

# Tropical Times

June 13, 2013



*Capt. Matthew R. Vandersluis salutes Rear Adm. Dan L. Cloyd during a change of command ceremony held aboard U.S. Naval Support Facility Diego Garcia.*

## Tropical Times

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U.S. Navy Support Facility  
Diego Garcia  
British Indian Ocean Territory

**Commanding Officer**  
CAPT Richard A. Skiff

**Executive Officer**  
CDR Christopher Atkinson

**Command Master Chief**  
CMDMCM(SW/AW)  
Dylan M. Inger

**Public Affairs Officer**  
MC1 Edward Vasquez

**Tropical Times Editor**  
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Submissions to the Tropical Times are due to the editor no later than close of business Tuesday.

## *A Footprint in the Sand*

### HN3 Mehdi Elachab



Hospital Corpsman 3rd Class Mehdi Elachab is an administrative clerk at Branch Health Clinic, Diego Garcia.

Elachab is originally from Morocco, but moved to Denver, Co.

Elachab joined the Navy to serve the United States, learn leadership traits and earn the benefits of being a servicemember.

As an HN3, Elachab enjoys helping people by providing medical care and support for people.

Elachab's future goals are to make 2nd class and eventually apply for Officer Candidate School to become a supply officer.

## Sailor swims 200th mile at Base Pool



(U.S. Navy Photo by Mass Communication Specialist Seaman Caine Storino)  
DIEGO GARCIA (June 10, 2013) - Hospital Corpsman 2nd Class Robert Rexroat at Branch Health Clinic, Diego Garcia, receives an award from Navy Support Facility Morale, Welfare and Recreation (MWR) Director Earl Murray for swimming 200 miles at the Base Pool. Rexroat swam one mile per day to earn the highest level of certificate that MWR awards.

# Diego Garcia NEWS

## DG: Change of command ceremony

Story by Mass Communication Specialist 3rd Class Laura E. Wilson



*(U.S. Navy Photo by Mass Communication Specialist Seaman Caine Storino)*  
DIEGO GARCIA, British Indian Ocean Territory (June 13, 2013) - Rear Admiral Dan L. Cloyd, Commander, U.S. Naval Forces Japan, Commander, Navy Region Japan, speaks to guests during the Change of Command (COC) ceremony held at Jake's Place June 13, 2013. Captain Matthew R. Vandersluis relieved Captain Richard A. Skiff as Commanding Officer of Naval Support Facility Diego Garcia.

Diego Garcia, British Indian Ocean Territory (June 13, 2013) – Captain Matthew R. Vandersluis relieved Captain Rick A. Skiff as Commanding Officer, U.S. Navy Support Facility (NAVSUPPFAC) Diego Garcia, during a change of command ceremony aboard U.S. NAVSUPPFAC Diego Garcia, June 13.

Rear Adm. Dan L. Cloyd, Commander, U.S. Naval Forces Japan and Navy Region Japan was the guest speaker.

Skiff, who graduated from the Virginia Military Institute in 1989 with a Bachelor of Science degree in Mechanical Engineering, assumed

command of U.S. NAVSUPPFAC Diego Garcia in June 2012 and ensured ready logistics support for multi-national forces operating in CENTCOM, AFRICOM, EUCOM and PACOM areas of responsibility in support of Operation Enduring Freedom and overseas contingency operations.

“It’s always about the people,” said Skiff. “I’ve been genuinely impressed by the Sailors, Airmen, government civilian contractors who make it all happen here on a daily basis. For many of you I look forward to watching your careers progress and will keep in contact

with you for years to come. Dutch you’re getting an awesome team. You’re a lucky man. Thanks very much to everybody. Please take care.”

A graduate of Eastern Michigan University and native of Detroit, Michigan, Vandersluis assumed command of U.S. NAVSUPPFAC Diego Garcia following his last tour of duty as Commanding Officer, Student Military Element at the Naval Post Graduate School in Monterey, Calif.

“One of my guiding principles when I arrive to a new set of orders is simple,” said Vandersluis. “I try to leave the place better than I found it. Sometimes that can be easy and sometimes that can be difficult and in this case I will definitely have my work cut out for me based on what I’ve seen over the last few days.”

Vandersluis’s at sea assignments include tours aboard USS Nimitz (CVN 68), USS George Washington (CVN-73) as well as the Commanding Officer of Electronic Attack Squadron 132 (VAQ-132).

“Well Capt. Vandersluis is an enormously talented and experienced officer,” said Cloyd. “He certainly brings a wealth of capability to the team here. One of the things that he offers which any Sailor that reports here offers, and that’s just a very fresh perspective. I have great confidence again that he will do an amazing job.”

# Diego Garcia NEWS

## Sailors advance at frocking ceremony

Story By Mass Communication Specialist Seaman Caine Stornino



(U.S. Navy photo by Mass Communication Specialist Seaman Caine Stornino)

**DIEGO GARCIA, British Indian Ocean Territory (June 7, 2013) - Master-at-Arms 1st Class Timothy Plemmons, assigned to Naval Support Facility Diego Garcia Security Department, receives a frocking certificate from Captain Richard A. Skiff, the Commanding Officer of U.S. Naval Support Facility Diego Garcia, at the Island Room June 7, 2013. Plemmons was frocked to a Petty Officer 1st Class.**

**DIEGO GARCIA (June 7, 2013) - Ten Sailors aboard U.S. Navy Support Facility, Diego Garcia, receive promotions during a frocking ceremony held in the Island Room June 6, 2013.**

Frocking is a military term used for a servicemember who has been selected for promotion and who has been allowed to wear the insignia of a higher rank before the official date of promotion.

Frocking exists because the number of people allowed to serve in a particular rank is restricted by federal law. Even though a

servicemember has been selected for promotion, the servicemember must wait for vacancy in the rank to occur before officially advancing.

Master-at-Arms 3rd Class Joshua Batton, assigned to Naval Support Facility Diego Garcia Security Department, feels good about being frocked to a Petty Officer 3rd Class, said Batton.

“It’s an accomplishment,”

said Batton. “It’s something I’ve been trying to get since I’ve been in the Navy.”

Batton joined the Navy in August of 2010. His goal is to retire from the Navy as a Command Master Chief.

“I feel confident I know the job well,” said Batton. “I had some great mentors in the past that taught me what to do and the correct way to do them.”

Batton said that after celebrating for a couple of days, he is going to start studying for the Petty Officer 2nd Class exam.

“I want to get that the first time up,” said Batton.

Batton said that studying and working hard has paid off for him.

“Study, go to work every day, work hard and somebody will notice it,” said Batton.

Travel Claims Supervisor Personnel Specialist 1st Class Jay Adams for Personnel Support Activity Detachment has been frocked from a Petty Officer 2nd Class to a Petty Officer 1st Class. He has served in the Navy for 12 years and plans on staying in the Navy.

“When I joined the Navy, I joined for a career,” said Adams.

As a future goal, Adams is thinking about either becoming an Officer or becoming a Chief Petty Officer.

“I haven’t decided yet, but I’m putting on khaki’s one way or the other,” said Adams.

Master-at-Arms 1st Class Timothy Plemmons for Naval Support Facility Diego Garcia Security Department knew that he wanted to go as far as he could when he joined the Navy. He is ecstatic about being frocked to a Petty Officer 1st Class.

“This is my biggest accomplishment so far,” said Plemmons. “I’m reaching a lot of my previous long-term goals. Now I have to start setting new ones.”

Plemmons said he is looking forward to picking new orders and is excited to re-enlisting for another six years.

When he retires, Plemmons wants to become a motorcycle mechanic and own his own shop.

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## Chaplain's Corner

# Roadmapping Change

Personal change is both an internal and external experience. It begins with a change in mindset and branches out from there. In truth, we are constantly moving toward some things and away from others.

All meaningful change, regardless of the time required, will follow a general sequence. We see a good, large scale example of this process in the stages of a typical life span. We all begin life physically as infants and progress through childhood, adolescence, young adulthood, middle age and finally old age. A very similar order is involved in the process of personal growth and development, although the emotional growth and development process is more fluid.

The initial motivation for change starts with Awareness - a sense that something is no longer working as well as it once did. This awareness can be extremely subtle at first. Maybe you feel uncomfortable with a long held belief or with your current way of dealing with certain situations. Perhaps you realize that you no longer feel as resourceful or effective in certain areas of your life. These feelings are the beginning of your personal recognition that something needs to be adjusted, preceding any change in mindset.

On the road trip of life, these are the road signs that notify us that we need to prepare to exit off of the highway we are currently on in order to head in the direction we need to go. The exit is coming up in 10 miles, then 5, then 1.

Even before we can put our finger on the source of this internal discomfort, we feel it on some level.

Once we notice the signs and we realize the need to change direction, our conscious mind begins to search for the source of the discomfort. Something is just not right. We investigate and discover what area of life needs a new direction.

At this point we may run into resistance from ourselves, and the whole process of growth could be cut short. We often seek refuge in denial, pretending that our discomfort is from an external source rather than an internal one.

For personal change to succeed, we need to accept that the source of our uneasiness comes from within ourselves. The ability to override the denial tendency and adopt a new mindset is a prerequisite for moving to the next stage.

Next, we take ownership, consciously acknowledging that it is our feelings, habits, perceptions, emotions, limiting beliefs or faulty reasoning that needs to adjust. This is a very powerful and key step on the road of personal transformation. We realize that we are actually in control. Accepting complete ownership of the situation opens the door to a new mindset of personal empowerment. Once we recognize that we have suffered because of certain beliefs or actions, we will have the logic and motivation for change.

Motivated to change, we discern



***Lt. j.g. Dominic Miranda***  
*Chaplain*

an alternative or more desirable belief, behavior pattern or way of thinking. Sometimes we can do this on our own through reflection, prayer or trial and error. Other times we may need to seek the advice of friends or a counselor for suggestions.

Once we discern, we need to act. If we do not act, nothing will change. In fact, our discomfort with the current reality will increase because we have a much greater awareness of it. When we feel helpless and depressed with our lives, failure to take action and move toward a new solution is often the cause.

Finally, as we act, we integrate. We have successfully replaced old ways with something healthier or more empowering. We seek to synthesize and allow it to shape and color the rest of our lives like food coloring slowly stirred into a clear glass of water. The more we experience this process the more natural it becomes. When we embrace change, personal growth becomes a way of life, and we become happier, more joyful, more passionate people who naturally and contagiously begin to change the world around us.

# USS SPRINGFIELD



# Calendar of Events

	Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 13	Friday 14	Saturday 15
<b>MWR</b>	<b>20K Super Jackpot Bingo</b> Turner Club 5 p.m.	<b>6 on 6 Kickball</b> Fleet Rec 6 p.m.	<b>Poker Swim</b> Base Pool 6 p.m.	<b>4 on 4 Walleyball Tournament</b> Fitness Center 6 p.m.	<b>Powerboat Class</b> Marina 4:30p.m.-6 p.m.	<b>Powerboat Class</b> Marina 4:30p.m.-6 p.m.	<b>800 Meter Ocean Kayak Race</b> Marina 2:30 p.m.
<b>Movies</b>	<b>Olympus Has Fallen</b> Action/Thriller R 8 p.m. Island Room	<b>The Marine: Homefront</b> Action/Thriller R 8 p.m.	<b>The Incredible Burt Wonderstone</b> Comedy PG13 Island Room 7 p.m.	<b>Admission</b> Comedy/ Drama/ Romance PG13	<b>Olympus Has Fallen</b> Action/Thriller R 8 p.m.  TBA	<b>OZ the Great and Powerful</b> Adventure PG 8 p.m.  <b>Snitch</b> Drama/Thriller PG13 10 p.m.	<b>Dead Man Down</b> Drama/Action R 8 p.m.  <b>21 &amp; Over</b> Comedy R 10 p.m..

## Oh by the Ways...

### Change of Command Note

U.S. Navy Support Facility Diego Garcia Change of Command will take place at 1000 on 13 June 2013, all hands will fall in no later than 0930. The ceremony will be held at Jake's Place; in case of inclement weather the location will be moved to the island room. Required uniform will be khakis or service uniform with garrison cap.

### Legal Office Note

Powers of Attorney and notary services will be provided pursuant to the following schedule.

Monday and Wednesday: 1300-1600  
Thursday: 0800-1100  
Tuesday and Friday: By Appointment Only

### NFAAS Note

In light of recent events, including the Oklahoma City tornado and Boston Marathon Bombing, the importance of updating your Navy Family Accountability and Assessment System (NFAAS) is reiterated. Accurate and up to date information allows for quick accountability of Navy personnel and their families as well as aiding you and your family members in the recovery process after catastrophic events.  
To view and update your NFAAS account visit <http://navyfamily.navy.mil>.

### Energy Note

As part of the overall DoD Fiscal constraints, we've been tasked to reduce utility consumption on Diego Garcia. We need an island-wide effort to reduce energy costs by \$1.09M through 30 September 2013. Energy saving tips will be shared daily through the AFN flash and weekly through the plan of the week.

**Energy Saving Tip** - Do not pre-heat your oven unless foods you are preparing require it, such as baking. Most foods do not require pre-heating. Thaw your foods completely before cooking. These tips will save energy by reducing the length of oven or stove operation. For more information energy saving tips visit <http://energy.gov/energysaver/articles/estimating-appliance-and-home-electronic-energy-use>.

### Safety Note

Get in shape before you get serious about cycling. Stretch and do strengthening exercises. Before you ride, warm up and stretch to loosen your muscles.

### AFN

Listen to 101.9 FM for oldies and contemporary tunes in country, rock and pop or tune into POWER 99.1 FM from 0600-1800 Monday through Friday for live DJs, weather and community updates. Have a question or feedback? Just want to keep in touch? Check out AFN Diego Garcia on facebook at <http://www.facebook.com/pages/afn-diego-garcia/200133586714459>.

### Professional Military Knowledge (PMK)

Request for consecutive overseas tours (COT) leave travel to any place farther distant than to home of residence should be forwarded to what official?

- A. Commanding Officer of Detaching Activity
- B. Commanding Officer of Gaining Activity
- C. Chief of Naval Personnel
- D. Chief of Naval Operations

Answer: D. Chief of Naval Operations