

THE IRON DIT

APRIL EDITION 2016



BONNIE SCOTLAND



Duck!!!! HMS Iron Duke passes under the Skye Bridge

Most jobs have their perks and serving onboard HMS Iron Duke whilst on operation in Scotland certainly reminds all onboard of the perks being in the Royal Navy can bring.

On completion of Joint Warrior, HMS Iron Duke took the 'scenic route' back taking in some of the breath-taking Scottish waterways and views. Passing through Isle of Skye, Kyle of Loch Alsh, Sound of Mull and the Sound of Islay it did require a little work for the Navigation and Seamanship teams as they picked their way safely through narrow waters – but the rewards far outweighed the hours closed up on the bridge and fo'c'sle.

For the Navigator, Lt Martyn Harris, who had cut his navigational teeth in the Scottish area as a small Ship's navigator, it was all in a day's work but it wasn't without its slightly nerve wracking moments. As the Ship passed under the Skye bridge he had to ensure that his maths was spot on, the various states of tide will affect how much clearance the Ship will pass under the bridge. As HMS Iron Duke passed through on a beautiful Wednesday afternoon clearance was just 4m and believe me as the Ship made her way under it felt like a very small 4m!!!



HMS Iron Duke takes in the beautiful views



Taking formation – some of the participating units for Joint Warrior

JOINT WARRIOR

As well as providing excellent opportunity to have a short catch up with family and friends, HMS Iron Duke's visit to the UK also allowed her to take part in Exercise Joint Warrior.

Held on the beautiful and complex coastline of West Scotland, Joint Warrior is one of the largest multi national exercises held twice annually by the Royal Navy.

The exercise has a particular focus on mine-hunting which provides excellent training opportunities for not only the Royal Navy but on this occasion for German, Norwegian, French and Belgian Navies.

For HMS Iron Duke it served as further opportunity to continue to work and develop our strong ties with our SNMG1 NATO counterparts, ESPS Alvaro De Bazan and HDMS Peter Willemoes.

A successful exercise for all, its multi-discipline nature provides a different style of warfare allowing for little-practiced scenarios to be carried out. This was great news for HMS Iron Duke's boarding team in particular who were able to carry out searches on 'suspicious' vessels.

The exercise marked the halfway point of the deployment for many onboard and the little taste of home provided excellent refreshment as the Ship prepares for the second half of the trip.

LOGGY LIFE



SC Dennis Barker in the Loggy tardis that is Stores The Supply Chain branch (known lovingly as the Jack Dusties) of the Logistics Department is responsible for ordering, accounting and moving all items that the ship requires. These items can range from the 10,000 toilet rolls we received prior to deploying to specialised parts for the 997 radar system or Lynx helicopter.

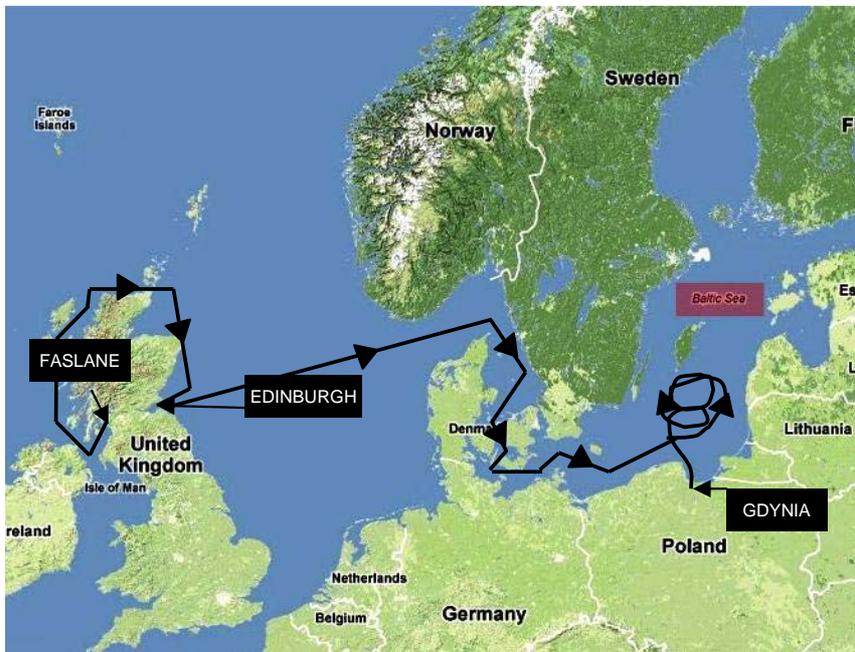
The team of only 5 look after over £23 million worth of equipment onboard. Since the beginning of deployment the Supply Chain branch have ordered and received over 150 pallets of stores which have been distributed throughout the ship. They have also organised the return of over 20 pallets; think of them as the Amazon of the seas!

Typically a day for the Dusties consists of placing orders for items required and following them through the pipeline. Starting with the initial issue from the UK, the item is then sent to one of the UK's airports awaiting onward move via airfreight. Once the item has cleared customs (even the Royal Navy is not exempt from customs!) the item is collected by a courier or local agent and distributed to the ship for the Supply Chain team to carry out the accounting procedures.

This all sounds very simple until you factor in that the Ship is constantly on the move, the part may not be available and the ship may not be able to fight or sail without it! Luckily our team work incredibly hard in liaising with our partners in the UK and high priority demands are often met within 36/48 hours; just another day for the Jack Dusties.

PORT	WEIGHT	COST
Amsterdam	170kg	£1,673.00
Bergen	773kg	£36,380.76
Trondheim	352kg	£14,020.00
Oslo	289kg	£72,674.83
Rostock	438kg	£204,569.00
Poland	14kg	£1,112.00
Latvia	151kg	£5,045.00

A breakdown of Jack Dusties stores so far this deployment



PHOT OF THE MONTH



PO Lee Blease captures a beautiful sunset in Gdynia, Poland

DEPLOYMENT FACTS

- Distance Travelled so far: 22, 374 nm
- Total weight of gunpowder fired in Joint Warrior: 4,095kg
- Diesel used: 18, 142, 915 litres
- Amount of Laps run around the upper deck during 'Road to Twickenham' : 3,605
- Meals cooked: 65,580
- Number of Radar Rotations made by 997: 3,397,212

DID YOU KNOW?

Loch Ness is the second largest and second deepest Loch in Scotland, so made famous for the mysterious Loch Ness Monster – first sighted by Robert Kenneth Wilson, a London physician in 1934. It is believed to be a plesiosaurus, a type of marine dinosaur which roamed the planet 205 million years ago. The Loch Ness monster's affectionate nickname 'Nessie' also means 'pure'. How 'pure' you think the truth is we will leave up to you!!

COOKERY CORNER

Being a Chef in the Royal Navy isn't all about cooking en masse for 180 hungry, hard to impress sailors. There are occasions onboard when guests are hosted in evening receptions and capability demonstrations. This gives our Chefs onboard the chance to flex their culinary muscles and cook items that stand out from your average Cheesy Hammy Egg or Cumberland Pie. Chef Sam Newman would like to share with you the Chili Cheese Bite, a feisty little canape that likes to pack a punch! Give them a try – they are super tasty.

For 180 people (4 each)

7.5kg of Cheddar Cheese
3.25kg Red Leicester
15 X Whole Green Chilli
3.25kg Plain Flour
2.25kg Breadcrumbs
45 Whole Eggs

For 12 people (4 each)

500g of Cheddar Cheese
250g Red Leicester
1 X Whole Green Chilli
250g Plain Flour
150g Breadcrumbs
3 X Whole Eggs

Method

1. Grate the Cheddar cheese and Red Leicester and combine.
2. Finely chops the green chilli and add to the grated cheese mix.
3. Roll the cheese and chilli mix into balls.
4. Whisk the eggs and place in a bowl, in two further separate bowls, place the flour and breadcrumbs
5. Place each ball first in the flour, then egg and finally the breadcrumbs
6. Deep fry until golden brown and serve at a fancy party or when treating yourself to a nice snack. Recommended: let the snack cool first.



MMMMM.....Cheese and Chillies that bite!

ARMY VS NAVY

After exhausting ourselves during the Road to Twickenham campaign, members of the Ship's Company took the chance to unwind and support the RN in the annual Army vs Navy rugby match, held at Twickenham.

The whole afternoon was sponsored by the Petty Officers' mess, and they managed to move the helicopter out of the hangar to provide space to erect a huge sheet to act as a screen. The Officer of the Watch was given strict instructions to stay on the same course so as not to lose TV signal and the game got underway.

The Navy team crept ahead scoring the first few points, however a strong Army side took the lead to enter half time with a significant advantage. Spurred on by a half time team talk, and knowing that they only had to draw to win the Inter-Services trophy the Navy boys put on a valiant display, using an Army yellow card as an opportunity to get themselves back in the running. In the end it came down to an absolute nail biter, with the Navy just getting level on points with minutes to go – you could cut the tension in the hangar with a knife!

Finally relief came with the final whistle and the RN were crowned Inter Services champions for 2016. To celebrate this momentous occasion, the POs had put on a feast in the form of BBQ for the whole Ship's Company, giving the chefs a welcome night off. We gorged ourselves on all the favourite meat treats as the sun went down and gave us the chance to replenish ourselves after the morning's exertions.

Lastly we must all say a huge thank you to the Petty Officers' mess for putting on such an enjoyable and tasty afternoon.



Fortunes begin to turn for the Royal Navy



HMS Iron Duke supporting the Royal Navy rugby team all the way!



What better way to celebrate such a fantastic result with a classic upperdeck BBQ!

WEAPON WORDS

The WE department really came into their own in the exercise they referred to as “Joint Worrier”, firing 91 rounds from the 4.5 inch MK8 gun. So this could take place the legends of the WE Gunbay crew worked long and hard hours in which time the gun was prepped and 101 rounds weighing 50kg each were lifted and shifted up two decks into the gunbay ready to be placed onto the feed ring and eventually fired. This tireless work allowed HMS Iron Duke to demonstrate her extreme fire power and fighting capability allowing us to find and destroy the infamous Loch Ness Monster. All is a day’s work!



Bang!!! The 4.5” gun in action firing rounds

After the gruelling ten days of the exercise in which the magazine for the 4.5 inch rounds was virtually emptied it was then necessary to proceed alongside Glen Mallan, Scotland. This is one of the very specific areas in the UK where Ships can go to in order to replenish or at times download ammunition. When bringing on rounds onto the ship, personnel are split into three parties between the upper deck, gunbay and deep magazine, this allows ammunition to be transferred efficiently but most importantly safely Re-ammunitioning can be a dangerous procedure as we don’t want to drop or bounce the rounds, for obvious reasons. But this was all water off the (Iron) duck’s back for our WE teams. Ammunitioning was completed nice and early and before we knew it we were back at sea contemplating what the rest of the deployment would bring for the salty WE sailors aboard the Iron Duck.



Transiting into Glen Mallan for re-ammunitioning

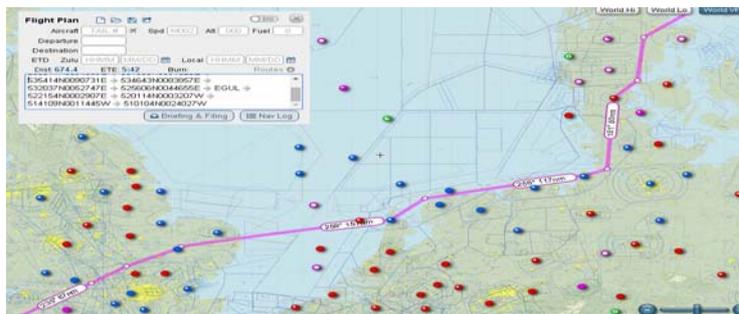
ROGUE FLIGHT

For those of you who have flown from the UK to Denmark or Norway on holiday, you will know that it’s about a 2 ½ hour flight. Last month, Rogue left HMS Iron Duke from the North of Denmark, an area called the Skagerrak and flew back to their home at RNAS Yeovilton, in Somerset! This involved refuelling in Denmark, Germany, the Netherlands and Norfolk; in total it took them nearly 10 hours to get across Europe! This was all in aid of getting lots of engineering done in a nice, big hangar with lots of spare parts – so that the aircraft was ready for the second half of the deployment.



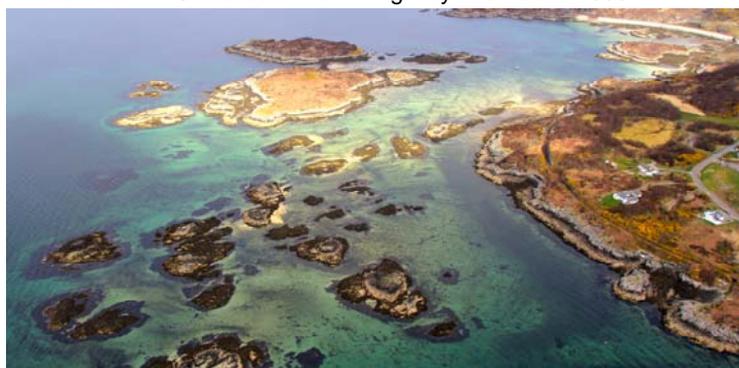
Lt Mark Finnie mans the machine gun to warn off the ‘enemy’

On the return trip up to Faslane, just West of Glasgow, the Flight Observer, Lt Mark Finnie, who is in charge of navigating the aircraft on trips such as these, given the direct nature of the trip he just told the pilot to “follow the motorway”!! It clearly worked – they made it back to HMS Iron Duke in good time!



Denmark to Somerset – it’s a long way in a helo!!! 1000nm!!

Throughout Exercise Joint Warrior Rogue has continued to behave well and lots of flying took place on with the aircrew hunting for submarines, looking for ‘enemy’ ships and fast attack craft, searching for ‘enemy’ aircraft and spotting for the big gun on the front of HMS Iron Duke. The weather was incredible (only a little bit of snow) and some of the views of the Western Isles were really spectacular!



Rogue taking in some of the fantastic Scottish scenery

The engineers on the flight deck particularly pleased to see a return of the warmer weather, as the helicopter lands on and takes off they keep the aircrew safe by securing the helicopter down and when the weather is cold, they get very very cold indeed. Now that the sun is starting to come out, they are probably the happiest members of the crew!

FLASHBACK



HMS Iron Duke berthed outside the spectacular Table Mountain, South Africa, September 2014

LONG SERVICE

HMS Iron Duke's Executive Warrant Officer, WO Andy Patton was recently presented with a clasp to his Long Service and Good Conduct Medal following 30 years of exemplary Service in the Royal Navy. His extensive sea experience spans assignments in numerous Type 22, Type 23 Frigates as well as diverse shore roles with Lisbon NATO Headquarters, in the Maritime Battle Staff and a stint onboard US Warship USS Harry S Truman.

The Long Service and Good Conduct Medal is initially awarded to Ratings who serve 15 years of exemplary service, lovingly referred to by recipient's with the quip '15 years of not being caught'. The clasp is then awarded after a further 15 years of service. The achievement is one not to be sniffed at and 30 years service in particular does not come along often. Such an award does require significant recognition and so it was apt that the award was presented to Andy by Flag Officer Sea Training (FOST), Rear Admiral Clink OBE, who was paying HMS Iron Duke a visit as she prepared to undergo Exercise Joint Warrior.

It was particularly fitting that the award was presented by Rear Admiral Clink OBE not only because Andy had served closely with him during a previous assignment in the Middle East but also that Rear Admiral Clink himself joined the Royal Navy 30 years ago. Meaning he is well placed to understand just what such dedicated service actually means. Congratulations WO Patton!



Rear Admiral Clink OBE presents WO Andy Patton with his LSGC Clasp

JACK SPEAK

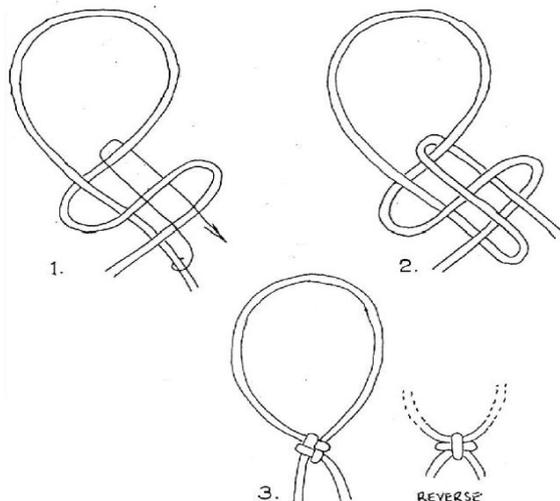
JACK	ENGLISH
JACK	BOY SAILOR
JENNY	GIRL SAILOR
PORT AND STARBOARD SCRAM SPANNERS	KNIFE AND FORK
NEPTUNE'S SEA DUST	SALT
A WET – JULIE ANDREWS	TEA/COFFEE WHITE NO SUGAR ('WHITE NUN')
FRESH HAY	CLEAN BEDDING
PIT REJECTION	BEING UNABLE TO SLEEP

KNOT OF THE MONTH

It's a section we are well aware that our readers rush to with excitement every month, so we will waste no time introducing you to the 'beaut' of a knot we have rustled up for you this month. We present to you – 'the friendship knot'

The Friendship knot is a decorative knot and one of the eleven basic knots in traditional Chinese knotting, a craft that began in the Tang and Song Dynasty between 960-1279AD. In recent years it has become popular with the Scouts and Guides for tying their neckerchiefs instead of using a woggle.

The 'Ashley Book of Knots' says it is 'a decorative Chinese Loop. This is commonly employed as a Lanyard Knot. It is handsome and secure' So there you have it; the friendship knot – the handsome knot!



WORLD OF WARFARE

The Warfare department works the majority of its magic down in the Operations Room where they are broken down into various sub-branches which focus on the various war-fighting environments. The Electronic Warfare (EW) department is one of them, they exploit the electromagnetic spectrum in order to provide Iron Duke with an early warning and an in-depth view of its surroundings in the air, surface and sub-surface environments.

What does that mean exactly? Well every ship, submarine, aircraft has its own 'fingerprint' based on the radar and weapon systems it holds and the emissions it makes. EWs can capitalise on this, analysing any emissions to identify units in the area. When the Ship is potentially attacked by incoming weapons they are best placed to identify and advise to Command the use of decoy and defence systems. Whilst everyone likes to think of war-fighting being all about the Ship taking the fight to the enemy it is just as much about defence meaning the EW department are certainly one very handy and vital team to have onboard!



AB Andrew Greenfield and LS Jimmy Grieve working hard at the EW desk

STOKER STORIES



ET Ryan Haywood 'chipping' or in other words doing some brazing

Back in the days of mighty sailing ships there would be men onboard whose task was the upkeep and maintenance of the large wooden structures. Come rain, shine or even after battle they would be hard at work to ensure the ship remained operationally capable and ready to withstand all eventualities it had yet to endure. These men were affectionately known as the "Chippies".

So with the old age of wooden frigates far behind us, what exactly do they do? Such a band of talented people are still onboard today but are now under the far more 'catchy' name of M3H (Hull). Headed by CPO Brian Barbachano, who is on placement from the United States Coast Guard, he is still known affectionately as 'Chippie' and has the task of keeping the hull and superstructure in tip-top shape as well as adapting to the sometimes strange world of the British stoker.

The job encompasses a huge spectrum of responsibilities from maintaining the quality of supply of the fresh air we breathe to ensuring the toilets flush (and the torturous task of when they don't!) Lucky for us, Chippies have an attitude of adapt and overcome, where if there is a problem, they will find a fix. Their talents include welding, woodworking and metal work, they combine this with a professional insight of all other systems around them allowing them to lay their hand to pretty much anything. M3H is your handyman section, of which the Ship could not be without!

BOARDING TEAM

A couple of hundred years ago you might've associated Royal Navy warships with boarding parties, as huge sailing ships collided with each other releasing hordes of sailors swinging on ropes on to the enemy vessel to engage in sword fights. This is not quite the case anymore, swords are not longer in use (not since WW2 anyway!) but boarding is still a part of what we do.

Every Royal Navy warship maintains some form of boarding capability. On HMS Iron Duke this involves a 15 man team comprising of members from all departments including the warfare, the engineers, and even the chefs. We deploy from our ship using the two seaboats and climb up special ladders we rig on the side of the vessel. Sometimes the teams still even use a rope, albeit one that's hanging from a helicopter in a technique called fast-roping (a bit like a fireman's pole, but 60ft in the air).

During Exercise Joint Warrior HMS Iron Duke's boarding team was deployed on several missions to a merchant vessel crewed by naval staff playing the part of the fictitious Wallanian Mafia; our mission: to search the vessel for the hidden contraband and if necessary arrest the crew. We were successful in our search which included locating hidden compartments and resulted in us detaining the crew and escorting the vessel in to port to be impounded! A great success for the Boarding team!



The Boarding Team launched and ready for action!

IRON SPORT

FIT TO FIGHT, FIT FOR LIFE



HMS Iron Duke line up with their opponents for the day, Riga Military Academy, for some indoor football fun.

FOOTBALL

HMS IRON DUKE 8 – RIGA MILITARY ACADEMY 16

HMS Iron Duke's Football team arrived at Riga's Military Academy with a full complement of 16 players and Football boots ready for an 11 a side football game. It was clear upon arrival that language barriers had been an issue and wires had been crossed as the slightly baffled players stepped onto an indoor Futsal Pitch. Adapt and overcome is a good motto within the RN I hear you say!

After a change of footwear and quick thinking from LET Andrew Shrimpton and ET Ollie Darnell, the rules were explained to the rest of the lads and a team was fielded with roll on subs taking place - often with such a big squad! This proved to be a blessing with the majority of players quite tired from the night before with it being the first 'run ashore' of the port visit!

The gauntlet was set when the Captain of the Latvian side spoke of their championship winning status within their league. The Latvian team also lived up to their own hype with the first half seeing them quickly take the lead. From there they never looked back, a very good team they sprayed the ball around quickly and with ease. By the end of the first half it's was a comfortable and deserved 10 – 0 to the Latvian team.

The second half started and Iron Duke found their feet a little with plenty of encouragement from the 10 men on the bench, however the Latvian team soon found their scoring boots again and were now really out of sight. All HMS Iron Duke FC could hope for at this stage was salvage some dignity, and so they did!

A hat trick from SLt Craig Lawrence and goals from ET Daniel "Buck" Taylor made the second half score line look a bit less flattering for the Latvians. An impromptu conga was started upon scoring by the HMS Iron Duke players, which highly amused their Latvian counterparts. Some crunching tackles on an indoor wooden floor and a couple more goals, and congas, clawed some respect back for Iron Duke. The final result ended 16-8, which was perhaps not as bad as was anticipated after the first half drubbing. A good day had by all!

ROAD TO TWICKENHAM



AET Michael Snell, PO Roy Hunt and PO Ben Rogers put in the miles



LET Ben 'Bungy' Williams puts a few miles on the rower



The 'phys' continues in some glorious Baltic sun

CIRCUITS

HMS Iron Duke are continuing with their Navy Seals challenge with some already fitter and stronger than ever before.

LPT Scotty Jordan is really taking Ship's Company through their paces and word on the street is that the intensity of circuit sessions has been turned significantly up! All part of the Club Swinger service - you have to keep fit to fight!!!

For you to try – the next instalment of the Navy Seals Challenge

EXERCISE	WEEK 7	WEEK 8	WEEK 9
Burpee	32	34	36
Sit Up	32	34	36
Air Squat	32	34	36
Press Up	32	34	36
Plank Hold	1 min 30 Sec	1 min 30 Sec	1 min
Lunge	32	34	36
Squat Thrust	32	34	36
Sit Up Twist	32	34	36
Jumping Squat	32	34	36
Snake Press	32	34	36
Alt V-Up	22	24	26
Jumping Lunge	32	34	36
Pull Up/ Jumping Pull	7	7	7
Bicycles	32	34	36
Ship Run	5	5	5

The Road to Twickenham event is a charity event which encourages deployed Royal Navy and Royal Marine units to cover the distance from their location to Twickenham on the day of the Army vs Navy Rugby fixture.

HMS Iron Duke Ship's Company gainfully accepted the challenge of rowing, running and cycling the distance of 415 miles from their last UK port of call in Scotland to Twickenham. 71 of Ship's Company took part, chipping away at the miles throughout the afternoon. In the end 515 miles were covered 100 miles more than required, testament to the Iron Duke spirit and work ethic. The reward was a Flight Deck barbeque and a few beers to wind down during the Rugby fixture.

The weather could not have been better for running on the Upper Deck, however it made for quite humid conditions in the winch well for rowers and cyclists. There were some notable achievements over the course of the afternoon: AB Richard Trow, AB Alex Gleed, Surg Lt Liz Walters and AET Michael Snell all ran in excess of 10 miles. Undaunted by the conditions below decks, WO Andrew Patton cycled 24 miles and LS Adrian Worley combined all three disciplines to record 25 miles in total.

Collections for charity took place throughout the afternoon and during the Rugby match, and 10p from every can of beer sold was donated to charity. All proceeds will be donated to the Royal Navy and Royal Marines Charity. The event was seen as a resounding success and all of the Ship's Company enjoyed the 'free phys,' and also the fantastic result for the Royal Navy Rugby Team.

PHYS FACT!!!

Absolutely drenched in sweat after your regular afternoon run? That doesn't mean you necessarily torched any more calories than usual (sorry!). Sweat is a biological response that cools your skin and regulates internal body temperature. It's just as likely to be the result of an overheated gym, the weather or your personal physiology as it is a gruelling gym session. The single best way to strip your body fat is through High Intensity Interval Training (HIIT). Thankfully LPT Scotty Jordan's circuits are just the ticket!