAVAL ASSOCIATION WEEKLY LOTTERY AND WIN UP TO £25,000

[PLAY NOW](#)

SALUTE TO VETERANS

Don't forget that nominations for the Scottish Veterans Awards close on 22 February, so if you know of an individual or group worth consideration, see the website [here](#) for details or, better still, tell us about it by email to cml@rnassoc.org. Nominations for the Welsh Veterans Awards open on 1 March and close on 22 May, while nominations for the English Veterans Awards are open from 1 June until 17 August.

BRONINGTON SAILORS

Were you a member of the ship's company of Ton-class minehunter HMS Bronington in 1976? If so we would like a word or two with you! Please get in touch with us on comms@rnassoc.org

Wellbeing Wednesday
4 February | 7-8 pm

A supportive session about mindfulness and wellbeing, open to all RNA members.

Welsh Open Uckers Tournament



Welsh Open Uckers Tournament

To be held at HMS Swan, Builth Wells Rugby Club

6th June 2026 First Roll of the Dice 10:00

Buffet Available 12:00 to 16:00

Entertainment by

Lower Deck Shanty Men

19:00 onwards

2000 Grand Draw

All this for only £5 per entrant

Please Register ASAP with davebuckingham10@gmail.com