FROM THE CAPTAIN’S CABIN

Dear friends and families. I am writing to you as we sit alongside in Bahrain for our Deployed Support Period (DSP). DSP is a time for essential maintenance work and the opportunity for your loved ones to enjoy some much earned time off alongside, time in which we have grasped the opportunity to enjoy such things as Adventurous Training, souk shopping and the delights of the American NEX leisure facility. During this time, and through various events, we have reflected on and honoured the service of our predecessors and the sacrifices they, and their families, have made. Sacrifices that have brought us the freedom we can enjoy today.

The price of this freedom starts with the sacrifice of leaving home and loved ones to serve in the Armed Forces. All of you understand this sacrifice and as such, at this time of remembrance, I thank you again for everything you do for us and look forward to meeting as many of you as possible during our stand down over Christmas.

WE WILL REMEMBER THEM

Since the last edition of OCEAN WAVE we have been incredibly busy in the way of defence engagement and exercises, and have covered many nautical miles from the Adriatic to the Gulf. During this time we have; had a successful logistics stop in Souda Bay where over 300 personnel spent 2 days moving 142 tonnes of equipment and supplies, in order to resupply our helicopter group and provide us enough food for the next stage of the deployment, became the first capital ship to go alongside in Alexandria, Egypt, in over 8 years and enjoyed hosting a number of local personnel onboard as well as playing the Egyptian Navy at football (which we lost!), rowed the Suez, beating HMS BULWARK in the process, completed Exercise Omani Cougar, an amphibious exercise with colleagues from 42 Commando and the Omani Defence Force and twice visited the new port of Duqm (another first for UK capital ships) to reconfigure our vehicles and prepare for deployment into the Gulf. Remembrance has been the theme of the past month and we have had the honour to commemorate several auspicious occasions: the 352nd Birthday of the Royal Marines; the 211th anniversary of the Battle of Trafalgar; the 76th anniversary of the Battle of Taranto; the 60th anniversary of Op MUSKETEER and, of course, Remembrance where we had a clear lower deck service on the flight deck in Bahrain.

We now come to the end of a busy DSP maintenance package and look forward to continuing our deployment. The next phase includes the historic start of our CTF 50 (Commander Task Force) duties where for the first time a British warship takes over this unique role from our American friends. In this vitally important role OCEAN will help to help maintain stability in the troubled Middle East region.
Hello, I am SC Southgate from Aberystwyth, West Wales. I am now based in Plymouth, with my fiancé who is serving onboard HMS SUTHERLAND.

I am currently serving onboard HMS OCEAN as a Supply Chain rating working within the Logistics branch. I am one of seven supply chain Able Ratings (ABs) on board and currently undergo the role of the office AB.

On a daily basis my job is to ensure all paperwork is processed correctly, including demands being placed and paperwork receipted onto our system and accounted for. This is just one of many jobs we keep onboard, as well as a ‘Jack Dusty’ I keep duties as Yankee patrol, securing all the Yankee doors and hatches to ensure watertight integrity at sea in treacherous condition and I am part of the containment party, assisting my fellow sailors during emergencies; including fires and floods.

There are a variety of other duties we hold at various times, such as working as part of the Dining Hall Party (DHP), armed Response Force (RF), Upper Deck Sentry among others. It is a busy place onboard, where everybody has many roles to play.

While away I would like to say hello back home to my family and friends who I miss very dearly, take care all and I will see you all in 2017!

Logistician (Supply Chain) Laura Southgate
On the 27th October this year the Commonwealth Island of St. Vincent and the Grenadines celebrated its 37th year of Independence from Great Britain. St Vincent gained its independence on 27th October 1979; Mr Robert Milton Cato becoming the First Prime Minister of St. Vincent and the Grenadines. To celebrate such a momentous occasion a Vincentian themed Dinner was held in the Wardroom onboard. Currently there are 13 Vincentian Nationals Serving on HMS Ocean. In planning the event we enlisted the help of the some members of the ship’s command structure to gain permission for the use of the wardroom, food items, drinks and funding to make the event a success.

I used the opportunity whilst alongside in different ports to source and purchase some of the items needed for the dinner which could not be sourced onboard the ship from the main galley.

Among the guests were Captain Pedre (Commanding Officer), Commander Wood (Executive Officer) and Commander Terry (Commander Logistics) to name a few. Invited guests were treated to pre-drinks on the quarter deck which featured signature punches along with wines, cider and beer.

The national anthem, pledge and other symbolic events were incorporated into the evening. Guess were given a brief insight into the history of St. Vincent and the Grenadines, its past, present, people, culture, music and independence.

Medical Assistant Gideon Crichton

In the time honoured Senior Service fashion, we celebrated the lesser known event of Pickle night during our time in Souda Bay. What is Pickle night I hear you ask? It is the night when we remember the good ship HMS PICKLE who brought back both the good news of the Royal Navy’s victory over the combined Spanish and French fleet off the coast of Trafalgar and the sad news that Lord Nelson had died in the action. This was a victory that ensured Napoleon would never invade England and, with this, the start of 200 years of Britannia’s supremacy on the sea. That’s the history; the celebration of this event started in the early 1970s and is a big Senior Rates event that is looked forward to every year since. To celebrate Pickle night all guests don period costume, made from anything found around ship. With this the PO’s mess and Senior Rates Dining Hall were kitted out like the gun deck of a man o’ war. We sat in our nominated gun crews and ate and drank traditional scran and grog. We had soup, followed by beef stew and duff. Sadly I am not sure what my duff was as you eat all three courses out of the same bowl and if you don’t eat quick enough your next course just gets ladled straight on top of the first. So unless there is such a thing as Nelson’s beef duff pudding cake my duff could have been any number of things. There were also stirring speeches, the singing of Shanties including Hearts of Oak and Spanish ladies. All of this and the whole event was expertly compered by our resident stand up comedian PO Paul Emmett. What a night!

Petty Officer (Above Water Warfare) Paul Emmett
**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.

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

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"Nearly halfway there Sophie! Keep up the training and I’ll be home soon! I love you

LLxxx

Wtr Jevan Raynor

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**SHOUT OUTS**

Love you all very much! Happy Birthday Sam!

Your big sister loves you lots!

LWtr Laura Greaves

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**The Month in Pictures**

- Ceremonial Sunset in Alexandria, Egypt
- Ship’s Company with the ASRY Fire and Rescue Team
- JEF(M)16 Olympiad in Duqm, Oman

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**JACKSPEAK TRANSLATOR: SLANGUAGE OF THE ROYAL NAVY**

Jackspeak Word of the Month:

**Redders**<sup>adj</sup> (Red-Ers)

1. Hot.

Example: “How can you work down the Ship’s Office? It’s redders down there!”

Illustration provided by Mr John Allan

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**Coming Soon…**

We hope you enjoyed our November edition of Ocean Wave; it has been a very busy month for HMS OCEAN! We are currently planning a special Christmas edition giving an insight into how Christmas is celebrated at sea.


Wtr Raynor, Editor