FROM THE CAPTAIN’S CABIN

It is a great privilege to have this opportunity to write to you in this first deployment edition of Ocean Wave. We have enjoyed a very successful first month on operations and have just completed Exercise ALBANIAN LION. This large scale amphibious exercise in the Adriatic has proven our ability to respond to a challenging regional crisis, and has enabled us to fully integrate our Tailored Air Group and Embarked Military Force from 42 Commando Royal Marines. We have also enjoyed our first port visit to Cartagena, Spain which for many of the Ship’s Company was their first taste of a Royal Navy “run ashore.” May I take this opportunity to thank you for your stalwart support which is critical to the success of this most important deployment. As we proceed to the Middle East, you are all very much in our thoughts and we will strive to keep you updated with our progress.

AND SO IT BEGINS…

19th September 2016. HMS OCEAN set sail on a 6 month deployment as part of the inaugural Joint Expeditionary Force (Maritime) (JEF(M)) Task Group. As she sailed out of Devonport her crew lined the flight deck and were waved off by families and friends from Devil’s Point and the Plymouth Hoe.

The UK’s Fleet Flagship will deploy to the Mediterranean and Middle East before returning home in March next year. The aim of this deployment is to demonstrate our ability to project a highly effective UK maritime component anywhere in the world, whilst reassuring our allies of the UK’s commitment to the stability of the Middle East.

Amongst the Ship’s Company is Petty Officer (Catering Services) John Wicking who said, “During my 37 years in the Royal Navy I have enjoyed every deployment, on-board ships and submarines, and there is nothing better than delivering operational capability around the world. Today is also tinged with sadness as this is likely to be the last time I deploy for any length of time before I retire. HMS Ocean and her ship’s company are ready in all respects to make the most of the challenges and opportunities during JEF (M) 16.

Captain Rob Pedre, Captain of HMS Ocean, had this to say, “There are a mix of emotions throughout the ship; excitement at deploying to do what we signed up to do, nervousness because for some of my sailors this is the first time they will have been away from home—and sadness at leaving loved ones at home. I have no doubt that HMS Ocean is ready to take on the challenges of the deployment, delivering operational success over the next six and a half months.”

Captain Rob Pedre RN
Commanding Officer HMS OCEAN
Hi, I’m Writer Catriona Allan, currently serving on HMS OCEAN, which is now deployed for six months! I handle all of the pay and personnel issues onboard HMS OCEAN to ensure that everyone is paid for the fine work we do. This is my first ship and my first ever deployment since joining the Royal Navy two years ago. It’s fair to say that this is a pretty daunting, exciting experience as OCEAN is massive and this will be the longest time I have been away from home since completing phase one training two years ago. Although it is tough to be away from home for so long the people onboard make it all worthwhile. It goes without saying that there are bad days where work can be stressful or I am missing home, but there is always somebody around to make you laugh which turns it all around.

I think this deployment will be an amazing opportunity to grow as a person and to create memories that will last a lifetime. I am most looking forward to swimming with dolphins, laying on the beach and possibly plucking up the courage to go skydiving, so here’s to the next six months!

I know it’s cheesy but I know they will be reading this, so a big shout out to the Allan family for keeping me going! I miss you and I’ll see you all soon.

Wtr Catriona Allan

“My name is Jordan Ayton; I am 23 years old and joined the Royal Navy as a Medical Assistant (MA) in December 2012. Prior to joining the Royal Navy I was working as a lifeguard at my hometown on the Isle of Wight. Being an MA onboard HMS OCEAN means I have to be the first response to any incident onboard including fires, floods, casualties and man overboard. We give weekly first aid training to the First Aid Team and ensure Ship’s Company are in date for all health checks and vaccinations.

Joining the Royal Navy has given me the opportunity to join different sports teams including Navy Netball, Basketball and Sailing. These sports ended up taking me to loads of different countries, one of which was Fiji. From playing these sports at RN level then gave me the chance to get selected and play for combined services in both netball and basketball.

I am a relative newcomer to HMS Ocean, and this is my first sea draft, so I am still trying to find my feet! During my first few weeks I had to quickly find my way around, get my head around what all the procedures and pipes mean and also learn my job role all over again as it’s completely different from being shore side.

Knowing I was joining such a large ship that was due to go on a 7 month deployment around the Mediterranean and the Gulf was quite daunting especially given the size of the ship, but now I am bedded in I am looking forward to all of the adventures that this deployment will bring.”

MA Jordan Ayton.
One of the proudest moments of my time thus far on HMS OCEAN was being able to march out with the ship’s Field Gun Crew at HMS Collingwood with my son, Harry, sat on the limber box, during the final march past. He had an absolute look of awe on his little face and he could not have been happier.

The Field Gun team was made from all ranks and rates from every department on board. We trained together, worked together, rebuilt a charity centre in Sunderland together, and did ourselves proud on the track. We built such a good team spirit, that even on the line in our final, we were laughing and joking right up to the final bang; it was brilliant.

The team had come to my house for a barbeque during track week and my son thought he was in the presence of superstars, which to be fair, he was. Although mainly there to eat meat and drink beer, the crew made time for my kids, and joined in with whatever weird and wonderful games they wanted to play; my son even got the girls in the team to play Twister with him; he’ll go far!

The team then weight-tested the play castle I had built for my children before being thinned out so that I could perform the role of DHP and clean up after them.

My children, and Harry especially, will not forget being part of HMS Ocean’s Field Gun Crew, the barbeque, the noise, the cheering and excitement and, of course, the ride on the limber as part of the final parade.

Lt Cdr Tim Lawrenson, Senior Weapons Engineer

Even in the busiest department on board OCEAN, (yes the Marine Engineering department,) it’s important to mark important events. That’s why the ME department along with 5 members of the Ship’s Company were happy to celebrate the ME branch’s birthday on 17th July 2016. Unbelievable this was the first time the date has been recognised in its 179 years and as such we made it a night to remember.

The inaugural branch birthday consisted of a welcoming drink on the port side of the quarter deck, dinner, and an award ceremony. 2 awards were presented to 2 members of the department. ETME McKee won the stoker’s stoker award and ETME Connor won the dripping tap award, which true to form he dripped about.

LETME(ML) Scott Barwell
PARISH NOTICES

- **China Fleet Country Club Exclusive Gift Vouchers** - You can now purchase gift vouchers for Spa, Golf and Food & Drink at the China Fleet Country Club securely online. Personalise a gift voucher, add a message, preview and send it instantly via Email, SMS text or 1st Class post. For further information click [here](#) or call 01752 848668.

- **Union Jack Club Newsletter** - The latest newsletter from the Union Jack Club with information about October events in London and current offers from the club is now available [here](#).

- **Royal Navy Royal Marines Charity (RNRMC) Events** – For more information about upcoming RNRMC events please click [here](#).

SHOUT OUTS

“I love you Gran and I miss you lots!”
Wtr Jess Burridge

“Hello to Mrs Kirsty Prendergast! Well done for getting through your courses at work. Keep smiling, love you always Mrs P.”
STD Kyle Prendergast

“Happy anniversary to my wife.”
LA(AH) McKenzie-Johnson

“Love you Freya. Be good and I’ll be home soon.”
LWtr Karim Boulahri

“Good luck with your mock GCSE exams Tom… You’ll do great!”
Wtr Jess Burridge

SITTING COMFORTABLE? THEN IT’S STORY TIME

Story Book Waves is the free fun initiative, sponsored by the sailors charity ‘Aggies,’ that allows Ship’s Company to record a children’s’ story whilst on board ship for loved ones back home. These stories are available in the form of a CD, MP3 or E-File, and come with your very own Story Book Waves medal. On **EXERCISE DEEP BLUE** we broke all recording records by making 100+ stories in 3 weeks and some were turned around in under 4 weeks! So if your loved one hasn’t done so already, why not get them to sign up and do a story now? Story Book Waves is free, easy, and has been a great success, but don’t take my word for it, follow the links or ask someone who has already received their story.

Reverend Paul Andrew

JACKSPEAK TRASLATOR: SLANGUAGE OF THE ROYAL NAVY

Jackspeak Word of the Month:

**DUFF** (Duff)

1. Dessert.

E.G. “Shall we double duff tonight?”
Translation: “Shall we have a second dessert tonight?”

Illustration provided by John Allan

Coming Soon...

We hope you enjoyed our first edition of Ocean Wave and are looking forward to the next instalment! Next month’s issue will include a Pit Stop tour of one of OCEAN’s mess decks, a Day in the Life of a Supply Chain Logistician, a look into sport onboard and much more!

The next edition is due for release by 30th Nov 2016.

Wtr Raynor, Editor