

CORPS FOOTBALL

'WHAT'S IT ALL ABOUT?'

Making memories and refreshing old acquaintances

Chairmans Welcome

A very warm welcome to the August edition of the branch newsletter, I hope you have been able to enjoy the good weather we have been having. Since the last edition we have seen much of the lockdown lifted in the UK and life is returning to normal, a new normal! Who would have thought we would be able to walk into a bank wearing a mask and not be arrested? I know I feel much more positive now that we are able to go about our daily lives with less restrictions, which has certainly affected my mental well being. Maintaining a healthy mental state is essential for our overall health, there are so many factors that can have an impact on it and this month the RMA-TRMC, have launched a new mental health initiative, 'Lifting the Lid', details are on page 3. I would like to thank all the branch members that have taken part in the RMA Heroes at Home fundraising, there are still some branch events between now and 28 Oct 20, the finishing date, so there is plenty of time for you to either participate or indeed donate at <https://www.justgiving.com/team/RMAFootballClub>. I wish you all a very happy and healthy summer.



Get onboard the Malta tour 2021

30 people to date (3rd Aug) have booked up for Malta why don't you !!! It costs about £150 for flights and about £50PN for accommodation.

The Malta FA Masters v RMA FC is confirmed in the diary for Friday 14th May 2021, KO 1900hrs. All branch members are encouraged to come and support RMA FC. The venue is likely to be the Luxor Stadium, St Andrews, the site of the old 41 Cdo Barracks, with the squad staying at the Cavalieri Art Hotel, in St Julians Bay. Source your own flights and accommodation. For more info email branchsec-rmafc@outlook.com or visit our FB page for live updates at <https://www.facebook.com/groups/401598533208535/>



Remembering Cpl Ben Nowak RM

By Shaun Foster

On 12th Nov 2006 Cpl Ben Nowak, 27, from Speke, Liverpool, died whilst serving with 45 Cdo RM, as a result of injuries sustained following the detonation of an IED mounted on a bridge on the Shatt Al Arab River on the eastern edge of Basra City, Iraq. Other casualties that tragic day were, Marine Jason Hylton, 33, 539 ASRM, WO2 Lee Hopkins, 35, Royal Signals & SSgt Sharron Elliott, 34, Int Corps.

Ben Nowak, a proud Evertonian, made his Corps footballing debut on 9th Aug 2000 v Budleigh Salterton FC. I would describe Ben as a box to box midfielder who covered every blade of grass and didn't give opposing players time or space to play. Due to deployments and completing Junior Command Course & Physical Training Instructors course he would only make 2 further RMFA appearances playing his last Corps game on 21st Nov 2005 v Budleigh Salterton FC. I am in no doubt he would have racked up many more caps. Ben was remembered at the Premier League Everton v Bolton Wanderers game on 18th Nov 2006 in recognition of his time at Everton working with young players, which was attended by members of the Corps. In 2010 the RMFA played against a Ben Nowak XI at Everton FC's Finch Farm training ground. The Gym at 45 Cdo RM Condor Barracks is named 'The Ben Nowak Centre' in his honour. RIP Ben x

Ben's debut match, Budleigh Salterton 2 Royal Marines 0 9th August 2000

RMFA Squad Nev Nixon, Mark Liddle, Iain Rankin, Lee Carr, Terry Price, Kevan Roberts, Harry Richardson, Lee Weatherall, Ben Nowak, Mark Pepperell, Daz Cliffe, Will Jeeves, Robbie Buglass, Mullin, Mark Lenton, James Beverley, Ian Pomeroy, Paul Collinson, Dean Jones.
Manager Shaun Foster - Assistant Trevor Ford



RMFA Website Feature

The Story of former Royal Marines Footballer Keith Wilson (Pictured 2nd from the left light shirt) whose RM Career span from 1965 to 1982. To read the full story visit [The full Keith Wilson Story here](#) Other former Players stories on the RMFA Website include John Ellis, Alf Francis, Clive Hunter, Tony Higgins, Ray Johnston, Ted Postin, Jimmy Foy, David Gowney, Lenny Anderson, Archie Houston, Phil Shuttleworth, Joe Mears, Reg Flewin.



Trip Down Memory Lane **1988 Inter Commands Winners RMFA**

(Royal Marines 3 Naval Air Command 2)

L to R Clive Hunter (Chairman), George Kent (Coach), Russ Main, Gary Blunt, Martin Woodthorpe, Simon Beck. Kev Stewart, Mne Logan, Gaz Whatmough, Richie Clarke, Stevie Whitehouse, Andy Holding, Brian Hepburn, Russ Wilson.

Front Row

Paul Dixon (Manager/Sec), Brian Faint, Conrad Butler. Tiv Lowe (Capt), Trevor Ford, Gaz Kerr, George Bolton.

Lifting The Lid **Promoting Positive Mental Health**

RMA - The Royal Marines Charity aims to be the central pillar of the Royal Marines Family, drawing together those who aspire to join, those who serve, those who have served and their families. We recognise that we have extraordinary people who have achieved extraordinary feats both in training and on operations, or in the case of families, in support of both.

Recognising the strengths of the Commando values, spirit, and mindset we, as a charity, have set our own standards to mirror those that it takes to become a Royal Marine. We aspire to deliver our support to the whole Corps Family in this way. It is in recognition of the Commando mindset that we launch this campaign: the Royal Marines cap badge and the Green Beret represent a long and enduring history of flexibility, change and strength. The Royal Marines are frequently praised for their agility, adaptability, and forward-thinking, leading them to be the first to understand, adapt and overcome.

The link will take you to the RMA page which will give you full details of the initiative.

<https://theroyalmarinescharity.org.uk/lifting-the-lid/>



Player in Focus

Name: Davie Carns

Born: Liverpool

Position: Defender

RMFA Appearances: 26 & 6 goals

Rep Teams: UK Armed Forces, Royal Navy

Honours: 1 x Tunney Cup (2013), 4 x Inter Commands (2009, 2010, 2011 (Captain), 2012) Kentish Cup (2010 (Captain))

Previous Clubs: Torquay Utd, Forest Green Rovers, Solihull Moors, Hednesford, Evesham Utd.

Debut: 24th July 2009 v RAF Cyprus

Last Game: 15th May 2014 v Prison Service

Joined the Corps: 2004

Retired from the Corps: 2013

Best RM Player: Lee Hildreth & Mikey Husbands.

Current RMA FC Role: Team Manager

Interesting Stat: Left the Corps in 2013 but made his final appearance in 2014!

Fixtures Update 2020

12th Sept 20 RMA FC v Phil Margrett's Legends. **Cancelled**

12th Dec 20 Honourable Artillery Company v RMA FC **Confirmed**

13th May 2021 Malta tour, Globes v Laurels TBC

14th May 2021 Malta tour, Maltese Legends v RMA FC **Confirmed**

Treasurer's War Chest

Get Your name in lights. All branch income is self generated, I would encourage all members to either start an annual Personal Voluntary Contribution to the branch for a minimum of £10 or make a one off donation.

Account: RMAFC. **Sort Code:** 30-96-26. **Account No:** 41750560.

Please use your name as the reference.

Thanks to the latest donor, 2000 Corps player of the year **Lee Weatherall**. Thank you Wevs.

CMD Mortgage Consultants

RMA FC member Alan Small (Mortgage Consultant) 07811 401 096 has been working as a mortgages advisor for 5 years now and is offering his services for **free**. What's more he will donate 10% of any fee received from the lender ie Halifax, HSBC etc...to the RMA Football branch. Alan also specialises in forces help to buy & life insurance. His services are not restricted to RMA members but also family and friends too.

For more photographs, stories & statistics please visit the Royal Marines Football website at <https://www.royalmarinesfootball.com> or RM Football Facebook group <https://www.facebook.com/groups/401598533208535/>