

# Tropical Times

August 3, 2012



*A Sailor on board USS Norfolk (SSN 714) raises the American Flag after being moored at U.S. Navy Support Facility, Diego Garcia. Norfolk is homeported in its namesake city and was at Diego Garcia as a routine port visit.*

## Tropical Times

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

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**Executive Officer**  
CMD Stephen E. Petras

**Command Master Chief**  
CMDCM(SW/AW)  
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This funded newspaper is an authorized publication for members of the U.S. Military services.

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

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

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## *A Footprint in the Sand*

Mass Communication Specialist Seaman Brandon Vinson, a native of Bellevue, Neb., joined the Navy in order to travel and receive training in a wide range of topics, all while receiving a steady paycheck.

According to Vinson, his favorite part of being a MC is having the chance to be creative, as well as interacting with people.

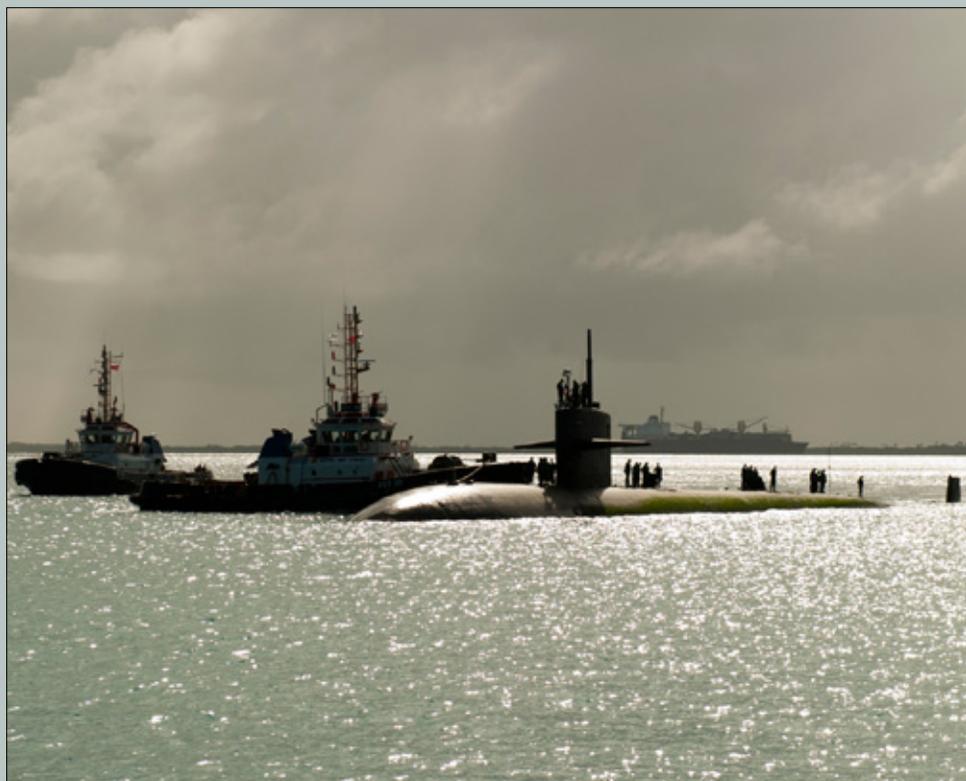
His goals while he is in the service are to make rank and to become a valued asset to the Navy community.

While in the Navy, thus far, Vinson says his best experience is having the chance to see the other side of the world.

**MCSN Brandon Vinson**  
Armed Forces Network (AFN)



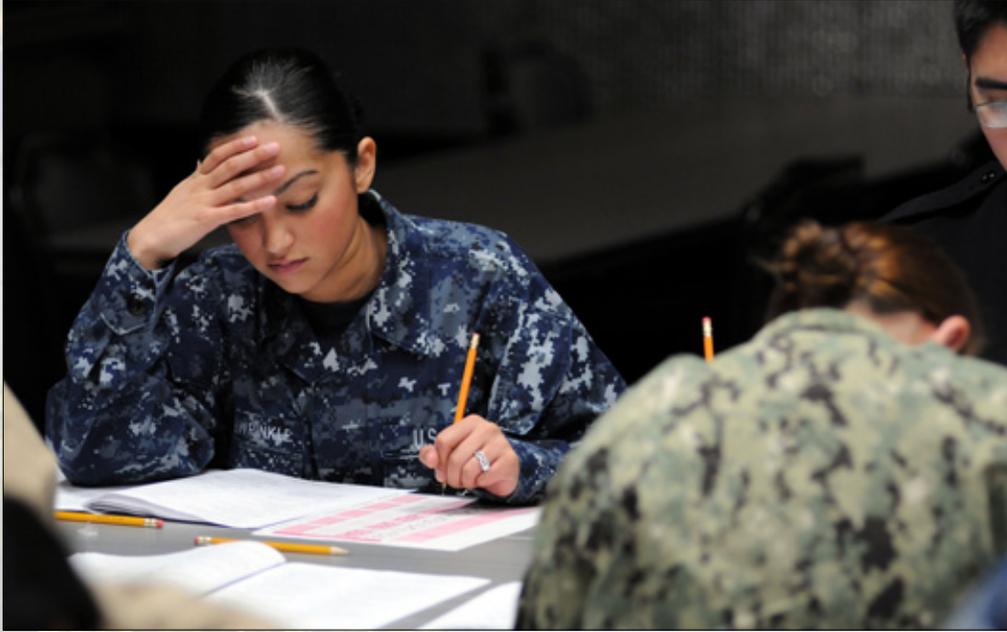
## NAVSUPPFAC DG Welcomes Norfolk



U.S. Navy photo by Mass Communication Specialist 1st Class (SW/AW) Ryan B. Tabios

*DIEGO GARCIA, British Indian Ocean Territory (July 27, 2012) -The Los Angeles-class attack submarine USS Norfolk (SSN 714) is escorted pier side as she arrives at U.S. Navy Support Facility, Diego Garcia. Norfolk is homeported in its namesake city and is the Navy's 133rd nuclear-powered submarine and 89th of the attack submarine class.*

# Diego Garcia NEWS



U.S. Navy photo by Mass Communication Specialist Seaman Declan Barnes  
YOKOSUKA, Japan (March 15, 2012) Master-at-Arms Seaman Valerie R. Acostawrinkle, assigned to the security department at Commander, Fleet Activities Yokosuka, takes the E-4 advancement exam in the base enlisted club. Sailors are given three hours to answer 200 questions that test their knowledge of their rating and basic military requirements.

## PMK Training Preps Sailors for Exam

Story by NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (July 31, 2012) – With September just around the corner, members of the U.S. Navy Support Facility, Diego Garcia, British Indian Ocean Territory, First Class Petty Officer Association are conducting Professional Military Knowledge (PMK) Training every week prior to each perspective test.

Several NAVSUPFAC and partner command first class petty officers have offered their time to facilitate the training.

“Taking care of our Sailors, is our role as first classes,” said Yeoman 1st Class (SW) Naddette Fleming. “Their

success is our success. Advancement is a big step in their careers and being able to help them earn a chevron or two is gratifying.”

Covering topics such as military customs and courtesies, evaluation guidance, instructions and many more, the training is beneficial to Sailors looking to advance on the upcoming advancement exam.

“The senior petty officers in the command have a wealth of knowledge and experience and in some cases they are subject matter experts in the topics,” said Master-at-Arms 3rd Class Jeremy Lynch. “I’m glad they are doing this for the junior Sailors such as me-providing us with the study time

we may not otherwise have managed time for.”

According to Lynch, the training also opens up ideas about the Navy not known by Sailors who have been at shore for most of their career.

“Every Sailor’s experience is different, some may know more things about being on a ship, while others may have never stepped foot on a carrier or destroyer,” said Lynch. “The knowledge you will get out of the classes will benefit you in the long run and keep you at the same pace as your peers.”

For some Sailors, in attendance, the training sessions provide an easier outlet to remember certain topics.

“Like most study material, some things are easier understood when it is explained, vice reading it from a book,” said Culinary Specialist 2nd Class (SW) Pamela Wilson. “It is an easier way to disseminate the information and get Sailors to remember it, come test day.”

According to Wilson, PMK training also provides Sailors with new up-to-date information.

“Instructions, publications and messages change all the time. For someone like me who is not in an admin rate, it is an opportunity for me to know changes and/or additions in Navy policies,” said Wilson. “Personally I get help with the test and professionally I can better inform my Sailors about certain programs and so forth.”

At the end of the day, according to Fleming, studying is the best way to advance.

“You are the only who can prepare yourself. No one else,” said Fleming. “Everything you need to advance is provided, now it’s up to you to retain the information-study.”

PMK Training is held every Wednesday, until the cycle has ended, at the Morale, Welfare and Recreation Conference Room from 1430 through 1530.

# NEWS *from around the fleet*

## Navy Extends Voluntary Sea Duty Program, Considers High Year Tenure Waivers



U.S. Navy photo by Mass Communication Specialist 2nd Class Tony D. Curtis  
*QUEBEC CITY (July 30, 2012) Sailors man the rails aboard the Oliver Hazard Perry-class frigate USS DeWert (FFG 45) as the ship departs Quebec City. DeWert, the cyclone-class coastal patrol ship USS Hurricane (PC 3) and the Canadian Halifax-class frigate HMCS Ville de Quebec (FFH 332) are visiting cities in America and Canada to commemorate the bicentennial of the War of 1812.*

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy is extending the Voluntary Sea Duty Program for an additional year and adding High Year Tenure waiver consideration as an incentive for senior enlisted Sailors who volunteer, according to NAVADMIN 229/12, released July 26.

Extension of the Voluntary Sea Duty Program (VSDP) is part of the Navy's coordinated effort to aggressively address gaps at sea and place Sailors with the right experience levels and skill sets into high-priority Fleet billets.

Originally announced in January 2012, and updated in NAVADMIN 205/12, VSDP supports the Navy's warfighting mission of operating forward and maintaining readiness by rewarding Sailors with appropriate skills and leadership experience who fill needed at-sea billets.

"VSDP is a unique program that helps the Navy place qualified Sailors with needed skills and experience in the Fleet, while giving Sailors real benefits when they volunteer," said Rear Admiral Tony Kurta, Director of Military Plans and Policy. "Geographic stability for a Sailor and their family, the opportunity to negotiate for choice orders, deferment of the Perform-to-Serve window, and now High Year Tenure waiver consideration - these are just some of the benefits Sailors are eligible for through VSDP."

VSDP encourages highly-trained and motivated Sailors to voluntarily extend their enlistment in their current sea duty billet beyond their prescribed sea tour, to terminate shore duty and accept new orders to a sea duty billet, or to accept back-to-back sea duty orders beyond their prescribed sea/shore flow. The sea duty assignment may be on board ships, squadrons, or other qualified sea duty assignments.

VSDP offers Sailors the opportunity to shape their career moves and negotiate for specific billets. Volunteers for VSDP will not be required to accept a billet they do not desire. Detailers work with volunteers during two Career Management System/Interactive Detailing (CMS/ID) cycles to find desirable orders.

Additionally, as announced in NAVADMIN 229/12, Navy will consider High Year Tenure waivers

with VSDP applications for senior Sailors with the appropriate skills and leadership experience to fill critical at-sea billets. HYT waivers for chief petty officers will be considered on a case-by-case basis, taking into account rating, sea duty manning and the impact to future advancements.

Sailors accepted into the program can also defer their Perform-to-Serve (PTS) window to the minimum obligated service requirement for the orders negotiated, typically 24 months. PTS deferment allows VSDP Sailors to extend their current enlistment for orders or extend at their current assignment without a PTS quota. By going back to sea, Sailors are afforded a chance to improve their records and increase their competitive edge in PTS through sustained superior performance at sea.

Volunteers will be assigned to commands within the same geographic location as the current command if available, providing the benefit of geographic stability for Sailors and family members. The Navy will also consider Sailors' requests for out-of-area moves.

Sailors may also be eligible for Sea Duty Incentive Pay (SDIP), a lump-sum payment based on the length of a Sailor's sea duty extension or shore duty curtailment.

For more information on VSDP, and to read the NAVADMIN, visit [www.npc.navy.mil](http://www.npc.navy.mil).

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## A Heavenly Treasure

A story is told of a wealthy socialite who traveled to Europe while her husband stayed home and played the stock market. While in Paris she found a fur coat she just had to have. So, she sent a telegram to her husband that said, "Have found the perfect coat for only \$50,000. What do you think?" He responded immediately with a telegram saying, "No, price too high."

Imagine his surprise when she returned home with that \$50,000 coat. The irate husband said, "Didn't you get my telegram?" "Yes," she said, "and I thought it was so wonderful that I kept it. Here it is." The husband read the telegram which said, without punctuation, "NO PRICE TOO HIGH."

That's the way it is with life in God's Kingdom. If you are ever able to catch a glimpse of how wonderful life is in God's

Kingdom, then no price is too high to pay. If and when a person willingly faces all the awful wrongs and misdeeds they've done in life and then learns about a loving and forgiving God that person will gladly give anything and everything at their disposal for this most precious treasure. It's imperative to understand that obtaining this wonderful treasure doesn't require money, hard work or a grand education. You simply have to crave it more than you desire anything or anyone else on earth!



*Lt. Kenyon Kaehr  
Command Chaplain*

*"Store up for yourselves treasures in heaven, where moth and rust destroy, and where thieves do not break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy. For where your treasure is, there your heart will be also."*

*Matthew 6:20-21*

## 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)  
Monday - Friday, 8 a.m. - 4 p.m., at 370-4421, and by pager, 24/7, at  
370-9300 ext. 1826.

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

# Captain's



# Cup



# Calendar of Events

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
<b>MWR</b>	<b>8-Mile Offroad Bike Race</b> Jake's Place 5 p.m.	<b>Push up &amp; Run Competition</b> Fitness Center 5 p.m. <i>Military Only</i>	<b>Bingo Bonanza</b> Island Room 7 p.m.	<b>Powerboat Class Basic Boating</b> Marina 4:30 p.m.	<b>AFE Show Edwin McCain</b> Time TBA	<b>Flea Market Ukay Ukay</b> Multi-Purpose Court 12 p.m.	<b>500 Meter Canoe Race</b> Marina 2:30 p.m.

<b>Movies</b>	<b>Shark Night</b> Horror PG 13 8 p.m.	<b>Dr. Seuss</b> Animation PG 8 p.m.	<b>The Raven</b> Mystery R 7 p.m. <i>Island Room</i>	<b>21 Jump Street</b> Comedy R 8 p.m.	<b>John Carter</b> Action PG 13 8 p.m.	<b>Contagion</b> Drama PG 13 8 p.m.	<b>Lockout</b> Action PG 13 4 p.m. <i>Island Room</i>
					<b>Jack &amp; Jill</b> Comedy PG 10 p.m.	<b>Colombiana</b> Action PG 13 10 p.m.	<b>Thousand Words</b> Comedy PG 13 8 p.m.

## “Oh by the ways...”

### Nutrition

NO MATTER WHAT YOUR FITNESS GOALS ARE, GOOD NUTRITION CAN HELP IMPROVE YOUR EXERCISE PERFORMANCE, DECREASE YOUR RECOVERY TIME FROM STRENUOUS EXERCISE, PREVENT INJURIES DUE TO FATIGUE, AND PROVIDE THE FUEL REQUIRED DURING TIMES OF HIGH-INTENSITY TRAINING AND WEIGHT CONTROL. COMBINING GOOD NUTRITION WITH EXERCISE ALSO CAN HELP REDUCE THE RISK OF NUMEROUS CHRONIC DISEASES, SUCH AS DIABETES, CARDIOVASCULAR DISEASE, HYPERTENSION, OBESITY, OSTEOPOROSIS AND SOME CANCERS. LEARNING HOW NUTRITION AND EXERCISE WORK TOGETHER FOR OPTIMAL HEALTH IS ESSENTIAL.

### CPR Training

IF YOU ARE IN NEED OF A CPR QUALIFICATION, CLASSES WILL BE HELD THE 1ST AND 3RD MONDAY OF EACH MONTH BY APPOINTMENT ONLY. FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT PLEASE CONTACT HMI JABLINSKI AT 370-4256/4211 OR LAURA.JABLINSKI@MED.NAVY.MIL

### Flea Market

LEAVING DG, ARRIVING IN DG OR DO YOU JUST HAVE STUFF TO SELL? THIS IS YOUR CHANCE!  
WHAT: UKAY UKAY ROUND 2  
WHERE: MULTI-PURPOSE COURT  
WHEN: AUG. 11 @ 12PM-4PM  
  
OPEN TO ALL HANDS. GROUP AND INDIVIDUAL SELLERS ARE WELCOME. TABLE AND/OR SLOTS ARE AVAILABLE FOR \$5. CALL 370-2892/2792 FOR MORE INFORMATION.

### CMS/ID

ACCORDING TO NAVADMIN 226/12, THE WAY IN WHICH BILLETS ARE ADVERTISED IN CMS/ID IS CHANGING. BEGINNING WITH THE AUGUST 2012 CMS/ID CYCLE, A SINGLE SET OF SEA AND SHORE BILLETS WILL BE ADVERTISED, PRIORITIZED BY U.S. FLEET FORCES COMMAND, U.S. PACIFIC FLEET AND NAVY PERSONNEL COMMAND TO REFLECT THE HIGHEST-PRIORITY FLEET BILLETS. DETAILERS WILL FILL ALL ADVERTISED BILLETS EACH CYCLE.

SAILORS ENTERING INTO THEIR CMS/ID NEGOTIATION WINDOW SHOULD APPLY EARLY AND OFTEN TO ENSURE THEIR PREFERENCES ARE RELAYED TO THE DETAILERS. SAILORS SHOULD PROVIDE THEIR INPUT EACH MONTH DURING THE NEGOTIATION PROCESS ON CMS/ID OR VIA DIRECT CONTACT WITH THEIR DETAILER, ACCORDING TO THE MESSAGE, SINCE ALL BILLETS WILL BE FILLED, DETAILERS MAY HAVE TO SELECT A SAILOR FOR A JOB THEY DID NOT VOLUNTEER FOR. SAILORS NEARING THE END OF THEIR NEGOTIATION WINDOW ARE MORE LIKELY TO BE ASSIGNED TO JOBS FOR WHICH THEY HAVE NOT APPLIED.

### Recycle

COLLECT RECYCLABLE PAPER BEFORE IT BECOMES PART OF THE TRASH AND PUT IT IN THE DESIGNATED PAPER BINS. ENSURE PAPER DOES NOT CONTAIN PERSONALLY IDENTIFIABLE INFORMATION SUCH AS NAMES, RANKS AND SOCIAL SECURITY NUMBERS, AS THIS INFORMATION MUST BE SHREDDED OR BURNED. PWD ENVIRONMENTAL HAS DISTRIBUTED PAPER RECYCLING BOXES IN OFFICES; IF YOU DO NOT HAVE ONE, PLEASE CALL 370-4547.