

HMS DUNCAN

Family and Friends Newsletter

June 2015



Photo opportunity with USS Theodore Roosevelt, USS Normandy, HMS DUNCAN and USS Paul Hamilton

In support of CTF 50

DUNCAN has spent the last month at sea working in support of the aircraft carrier USS Theodore Roosevelt. We have also been in company and working with the Ticonderoga class USS Normandy and the destroyer USS Paul Hamilton. This is the type of tasking that DUNCAN was designed for and had trained hard for prior to leaving the UK, so we have been putting our skills to good use. The Ship's Company have also enjoyed visits from the US Chaplain, Navy Seal teams and Liaison Officers in order to learn more about working together.

Sport Fixtures

DUNCAN has taken part in 9 sports fixtures in 5 different countries since deploying including football, netball, cricket and rugby.

Whilst practicing for the matches is sometimes difficult we have managed to make use of the flight deck, although this has resulted in a few lost balls in the process.

The Rugby team try out the new tartan kit for their first match in Muscat



Football team in Muscat

A MESSAGE FROM THE CAPTAIN

Dear Duncan Family,

When you receive this letter you will be weeks away from seeing your loved ones for our Mid-Deployment Leave Package. All of the Ship's Company, as I am sure you are, are very much looking forward to this time to relax and recuperate prior to the second part of our deployment.

DUNCAN has had an interesting and busy month which has seen our integration with the USS Theodore Roosevelt who we will be supporting during our deployment, a successful visit to Bahrain to support the opening of HMS JUFFAIR and an enjoyable port visit to Dubai.

We have been working hard onboard with lots of members of Ship's Company completing training and professional boards, taking part in physical training with the Montague Cup rowing challenge and completing the necessary day to day tasks for the smooth running of DUNCAN.

I wish you all a very enjoyable summer and time with your loved ones.

Cdr Rich Atkinson

Commanding Officer HMS DUNCAN



PO McNamee is notified of the Herbert Lott Efficiency award



LStd Toney receives the CO's Monthly prize for May

AWARD WINNERS

PO McNamee was recently awarded the Herbert Lott Efficiency award. This award is named after Herbert Lott who was a great admirer of the Royal Navy and the committee bestows the award on members of the Naval Service in recognition of their efforts to improve the efficiency of the Royal Navy.

LStd Toney was the recipient of the Commanding Officer's prize for May for his work as the Leading Steward onboard. He was recognised for his hard work and dedication and for going above and beyond, by organising training, and as a key member of the first aid team onboard.

HEALTHY SHIP UPDATE

We previously told you that DUNCAN is taking part in a Healthy Lifestyle trial whilst on her maiden deployment. So what have we been up to?

We have completed 2 Fleet Physical Training challenges, a huge Road to Twickenham challenge covering a distance of 13, 816km, lost a grand total of 224 kg from our Biggest Loser team and we have been eating carrot sticks and hummus at 1600 instead of pudding with dinner.

The Healthy Lifestyle Trial is an intervention run by the Institute of Naval Medicine which has seen us change our menus, conduct activities to encourage a healthy lifestyle and offer interventions such as weight management and physical training opportunities.

We currently have 50 members of Ship's Company signed up to 'DUNCAN's Biggest Loser' where they have their waist and weight monitored weekly and get a personalised physical training programme. The team have done really well and have lost a total of 319cm from their waists (which has resulted in a lot of baggy trousers around the ship) and a huge 224kg.

The Catering team have also come up with some good ideas which has seen us remove pudding from the menu two nights a week in exchange for a healthy mid-watch snack such as apple bread, yoghurt muffins and fruit platters all going down well. We have also trialled increasing the salad bar at lunch replacing a hot choice which has been welcome as the weather gets warmer.

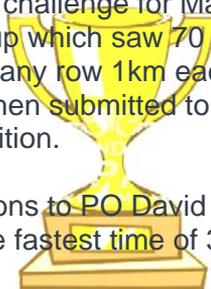
DUNCAN's Biggest Loser weigh in



MONTAGUE CUP

The monthly challenge for May was the Montague cup which saw 70 members of Ship's Company row 1km each, the fastest 50 times were then submitted to enter a Fleet wide competition.

Congratulations to PO David Pitcher for achieving the fastest time of 3 minutes and 7 seconds.



Post

The mail arriving is one of the highlights of the Ship's Company when coming alongside in a foreign port.

Thank you so much for sending all your parcels and letters to us.

Please when sending mail could you ensure that the following is included:

Name
Service Number
Mess e.g. Lima/Kilo or Juliet Complex, Austerity, Senior Rates or Wardroom
Service number
HMS DUNCAN
OP KIPION
BFPO 269



Meet the DUNCAN's THE FLIGHT TEAM

The Flight team onboard is currently made up of 3 Aircrew, 8 Aircraft Engineers, 4 Aircraft Handlers and 1 Aircraft Controller. Normally we would deploy with a team of 11 personnel including aircrew, engineers and aircraft controller, but due to the available capacity of HMS Duncan our team has been bolstered by extra aircrew, engineers and handlers to facilitate their training and further progression in the Royal Navy.

The Aircrew consist of our Flt Cdr who is an Observer, Flt Pilot and O2 who is another Observer, onboard to complete his training. The Pilot and Observer work together to control and utilise all of the Lynx's advanced systems, ranging from the radar to operating the winch during search and rescue missions. The Engineers consist of the Senior Maintenance Rating who certifies that the aircraft is safe to fly, 2 mechanical supervisors who coordinate and supervise the mechanical maintenance required on the aircraft, 2 avionic supervisors who coordinate and supervise the avionic maintenance on the aircraft and 3 aircraft engineer technicians who carry out all of the work. The Aircraft Controller works in the Operations room providing a safety service to the aircraft whilst it is airborne and maintaining communications and information flow between the aircraft and the ship.



Flight team conduct a winching exercise (top) and the Flight Commander and Pilot pose for a photo (left)



PO Ferries conducting Flight Deck Officer duties

What we do onboard

A typical day for us is working a 12 hour deck cycle which involves having the aircraft at a specific alert state for 12 hours ready to react to any tasking required by the ship whilst also conducting planned sorties. Aside from getting the aircraft out of the hangar, rotors spread and ready for flight in the morning, our second priority is maintaining the cleanliness in the hangar ensuring there are no flight safety issues caused by rubbish being left around. If the helicopter becomes unserviceable for any reason the engineers must work hard until it is fixed, which often results in early mornings and late nights.

The aircraft

The Lynx MK8 is a proven maritime attack aircraft used to detect and attack surface and sub surface threats with anti ship missiles and torpedoes as well as a machine gun. Not just used in an attack role it is a multi role aircraft capable of providing the ship with a search and rescue capability, force protection role against small craft trying to attack the ship, support for the boarding teams including fast roping, and being used to deliver stores to the ship when provisions are running low.



An ideal photo opportunity as the Lynx conducts an exercise over DUNCAN

KIDS CORNER



DUNCAN the Bear



Me having a rest on the Helicopter



Having a look at the fountain in Dubai

You can write to me at:

Duncan the Bear
C/O HMS DUNCAN
OP KIPION
BFPO 269
HMSDNCN-DuncanBear@mod.uk

Hi Everyone!

I hope you are all well and you are getting to spend lots of time playing in the sunshine!!

I have been having a lovely time onboard and I have been busy making lots of new friends including some sailors from the United States Navy. They have been working on a ship that is even bigger than DUNCAN and it is called the Theodore Roosevelt. I got to watch it the other day from the bridge; which is one of my favourite places on the ship because I can see out of the big windows and see where we are going.

I have been spending quite a bit of time with my friends on the flight team; here is a picture on me sat on the helicopter!!! Sometimes they let me help and one day I might get to go flying in it which I am very excited about!

We have been to a place called Dubai recently which was lots of fun, I went to the big shopping centre where they had a huge aquarium full of fish and sharks and I got to see this waterfall as well.

I have been helping out the Medical Officer and the Physical Training Instructor with measuring everyone on the scales too; everyone is being very active onboard and doing lots of exercises! I like going to circuits although I can't do any press ups yet I think my arms are too small!

Bye for now,

DUNCAN



Getting weighed in for DUNCAN's Biggest Loser