

# Crew 6 Chronicle

From HMS Middleton



Issue 03 | September 2016



## DEADLIFT BY DEADHARD CREW

Crew 6 don't take challenges lightly and this deployment they undertook a Herculean effort to lift the weight of the ship in 12 hours while at the same time, Deputy Weapons Engineering Officer, Petty Officer Robert Knott, attempted to break the **world record** for the most weight dead lifted in 24 hours, 475,100Kg.

The event saw the whole crew come together along with guest participation from UKMCC, CTF 52, USS Sentry, FSU and MCMV Support, all contributing to the 750,000Kg total. At 10 hours the Crew had surpassed their target and continued on to lift 810,000Kg.

PO Rob Knott, lifting at the same time, lifted an impressive 251,000Kg in 13 hours. On target for the world record at this stage, he was suffering badly with cramp and fatigue, so to avoid injury, the decision was made to postpone the attempt and try again another day.

In total, the event has raised just over £2000 for the RNRMC and Portsmouth Hospital Charities, whilst being viewed by over 500,000 people on Social media. A breath-taking effort from the team.

### Donate on Line

Anyone wishing to donate in recognition of Rob and Crew 6's effort can visit Virgin Money Giving or look up the link below.

[bit.ly/2bBBLXM](http://bit.ly/2bBBLXM)



### A MESSAGE FROM THE CAPTAIN

Lt Cdr Simon Cox, has been in Command of Crew 6 since Jul 15 and proudly continues in HMS MIDDLETON.

"The team are in fine shape as we pass the mid-point of deployment, Crew 6, as ever continue to deliver in spades. Family and friends should be rightly proud of their achievements. Delivering success at every opportunity, be it Defence Engagement with our US and Gulf Nation partners, demonstrating their world leading mine-hunting skills or charity and sporting activities. Crew 6 remain on top of their game.

No chance to rest on our laurels though, the team continue to challenge themselves at every turn, the recent 'Lift the Ship' event and Adventurous Training has kept everyone focused. It is with this momentum that we approach the next phase of deployment, a major UK/US mine-hunting exercise.

Soon our thoughts will turn to Remembrance Day, before our return home and finally Xmas. But none of this would be possible without the amazing support we all receive from home. Thank you all once again,



## The Crew only gets bigger!

As ever while the Royal Navy is deployed life goes on back at home. Crew 6 is now on New Born number 4 out of 5. Congratulations to the new parents and to those that have chosen to take the plunge again!

- Congratulations James and Hayley on the arrival of your first child, a baby boy, Henry.
- Congratulations Graham and Katie on the arrival of your third child, a baby Girl, Keira.
- Congratulations James and Heather on the new addition of, Alana, to your family.
- Congratulations Simon and Lucy on the arrival of your first child, a baby boy, Jasper.

## LONG SERVICE AND GOOD CONDUCT

The awarding of this medal sees the recognition for unblemished service over 15 years, a medal not awarded lightly. Half way through deployment saw LS(CS) 'Jesse' James received the medal from Capt O'Flaherty RN, Deputy Commander of CTF 52 while he visited the crew alongside.

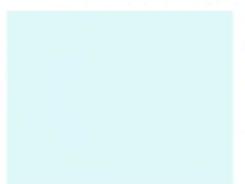
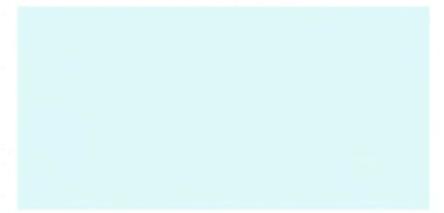
LS(CS) James joined the RN in 2001 and has seen service on 9 ships taking him to 4 continents. His role as Leading Chef on board HMS Middleton sees him lead the Catering department in the delivery of 'Scran'. No mean feat with 45 sailors who are more critical than a Michelin Star Judge. Day in Day out, the Galley provided a stable source of morale, keeping spirits up and providing meals that are balanced, healthy, but also once in a while remind you of traditional British fare. Yes, we do still have Roast Dinner on Sunday in +40°C heat! It is with this long service and exemplary performance that we congratulate Jesse on his award.



## MINE FIND - THREE MINES ON DECK

Doing what we do best! During a busy 24 hour period, Crew 6 found and recovered 3 drill mines. Finding this many mines in such a short period shows that man and machine are working efficiently with all members of the crew supporting what we are here to do!

The three mines, pictures above, are drill mines, (Mk 55 and Mk 25 US ground mines) that were laid for an exercise to test our ability to locate, classify and neutralise them. This ultimately led to their recovery. The recovery of mines is a labour intensive task that sees the Mine Warfare teams locate and identify the mine, before the divers render them safe and finally they are winched back on deck which sees everyone from the Communicators to the Engineers and the Chefs get involved. Team MIDDLETON at their finest.



## MUSCAT - ADVENTUROUS TRAINING

**As ever, Crew 6, works hard and plays hard. To give the crew some down time, HMS Middleton sailed into Muscat to carry out some Adventurous Training (AT) in the backdrop of Oman.**

The week saw the sailors of Crew 6 go Sailing, Kayaking, Paddle Boarding, Walking and Potholing (with sun and warm water).

The highlight of the week was Wadi Shab, walking in the mountains of Oman followed by swimming and caving. AB(MW) 'Joey' Roe said 'Its was great fun. I never expected I would get to do such an exciting and different activity in such a stunning place'

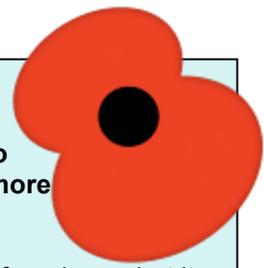
AT provided an opportunity for the Ships Company to recharge as we approach the half way mark of the deployment, whilst also challenging each sailor individually and as a team; pushing their limits, team work and learning new skills.

## CREW 6 FACEBOOK

Keep up-to-date on what we are up to by joining the Crew 6 Facebook Group. Find out what we are doing and where we have been.

If you wish to join, just search MCM2 Crew 6 Community and request to join, the administrator will then approve your request at the earliest opportunity.





## LEST WE REMEMBER

**Always at this time of year our thoughts turn to the past and those we have lost. This is even more pertinent while we are away.**

Crew 6 will as ever be paying their respects away from home but it is with sadness that we will not be able to join with our affiliates back home as they gather to remember those that have passed and show support for those that currently serve.

*“On all the Oceans, white caps flow,  
there are no crosses row on row  
but you who sleep beneath the sea  
can rest in peace, your country’s free.”*

## MEET A SAILOR

**ETWE Danny Bowles**

**Age - 28**

**Date Joined – 12 May 14**

**Born & Raised - Isle of Sheppey, Kent**

**What do you do on HMS Middleton?**

I am a Weapons Engineer. My day-to-day responsibilities include maintaining all internal communications, ensuring radars and sonars are top line and keep all weapons ready to fire at a moments notice.

**How are you finding the Deployment?**

I have enjoyed our deployment so far, even though it has been really hot and we have been very busy. The best part of the deployment for me has been visiting Oman for Adventurous Training and seeing the sights of Dubai.

**What do your family think of what you do?**

My family are very proud and have been hugely supportive. The care packages they send out are a real morale boost and all the emails they send help to keep us going.

**What are you looking forward to most about going home?**

I am really looking forward to getting home and getting back out on my mountain bike. I am also looking forward to having a proper Cider in a pub.

## Sailor of the Month



**Again we celebrate the success of one of our crew with the award of Sailor of the Month. The award recognises commitment above and beyond the level expected. This could be for going the extra mile in their day job or going out of their way to help and support others around them. The award this month went the ET(WE)(CIS) Tom Carroll.**

Tom joined the crew while we were deployed, he joined as an ET2, not fully qualified and is one of the first to trial this in Minehunters, supporting the training of Communications Ratings. Tom swiftly completed his training and has driven to provide the best service to Command. Taking pride in his work and acting far beyond that expected of someone in such a junior position, newly qualified – he has epitomised the Navy’s core values of commitment and initiative.

Despite the challenges of balancing his training, supporting his department and life on a deployed ship; Tom is always positive, proactive and is highly deserved of the award of Septembers Sailor of the Month Award.