

TENAX PROPOSITI - TENACIOUS OF PURPOSE

# HMS BANGOR

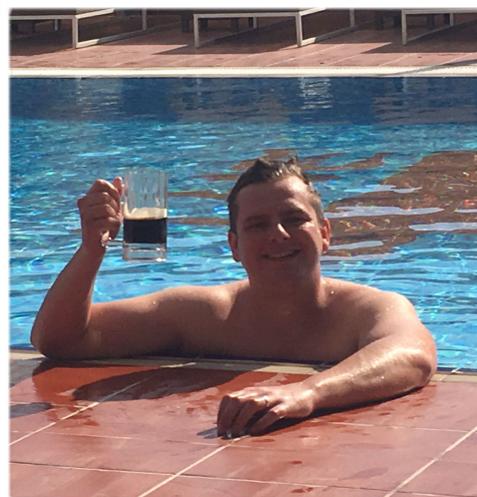
MCM 1 CREW 7: LATEST UPDATE FROM THE GULF



The JR's mess at the Diplomat Hotel

## FEELING FESTIVE!

We were all missing our loved ones over the festive period. Luckily the hotels of Bahrain were able to offer some light refreshment to give a small distraction to being away from home over the Christmas Period. Here are some of the pictures from the juniors trip to The Diplomat Hotel for a brunch on Christmas Day.



AB Battiste enjoying an iced coffee in the pool at the Diplomat Hotel

## A word from the Captain...



Happy New Year and welcome to Crew 7's first newsletter of our Gulf deployment. The Crew have all been working hard over the festive period, although there has been a bit of time for fun as well. After taking over HMS BANGOR from Crew 3 we set sail for a week of high paced training. This was a great opportunity for us to get used to operating in our new environment and all the challenges it poses. As always the Crew did themselves proud. HMS BANGOR is now due a maintenance period so the team are all hard at work making sure we are ready to fulfil our commitments over the next six months.

You were all in our thoughts over the festive period and I want to personally thank you all for the support you continue to show to your loved ones while they carry out their important work away from friends and family. We could not do it without you.

## The Dive Team Jump Straight in

A few words from Diver Crawford about how the dive team are settling in to their deployment

HMS BANGOR's dive team have settled in well to the warm weather of Bahrain, 'tight t-shirts and tiny shorts are the rig of the day... T-shirts are optional'.

One month ago they were diving in the rainy, cold North West of Scotland now the water temperature well exceeds the height of summer temperatures we would get back home, a meagre 22°.

When we arrived everyone jumped straight into work with maintenance and checking all dive equipment to make sure it was in order. During the team's first dive the crew ran through some underwater search drills, known as a vector search. We also made up a diver placed charge. These first dives were a good shake down to get out of the pre deployment leave mindset.

AB Crawford and AB Bell were able to show their expertise when they tested the new revolutionary ships hull cleaning tool.

Fitness is the order of the day with all keeping to a regime of circuits in the morning and gym in the evening.

Looking forward into the next few months of the programme there are a lot of exercises with some great opportunities to get some quality diving in.



AB Murray and LS Bugden in the water being helped by AB Crawford and AB Bell

## Engineers hard at work

Our Marine Engineers have been hard at work over the past few weeks. The ship needed to have one of its generators overhauled. This involved removing sections of the deck and craning the generator out onto the jetty so the guys could carry out the maintenance. This is a really technical and arduous task and the whole ME department have been working hard to make sure the ship is in tip top condition for the rest of our deployment. The engineers were supported by other RN engineers, the Forward Support Unit (FSU) who are based in Bahrain and source and deliver all the spare parts.



# Some more festive fun from our Christmas Eve BBQ on board...



LS Bugden and Lt Rigsby



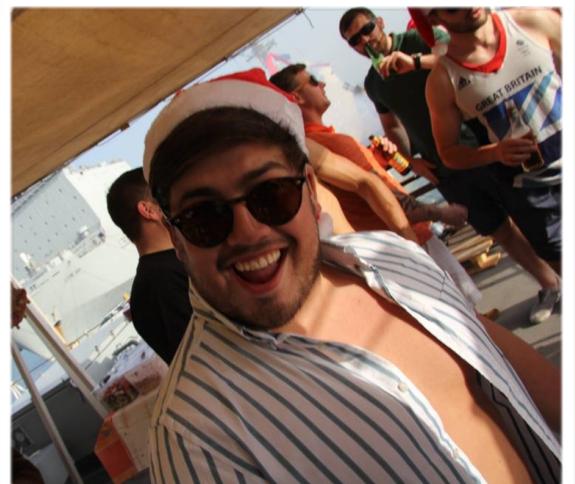
ET Smith and AB Taylor



PO Bowes, AB Murray, AB Forster, SLt Spedding and LS Hall getting in the festive spirit



Being on duty didn't stop AB Battiste having fun!



LET Wright...

**... after the festivities were over the guys were back to doing what they do best, training hard for any eventuality**



AB Grears, AB Crawford & AB Dunning getting ready to fight a fire onboard



ET Smith working hard down the prop room escape hatch

AB Forster keeping a good look out as we come into port



# The Back Page

It's not all work out here. AB Dunning organised a football match against HMS Middleton to give everyone a chance to stretch their legs off the ship. Here is his match report from the big game.

23<sup>RD</sup> December 2016 1430-1630

Football match HMS BANGOR vs HMS MIDDLETON

Referee: BATTISTE

Line up BANGOR: GK:FOZZY DR:RAQUEL DC:RYZO DC:BENNY DL:BUCK MR:DEV MC:DOT  
MC:SHINER ML:JAMESY ST:JT ST:LIPS SUBS:OPS, XOA

1<sup>st</sup> half

BANGOR pressed forward looking to open up the opposition from the off. 10mins into the game BANGOR had 70% possession and MIDDLETON were struggling to find their feet. MC:SHINER and MC:DOT were controlling the game in the middle of the park playing through balls to the strikers and down the flanks. DR:RAQUEL and DL:BUCK were making most of the wide positions and using strength and speed to whiz past opposition players. Eventually in the 25th min BANGOR started to look up and find the killer passes and scoring the opening goal. The play came from the centre of the park MC:SHINER MC:DOT and ST:LIPS all playing a part, passing the ball through the middle and ST:JT scored a curling shot from outside of the box. MIDDLETON then started to press BANGOR and an unfortunate mistake led to an opposition goal 10mins before the break. Hard tackles were going in all through the first half and ST:JT felt a blow just before half time and was then substituted.

2<sup>nd</sup> half

Kick off started for the second; OPS and XOA came onto the field in place of ST:JT and ST:LIPS. The game started again with BANGOR piling on the pressure both wingers MR:DEV and ML:JAMESY causing problems for the opposition with their skill and speed. GK:FOZZY and MR:DEV switch positions. Tackles were still flying in and DC:RYZO felt the force of an opposition challenge but was able to run it off, DC:BENNY was pressing forward at any opportunity to try and make this BANGOR pressure count, as a result of his continuous pressure, his hard work paid off as a corner was drilled into the box by ML:JAMESY and was finely finished by DC:BENNY in the six yard box. MIDDLETON were then to pile on the pressure once again but the brick wall at the back DC:OPS was making his presence known stopping the oppositions attacks. The game was coming to the end and MIDDLETON had another attack. They had a one on one situation with GK:DEV, GK:DEV rushed out but MIDDLETON'S key player managed to find the back of the net. ML:JAMESY subbed off for ST:JT and DL:BUCK for ST:LIPS. Bangor had two final chances to finish the game off and brilliant balls through from MC:SHINER and ST:JT playing MC:DOT through one on one with the keeper. MIDDLETON'S keeper had to pull off some fine stops at the end of the game for the game then to finish a 2-2 draw

BANGOR MOTM: DC:BENNY

