

# Tropical Times

June 22, 2012



*U.S. Navy Security Force Sailors perform active-shooter scenario training at U.S. Navy Support Facility, Diego Garcia, June 19.*

# Diego Garcia NEWS

## Navy Corpsmen Celebrate 114 Years of Existence

By NAVSUPFAC Diego Garcia Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory -- Sailors from Branch Health Clinic (BHC), Diego Garcia, celebrated the 114th birthday of the U.S. Navy Hospital Corps June 15.

The Hospital Corps was founded on June 17, 1898, after Congress passed a bill establishing the Corps. According to Cmdr. John T. Taylor, Senior Medical Officer, BHC Diego Garcia, personnel from the clinic celebrated with a cake cutting ceremony, a speech outlining the origin and accomplishments of Corpsmen and a picnic was held for all off-duty clinic per-

sonnel in honor of the birthday.

"It is the only enlisted corps in the Navy, and having been a Corpsman when I first joined the Navy, I see it as the face of Navy medicine to the majority of our operational Navy and Marine Corps forces," Taylor said.

"Corpsmen are the first to care for the majority of our active duty personnel and are some of the most professional medical personnel in our military."

The Hospital Corps is the largest and most highly decorated rating in the U.S. Navy.

"The expectation is that Hospital Corpsmen hold them-



DIEGO GARCIA. British Indian Ocean Territory - Sailors from Branch Health Clinic, Diego Garcia, pose for a group photo. (Photo provided by DG-21)

selves to a higher standard, be more responsible for their behavior, and present themselves as shining examples of the Navy Medical Department, during, and after, their military service," Taylor said. "I have rarely been disappointed. The Corpsmen I have served with over the years have always set a high standard. Long may the Hospital Corps serve!"



# Diego Garcia NEWS

## Reservists Train with DG Security Personnel

By NAVSUPPFAC Diego Garcia Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory - U.S. Navy Reservists from Salt Lake City, Utah, completed an integrated training opportunity onboard U.S. Navy Support Facility Diego Garcia (NAVSUPPFAC), British Indian Ocean Territory, June 18-22.

Master-at-Arms reservists trained alongside NAVSUPPFAC's Security Department, not only to fulfill their required two week active duty training, but to also receive on-the-job training not readily available at their reserve units.

"The hands-on training here on the island helps develop their proficiency and give them the knowledge

to successfully execute any mission," said Master-at-Arms 1st Class Orlando White, NAVSUPPFAC Security Department Training Leading Petty Officer. "It gives both components a chance to cross train and bring different tactics to the table."

"Majority of our reserve training consists of power point slides," said Master-at-Arms 1st Class Hal Cox. "While here, we can update our qualifications, offer our services and/or participate in exercises that may be going on." According to Cox, one of the most important aspects of this annually scheduled integrated training is to remain mission ready at a moments notice.



DIEGO GARCIA. British Indian Ocean Territory (June 19, 2012) - Master-at-Arms Seaman Chelsea Stamps prepares to apprehend a suspect during an active-shooter training scenario at U.S. Navy Support Facility, Diego Garcia, June 19. Three Navy reservists were flown to Diego Garcia to attend the training and maintain their level of mission readiness. (U.S. Navy photo by Mass Communication Specialist Seaman Eric A. Pastor)

"Everyone here brings with them a wealth of knowledge and experience; by training together we can be prepared at all levels of law enforcement," said Cox. "This is a great opportunity for us to take back what we learned to our units, improving and increasing our combat effectiveness."

Aside from learning professionally from this experience, both active and reserve units can benefit personally as they decide on future career endeavors.

"This is a good time to ask for insight on what it is like

doing the job they perform on daily basis in the civilian world," said Cox. "We offer them another look at law enforcement as they decide to transition from active to civilian life."

The U.S. Navy Reserve makes up 20 percent of the Navy's fighting force, vital in fighting and winning wars.

# DG Security Forces Hone Their Skills



# NEWS *from around the fleet*

## Resilience Helps Sailors and Families Navigate Rough Times

*From Navy Personnel Command Public Affairs*

MILLINGTON, Tenn. (NNS) -- Navy leadership has implemented the Operational Stress Control (OSC) program to help Sailors and their families recognize and navigate stress, said Navy officials, June 18.

According to Capt. Kurt Scott, director, Navy Behavioral Health, the Navy's goal is to help individuals identify stressors and develop the skills and tools to be resilient and handle the curveballs life may throw.

Deployment work-ups, a sick child, four-section duty, marital trouble can all cause stress levels to rise. Stress is a fact of life but resiliency helps make stress manageable.

"Stress is normal and can help you excel and succeed, but there is a point when stress may impact your ability to meet life's challenges," said Scott.

OSC defines resilience as the capacity to with-

stand, recover, grow, and adapt in the face of stressors and changing demands.

Scott discussed four skills that can help Sailors and their families improve resilience.

- Maintain your body for its unique optimal performance. Balanced and nutritious meals with moderate portions help fuel the body. Getting enough sleep is critical to physical and emotional well being. Regular exercise helps you physically and improves your mood.

- Develop positive relationships. Nurturing at least one trusted friendship can help individuals achieve personal and professional success.

"A friend can provide support, influence personal growth and provide a source of strength during difficult times," said Scott.

- Manage your finances - Don't let them manage you.

"Financial strain is a top stressor. It can cause person-

ality changes in an individual and has been linked to depression which can impact duty performance and interpersonal relationships," said Scott. Fleet and Family Support Centers, Navy-Marine Corps Relief Society and command financial specialists can help Sailors examine their finances and develop a budget.

- Consider spiritual wellness. "Talking with a mentor, trusted advisor or chaplain can be a great outlet for stress reduction and resiliency.

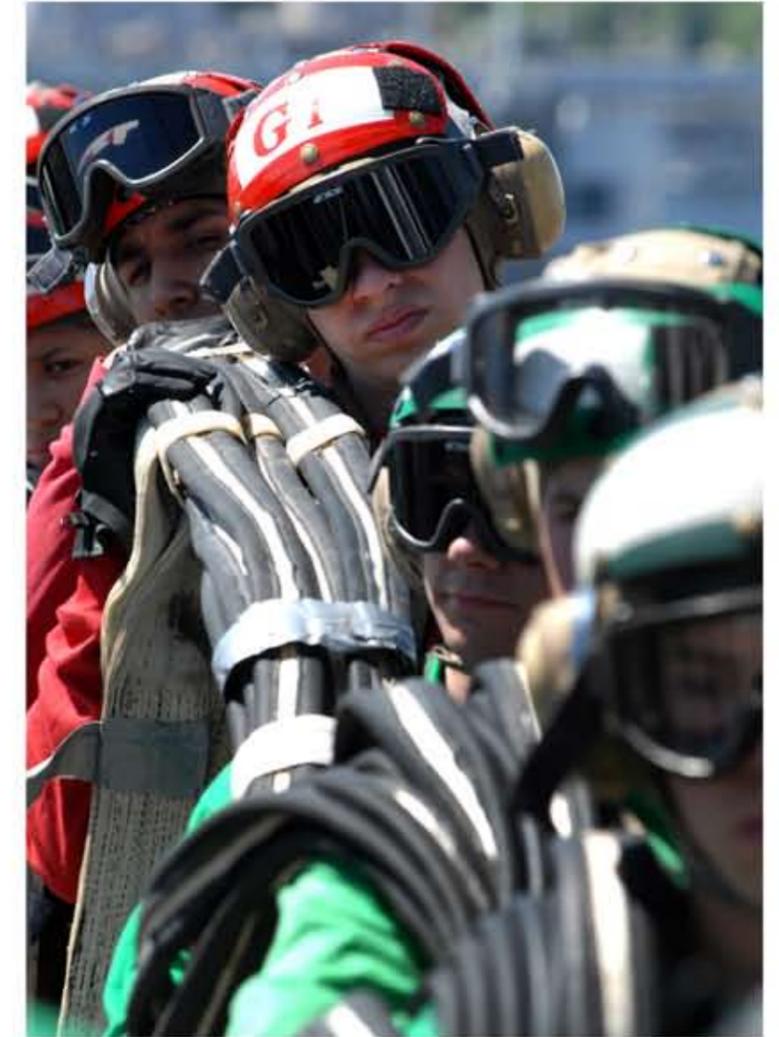
When stress becomes overbearing to your well-being, ask for assistance.

"Asking for help is a sign of strength and a commitment to yourself to perform at your optimal level," said Scott.

"Friends, families and co-workers can be your support network, but there may be times when someone with more experience, knowledge and skill is better suited to provide the help you need."

The OSC Continuum can help individuals determine what level of support is needed. The continuum is a color-coded guide for Sailors and leaders to measure their stress as it relates to one of four color-coded zones: green is ready, yellow is reacting, orange is injured and red is ill.

"The green zone is where we want to be but the green zone is not stress free," said Scott. "It means you have the skills and the tools you need to really be able to manage what life is throwing at you. Learning from life lessons makes you stronger and more resilient - and that is our goal."



BREMERTON, Wash. (May 8, 2007) - Members of air department work to raise an emergency barricade on the flight deck of Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) during a general quarters (GQ) drill. Lincoln is moored at Naval Base Kitsap Bremerton conducting training and preparation for the ship's return to operational status following a dry-dock availability. (U.S. Navy photo by Mass Communication Specialist 3rd Class James R. Evans)

To learn more, visit the Navy's official OSC blog [www.navynavstress.com](http://www.navynavstress.com).

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).



**Submitted By  
Cmdr. (Sel.) Robert Spencer  
Command Chaplain,  
NAVSUPFAC Diego Garcia**

Another Father's Day has come and gone and I'm glad to still have my dad around. I have referred to him in previous writings. He's 90 years old, a very proud WWII vet, father of five, grandfather of seven, great grandfather of two, and he was married to my mom for 58 years.

I'm happy to say that my dad and I were close while I was growing up and we still are! He taught and handed down to me many things to include the love of sports particularly the Green Bay Packers and the Milwaukee Braves. With me being born and raised in Alabama he also became an Alabama football fan when Bear Bryant ruled the state. This trickled down to me. My dad also played a huge part in his kid's activities. My brothers were

# C hapter owner

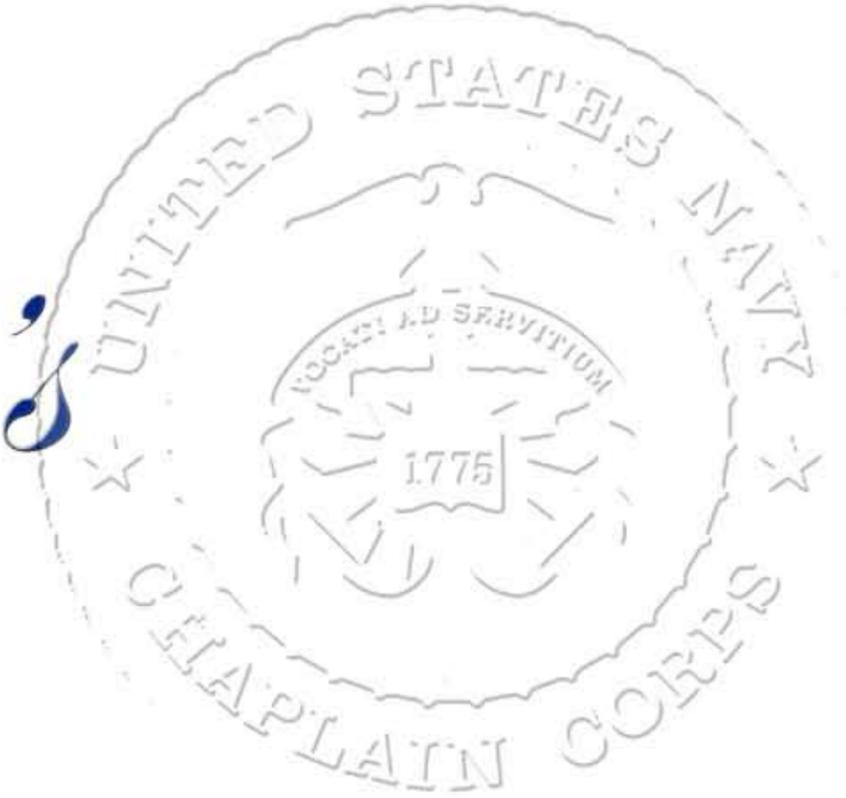
## “For the Dads!”

very much into Scouting. My interest was in Little League baseball. He was the volunteer president for that local Little League during the years that I was of age. On Saturdays when no games were played, we would go to the ball park to pick up litter, cut the grass, clean out the concession stands, paint buildings . . . . Whatever needed to be done was done and I loved doing it. I did not consider it to be work. Looking back I'm still amazed at the amount of time that he and the others invested in their kids. Today as a priest and chaplain I depend heavily on volunteers. The Church and most chapel programs could not survive without them.

My dad also planted the basketball goal in our side yard that was used by all the neighborhood kids for years. It took him a while to teach me to

ride a bike starting with the training wheels. From there I graduated to the car. He taught me how to drive and to fish. Each fall/winter we would cut and stack firewood and he taught me how to start a fire in the fireplace. More importantly he taught me to respect my mom. In other words he taught me how to be a man: to persevere when things do not always go as planned, help your neighbor, and to do the right thing. He was also a great provider. In addition to giving the essentials of food, clothing, and shelter, he also gave me discipline. Rules and boundaries are necessary to shape, form, and mold a kid for the world.

I had a great childhood that was anchored by a two parent family that believed in God. Placing God at the top of our priorities was the key to our success and faith development. My dad did this because



that was how he was raised and it was expected of him. He also knew that it was essential for the character development of his kids. This of course still holds true today.

To all the dads out there, thanks for being the dads that you are. Keep up the good work. Never underestimate the influence that you have on your family. The world needs you.

***“That is why a man leaves his father and mother and clings to his wife, and the two of them become one body.”***

***(Gen 2:24)***

# What's happening in Diego Garcia

## Sexual Assault Prevention

THE FLEET AND FAMILY SUPPORT OFFICER WILL BE HOLDING A FOUR DAY TRAINING COURSE FOR PERSONNEL WISHING TO BECOME SEXUAL ASSAULT PREVENTION AND RESPONSE VICTIM ADVOCATES.

WHEN: JUNE 25-28 FROM 8 A.M. TO 4 P.M.

WHERE: FELLOWSHIP HALL IN CIVILIAN ATTIRE

JUNE 29 WILL BE A MAKEUP DAY FOR THOSE WHO MISS ANY PORTION OF THE TRAINING.

## Basketball League

THERE WILL BE A COACHES MEETING IN THE BASKETBALL GYM FOR THOSE INTERESTED IN THIS YEAR'S INTERDEPARTMENTAL BASKETBALL LEAGUE JUNE 28 AT 1700.

THE SEASON STARTS IN JULY.

## ACT and CLEP Tests

ACT AND CLEP TESTS ARE NOW AVAILABLE TO ORDER AND TAKE ON ISLAND THROUGH DANTES. ONCE TESTS ARE ORDERED, IT TAKES APPROXIMATELY 30 DAYS TO RECEIVE. IF YOU WOULD LIKE HAVE AN EXAM ORDERED, PLEASE CONTACT THE EDUCATION SERVICES OFFICER, LT NOBLE AT 370-4141. ONCE THE EXAMS ARE RECEIVED, YOU WILL BE NOTIFIED AND WILL NEED TO SCHEDULE AN APPOINTMENT TO HAVE THE TEST ADMINISTERED.

## Blood Donations

THE BLOOD BANK IS CURRENTLY IN NEED OF ALL BLOOD TYPES. ALL HANDS ARE ENCOURAGED TO GET SCREENED FOR ELIGIBILITY. TO DONATE PLEASE CONTACT THE BRANCH HEALTH CLINIC AT 370-4211.

## Ombudsman Search

DIEGO GARCIA IS IN NEED OF A NEW OMBUDSMAN. IF YOUR SIGNIFICANT OTHER OR SPOUSE IS INTERESTED IN BECOMING THE NEW OMBUDSMAN PLEASE CONTACT THE CMC.

## Safe-Help Line

CONTACT DOD SAFE HELP LINE FROM DIEGO GARCIA

+ DIAL 0 (ZERO) FOR THE OPERATOR AND GIVE THE DSN NUMBER: 877-995-5247

+ ASK THE OPERATOR TO CONNECT YOU TO THE DOD SAFE HELP LINE

+SAFEHELPLINE.ORG

Friday  
22

Saturday  
23

Sunday  
24

Monday  
25

Tuesday  
26

Wednesday  
27

Thursday  
28

Powerboat Class  
Basic Boating  
Marina  
4:30 p.m.

500m Kayak Race  
Doubles  
Marina  
2:30 p.m.

Mix Doubles  
Golf Tournament  
Coral Sands Golf Course  
7:30 a.m.

Racquetball  
Tournament  
Fitness Center  
6:30 p.m.  
**Military Only**

9-Ball Pool  
Tournament  
Island Room  
6:30 p.m.

Tour De Diego  
21.5M Time Trial  
Stage 3  
Marina  
5 p.m.

5 on 5  
Indoor Soccer  
Fitness Center  
6:30 p.m.

**The Better Life**  
Adventure  
R  
8 p.m.

**Woman in Black**  
Drama  
PG 13  
8 p.m.

**One for the Money**  
Action  
PG 13  
8 p.m.

**Gone**  
Drama  
PG 13  
8 p.m.

**Journey 2 :  
Mysterious Island**  
Action  
PG  
8 p.m.

**Act of Valor**  
Action  
R  
7 p.m.  
Island Room

**Man on a Ledge**  
Crime  
PG 13  
8 p.m.

**Bad Teacher**  
Drama  
PG 13  
10 p.m.

**The 3 Musketeers**  
Action  
PG 13  
10 p.m.

**Tropical Times**

United States Navy Support Facility  
Diego Garcia British Indian Ocean  
Territory

**Commanding Officer**

Capt. Richard A. Skiff Jr.

**Executive Officer**

Cmdr. Stephen E. Petras

**Command Master Chief**

CMDCM(SW/AW) Robert L. Johnson

**Public Affairs Officer**

MC1(SW/AW) Ryan B. Tabios

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MC3 April D. Adams

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MCSN Eric A. Pastor

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U.S. Government, Department of  
Defense, or Department of the  
Navy.

All editorial content is prepared  
by U.S. Navy Support Facility,  
Public Affairs, Diego Garcia.

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

SEXUAL ASSAULT PREVENTION AND RESPONSE

Anyone can be a victim of sexual assault.

Resources are available if you need someone to talk to confidentially.

Contact the Sexual Assault Response Coordinator (SARC) at 370-4421

Monday - Friday 8 a.m. - 4 p.m.

Pager 370-9300, ext. 1826 - 24/7

Page the on-call SAPR Victim Advocate at 370-9300 ext. 1825.

