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ADAMS Engineering Officer of the Watch serenades his crew.



A SKEENA deck hand paints trim





This splendid cruise book will, I am Sure, be treasured by all of us who were in the Standing Naval Force in the first half of 1972. Memories grow dim, and it will be very useful to have it at hand when our grandchildren, lisping at our knee, say "What did you do in the STANAVFORLANT granddad?" We will be able to turn again the well thumbed pages and say "There was I in the Puerto Rican rain forest, or the Acropolis, or in snowy Halifax, or on top of Vesuvius" as they listen open-mouthed and round-eyed.

In this cruise, besides globe-trotting we have also got through a lot of hard work. Operating permanently in a squadron is always more exciting and challenging than operating independently, and to be the flagship of such a force adds further to the load. I would like to use this space to congratulate all hands on doing a good job; on making sure that the Commodore and the SNF Staff were properly supported and were welcome on board; on keeping this ship running, fed, stored and efficient over a six month period away from all naval Support bases; on firing the guns with accuracy, pinging interminably, throwing endless official receptions, playing many weird and foreign games, typing and flapping off thousands of messages, plotting, turning, repairing, floodlighting, flying, scraping, watchkeeping etc etc and all with good humour and spirit.

We have made many friends in many countries. This book will remind us of them and of the good times we all had together.

Guy Liardet  
Commander R. N.



Jimmy

**HERE STARTS  
THE  
ROGUES  
GALLERY**



The side party





The TAS mess - We're only here for the beer



The gunners mess



The R.P.'s en masse - but... .

Duffers was  
adrift again



The whip-crackers





Hear no evil - See no evil  
Speak no evil



We think the S.C.O. is trying to say something







The Flight



Posties bike



**THE  
MARINE  
ENGINEERING  
DEPARTMENT**

