

# Tropical Times

June 29, 2012



*Surrounded by the Indian Ocean, Diego Garcia is an island paradise ideal for various recreational activities. Practice ORM and you'll enjoy it's many wonders.*

# Diego Garcia NEWS

## Tapping Out, Attend TAP

By NAVSUPPFAC Diego Garcia Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory – – Whether it be four, 20 or 30 years, the Transition Assistance Program (TAP) helps service members meet their needs as they transition from military to the civilian community.

TAP prepares separating or retiring service members and their families with the skills, tools and self-confidence to ensure the successful re-entry into the civilian work force.

With a handful of first term Sailors onboard U.S. Navy Support Facility, Diego Garcia, British Indian Ocean Territory, taking advantage of the classes

Territory, taking advantage of the classes eases

“TAP is for Sailors who are within two years of retirement or one year away from separation,” said Navy Career Counselor (AW/SW) Christy Whitten. “I advise all service members to take the opportunity and time to learn the options and benefits the military has to offer.”

Services offered through TAP include pre-separation counseling; benefits and financial considerations during career change; employment assistance and relocation assistance for Sailors separating from overseas.

“It is important for Sailors to be aware of benefits available to them upon leaving the military,” said Whitten.



Diego Garcia, British Indian Ocean Territory (Oct. 15, 2011) – Chief Logistics Specialist (SW/AW) Donna L. Butts reads the Missing Men table speech at the opening ceremony of the U.S. Navy Support Facility Navy Ball in Diego Garcia. Butts is scheduled to retire after serving 24 years in the United States Navy on July 6 in the Island Room. (U.S. Navy photo by Mass Communication Specialist 2nd Class Emmanuel Rios)

“There is a need to convert military employment into civilian terms to improve a service member’s marketability.”

TAP is a three to five day comprehensive workshop offered at all military installations with topics that include networking, veteran’s benefits and resume preparation. “Trainers usually emphasize on topics that will be more beneficial for a service member, for example resume writing,” Whitten said. “By emphasizing on specific topics, Sailors can improve their chances of being hired out in the civilian sector.

“Although prior service personnel do have a likely chance of getting a job, it’s always important to be prepared for obstacles you might face-you never know ini-

tially things might be difficult,” added Whitten.

Other workshop items include interview techniques, educational opportunities, spouse employment and salary negotiation.

“Service members will learn a lot from the workshop,” said Whitten. “Even if you are undecided right now, it’s good to know the truth about how life is in the civilian world.

There is no better time to start planning than now!”

The next scheduled TAP Class onboard Diego Garcia will be from August 20 through 23 and 27 through 30 in the Island Room. Interested service members must route a special request chit to attend one of the sessions and contact 370-4112 for any other questions.

# Diego Garcia NEWS

## Practicing Safety While Enjoying Some Fun in The Sun

By NAVSUPFAC Diego Garcia Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory – With summer in full effect and the Fourth of July just days away, now is the perfect time to venture out into Diego Garcia's many waterfronts and take part in recreational activities.

But with these activities, service members should always take safety into consideration. Whether going for a dive to enjoy Mother Nature's aquatic creatures or firing up the grill to satisfy your taste buds, it is important to be safe.

Diego Garcia's Morale Welfare and Recreation, offers a range of activities fitting for this island paradise. According to the Navy's Safety Center, between 2007 and 2011, 42 personnel have drowned,

with most of these casualties occurring during the months of May through August. Here are a few tips you should remember when enjoying the island.

When out and about enjoying the island, learn to recognize the signs of rip currents-rough undertow are more common and can be deadly to weak swimmers. If you have any doubts about the water, don't go past your knees. Obey posted signs and rules, be realistic about your ability and swim in only designated areas. Lastly and most importantly, learn how to swim.

A day out in the beach can also lead to sunburns, be sure to apply enough high-SPF sunscreen and avoid the burning rays (between 10 a.m. and 2 p.m.). Remember these tips and you'll be sure to make it home after your tour comes to an end in Diego Garcia.



Diego Garcia, British Indian Ocean Territory (March 14, 2012) - Participants of the 1st and 2nd class swim qualifications receive a safety briefing prior to commencing their swim. (U.S. Navy photo by Mass Communication Specialist 3rd Class April Adams)

Firing up the grill is a normal occurrence here in Diego Garcia. It is quite normal to smell the aroma of hamburgers and/or steaks roasting on a grill. What is not normal is the smell of toxic fumes escaping through the air from a barracks room fire.

In the past four years, 384 work days have been lost Navy wide, due to grill mishaps, victims have spent 71 days in a hospital and 470 days on light duty.

When grilling make sure you keep the grill at least 10 feet away from sidings, decks and railings and out from under eaves. Most importantly, do not grill indoors.

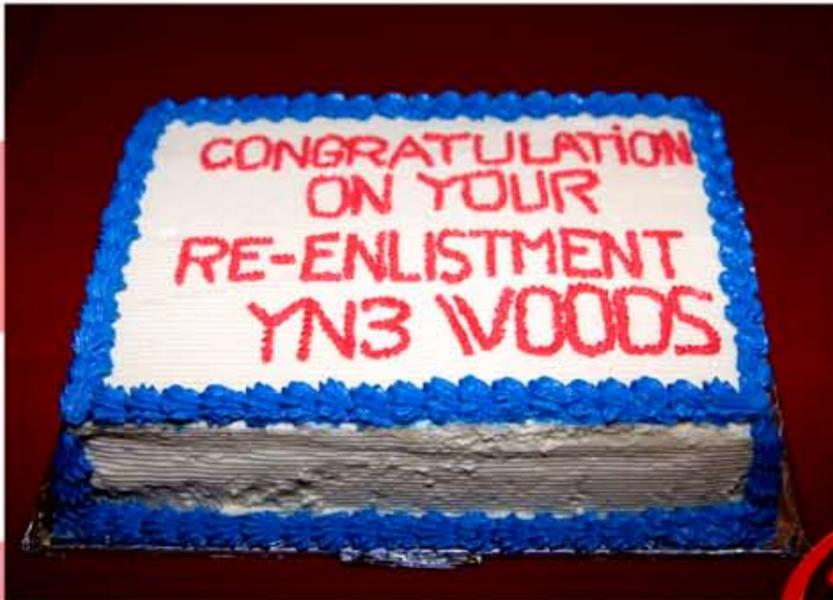
When lightening up charcoal, only use charcoal starter fluid and keep it away from heat sources. Burning charcoal produces carbon monoxide-a colorless, odorless

gas that can accumulate in closed environments.

Follow these safety tips for recreational activities and enjoy your summer to the fullest without injury. For information about recreational safety, contact the Navy Recreation and Off-Duty Safety Program Manager, Earl Murray, MWR's Director at 370-4404 or visit the Navy Safety Center at [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil).



Yeoman 3rd Class Kiram Woods, a native of Jacksonville, Fla., re-enlisted at U.S. Navy Support Facility Conference Room, June 20. Woods re-enlisted for four years and hopes to make 2nd Class Petty Officer in the near future. His long term goal is to complete a degree in Criminal Justice. Woods departs U.S. Navy Support Facility, Diego Garcia, next month and is headed to Patrol Squadron 45, out of Naval Air Station Jacksonville.



*Congratulations YN3 Kiram Woods*



# CONGRATULATIONS MA3 GARRETT ONEAL



After nearly five years in the United States Navy Master-at-Arms 3rd Class Garrett Ryan O'neal re-enlisted at Diego Garcia's Short Pier, June 20. Members of the Security Department attended and witnessed O'neal re-enlisting for two years. His plans for the future is to one day be a Military Working Dog Handler and attain a college degree.



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

I was pleasantly surprised recently when I answered the phone in my office and I heard a familiar voice. I could not immediately remember where I knew it from even though my friend told me his name. He then reminded me that he was one of my parishioners at my previous duty station. Then it hit me who he was. I certainly remembered him and his wife. He told me that he was aboard Diego Garcia conducting an inspection. He would be flying out the next evening and he asked if we could get together for a visit before his flight. We had lunch the next day and it was great to reconnect with him again.

All of us will probably reconnect with friends and family when we return to the states. That's what

most of us are looking forward to. Former spouses will also probably be reconnected especially if a family was started. Parents will probably be interacting with the other parent of their child for the rest of that kid's life especially during the formative years. Parenting is a demanding job but it is so much easier if both parties are working together with the common goal of raising a normal kid. That former spouse may have a say in your visitation and they certainly play a vital role in how your child is raised.

What about dating and remarriage? Sometimes that question comes up. I like to suggest to divorced or separated parents not to date or remarry until their youngest kid is 18 years old and out of the house. Dating can be a distraction from your parental duties and it can confuse the kid. Your child should not have to compete against your ro-

manic interests for your attention. Focusing on your kids will reassure them that they are your number one priority. Having your romantic interests streaming in and out of their lives is not a good example for them to emulate. The more stability they have will benefit them and you as well. Remarriage with kids can also be chaotic. Going back and forth between households is not something that I would look forward to. They will also have to "compete" with their step siblings for attention. If an argument flares up between the child and the step parent, the parent could have to choose between their kid and their second spouse. When the parent chooses their kid, that marriage is jeopardized and if it fails, the kid then feels abandoned yet again.

Parents remain role models even if they are no longer a couple. Make all reconnections an experience that will provide a good environment for the

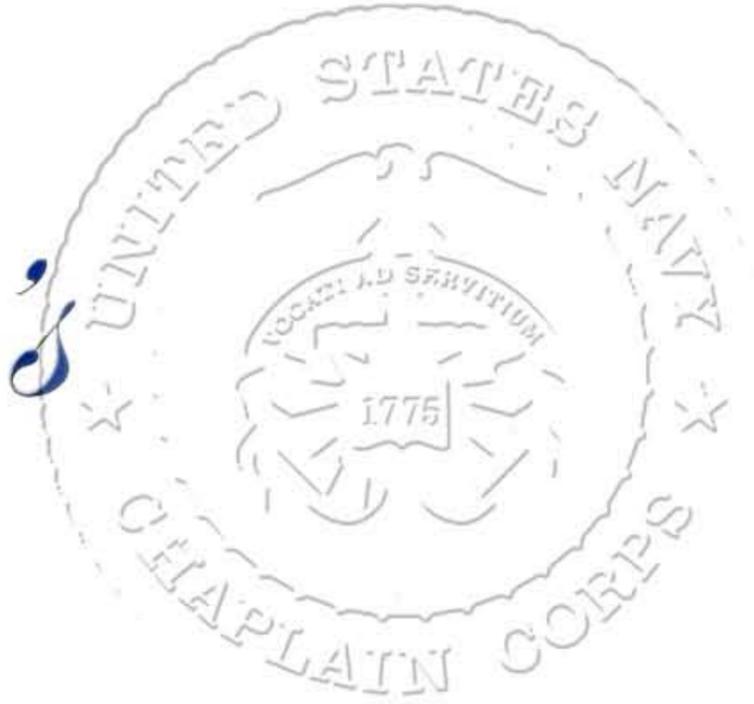
child to thrive and flourish. If mom and dad keep the lines of communication open with each other and if they are cooperative and flexible with each other's schedules, it will ensure a better atmosphere for your child to live and grow.

***“Children, obey your parents in everything, for this is pleasing to the Lord.” (Colossians 3:20)***

# C

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### **“Reconnection”**



# What's happening in Diego Garcia

## Battle of The Brains

THE FILMAU CLUB PRESENTS  
THE QUIZ SHOW.

OPEN TO ALL HANDS AND  
SIGN UPS ARE LIMITED 3  
PERSONS PER TEAM AND 16  
TEAMS. SIGN UP BEFORE  
JULY 9.

ELIMINATION ROUNDS WILL  
BEGIN ON JULY 13 AT  
8:30P.M.

## 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.

## Hazardous Waste Training

THE PUBLIC WORKS  
DEPARTMENT WILL BE HOLDING  
HAZARDOUS WASTE TRAINING.  
INTERESTED PERSONNEL MUST  
COMPLETE A COURSE  
REGISTRATION AND QUOTA  
REQUEST FORM PRIOR TO  
ATTENDING THE CLASSES.

THE FORMS MUST BE SUBMITTED  
TO THE PWD ENVIRONMENTAL  
OFFICE AT BUILDING 138 OR  
EMAILED TO  
JUANITO SALDANA.

CONFIRMED ATTENDEES WILL  
BE NOTIFIED OF CLASS LOCATION  
AND DATES AT A LATER  
TIME.

## Independence Day

ISLAND WIDE PICNIC  
JULY 4 AT THE MARINA  
STARTING AT 4 P.M.

ENJOY SOME  
BBQ CHICKEN, HAMBURGERS,  
HOTDOGS, CORN, FRESH ROLLS,  
BAKED BEANS, BROWNIES &  
SODAS

### EVENTS:

5K & 10K RUN AT JAKE'S PLACE  
8:30 A.M.

4 ON 4 BEACH VOLLEYBALL  
JAKE'S PLACE  
10 A.M.

WATER SPORTS BONANZA  
MARINA  
2 P.M.

## Maintenance

THERE WILL BE DISRUPTIONS TO TV  
SERVICES ON THE FOLLOWING  
DATES:

JUNE 30 (8 A.M.-1 P.M.)  
CNN, TCM, NAT GEO,  
STAR SPORTS & FOX MOVIES  
JULY 1 & 2 (8 A.M.-2 P.M.)  
AFN CHANNELS

## INDOC

NEWLY REPORTING PERSONNEL  
MUST ATTEND COMMAND  
INDOCTRINATION HELD THE THIRD  
WEEK OF EACH MONTH. THE NEXT  
SCHEDULED CLASS WILL BE FROM  
JULY 16-18 AT THE MWR  
CONFERENCE ROOM STARTING AT  
8 A.M. CONTACT MMI SHAFER  
AT 370-4141 FOR ANY  
QUESTIONS.

Friday  
29

Saturday  
30

Sunday  
1

Monday  
2

Tuesday  
3

Wednesday  
4

Thursday  
5

6 on 6  
Kickball  
Tournament  
Softball Field 2  
6:30 p.m.

Sand Castle  
Competition  
Jake's Place  
3 p. m.

Bowling Tournament  
9 Pin-to-Tap  
Paradise Alley  
12 p.m., 3 p.m. &  
6 p. m.

Poker Swim  
Base Pool  
6:30 p.m.

Night Golf  
4-Man Scramble  
Coral Sands  
8:30 p.m.

Independence Day  
Picnic  
Fleet Rec  
4 p.m.

6 on 6  
Dodge Ball  
Fitness Center  
5:30 p.m.

**Safe House**

Action  
R  
8 p.m.

**Silent House**

Horror  
R  
8 p.m.

**Flags of Our Fathers**

Drama  
PG  
8 p.m.

**Red Tails**

Action  
PG 13  
8 p.m.

**Wrath of the Titans**

Action  
PG 13  
8 p.m.

**Three Stooges**

Comedy  
PG  
8 p.m.  
Island Room

**Hunger Games**

Action  
PG 13  
8 p.m.

**The Vow**

Drama  
PG 13  
10 p.m.

**A Thousand Words**

Comedy  
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

**Tropical Times Editor**

MC3 April D. Adams

**Command Journalists**

MCSN Eric A. Pastor

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**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.

