Dear Friends and Family of
Crew 4

Welcome to the first Newsletter of our 2015 Deployment. For those of you I have not had the chance to meet during our long generation on four different platforms, namely CATTISTOCK, LEDBURY, MIDDLETON and BROCKLESBY may I thank you for all your support and love to my Crew members.

Every man in Crew 4 has worked hard to get us here for the start of our deployment; through the numerous hull changes. I am extremely proud of them and their achievements.

These letters will be sent out to you, so that we can let you know how we are doing and give you a regular update on life on board.

We have completed our first stint at sea, with everyone working hard to adjust to the new tempo of working out here in the Arabian Gulf, both the heat and our surroundings are very different from back home. The temperature outside as I write this is 43°C; strangely, compared to Scotland and OST in March this year, the upper deck wash down is now the job of choice for those working outside.

As we settle into life on deployment we discover many new and exciting things, like trying Stand Up Paddle Boarding, exotic foods like the Shawarma (an Arabic wrap of grilled mix meat) and the vast expanse of the American base, with its own cinemas and all the gym facilities we could hope for. Though are thoughts are never far from our loved ones back home, we hope this letter gives you a picture of our lives and what we have done.

Mark Headley

Homeward Bound
Stacy Duell – Happy 7yr anniversary. Love Jim
Keira and Finn Johnson – Good luck for the forthcoming football season. Love Dad
Vicky Potter – Happy Birthday for 21st August! I Love you tonnes. Glyn xxx
Happy Birthday Joanne, Love Matt Xx

American Alley. To the right is a place called American Alley, it’s where we like to go out eating...A Ship’s favourite is Fuddruckers, with many of the crew tackling the immense 1lb burger!