



50th Anniversary ■ 1963 - 2013



Barrowsanews@gmail.com

newsletter

Submariners Association ■ Barrow-in-Furness Branch Newsletter ■ Issue 157 ■ July 2013



The July Word



I thought that after the momentous and historical activity of May that it would

quieten down somewhat. Not a bit of it. June saw us attending the Civic Sunday Parade followed by the Flag Raising

Parade at the beginning of the Armed Forces week. Ginge Cundell and others also paraded our Standard in Ulverston at their British Legion Standard Dedication. It is a pity that not more of you could make these events though. They don't take much of your time and it is always good to make sure the community are aware of us.



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Contents: 2 - The Secretary 3 - HMS Resolution 4 - The Social Secretary 5 - The War Against Invisibility
6 - Visit to Australian High Commission 7 - Parades and More Parades 8 - General Info 9 - Quiz



On Friday past the Morecambe Bay branch decided to hold their monthly meeting in a novel way. The held it in a mini bus on their way to the Prince of Wales Pub in Foxfield. We as a branch were invited to join them there and at our July meeting quite a few said they would attend. As it turned out only four of us made it, which was really disappointing. Maybe it was the exceptionally good weather that put people off. Anyway thanks to the other three who joined me. The Morecambe lads vastly outnumbered us but hey we all had a great time and we even managed to catch the last train home without any hiccups.

Now many of you expressed your desire to obtain coasters to match the place mats we had at the anniversary dinner. Well we have but as we are selling at cost with no profit I will be ordering to demand only. The same goes for the place mats. The cost is £5 for the mats and £3 for the coasters, which is what we are being charged. Phone or email me with your orders and collect at the monthly meeting.

We also have a load of commemorative mugs with the 50th Anniversary logo. The ordinary mugs are £3 each and the fancy shaped boxed mugs with gold rims are £8 each. Due to the risk of breakage I don't want to post but will do so at the recipients cost and risk.

I mentioned last month that Alan West has after many years of faithful service to the branch and latterly as the slops manager stood down from that task and as a committee member. However Alan being Alan has held on to the job of Rum bosun at the monthly meetings. Just got to keep an eye on his thumb in the jug when measuring! We have been very fortunate in getting a volunteer to fill his shoes very quickly and I must thank Jan Mead for stepping forward. I know we are getting a good man having known Jan for about 35 years and also for his excellent work in arranging the anniversary dinner. I know that once he has received a handover that Jan will put his all into the job. He has therefore been seconded on to the committee, which will then be formally voted on to the committee at the next AGM unless of course there are other volunteers waiting in the wings. From past experience I think not though. So, a big thank you to Alan for all that he has done for the branch for the past 40+ years or so and hope that you can still be active for many years to come. To Jan, I give you a warm welcome to the committee and pick up from where Alan has left off.

Ron and Mick have been sorting the membership out with Ron writing to all those who were overdue with their annual subscriptions, some by as much as several years. It was a worthwhile exercise as quite a few came forward and I thank them for that. If you haven't responded to Ron's letter then you are currently reading your last newsletter as we made a conscious decision to lapse those who are still in arrears.

Well that's all for now. See you at the next monthly meeting or even at Cartmel if you are attending.
Dave



The Secretary's Dit



Well half the year gone, I don't know where the time has gone. It seems to me that the older you get the quicker time moves on with little left to do the important things in life like the family. This time of year is when holidays are taken and thought of, and if that is you I hope you have a good one.

The Morecambe Branch are holding their next meeting at the Foxfield on the 5th July. If you intend to attend you should have let Alex know but I am sure he could make an exception for a few. It's make you own way there. Morecambe are holding their meeting on the bus so will arrive ready for a social, not sure I fancy the secretary's job trying to take minutes or remembering after a social.

As per usual I dist most mail via e-mails and have some come back that might indicate your mail box is full. If you are not receiving them please make sure that I have your correct e-mail address, if you know of someone not getting email get them to e-mail me.

Over the last few months we have been chasing members who have failed to pay their Branch subs for last year or so and those who have not replied will be lapsed at the July meeting. After that I will be chasing those who pay by direct debit but are paying the wrong amount. If you pay by DD please ensure that the amount is correct as some will be due a rebate of a couple of quid. This is a time consuming effort so we request you keep an eye on your DD's and pay correct amount to keep Committee work load down.

Regards
Ron





Barrow Submarine Series: issue number 50

HMS Resolution

CAREER BEGINS: The Barrow-built *HMS Resolution* shown at the commissioning ceremony on October 3 in 1967

THE Barrow-built *HMS Resolution* made her own piece of history as Britain's first nuclear missile submarine.

During a Royal Navy career of 27 years *Resolution* played a key part in Britain's contribution to the strategic deterrent of the Western Alliance.

Resolution carried 16 Polaris missiles able to be fired from beneath the waves and was also armed with conventional torpedoes.

The Polaris missiles were made in the United States and fitted with British warheads. They had a range of 2,500 nautical miles.

The keel was laid in February 1964 by the Director General Ships, Sir Alfred Sims.

She was launched by Queen Elizabeth the Queen Mother in September 1966 and was commissioned into Royal Navy service on October 3 in 1967.

The first test firing of a Polaris missile from *Resolution* was on February 15 in 1968 and the first patrol started on June 15 that year.

Resolution had two distilling plants, each with an output of more than 5,000 gallons of water a day – providing enough for the reactor systems and for showers and a fully-equipped laundry.

The submarine was provided with cinema equipment and a library while its gallery was packed with labour-saving devices which fitted into a 12ft square area.



EVERYTHING READY: An action shot aboard *HMS Resolution* on commissioning day at Barrow in October 1967. She was decommissioned in October 1994

STATS:

Crew: 154 (two crews)

Displacement: 7,500 tons (surfaced) and 8,400 tons (dived)

Length: 425ft

Beam: 33ft

Draught: 30ft 1in

Propulsion: Vickers/Rolls-Royce pressurised-water nuclear reactor

Armament: 16 Polaris nuclear missiles and six 21in tubes for conventional torpedoes.



'Our wives and sweethearts' Naval toast rewritten



The Social Secretary

Hi Shipmates, not a lot from me this month, it has been all quiet on the western front; just planning for the forthcoming events!!

Diary Check:

Friday the 5th July at the Prince of Wales in Foxfield – The Morecambe branch will hold its July meeting on route to the Prince of Wales and negate any wasted drinking time. You are invited to attend and socialise with our 'first footing' shipmates. Make your own way to and from this event please.

Sat 20th July A Day out at Cartmel Races No hassle travel to and from the course, entry to the section of your choice with me carting along cheap booze into the bargain. Cost is £20 main course or £27:50 to the paddock. Transport departs RBL at 12 returns back at 19:30, (as always) happy to pick up at the main spots on the way through to Cartmel. Please ensure you pay me at or by next meeting; I need to square this event away.

Sat 10th Aug - BBQ at the Crofters in Holbeck Excellent private area where you can sit in the sun or slumber in the shade, outside bar will be open; with reduced bar prices from those inside. Included is the normal BBQ nosebag, live entertainment from 'Shindig' and the up and coming magician Kristian, Also available will be children's entertainment, games, bouncy castle, face painting, raffle, and prizes given for best outfit; you know the drill. Timings are event 2 – 9 with cost at £7:50 adult and £5:00 per child, under 5's free. I need 100 attendees (as long as they are not 100 under 5s). So bring your families, grand children, and any friends you can. Tickets will go on sale from July.

Fri 9th Nov Ladies Night - formal black tie event venue Chequers in Dalton, top class entertainment and food. There will be Favours for the ladies and all the 'bells and whistles' I can muster. Costing is £37:50 per person or buy in bulk 2 for £75. Tickets will go on sale in September. This is going to be a great evening so join in and treat your ladies.

Sat 7th Dec End of year annual Christmas party, disco, 4 piece rock and roll band, food and all the festive fun I can muster, cost will be minimal price to cover food.

Be there or be square; don't let life's opportunities pass you by!!!!

Alex Webb

A traditional toast made at Royal Navy mess dinners on Saturday nights has been updated to reflect cultural changes, the Ministry of Defence says.

Naval officers will no longer raise their glasses to "Our wives and sweethearts" typically met with the unofficial reply "May they never meet". Instead, they will say "Our families", following an instruction by the Second Sea Lord Vice-Admiral David Steel.

The MoD said it reflected that women have been at sea for over two decades.

A second toast made on Tuesday nights has been changed from "Our men" to "Our sailors".

Woman first served at sea in 1990, but it was only last year when the first woman was made commander of a frontline Royal Navy warship. By the end of this year it is expected that women will serve on submarines alongside men for the first time in the service's 110-year history.

The navy has traditional toasts for every night of the week. However, it is understood such toasts are mainly made during large celebratory dinners or when a ship has anchored not every day. On Sunday, officers might toast "absent friends, Monday is "Our ships at sea", Thursday is "A bloody war or a sickly season" and on Friday, glasses are raised to "A willing foe and sea-room".

Wednesday's toast is "Ourselves (as no-one else is likely to concern themselves with our welfare)"

A spokesman for the Ministry of Defence said: "To reflect cultural changes and our modern and inclusive Navy, two of the naval toasts used at mess dinners have been updated.

"The Royal Navy values the diversity and range of its personnel and it is only right that its traditional toasts should reflect the fact that women have been at sea for over 20 years."

Sunday - "Absent friends"

Monday - "Our ships at sea"

Tuesday - "Our men", now "Our sailors"

Wednesday - "Ourselves (as no-one else is likely to concern themselves with our welfare)"

Thursday - "A bloody war or a sickly season"

Friday - "A willing foe and sea-room"

Saturday - "Our wives and sweethearts", now "Our families"





The War Against Invisibility

The U.S. Navy has been secretive about how effective it has become in detecting non-nuclear submarines. That discretion is necessary to prevent the enemy from fixing any vulnerabilities they are exploiting. The quietness of modern diesel-electric boats puts nuclear subs and surface ships at a serious disadvantage, especially in coastal waters. This is a big problem for the United States, which went to an all nuclear submarine fleet half a century ago. While the nuclear sub is the most effective high seas vessel, especially if you have worldwide responsibilities and these nukes would have to quickly move long distances to get to the troubled waters, the diesel electric boat, operating on batteries in coastal waters, is quieter and harder to find.

For over a decade the U.S. Navy has been trying to get an idea of just how bad the threat is and developing technologies and tactics to deal with it. This was part of a larger ASW (anti-submarine warfare) effort that began in the 1990s, to deal with post-Cold War submarine threat. A major part of this effort is using state-of-the-art non-nuclear subs to practice on. Thus from 2005 to 2007 the United States leased a Swedish sub (Sweden only has five subs in service) and its crew, to help American anti-submarine forces get a better idea of what they were up against. This Swedish boat was a "worst case" scenario, an approach that is preferred for training. The Gotland class Swedish subs involved are small (1,500 tons, 64.5 meters/200 feet long) and have a crew of only 25. The Gotland was based in San Diego, along with three dozen civilian technicians to help with maintenance.

For many years before the Gotland arrived, the U.S. Navy had trained against Australian diesel-electric subs and often came out second. The Gotland has one advantage over the Australian boats because of its AIP (Air-Independent Propulsion) system (which allows it to stay under water, silently, for several weeks at a time). Thus the Gotland was something of a worst case in terms of what American surface ships and submarines might have to face in a future naval war. Since the Gotland experiments the U.S. has borrowed other AIP subs for further work in refining detection methods. None of America's most likely naval opponents (China, North Korea, or Iran), except China, has built some AIP boats yet. These three nations have plenty of diesel-electric subs which, in the hands of skilled crews, can be pretty deadly. China is making an effort to create experienced and well trained crews.

Based on the experience with Australian, Swedish, German, and other subs, the U.S. Navy has been developing new anti-submarine tactics and e

quipment. All this is done in secret, obviously. But apparently the modern, quiet diesel electric boats continue to be a major threat to U.S. surface warships and subs. Meanwhile, potential enemies build more of their cheaper and higher quality diesel-electric boats and train their crews by having them stalk actual warships (including U.S. ones). The subs are getting more numerous, while U.S. defenses are limping along because of the sheer technical problems of finding quiet diesel-electric boats in coastal waters.

The U.S. has found that, given current sensor (sonar, magnetic, heat, chemical) technology it is possible to detect very quiet diesel-electric and AIP subs. To do this required many small tweaks to existing sensors. AIP boats, in particular, were found to have many vulnerabilities. The AIP technology generated more noise and heat than just using batteries. The more the U.S. studied AIP subs in operation the more ways they found these subs could be detected. It is known that the passive (listen only) sonar systems in the new Virginia class SSNs (nuclear attack sub) were tweaked to better find diesel-electric and AIP boats.

Despite keeping most of the details secret, some potential targets of these new ASW capabilities realized the danger they were in. One reason China wants to keep American naval forces out of their economic zone (370 kilometers from the coast, an area which does not bar foreign warships) is so that Chinese diesel electric subs can train without being stalked by American subs, surface ships, and aircraft looking for realistic practice tracking Chinese boats. At the same time the U.S. Navy has lost the full use of its most effective underwater anti-submarine training area (a well mapped and instrumented area off southern California) because environmentalist activists have convinced judges that the use of active sonar in this training area is harmful to some species of aquatic animals. So going after potential targets off their coasts is more important than ever.

There are 39 nations operating a total of 400 diesel electric subs. Only three of these nations (China, Iran, North Korea) are likely to use their subs against the U.S. or its allies. China has fifty of these boats, Iran has three (plus 25 much smaller mini subs), and North Korea has 20 (plus 50 much smaller mini subs). So the U.S. has to worry about 73 diesel electric subs and 75 mini subs. But about half the full size subs are elderly, obsolete, and noisy. The same can be said for at least half the mini subs. That leaves about 36 full size subs and 40 mini subs that are a clear threat (though the older stuff can be a threat if you get sloppy). That's a lot of subs, and they make the East Asian coast and the Persian Gulf dangerous places for American warships.



Moreover, the North Korean and Iranian fleets (and governments) are in decline, while China is pouring more cash into their armed forces. If there's any diesel-electric boats the U.S. Navy has to be extremely concerned about, it's the Chinese. While China continues to try and develop world class nuclear subs, they are also moving ahead in creating world class diesel electric boats.

A VISIT TO AUSTRALIAN HIGH COMMISSION



Following the Unveiling of the AE1 and AE2 Memorial in Ramsden Square on Saturday 18th May an invitation was received from the High Commissioner for Australia to attend a 'Morning Tea' at the Australian High Commission in London on Thursday 13th June 2013. A similar invitation was received by Tom Tribe who is the Chairman of AE1 Inc. in UK and who attended the Unveiling in Barrow.

This was in the way of a thank you from the Australians for the work done by the Barrow Memorial Committee and the Barrow Branch of the Submariners Association in ensuring that the Memorial was established.

I travelled down to London on the train and stayed overnight with Tom and Vicky Tribe in East Sheen. We travelled into London on the Tube making sure we were at the High Commission on time. The Morning Tea seems to be a peculiarly Australian tradition - a bit like Morning Coffee but with posh refreshments and was most enjoyable.

We met up with Commander Henri Nord-Thomson who spoke at the Memorial Unveiling (and his wife Kate) and had a long chat to the High Commissioner's wife and several other guests before the Governor General - Her Excellency The Honourable Quentin Bryce AC CVO arrived. The GG (as they all referred to her) moved around and spoke to all the Guests but made a particular point of speaking to Tom & Vicky Tribe and myself.

We spoke to her for about ten minutes during which she said how delighted she was with the reports of the Unveiling and said how proud the Australians were that the Memorial had been established in Barrow.

Michael White the President of AE1 Inc. in Australia is a close friend of the Governor General and had made sure that she was fully informed of what we were doing in Barrow at all stages.

We had our photo taken with the GG but the photos have not yet been distributed. They are now looking forward to the Unveiling of another Memorial for AE1 and AE2 in the Submarine Museum in 2014 (at the same time as the official re-opening of HMS ALLANCE) and to all the events planned in Australia in 2014 to celebrate the 100th anniversary there.

By Barrie Downer

SUB LOCH BAN



Royal Navy nuclear submarines have been temporarily banned from two Scots lochs after failing training assessments.

Problems with safety procedures were identified during simulated submarine accident exercises in March and April.

The Defence Nuclear Safety Regulator has banned submarines from Loch Goil, near Faslane, and Loch Ewe in Wester Ross, while the issues are addressed.

The Ministry of Defence said there was no risk during the recent exercises and the subs continued to operate safely. An MoD spokesman said: "The MoD takes its nuclear safety responsibilities seriously and conducts regular training to maintain high standards.

"We are taking steps to address the issues raised by regulators following recent exercises but there is no risk of harm to the public or to the environment.

"The Royal Navy continues to operate submarines safely out of Her Majesty's Naval Base Clyde."



Parades and More Parades

This has been a busy month for the Branch with Parades three so far but that seems to be it!

The first of these was the Civic Sunday (Mayoral Service) Parade for the new Mayor Colin Thomson on Sunday 23rd June. This was the first time that the Branch had been invited to attend this Parade joining the Army and the RAF who are regular attendees.

The Parade started with a muster at the Town Hall Square at 1245 for a March off at 1315 on the way to St. Mary's Roman Catholic Church in Duke Street - passing our new Memorial to the Australian Submarines on the way with the Sea Cadet Band leading. On arrival at the Church members of the Branch formed a Guard of Honour (with the Army and RAF) for the Civic Dignitaries from Barrow and all over Cumbria. The Service started off with the Standards being presented at the Altar during the opening Hymn. The rest of the service was interesting as, apart from the usual Hymns and Prayers, the Standards were collected during the singing of the 'Red Flag'. This is not a Hymn it is the Communist Party Anthem and was totally inappropriate for a religious service and for one to be sung during the collection of Service Standards. Pointedly many of the Service Association Members neither sang nor stood for the 'Red Flag'. Letters of protest are being sent in by the three Associations.

The second Parade was for the raising of the Armed Forces Week Flag which took place at the rear of the Town Hall at 0945 on Monday 24th June. For this we were joined by the other Service Associations and by a Platoon from HMS ARTFUL. Association Standards were paraded ours carried by Dave Barlow as 'Ginge' Cundell couldn't get in from Ulverston that early.

Alan Jones did the Padre bit and the Duke of Lancaster's Association presented the Armed Forces Day Flag to the Mayor for raising from the Town Hall Flagpole.

A lament was played on the Bagpipes after which we all trooped into the Town Hall for tea/coffee and biscuits. The Flag remained 'Raised' for the whole of Armed Forces Week.

The third Parade was in Ulverston on Saturday 29th June and was to support the Ulverston Royal British Legion who were 'Dedicating' a new Branch Standard and combining it with a celebration for Armed Forces Day.

The 'Dedication' by The Rev A P Wells took place in the Coronation Hall at 1000. After the 'Dedication' there was a Parade to the Ulverston Market Square led by the Ulverston Town Band, Legion and Association Standards for a short Service of Remembrance and Wreath Laying at the War Memorial. On completion the Parade returned to the Coronation Hall where the Parade was dismissed.

So, after a busy week, we can put the Standard and best kit away for a month or two - we shouldn't need it again until the Battle of Britain Parade to St George's in September!

Thanks to all Branch Members who supported any (or all) of the Parades.



WE WILL REMEMBER THEM

Scotland North East Branch
17th June 2013
R.R. (Roy) Haynes
AB (RP3)
P/SSX 905350
Aged 77
Submarine Service 1957-1959
Anchorite, Excalibur and
Porpoise

Scotland North East Branch
13th June 2013
F.G (Fred) Rowe
CCWEA (WDO)
M956988X
Aged 72
Submarine Service 1972-1985
Revenge, Renown And
Resolution

Taunton Branch
June 13th 2013
Dick Bowgen
Leading Seaman (GL)
P/JX 835962
Aged 81
Submarine Service 1951-1959
Telemachus, Tactician,
Thorough, Thule & Springer

Submarine Officers
Association
June 13th 2013
John E Davey
Lieutenant Commander
(E)(MESM)
Aged 83
Submarine Service

Sussex Branch
Geoff Wormald
LEM
Submarine Service 1951-1954
Scythian, Subtle, Solent
Anchorite

*Lord these departed shipmates
with Dolphins on their chest are
part of an outfit known as the best.
Make them welcome and take
them by the hand you'll find with-
out they are the best in the land.
So Heavenly father add their
names to the roll of our departed
shipmates still on patrol let them
know that we who survive will
always keep there memories
alive.*



Reunions

Submarine Renown Association

2013 reunion will take place in Leicester over the weekend of November 23rd to 24th. Further details:

from subrenown@ntlworld.com

Sub Gas Contract

A COMPANY that makes life-saving equipment for some of the largest naval fleets in the world has won a major submarine order and announced a recruitment drive.

Analog Military Systems (AMS) in Stokesley, North Yorkshire, which began trading above a shop 30 years ago, has become a trusted supplier to the British, US, Dutch and Canadian navies.

It has been awarded a contract to supply the Norwegian Navy with two pieces of carbon monoxide monitoring equipment for its each of its six submarines.


AMS will undertake the development, manufacture, installation and commissioning of the systems, with the first due to be delivered in February.

It is vital that the atmosphere on board submarines is carefully managed at all times to limit exposure of the crew to potentially harmful substances.

Carbon monoxide (CO) is one of those substances, typically produced during cooking, incomplete combustion of the diesel engines, or by fire.

It is essential that the crew are able to protect themselves from this silent killer.

AMS's new CO monitoring system, which is designed specifically for submarines, will be officially launched at defence and security exhibition DSEi in London, in September.



July 2013	
Members Birthdays	
G. Barber	06/07
M. Kirk	06/07
S. Leach	07/07
G. Anderson	08/07
D. Whitefield	11/07
M. Butchart	13/07
B. Downie	13/07
M. Hogg	15/07
R. Cambridge	16/07
N. Weaver	20/07
J. Davies	20/07
C. Hutchinson	22/07
D. O'Connell	23/07
C. James	23/07
J. Costello	24/07
R. Faragher	24/07
N. Barry	25/07
A. Jones	29/07
D. Wilson	29/07

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News Letter

Contact Information

Do you have a story to tell or have information you feel should appear in the news letter then ring Ben Britten on 01229 820265 (evenings) or if you wish to send me an article please ring for postal address. or send your contribution by e-mail to:

BarrowSAnews@gmail.com

Constructive suggestions about the news letter are very welcome. The news letter will be published in the last week of each month ie last week of July for the August 2013 issue. Please try and have any information with me by the **15th of each month**. Thank you to everyone who contributed to this edition.



Social Calendar 2013

July

Sat 20th July

A Day out at Cartmel Races

August

Next Branch Meeting in the RBL Tuesday 6th at 2000

FIRST & LAST

HMs/m Oberon the first British submarine to be fitted with Asdic.

The last British vessel to fall victim to a U-Boat in WW1 was the Battleship HMS Britannia two days before peace was declared off Cape Trafalgar.



Solve the submarine wordsquare

We hope you enjoyed last month's wordsquare.

If any of it proved tricky, the solution is at the foot of the page.

This month's wordsquare is based on submariner slang expression.

If you have any comments or suggestions on how our puzzles can be improved or developed, drop an email to Bill Myers at bill.myers@cnmedia.co.uk

CLUES

1. OPPO

2. SKIMMER

3. BOBBLEHEAD

4. BINBAG

5. GASH

6. DABBER

7. WRECKER

8. JOLLY

9. CLAGG

10. WIBBLE

11. GOBSTICK

12. BOMB SHOP

L	A	R	W	H	R	E	M	M	I	K	S
D	K	C	I	T	S	B	O	G	A	D	K
R	T	H	G	G	A	L	C	E	A	I	P
S	E	A	S	A	K	G	F	E	M	S	O
T	C	L	B	B	F	E	H	R	Y	C	H
R	U	D	L	N	O	E	L	L	T	W	S
E	D	L	A	I	L	A	L	V	R	I	B
B	I	A	R	B	P	O	E	E	A	B	M
O	E	I	B	N	J	T	C	I	L	B	O
P	U	O	B	B	I	K	A	B	N	L	B
P	B	G	A	T	E	Y	L	K	N	E	W
O	R	E	I	R	A	R	O	D	A	C	A

Last month's wordsquare solution (below)

L	A	R	W	H	I	T	E	U	N	V	O
D	N	O	R	E	L	L	N	O	A	R	K
R	T	H	R	S	Y	E	L	E	S	I	O
S	E	A	S	O	K	G	F	I	M	A	O
T	C	L	B	R	F	E	N	R	I	C	R
R	U	D	L	R	O	N	L	I	T	N	B
E	P	L	A	C	E	A	A	V	H	O	L
B	I	S	R	G	P	O	E	S	A	R	O
O	E	I	A	N	O	T	N	I	L	E	H
R	U	M	B	A	I	U	A	B	N	M	V
E	I	G	A	T	N	Y	L	K	N	A	W
S	R	E	I	M	A	N	O	D	A	C	A



PRIVATE LANGUAGE There are submariner expressions for all kinds of people, objects and events – see if you can find the 12 we have hidden in the wordsquare. The picture shows one of the crew on the Barrow-built *HMS Resolution* in 1967

Dance through the Decades

Friday 26th July
1pm- 4pm at Lakeland House

Come and dance the afternoon away at Age UK!

Join our DJ in a reminiscence of songs from the
50s, 60s, 70s and 80s!

AND let our dance teachers guide you through
the salsa, waltz, and line dancing!

**Prizes will also be given to the winners of anyone brave enough to come
in fancy dress in a costume relating to any of the decades!**

Refreshments available including a selection of home baking

All proceeds donated to Age UK Barrow & District

All Welcome!

**Tickets £5 which includes one free drink of punch (alcoholic or
non-alcoholic) and a raffle ticket for our prize draw**



In association with
Daily Mail

Tickets on sale from reception at Lakeland House, Abbey Road
For further information or to volunteer with baking/decoration making
Please contact Jacky Hyles on 01229 831 425

Registered Charity No. 1149975