

Tropical Times

September 7, 2012



The leadership of U.S. Navy Support Facility, Diego Garcia, and Cmdr. Richard Marshall, the British Representative, cut a ribbon to celebrate the opening day of the MWR soccer field Sep. 3.

Tropical Times

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

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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.

A Footprint in the Sand

Hailing from Long Island, N.Y., Aviation Boatswain's Mate (Handling) First Class Clay Wellington (SW/AW), a Sailor working in Air Operations at U.S. Navy Support Facility, Diego Garcia, joined the Navy for the many benefits that come with enlistment such as college funding, travel and job security.

Wellington has served in the Navy for 14 years. One of Wellington's short term goals is to advance in rank to Chief Petty Officer. Further along in his career, he plans to submit a package for the Chief Warrant Officer program.

Wellington enjoys the competitiveness of his career.

ABH1 (SW/AW) Clay Wellington
Air Operations



G4S Recieves Safety Award



U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Christian Caldwell
DIEGO GARCIA, British Indian Ocean Territory (Sep. 3, 2012) Jim Andell receives the Star Safety Excellence Award on behalf of G4S from Cmdr. Michael P. Oestereicher, Public Works Officer.

Diego Garcia NEWS

Hope...Always



(U.S. Navy photo illustration)

WASHINGTON (Oct. 27, 2009) A photo illustration produced by the Defense Media Agency on suicide prevention.

By NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (Sept. 06, 2012) – The most valuable asset the U.S. military has today and will always have are its Sailors, Soldiers, Airmen and Marines. Without these men and women, the success and triumphs accomplished throughout the years will not be, thus promoting a lifestyle of total fitness-physically, mentally, socially and spiritually- is important.

Suicide intervention is an all hands evolution and leaders at

every level must be engaged in the challenges and difficulties one may face while serving in the finest military force in the world

In an effort to prevent service members from making suicide a permanent solution to a temporary problem, September has been designated National Suicide Prevention Awareness Month.

“The Navy has come a long way, when it comes to suicide prevention,” said Lt. Gregory Uvila, U.S. Navy Support Facility, Diego Garcia Command Chaplain. “They [Sailors] know now that it is okay to speak openly and honestly when they are struggling to seek help and support.”

With the theme, *Hope...always*, Uvila hopes to bring light to a dark subject.

“We will be taking a somber topic and make it very upbeat and exciting,” said Uvila, “adding a real positive spin on life and hope.”

Although ideation, purposelessness, anxiety and anger, are all suicide warning signs the

number one indicator is lack of hope.

“Aside from asking the obvious question, ask yourself if they are striking out and intimately convey hope-it is not the end of the world,” said Uvila. “People bounce from one emotional state to another, encourage them to seek support.”

According to Uvila, there are many avenues available to service members who are dealing with depression and/or stress.

“Other than myself, the Chaplain, we have Fleet and Family Services Officer [Lt. Rosa Grgurich], medical professionals, the Suicide Intervention Team (SIT) and your chain of command,” said Uvila. “There are a few cases to where an individual may not be comfortable talking to someone else, and so they confide in a trusted friend.

“Listen and give them the comfort-the power of presence,” added Uvila.

Throughout the month and in the course of preventing suicides the SIT Team has a few events planned, which include a dodge-ball tournament, all-hands training evolutions and a Purple Day (designated color for this year).

Anyone seeking help and support to deal with stress can contact Chaplain Uvila at 370-4626 or Lt. Rosa Grgurich at 370-4421.

Life Counts!

Navy Suicide Prevention Awareness Month

NEWS *from around the fleet*

Chaplain and Religious Program Specialist Training Reviewed



(U.S. Navy photo)

COLUMBIA, S.C. (Aug. 23, 2012) Navy Chief of Chaplains Rear Adm. Mark L. Tidd, middle, discusses training and the health of the religious ministry community with community managers and subject matter experts during a human performance requirements review of Naval Chaplaincy School and Center's (NCSC) Professional Naval Chaplaincy - Basic Leadership Course, and the Religious Program Specialist Course. The review was held to ensure NCSC meets current and future fleet requirements.

COLUMBIA, S.C. (NNS) -- Naval Chaplaincy School and Center (NCSC) concluded a Human Performance Requirements Review (HPRR) of its Professional Naval Chaplaincy - Basic Leadership Course (PNC-BLC), and Religious Program Specialist (RP) 'A' Course at Fort Jackson in Columbia, S.C. Aug. 23.

The review was held to ensure NCSC meets current and future fleet requirements. It also gave chaplains and RP's the opportunity to voice concerns regarding training and the health of their communities by allowing direct access to community managers and subject matter experts.

Navy Chief of Chaplains Rear Adm. Mark L. Tidd, who was part of the review, says that the HPRR process enables the

religious ministry community to work together to provide the best training.

"The Navy invests a tremendous amount of resources in training; resources in terms of funding, personnel, time and other resources," said Tidd. "It is critically important that we train chaplains and RPs who will be ready to provide effective ministry and support as they serve our Sailors, Marines, Coast Guardsmen and their families. The HPRR process enables us to bring together seasoned chaplains and RPs who are most familiar with the needs of our people."

NCSC's curriculum reflects the requirements of each service and their many communities.

"Our program reflects the variety of spiritual guidance available, ranging from combat operations overseas to hospital pastoral care in the continental USA," said Capt. Kyle Fauntleroy, chaplain and NCSC's commanding officer. "The diversity of requirements made for lively, but collegial discussion between the working group participants."

Tidd hopes that the training chaplains and RP's receive at NCSC will give them the fundamental tools to provide ministry and support.

"When chaplains and RPs finish basic training at NCSC, they will know a lot about providing ministry and support in this unique institutional environment, but they won't know everything," said Tidd. "My hope is that we will have equipped

chaplains and RPs with a solid foundation and framework that will enable them to hit the deck running in their first assignment and continue the career-long process of professional development."

The Senior Enlisted Adviser to Rear Adm. Tidd, Master Chief Religious Program Specialist (FMF) Dino Medler, echoed Tidd's priorities regarding his approach to the RP 'A' course re-validation.

"The 'A' school is the accession point of Religious Program Specialists coming into the fleet," Medler said. "Together with the experiences of subject matter experts and the input we received from the fleet, we are equipping RPs with the tools they will need to provide quality religious ministry support to sea services personnel and their families."

The HPRR resulted in comprehensive course considerations that produced major course revisions to the courses and numerous action item requests for both courses. Navy messages will be sent to training and fleet commands with quick actions to be taken as well as long-term approaches with the courses. The results of the review will also be posted on Navy Knowledge Online (NKO).

For more information about the Naval Chaplaincy School and Center, visit <https://www.netc.navy.mil/centers/chaplain/>.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

CAPTAIN'S CUP



C Chaplain's Corner

Looking Out for Others

Growing up I experienced two kinds of coaches. During my junior high years I had one coach, we called him “heartbreak Hartman.” He ran us and ran us and ran us; then, we would do lines, okay, go figure. He ran a tight squad and we were pretty good. However, my seventh grade coach was a prankster and a nice guy. Coach Floor made us do lines at the end of practice; mostly we just spent an hour and a half shooting free throws (you wouldn’t know that given my air ball last night during rec. ball) and laughing at his jokes and random put downs. I don’t think we won one game that year.

Drawing upon the spiritual side of the house, successful shepherds would use their crook to poke and prod the sheep when they went astray and they would also use it to rescue and protect their fold. The shepherd wisely balanced encouragement and

discipline within the flock, so do effective teachers and leaders.

Chap’s Challenge. September is Suicide prevention month. Look out for each other; take care of each other, not just this month but throughout your DG experience and beyond. Live outside yourself; offer others a meaningful, professional presence in the midst of their struggles.

Remember, going the extra mile, walking difficult terrain with friends and shipmates matters more than we will ever know.

Chap’s Encouragement -

Thank you for your sacrifice and please thank your family and friends back home who are sharing you with us to accomplish NASUPPFAC’s mission here on heaven’s cousin. You have chosen to forfeit a year away from those you most cherish, thank you, thank you!



*Lt. Gregory Uvila
Command Chaplain*

Hang tough; continue to “run your DG lines” well. The most important part of running a race is not how you start but how you finish, so finish well my friends... you are good men, you are a good women, finish well!



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.



Calendar of Events

	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
MWR	Flag Football Tournament Fleet Rec Park 6 p.m.	Bingo Bonanza Island Room 7 p.m.	Splash & Dash 50m Swim 800m Run Base Pool 6 p.m.	Powerboat Class Basic Boating Marina 4:30 p.m.	Island Breeze Luau Island Room 7 p.m.	Island Breeze Luau Island Room 7 p.m.	5 Mile Offroad Run Marina 8:30 a.m.

	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
Movies	Men in Black 3 Action PG 13 8 p.m.	Acto of Valor Action R 8 p.m.	Battleship Action PG 13 7 p.m. <i>Island Room</i>	Safe Action R 8 p.m.	That's My Boy Comedy R 8 p.m. What 2 Expect When.. Comedy PG 13 10 p.m.	Men in Black 3 Action PG 13 8 p.m. Battleship Action PG 13 10 p.m.	Chernobyl Diaries Horror R 4 p.m. <i>Island Room</i> Madagascar 3 Animation PG 8 p.m.

"Oh by the ways..."

Diversity Note

IN 1963, MIAMI'S CORAL WAY ELEMENTARY SCHOOL OFFERED THE NATION'S FIRST BILINGUAL EDUCATION PROGRAM IN PUBLIC SCHOOLS, THANKS TO A GRANT FROM THE FORD FOUNDATION.

Safety Note

A HAZARD IS GENERALLY ANYTHING THAT CAN HURT YOU OR MAKE YOU ILL. THE FIRST STEP IN PROTECTING YOURSELF IS BEING ABLE TO RECOGNIZE HAZARDS IN THE WORK YOU'RE ASSIGNED AND IN CONDITIONS YOU'RE WORKING IN.
PHYSICAL HAZARDS: THIS IS THE MOST COMMON AND WILL BE PRESENT IN MOST WORKPLACES. THEY ARE TYPICALLY EASIEST TO SPOT BUT, SADLY, TOO OFTEN OVERLOOKED BECAUSE OF FAMILIARITY, LACK OF KNOWLEDGE, RESISTANCE TO SPENDING TIME OR MONEY TO MAKE NECESSARY IMPROVEMENTS OR SIMPLY DELAYS IN MAKING CHANGES TO REMOVE HAZARDS.

Advancement Exam Note

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

Recovery Nutrition

- RECOVERY IN 3'S:**
PRE-WORKOUT, DURING AND POST-WORKOUT
- PRE-WORKOUT:**
1. DON'T GO INTO YOUR WORKOUT WITH AN EMPTY STOMACH.
 2. TOP OFF YOUR FUEL TANK WITH A SMALL, BALANCED SNACK CONTAINING CARBOHYDRATES, FLUIDS AND A SMALL AMOUNT OF PROTEIN ABOUT ONE TO TWO HOURS BEFORE YOUR WORKOUT.
 3. GOING INTO A WORKOUT PROPERLY FUELED WILL IMPROVE PERFORMANCE AND JUMP-START RECOVERY.

Special Duty Assignment Pay

SPECIAL DUTY ASSIGNMENT PAY (SDAP) PROVIDES EXTRA COMPENSATION FOR SAILORS WHO FILL HARD TO FILL ASSIGNMENTS. NAVADMIN 140/07 RELEASED MAY 31, REVISED PAY LEVELS FOR SPECIAL DUTY ASSIGNMENT PAY.
SAILORS RECEIVE SDAP FOR FILLING SPECIAL ASSIGNMENTS THAT ARE HARD TO FILL WITH QUALITY VOLUNTEERS. IT APPLIES SPECIFICALLY TO INDIVIDUAL BILLETTS THAT REQUIRE AN EXTRA DEGREE OF EFFORT TO PERFORM. APPROXIMATELY 28,000 SDAP BILLETTS ARE AVAILABLE TO ELIGIBLE SAILORS. THE LIST OF BILLETTS INCLUDES ADVANCED UNDERWATER CONSTRUCTION DIVERS, NUCLEAR PROPULSION PLANT OPERATORS, RECRUITERS, RECRUIT DIVISION COMMANDERS, AND AIR TRAFFIC CONTROLLERS TO NAME A FEW. THE COMPLETE LISTING CAN BE FOUND IN NAVADMIN 140/07.

Navy Ball

NAVY BALL TICKETS CAN BE PURCHASED IN THE ADMIN OFFICE OR FROM ANY NAVY BALL COMMITTEE MEMBER. PRICES ARE AS FOLLOWS:

E1-E4: \$15
E4-E6 & O67: \$20
E7 & ABOVE, O68 & ABOVE: \$25