FROM THE CAPTAIN’S CABIN

Welcome to the latest edition of Ocean Wave and may I start by wishing you all a very Happy New Year. We have enjoyed a busy start to 2017, conducting a highly successful visit to Kuwait, with whom the UK enjoys a very close relationship. Our embarked Royal Marines from 42 Commando conducted a major exercise whilst the ship welcomed some 200 students and staff from the Kuwaiti Staff College to provide them with a better understanding of the Royal Navy’s operations in the Middle East. We were also honoured to host the Chancellor of the Exchequer who was keen to learn of our operations and the significant contribution HMS OCEAN has made to regional security. As you will know, the commencement of our passage home is not far away and the opportunity to conduct a range of wholeship events including charity fundraising as we sail westbound. Plans for our homecoming are progressing well and we very much look forward to seeing you in Devonport. Thank you for the strong support we continue to receive from all our family and friends, you are very much in our thoughts always.

OCEAN LEADS THE WAY

Since our last edition the Fleet Flagship has had the chance to take a well earned deep breath for some much deserved rest in Dubai before again continuing on to carry out our vital CTF 50 role. As you will see in the picture above we continue to quite literally lead the way in the CTF 50 task group. In this we have conducted a whole range of exercises and traversed from the top to the bottom of the Arabian Gulf, proving time and again our operational capability and our interoperability with our partner nations the task group. OCEAN has been described as a Swiss army knife by its peers because it can do so much, and the ship with its most important component – your highly trained totally professional loved ones continues to deliver time and time again.

As you read this edition you will no doubt be aware that our exercises and role as the CTF 50 Command platform is about to draw to a close. As such we are about to embark on our much anticipated journey home to be with you, the people who mean the most to us. Because of this and because it is the new year when all people look to the future, this month the theme is one of what we onboard are looking forward to in 2017. As you read OCEAN Wave we once again thank you for your support and assure you that the work that all your sailors do is valued not just by our government, but by all those people who have been eager to benefit from the professionalism, training and security they have brought to this often troubled region of the world.
Hello! My name is Rachel Peel; I’m 25 years old and a Leading Medical Assistant (LMA). This means I am one of the fully trained medics on board who are always on hand to answer any and every medical need. I have been in the Navy for 7 years and served on various Ships and worked in Medical Centres alongside. Onboard we have large Medical Complex (basically a small hospital,) with 12 staff – this includes a Doctor, Physiotherapist and Medics. My main role onboard HMS Ocean is the running of the Sickbay reception, treatment room & First Aid Training for all Ships Company.

Prior to deploying in September 2016 I applied for a place in the Virgin London 2017 Marathon and was lucky enough to get one along with LET(ME) Daryn Jackson who also serves onboard.

As you can imagine training for a marathon is a huge challenge in itself and we have the added test of training in the heat of the Gulf, a 203 metre long flight deck and 4 treadmills that are shared between the other 700 personnel.

We are running the London Marathon raising money for the Royal British Legion, which is a UK charity providing lifelong support for the Royal Navy, British Army, Royal Air Force, reservists, veterans and their families.

If you would like to sponsor us you can visit our Just Giving page at the following link:

Just Giving: Daryn and Rachel.

I would like to say a huge thank you to everyone onboard HMS OCEAN for their ongoing support throughout our training.

Leading Medical Assistant Rachel Peel
I am WO1 Wtr Tim Jones (that’s me in the middle of the ASRY Fire Fighting team!) and I’ve been in the Royal Navy for almost 30 years and am thinking about making a career of it! Like all sailors I punch well above my weight and am married to the lovely Charlotte. We are blessed with 3 wonderful sons William, Oscar and Freddie who I am very much looking forward to being reunited with in March. My role on the mighty ‘O’ is that of Whole Ship’s Q (WSQ), ensuring that the Fleet Flagship is equipped to deal with any incident that may occur whilst protecting our nation’s interests overseas. I am also the Field Gun Officer and am hugely excited about OCEAN’s participation in a competition which is such a proud part of the Naval Service’s heritage. For me this is all about the taking part; we ask our Sailors and Marines to go above and beyond for their Ship. In return they will experience the splendid Brickwoods Competition which embodies so much of what is good about military life; physical and mental courage, discipline, leadership, and above all else teamwork. From a personal perspective and like every member of our Ship’s Company, I am looking forward to maximising time with my family when we get home. Unless you have experienced separation, which many of you are for the first time, it’s difficult to understand how hard it can be for service families. I hope that you and all our men and women enjoy their time at home with loved ones in 2017.

“When tempted to fight fire with fire, remember that the Support Party usually uses water.”

Warrant Officer Writer Timothy Jones

After 18 Months on board as the ship’s Physical Training Instructor I have faced the Challenge of keeping the ships company fit to fight. The standard of fitness varies across the 380 Ships Company and the biggest test is setting up a training regime that can be completed by all personnel whatever their ability, this should be varied daily and of course achievable on a frontline Royal Navy warship. Most circuits take place in the ship’s hangar where there is an array of training equipment to facilitate the large numbers of personnel who attend ship’s circuits, these can range between 20 and 60 personnel at any one time up to 3 times per day. The ship’s company has made the most of the time away and physically bettered themselves for both frontline tasking and to return to loved ones back home in great shape. The task has been extremely rewarding seeing the physical development and transformation of personnel from the start of the Deployment to now.

I am due to depart HMS OCEAN when the ship returns in March and look forward to the challenges that lie ahead in my new assignment at JSU Northwood. As the father of a 4 year old son I am extremely looking forward to my return to the UK where he will be there to rugby tackle me on the Jetty.

Petty Officer Physical Training Instructor Adrian Barker
My name is ET Smith, that’s me next to the stoker in the blue jumper. I’m known as “Smudge”, and I joined HMS Ocean shortly before this deployment. This is my first sea draft and I have spent the first few months familiarising myself with the ship and her systems in order to qualify as a harbour watch keeper. I am now a full member of the Marine Engineering department onboard and currently work for the Water section. It is my section’s job to maintain the equipment that produces clean water for us to drink and wash in, along with the pumps providing the water used for our fire fighting equipment, and of course to flush the toilets. I am enrolled on the Royal Navy’s Fast Track scheme, which puts greater expectations on me and a shorter timeframe to achieve training targets but with that comes accelerated promotion prospects. Whilst I am still enjoying life at sea, believe it or not I am looking forward to getting away from the sun and back to rain, cold weather and my friends and family back home.

Engineering Technician (Marine Engineering)
Callum Smith

JACKSPEAK
TRANSLATOR:
SLANGUAGE OF THE ROYAL NAVY

Jackspeak Word of the Month:

Scranbag

noun
(Scran-Bag)

1. A particularly unsavoury individual.

Example: “Where is your military bearing, you horrible scranbag!!?”

Illustration provided by Mr John Allan

From the Editor

Normally I’d give a teaser of the next exciting edition of Ocean Wave, but I’d like to take this opportunity to tell you what I’m looking forward to in 2017. Protecting our nation’s interests overseas means that this year I will miss my anniversary with the most important person in my life. I am the luckiest man in the world and I am personally looking forward to making a home in 2017 with the love of my life.

I love you Sophie, all of the much.

Writer Jevan Raynor, Editor