

Tropical Times

February 23, 2012



Sailors on Diego Garcia, British Indian Ocean Territory, attend a Command Fitness Leader (CFL) certification course Feb. 15. A fitness director from Yokosuka, Japan, led the course and instructed the attendees on the correct way to lead a physical training program.



Submitted By
Lt. Cmdr. Robert Spencer
Command Chaplain, NSF Diego Garcia

The Super Bowl football game is a part of Americana. Even if your favorite team is not involved, it is probably still an event for you if you are a football fan. I'm happy that U.S. Navy Support Facility, Diego Garcia allowed us time to celebrate this unique event with a half-day off to watch the game and celebrate it with friends and fellow fans. As in recent years, this game did not disappoint us when it went down to the last play to determine who would be the victor.

Some people thought it would be a mismatch because of the regular season team records. The Patriots' record was 13-3 against the Giants' 9-7 record. That did not look good on paper for the Giants. Maybe they

were inspired by last year's Packers, who also had a not-so-impressive record of 10-6 going into the play-offs. Both teams peaked at the right time to win it all, despite the mediocre regular season totals. For this big game, the Patriots could not maintain their season-long consistency. Meanwhile, the Giants displayed improvement over the weeks that climaxed with their Super Bowl victory when everything was on the line. They were not perfect when the playoffs started, yet they persevered and continued to improve. And in the end, they were the ultimate winner. Can this recent Super Bowl scenario compare with our spiritual lives? It probably can. Sometimes we

erroneously think that because we are not perfect, our salvation is forever lost; thus, we stop trying to be consistently good and we allow ourselves to fall further into indifference or despair. Fortunately, perfection is not necessary for us to be rewarded with heaven at the end of our lives. Only God is perfect and He does not demand perfection from us. He also knows we are inclined to occasionally sin, stumble and fall, but that does not mean we are eternally doomed. What He expects from us is to repent, change our ways with some effort on our part, and then pick ourselves up with the help of His grace. That will call for us to be consistent with our efforts to live good and holy (but not perfect)

lives. This is possible only with His grace, which is consistently available to us.

How is your spiritual life? Can we ever spiritually peak? Is there room to grow to improve? If you were to face judgment today, would you be victorious?

Please see the chaplains if we can be of assistance.

"I have seen the limits of all perfection, but your command is without bounds." (Psalm 119:96)

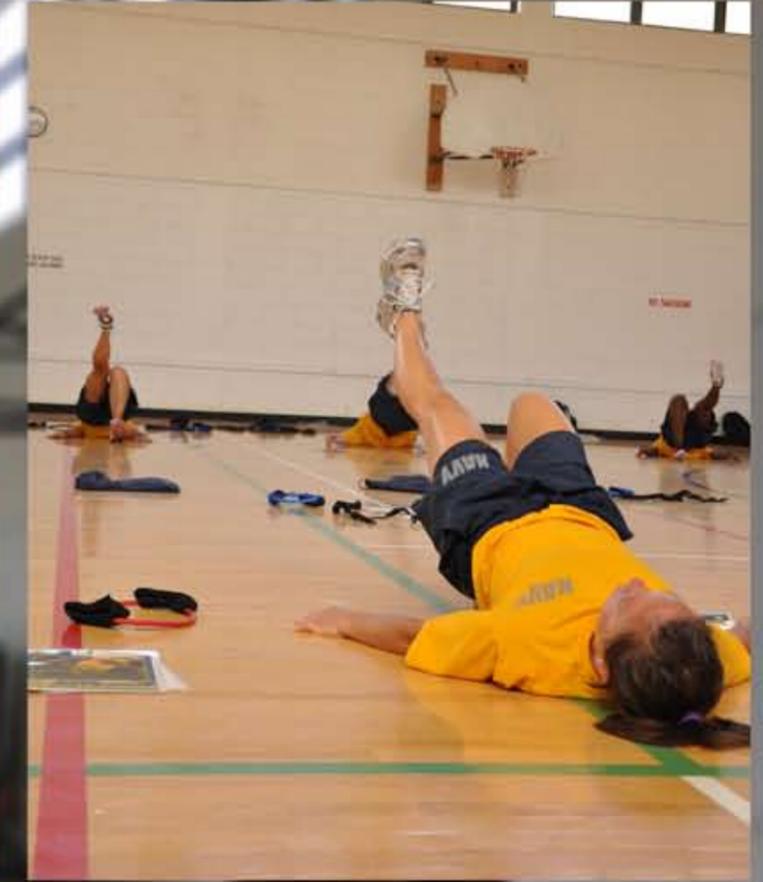
C h a p l a i n ' s C o r n e r



The Super Bowl Can Reflect Our Lives

Sailors Participate in CFL Certification Course

Sailors stationed on Diego Garcia, British Indian Ocean Territory, perform exercises as part of a Command Fitness Leader (CFL) certification course Feb. 15. The course was led by a Morale, Welfare and Recreation (MWR) fitness director from Yokosuka, Japan. The course was designed to teach Sailors how to run a proficient physical training program that included the new Navy Operational Fitness & Fueling Series (NOFFS) program.



Diego Garcia NEWS

Diego Garcia Sailors earn their CFL certification

By MC1(SW) Arthur N. De La Cruz
U.S. Navy Support Facility, Diego Garcia Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory – Nine Diego Garcia Sailors earned their certification as Command Fitness Leaders (CFL) on the Chagos island, Feb. 17.

Mr. Brent A. Grubb, a Morale, Welfare and Recreation fitness director for Yokosuka, Japan, flew to Diego Garcia specifically to teach the 40-hour certification course, which consisted of both academic lectures and lab work.

"I came here to teach a course that focused on the academics of physical fitness and basic exercise principles and guidelines so that CFLs would have the tools and knowledge to implement safe and effective training pro-

grams at their commands," Grubb said.

The course follows the Navy's latest physical readiness Chief of Naval Operations instruction (OPNAVINST 6110.1J, and is based on the American College Sports Medicine guidelines, according to Grubb.

Command-designated CFLs are required to take this course within three months of their designation, as stipulated by OPNAVINST 6110.1J.

This course was also made available to anyone interested in earning the CFL certification.

"Before they could even take the course, they needed to be qualified," Grubb said.

All participants first needed to pass the Navy's Physical Fit-

ness Assessment with an overall score of excellent or above, and be within weight standards.

The four-day course began with participants taking a pre-course test to gauge their knowledge of physical fitness.

They also took a similar test at the end of the course to measure improvement and ensure they understood the material.

Each day consisted of approximately eight hours of academic lectures and training, and two hours of training in the gym.

"One half of the classroom didactic training is the Navy's Fitness Policy," Grubb said. "That includes OPNAVINST 6110.1J and the attached operating guides."

According to Grubb, the latest fitness instruction is much smaller than its predecessor, but still covers the foundation of the physical readiness program. It also includes a supplement of operating guides that cover physical readiness issues such as medical waivers, administrative action, leading command Physical Training and the Fitness Enhancement Program.

Another component taught in this course was nutrition.

"They were taught basic nutritional knowledge so they can answer questions about nutrition," said Grubb. "It's important to note that a lot of what we're doing in this course is providing CFLs with resources so they can answer Sailors'

questions informatively."

Participants became CFL certified and were given instruction on nutrition, but, it's important to note that they are not certified nutritionists.

"We also went through weight management, which covers everything from weigh-loss, to maintaining weight," Grubb said. "We even covered gaining weight because we have guys who are trying to put on a little weight, or that need to gain weight."

Lab instruction consisted of two hours a day in the gym.

"In addition to the admin-side, there's an exercise principles and programming component to it," Grubb said. "The participants learned different programming and exercise tools to use, such as circuit training, the Navy Operational Fitness and Fueling Series (NOFFS) system, strength training, cardiovascular training and interval training."

"This course was designed to certify CFLs in accordance with OPNAVINST 6110.1J and to provide them with the resources to implement safe and effective physical fitness training programs," Grubb said.

For more information on the Navy's physical readiness program visit www.navyfitness.org.

NEWS *from around the fleet*

Navy Names Forward Deployed Ships to Rota, Spain

From Department of Defense

WASHINGTON -- Secretary of the Navy Ray Mabus announced Feb. 16 the four Arleigh Burke-class guided-missile destroyers which will be forward deployed to Rota, Spain.

The four include three from Norfolk, Va; USS Ross, USS Donald Cook, and USS Porter, and one from Mayport, Fla., USS Carney. The ships are in support of President Obama's European Phased Adaptive Approach to enhance the security of the European region.

"We welcome Spain's partnership in stationing four U.S. Navy Aegis ships at Naval Station Rota," said Mabus. "We have a long history of cooperation between our two countries and we have developed significant interoperability between our naval forces." These multi-mission ships will perform a myriad of

tasks, including the full spectrum of maritime security operations, bilateral and multilateral training exercises, NATO operations and deployments, and NATO missile defense.

Ross and Donald Cook will arrive in fiscal 2014 and Carney and Porter in fiscal 2015.

Secretary of Defense Leon E. Panetta initially announced the stationing of four Aegis ships to Rota Oct. 5, 2011, in Brussels, Belgium.

"By hosting these ships, Spain will continue its vital role in enhancing the security of the European region, the Mediterranean Basin, and the Atlantic Ocean," said Panetta in an Oct. 5, 2011, statement. "The agreement also enables the United States to provide rapid and responsive support to the U.S. Africa and U.S. Central Commands, as needed."



ATLANTIC OCEAN (Feb. 25, 2008) The guided-missile destroyer USS Ross (DDG 71) crosses the Atlantic Ocean during a scheduled deployment as part of the Nassau Expeditionary Strike Group supporting maritime security operations and theater security cooperation efforts in the U.S. 5th and 6th Fleet areas of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Andrew King)

Navy Operational Fitness & Fueling Series (NOFFS) and TRX Certification Course

When: March 3-15

Where: Sign up at the Morale, Welfare and Recreation Office, Building 115

What is NOFFS???

NOFFS is a combination of human performance and injury prevention strategies, resulting in safer training while yielding positive performance outcomes. Exercises are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling and carrying. Developed as a complete fitness package, the fueling aspect of this resource provides Sailors with tools required to make healthy, nutritional choices in both shore-based and operational environments. For more information go to www.navyfitness.org.

What is TRX???

TRX is an exercise tool that helps build lean muscle, boost metabolism, tighten core muscles and increase endurance. For more information go to www.trxtraining.com.

NEWS *from around the fleet*

MCPON Testifies before Congress on Quality of Life

By Mass Communication Specialist 2nd Class Thomas L. Rosprim,
Office of the Master Chief Petty Officer of the Navy

WASHINGTON -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West testified before Congress Feb. 16.

MCPON appeared before the House Appropriations Committee's Subcommittee on Military Construction, Veterans Affairs and Related Agencies.

MCPON, along with the other top enlisted leaders from the Marine Corps, Army and Air Force, discussed the current status of their respective military branches, focusing specifically on quality-of-life programs and initiatives.

"During the past year, I have traveled extensively around the world to visit, listen, learn and speak with Sailors and their families," said West. "I have observed, firsthand, their tremendous work and sacrifices, and I am constantly amazed and truly awed by their outstanding capabilities and resiliency as they serve with distinction on ships, squadrons, submarines, and ashore."

Recruiting, retention, force management, and professional development of service members were among the topics addressed at the hearing. West and his counterparts from the other service branches responded to several questions from representatives

about transition resources in place to assist active duty personnel and families affected by force reductions. "We want to make sure our Sailors have every opportunity to succeed in the future," said West. "The Navy has lined up a world-class placement consultant to help our separating Sailors transition to the civilian sector. They will provide coaching, mentorship and guidance to prepare our people as much as possible. Additionally, Naval Sea Systems Command, one of our largest components, is driving the 'Shipmates to Workmates' program which pairs Sailors with partner organizations for possible employment opportunities."

Other subjects of discussion included current efforts by the armed forces to combat sexual assault and suicide, promote resiliency and ensure a high quality of education for the children of service members. West emphasized that success in these areas, and a commitment to holistic quality-of-life overall, are main factors in determining how long many Sailors will serve.

"We thank Congress for the historical support of pay and benefit increases and quality of life initiatives. Steady gains in these areas have allowed us to retain skilled Sailors and develop them into the enlisted leaders of the future," said West. "We cannot, however, rest on past success. The ci-



WASHINGTON (Feb. 16, 2012) Master Chief Petty Officer of the Navy (MCPON) Rick D. West, 2nd from left, Chief Master Sgt. of the Air Force (CMSAF) James A. Roy, Sgt. Maj. of the Marine Corps Micheal P. Barrett and Sgt. Maj. of the Army Raymond F. Chandler III prepare to testify before the House Appropriations Committee Subcommittee on Military Construction, Veterans Affairs and Related Agencies. The testimony of the four services senior enlisted advisors focused on quality of life for the service members and veterans of the military. (U.S. Navy photo by Mass Communication Specialist 2nd Class Thomas L. Rosprim)

vilian job market searches for the same smart, motivated and dedicated people. We must keep pace with pay, allowances, housing, support programs and educational opportunities. And in this time of war, we must continue to make care a top priority for our wounded service members." West discussed the value of communication with Sailors and families through resources such as Afterdeployment.org, Military OneSource, Navy.mil, and various social networking sites.

"Both CNO and I are committed to using social media because it is another opportunity to connect with our Sailors Navy-wide," said West. "Social media is a great tool in our outreach efforts for getting information out in a timely manner to our entire Navy family."

West spoke of the operational tempo of the Navy and mentioned the nearly 50,000 Sailors, including more than 4,000 mobilized Reserve Sailors, and 40 percent of the Navy's

ships which are underway or deployed globally on any given day.

"America's Navy is defined first by its agile warfighting capability ... operating forward and always ready," said West.

"Our fleet is deterring aggression, protecting sea lanes, projecting power and delivering humanitarian assistance where needed. Despite fiscal constraints facing our nation, the world's oceans and waterways are not getting smaller. We still remain engaged in every theater of operation. We have the best Navy we have ever fielded and we will continue that trend into the future. We will work the challenges and accomplish the mission."

The master chief petty officer of the Navy periodically testifies before Congress along with the senior enlisted leaders of the other services. This was his fourth appearance before the congressional committee.

Whats happening in Diego Garcia

2012 Diego Garcia Seabee Ball

WHEN: MARCH 3 AT 5 P.M.

WHERE: JAKE'S PLACE

DRESS: LUAU ATTIRE

PLEASE CONTACT THE PUBLIC WORKS DEPARTMENT SEABEE PERSONNEL FOR TICKETS AND MORE INFORMATION.

Interactive Customer Evaluation (ICE)

DO YOU HAVE COMMENTS OR SUGGESTIONS ON SERVICES PROVIDED?

YOUR FEEDBACK IS VALUABLE. SUBMIT YOUR ONLINE COMMENTS, FEEDBACK, AND SUGGESTIONS TO SERVICE PROVIDERS VIA [HTTP://ICE.DISA.MIL/](http://ice.disa.mil/)

Tax Assistance

THE VOLUNTEER INCOME TAX ASSISTANCE (VITA) TAX CENTER WILL BE OPEN UNTIL APRIL 18, IN THE LEGAL OFFICE. CONTACT LNI ROBINSON AT 370-2922 TO SCHEDULE AN APPOINTMENT BETWEEN 1 - 4 P.M. IF YOU ARE UNABLE TO MAKE AN AFTERNOON APPOINTMENT, MORNING APPOINTMENTS MAY BE CONSIDERED FOR SPECIAL CIRCUMSTANCES.

Blood Donations

THE BLOOD BANK IS IN NEED OF TYPE B+, B-, A-, A/B+/- . FOR MORE INFORMATION OR TO DONATE PLEASE CONTACT THE BRANCH HEALTH CLINIC AT 370-4211.

Diego News Update

- THE 70TH SEABEE BALL FISHING RODEO WILL TAKE PLACE FROM FEB. 25 AT 6 P.M. TO FEB. 26 AT 6 P.M. FOR MORE INFORMATION CONTACT PUBLIC WORKS DEPARTMENT SEABEE PERSONNEL.

- SEXUAL ASSAULT PREVENTION & RESPONSE TRAINING WILL BE HELD MARCH 5-9, IN THE BASE CHAPEL. FOR THOSE INTERESTED, PLEASE CONTACT LT. GRGURICH AT 370-4421.

Command Fitness Leader's Tip of the week:

MANY MEMBERS NEED TO FIND MOTIVATION BEYOND THE THREE DAYS OF FITNESS ENHANCEMENT PROGRAM PHYSICAL TRAINING PER WEEK. LONG-TERM WEIGHT LOSS WILL REQUIRE A LIFELONG COMMITMENT TO PHYSICAL ACTIVITY.

The CMC wants YOU!

TO PAINT A NEW MURAL IN HIS OFFICE. IF YOU CAN DRAW AND WOULD LIKE TO VOLUNTEER FOR THIS PROJECT, CONTACT CMDCM JOHNSON AT ROBERT.L.JOHNSON@FE.NAVY.MIL

Thursday
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Friday
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Saturday
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Sunday
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Monday
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Tuesday
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Wednesday
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Powerboat Class
Basic Boating
Marina
4:30 to 6 p.m.

Texas Hold 'em
Tournament
Island Room
6:30 p.m.

Canoe and Kayak
Relay Race
Marina
2:30 p.m.

Heaviest Catch
Inside/Outside Lagoon
Marina
8 a.m. to 7 p.m.

Breaststroke Swim
Competition
Base Pool
6 p.m.

Kickball Tournament
Field 2
6 p.m.
Military Only

Table Tennis
Tournament
(Singles)
Fitness Center
5 p.m.

Moneyball
Drama
PG 13
8 p.m.

Abduction
Action
PG 13
8 p.m.

The Help
Drama
PG 13
10 p.m.

The Big Year
Comedy
PG
8 p.m.

Ides of March
Drama
PG 13
10 p.m.

Footloose
Drama
PG 13
8 p.m.

Colombiana
Action
R
8 p.m.

Dream House
Mystery
PG 13
8 p.m.

Apollo 18
Thriller
R
8 p.m.

Tropical Times

United States Navy Support Facility
Diego Garcia British Indian Ocean
Territory

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Executive Officer

Cmdr. Stephen E. Petras

Command Master Chief

CMDCM(SW/AW) Robert L. Johnson

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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.

