

# Tropical Times

August 17, 2012



*Edwin McCain, a singer best known for his song "I'll Be," performs at U.S. Navy Support Facility, Diego Garcia, Aug. 10. McCain, as well as Erick Baker, who is also a singer, and the Major League Eaters performed for residents of Diego Garcia as part of a Navy Entertainment-sponsored tour throughout Asia and various locations in the area.*

## Tropical Times

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Diego Garcia  
British Indian Ocean Territory

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## *A Footprint in the Sand*

Aviation Ordnanceman 1st Class (AW) Jordan Hodges, a native of Chicago, has been serving in the Navy for 10 years. Her favorite part of her job is being able to train her junior Sailors.

According to Hodges, she joined the Navy to travel and experience the world.

While serving, Hodges hopes to finish up her degree, as well as become a Limited Duty Officer (LDO).

Four years of bomb assembly and missile breakouts at her first duty station, USS GEORGE WASHINGTON (CVN 73), was her best experience in the Navy so far, said Hodges.

**A01(AW) Jordan Hodges**

NMC EAD Unit Okinawa Det Diego Garcia



## Congratulations E01 Jones



U.S. Navy photo provided by DG-21

*DIEGO GARCIA, British Indian Ocean Territory (Aug. 6, 2012) - Equipment Operator 1st Class Justin D. Jones signs his reenlistment papers after reenlisting at U.S. Navy Support Facility, Diego Garcia, Aug. 6. Jones reenlisted for 5 years, which will put him at the 20 years of service required to retire.*

# Diego Garcia NEWS



U.S. Navy photo by Mass Communication Specialist Seaman Eric A. Pastor

*DIEGO GARCIA, British Indian Ocean Territory (Aug. 10, 2012) Erick Baker, a Tennessee native, performs as the opening act for Edwin McCain at U.S. Navy Support Facility, Diego Garcia, Aug. 10. Baker and McCain were accompanied by the Major League Eaters, who participated in a food-eating contest for the residents of Diego Garcia.*

## Concert, MLE Entertain DG

Story by NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (Aug. 10, 2012) – Service members and civilian personnel gathered at U.S. Navy Support Facility, Diego Garcia, Fleet Recreation Area to be entertained by Edwin McCain, Erick Baker and the Major League Eaters (MLE), Aug 13.

Headlined by Edwin McCain, the concert was coordinated with Morale Recreation and Welfare, Navy Entertainment and Armed

Forces Entertainment.

“I love it, I’m all about it,” said Edwin McCain. “The military tours are the best. The idea that we can come out here and do a little bit of our part is the coolest-not to mention who comes to DG [Diego Garcia].

“I get to go back to the U.S. and tell people what I have seen. No one knows how much work actually goes into creating the peace we live in,” added McCain.

Edwin McCain is an American singer-songwriter and musician, whose band has toured with Hootie and the Blowfish. His second album spawned the major hit “I’ll Be” in 1998.

The opening act for the concert was Tennessee native Erick Baker. Baker said that performing gave him a better appreciation for what service members do around the world.

“The people that I have met, have given me the appreciation of sacrifice,” said Baker. “Our service members are literally half-way around the world from home. It shows me that I really didn’t know what sacrifice is.”

During the concert service members participated and watched a hot dog eating contest alongside MLE’s Steakbellie, Flash and Crazy Legs Conte.

“Sailors and soldiers make a lot of sacrifices, working away from their families for long periods of time,” said Crazy Legs Conte. “The little amount of entertainment we can bring to them is my way saying thank you.”

“I’m psyched to be here,” said Steakbellie. “Diego Garcia is probably one of the most remote locations MLE has ever been to.”

At the end of the concert, service members were more than grateful for the fun-filled night filled with laughter and music.

“The show was great,” said Religious Programs Specialist (FMF) Akil Blackmon. “Mother Nature was on our side tonight-the weather was cool and everything seemed so calm. I want to thank them for coming out here and performing for us under the stars.”

# NEWS *from around the fleet*

## Green Bay, San Diego Sailors Participate in Military Appreciation Night



*(U.S. Navy photo by Mass Communication Specialist Seaman Dustin Knight)*  
PACIFIC OCEAN (July 21, 2012) The amphibious transport dock ship USS Green Bay (LPD 20) conducts a composite training unit exercise (COMPTUEX) off the coast of California. COMPTUEX is a pre-deployment certification that evaluates an amphibious ready group's ability to conduct military operations at sea and support expeditionary operations ashore.

By Mass Communication Specialist 1st Class Elizabeth Merriam, USS Peleliu Public Affairs

SAN DIEGO (NNS) -- Sailors from amphibious dock landing ships USS Green Bay (LPD 20) and USS San Diego (LPD 22) competed in flag football match on one of Qualcomm Stadium's practice fields, Aug. 9, to kick off the San Diego Chargers' 24th annual Salute to the Military.

Fans yelled from the sidelines as San Diego crushed Green Bay 34-0.

Sailors from both sides felt the limelight of professional athletes as media interviewed them.

"We are two competitive teams, but it did not go how I expected. I thought we would be blowing them out," said Cryptologic Technician (Collection) 1st Class (SW) Anthony Ware, a Green Bay Sailor. "I'm just glad to be out here. I wanted to play a good and competitive game and it's

been a good time.

"It's such an honor. I've never done anything like this, so I'm amped up," said Boatswain's Mate 2nd (SW) Alfred Thomas, a San Diego Sailor. "I was expecting to totally dominate them, but they put up a good fight."

After their flag football game, Sailors attended a preseason game between NFL teams, San Diego Chargers and Green Bay Packers, where Armed Forces service members were honored and participated in the pregame ceremonies.

"I think it's wonderful that they [the Chargers] have this night. It's really a great event," said Madeline Hoeg, football fan. "It feels good to show our national pride. It's really fun and great for everyone."

The color guards from all branches presented colors from the center of the field. The 3rd Marine Aircraft Wing Band also performed during the opening ceremonies and 100 Sailors and Marines unveiled a jumbo flag.

Professional football players also met the Sailors as they came onto the field.

"I got to shake hands with a lot of service members who carried the flag on the sidelines before the game," said Aaron Rodgers, Packers lead quarterback. "I have a lot of respect for the men and women in uniform in all branches of the military. It's great to see them out there."

The halftime show included a Navy Band and an opportunity for fans to visit static military displays provided by the ships Green Bay, San Diego, Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), as well as Assault Craft Unit 5 and Naval Medical Center San Diego.

Sailors working at the displays expressed appreciation for the chance to interact with the community.

"It feels good when [people] show an interest about our ship and [I can] show them what the Navy is doing for them," said Interior Communications Electrician 1st Class (SW) Sergio Cenicerros, a San Diego Sailor.

Green Bay's area displayed replicas of Super Bowl trophies including a new 2011-2012 trophy signed by Aaron Rodgers, presented to the ship's crew by Green Bay Mayor Jim Schmitt.

"It's a nice keepsake for them and something we want to share with them because USS Green Bay is a big part of our community," Schmitt said.

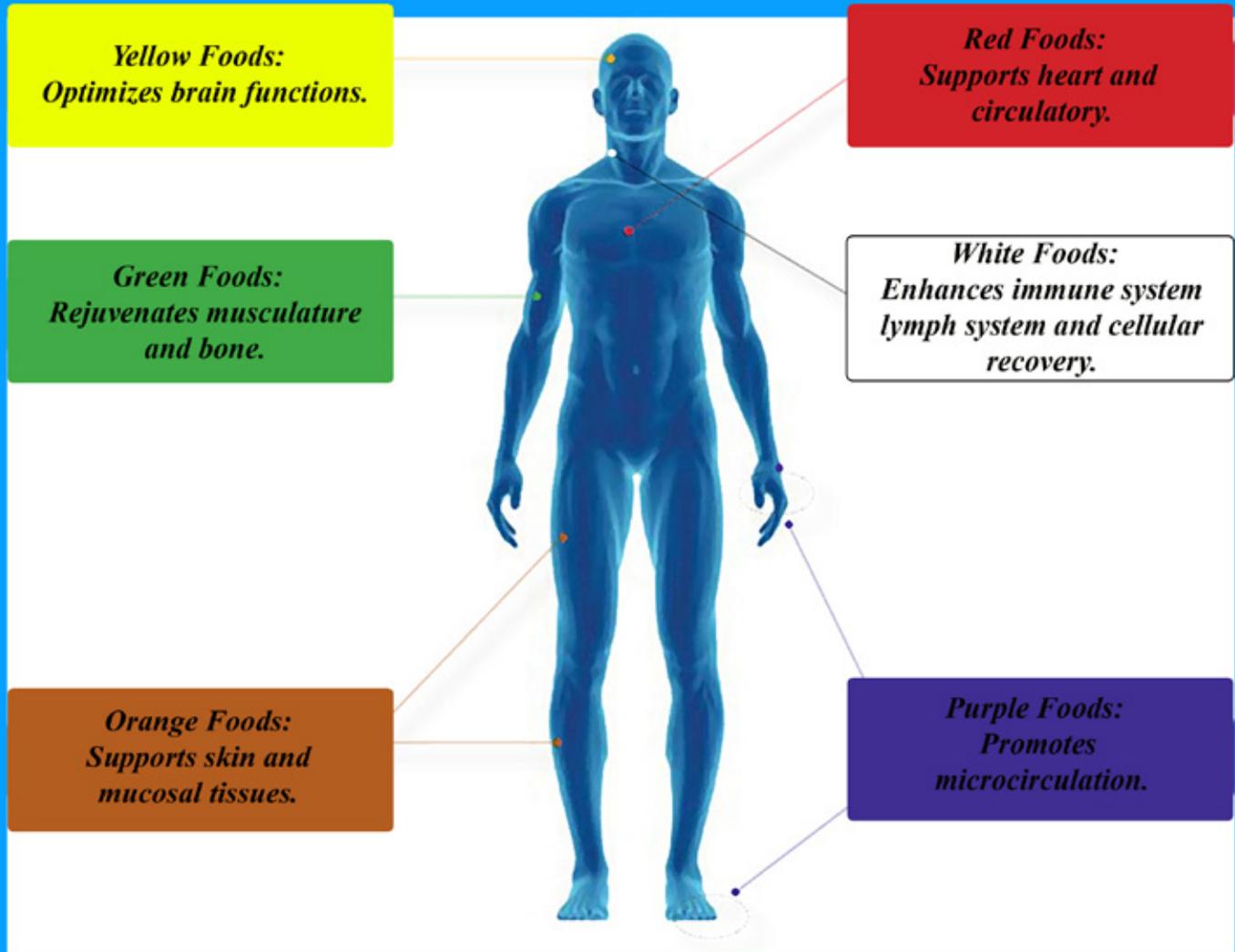
The community continues to find ways to highlight and interact with military counterparts throughout the year.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).

For more news from USS Peleliu (LHA 5), visit [www.navy.mil/local/lha5/](http://www.navy.mil/local/lha5/).

# EAT THE RAINBOW

\* Fruits and vegetables are a great source of high-fiber carbohydrates. They provide the body with a combination of vitamins that cannot be replicated in a supplement. Different colors serve different roles in the body; aim for at least three colors at every meal. Over the course of the day, strive to eat two servings of fruit and three servings of vegetables.



## 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.

# Edwin McCain, Erick Baker, MLE

## Entertain DG



# Calendar of Events

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
<b>MWR</b>	<b>Indoor Duathlon</b> Fitness Center 6 p.m. <i>Military Only</i>	<b>Spades Tournament</b> Island Room 6 p.m.	<b>DG Open Tennis Tourney</b> Court A 5 p.m.	<b>Powerboat Class Basic Boating</b> Marina 4:30 p.m.	<b>Powerboat Class Basic Boating</b> Marina 4:30 p.m.	<b>3 Hole Golf Challenge</b> Golf Course 7:30 a.m.	<b>MWR Windsurfing Regatta</b> Marina 2 p.m.

<b>Movies</b>	<b>Act of Valor</b> Action R 8 p.m.	<b>The Vow</b> Drama PG 13 8 p.m.	<b>American Reunion</b> Comedy R 7 p.m. <i>Island Room</i>	<b>The Thing</b> Horror PG 13 8 p.m.	<b>Hunger Games</b> Action PG 13 8 p.m.	<b>MI; Ghost Protocol</b> Action PG 13 8 p.m.	<b>One for the Money</b> Action PG 13 4 p.m. <i>Island Room</i>
					<b>Silent House</b> Drama R 10 p.m.	<b>War Horse</b> War PG 13 10 p.m.	<b>J. Edgar</b> Crime R 8 p.m.

## “Oh by the ways...”

### Mentoring

MENTORING IS A PROCESS BY WHICH MORE EXPERIENCED INDIVIDUALS ASSIST OTHERS TO EXPAND THEIR KNOWLEDGE BASE, MAKE DECISIONS THAT ARE MORE INFORMED, ENHANCE THEIR CAREERS, INCREASE THEIR NETWORKS, AND DEVELOP IN OTHER PERSONAL OR PROFESSIONAL WAYS. IT CAN OCCUR IN FORMAL OR INFORMAL SETTINGS, BETWEEN SENIORS AND SUBORDINATES, PEERS, SUBJECT MATTER EXPERTS AND NOVICES, OLDER AND YOUNGER INDIVIDUALS, OR A NUMBER OF OTHER SITUATIONS. IT IS WIDELY UNDERSTOOD THAT HEALTHY RELATIONSHIPS AND CONTINUOUS LEARNING ARE KEY TO ORGANIZATIONAL SUCCESS. WHEN EMPLOYEES ARE ABLE TO CONNECT IN MEANINGFUL WAYS WITH EACH OTHER AND IDENTIFY WITH THE CORPORATE CULTURE AND GOALS, THEY ARE MORE PRODUCTIVE AND SATISFIED WITH THE COMPANY AND INCREASINGLY LIKELY TO STAY ON WITH THE ORGANIZATION.

### Advancement Exam Note

DOORS WILL BE OPEN AT THE TURNER COMPLEX ISLAND ROOM AT 6AM AND WILL CLOSE PROMPTLY AT 6:30AM. ALL EXAMINERS MUST HAVE THEIR MILITARY I.D. IN HAND TO TAKE THE EXAM. THE DATES FOR EACH PERSPECTIVE PAYGRADE ARE AS FOLLOWS:  
 SEPT. 6 P01 EXAM  
 SEPT. 13 P02 EXAM  
 SEPT. 30 P03 EXAM

### Civilian Attire

SHOWER SHOES (MADE ENTIRELY OF RUBBER OR PLASTIC MATERIAL); DIVE BOOTIES AND BARE FEET ARE PROHIBITED IN THE GALLEY AND MWR DINING FACILITIES. SANDALS AND CASUAL FOOTWEAR ARE AUTHORIZED. CLOSED TOED SHOES ARE TO BE WORN AT ALL TIMES WHEN WORKING OUT AT THE PHYSICAL READINESS CENTER TO INCLUDE SOFTBALL FIELDS AND TENNIS COURTS.

### Tourney

WHAT: ALL NIGHT SOFTBALL TOURNAMENT  
 WHEN: AUG. 18 @ 1830  
 WHERE: FIELD #1

### Career Counselor Note

YOUR ELECTRONIC TRAINING JACKET (ETJ) COMPILES DATA FROM A HOST OF DIFFERENT SOURCES FOR COLLEGE DEGREE AND COURSE DATA, SERVICE SCHOOLS, COLLEGE LEVEL ENTRY PROGRAM (CLEP) EXAMS, MILITARY COURSES (WHICH PROVIDE AMERICAN COUNCIL ON EDUCATION (ACE) CREDITS), LANGUAGE SKILLS, ADDITIONAL QUALIFICATION DESIGNATIONS (AQDS), COMPLETED CORPORATE ENTERPRISE AND TRAINING ACTIVITY RESOURCE SYSTEM (CETARS) TRAINING INFORMATION, AND MORE. NAVY KNOWLEDGE ONLINE (NKO) PROVIDES THE USER VARIOUS LINKS TO NAVY DATABASE SITES THAT ARE USED FOR COMPILING THE INFORMATION. STEP-BY-STEP INSTRUCTIONS ARE INCLUDED FOR UPDATING AND CORRECTING INFORMATION IN EACH FOLDER OF THE ETJ. FOR MORE INFORMATION ON ETJ VISIT THE NAVY KNOWLEDGE ONLINE WEB PORTAL