

Tropical Times

March 22, 2012



Participants of the 1st and 2nd Class Swim Qualifications tread water as part of the course at U.S. Navy Support Facility, Diego Garcia's base pool March 14.



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

For the second consecutive week I was called upon to be a substitute bowler for a bowling team. It's not because I am a good bowler. Rather, I just happened to be available to offer my services. Beggars (the team that needed a sub) cannot be choosy so I got the gig. When no one else would fill the bill, then anyone will do, and I was that person.

This was the first time I bowled in 13 years. I do not even know how to keep score. That is no big deal because it is all computerized now. What was important was to build camaraderie and have some fun, and we did that; not only with team mates, but also with the competition. And we did it with mutual encouragement. The first time I rolled the ball I scored a strike. It seemed a little bit too easy. Would I be able to keep it

up? Of course not. Follow-on strikes were few and far between. Many times I would happen to knock down nine pins and leave behind a lone pin standing. Trying to zero-in on that one pin proved to be very frustrating. Or, trying to take out a split with pins on both sides of the lane was wishful thinking for this bowler.

I averaged a blazing score of 97 the first week. The next week my average skyrocketed to a blistering 104. Progress is being made one pin at a time. For the first week's efforts I was rewarded with a pulled muscle, but it was worth the fun.

From my previous limited experience with this sport, I remembered that technique is important. I tried to keep the same amount of steps in the approach while

releasing the ball at the proper time while hitting the mark with the roll. Keeping the wrist straight with the release was another thing I had to work at. The good thing about this game is if you fail to knock down all the pins you get a second chance to try it again. That proved to be even more difficult than trying to knock down all 10 pins.

We are presently in the liturgical season of Lent.

These 40 days before Easter are a time of repentance and transformation. It is also a time of second chances. How fortunate we are to have a God who understands how difficult life can be. He knows the temptations that constantly bombard us and how we try to resist them with our own techniques and efforts. Some days we are successful, other days we are not.

When we miss the mark we should not despair, just continue the effort. The bottom line is our God has a love for us that is bigger than any sin that we can do. God is not going to kick us to the curb when we miss the mark. All we have to do is acknowledge our sin, repent and resolve to not make the same mistake again. I sincerely believe that God is more concerned with our efforts than He is with our results. Therefore, keep trying and do not give up. Our efforts will be richly rewarded.

“The offerer shall not present a substitute for it by exchanging either a better for a worse one or a worse for a better one.” (Leviticus 27:10)



Chaplain's Corner



I was a Substitute Bowler

ASF Training Comes to an End

Nine Sailors graduated from the Diego Garcia Auxiliary Security Force (ASF) Academy March 16. It was the first ASF Academy held in more than year on the British Indian Ocean Territory island.

“This course emphasizes more hands-on training than classroom time,” said ASF Academy coordinator, Master-at-Arms First Class (SW/AW) Mark R. Alves. “The course challenges candidates both physically and mentally.” During the three-week course the ASF candidates learned basic self-defense maneuvers, navigated through a confidence course while suffering the affects of pepper spray, and were trained in how to handle a 9mm pistol, 12-gauge shotgun and M-16 rifle. They also learned security fundamentals and tactical team movements.

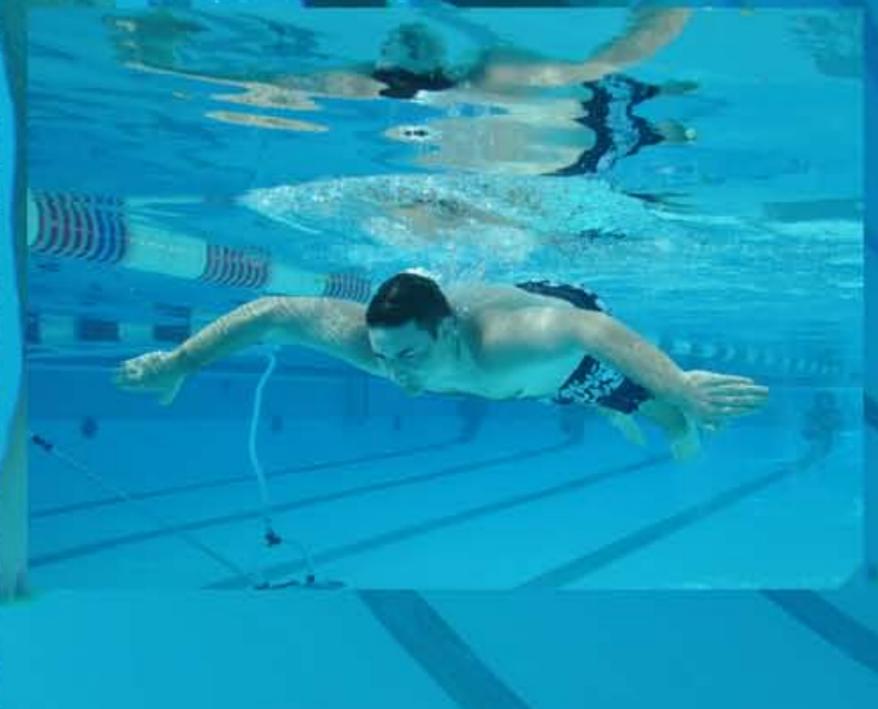
Upon graduating these nine Sailors earned their certification as Naval Security Force Sentries. Diego Garcia ASF personnel assist the Security Department during increased force protection conditions by supplementing the manning requirements. ASF members may also stand sentries at entry control points and Chief of the Guard when an asset is pier-side.



Swim Qualifications



Participants at Diego Garcia, British Indian Ocean Territory, practice various strokes at the base pool while testing for their 1st and 2nd Class Swim Qualifications March 13-15. Sailors pursue higher level qualifications for certain Personnel Qualification Standards and special programs.



Reenlistment in the Indian Ocean

After nearly 10 years of service, Hospital Corpsman 1st Class Randall U. McLain reenlisted March 16. McLain and his reenlisting officer, Lt. Karl L. Kruger, swam out to a floating platform at one of the beaches on Diego Garcia, where he then took the oath of enlistment. McLain was in search of a reenlistment ceremony that would be unique, resulting in the idea to swim out to the platform.

McLain's plan is to continue his Naval career, in order to someday retire. "Even after I retire, I will uphold the honor of being a Sailor," he said.



Diego Garcia NEWS

Diego Garcia Conducts CBRNE Drill

By Mass Communication Specialist 1st Class (SW) Arthur N. De La Cruz

DIEGO GARCIA, British Indian Ocean Territory

(March 14, 2012) – U.S. Navy Support Facility (NSF), Diego Garcia conducted a chemical, biological, radiological and nuclear high-yield explosive (CBRNE), and mass casualty drill, March 14.

The scenario-driven exercise was designed to train and evaluate security, medical, fire and emergency services in response to a major incident.

According to Lt. David M. Noble, the Installation Training Officer (ITO) and training event coordinator, the object of the drill was to assess NSF Diego Garcia's ability to react to a CBRNE hazard by evacuating people, setting up an incident command center and activating the Emergency Operations Center (EOC).

"This exercise will also evaluate knowledge, understanding and implementation of approved plans, poli-

cies and operating procedures," Noble explained.

In the scenario, during a routine offload of containers from a pier-side ship, one container, carrying cylinders filled with chlorine, falls onto a second container, resulting in a fire and chlorine gas releasing into the air.

Emergency responders were challenged with not only reacting to the initial incident, but also assessing the danger from a chemical threat, securing affected areas to prevent further casualties and tending to injured personnel.

While emergency crews responded to the scenario, the installation's leadership, including representatives from the British government, installation departments, and tenant activities, manned the EOC. From there they tracked events as they would in a real-world emergency.

"It was an exercise we generated to demonstrate the ability of our training department to execute a multi-faceted emergency drill," Lt. Richard P. Gallagher said. "We



chose to run a hazardous material accident and fire at the deep-draft pier to meet training objectives for multiple mission essential tasks." Gallagher is the Facility Emergency Management Officer, who plans, coordinates and supervises emergency management operations and runs the EOC when activated.

"We did well considering this was the first drill run for [approximately] a third of our personnel," Gallagher continued. "We discovered some holes in our emergency management plans and protocols that can be corrected prior to our next major exercise - Citadel Pacific 12.

According to Gallagher, the Installation Training Team

(ITT) learned valuable lessons and, "the Installation Training Officer and his training team, specifically the integration of the British into the exercise, was exceptional."

The ITO summed up the ITT's performance.

"While we have a few areas to concentrate on for improvement, the team - made up of representatives from several of our departments along with the British Police - worked really well together," said Noble. "Everyone on the team exhibited a great level of participation, professionalism and outstanding teamwork. It is these team's characteristics that enabled us to hit our objectives."

Thursday
22

Friday
23

Saturday
24

Sunday
25

Monday
26

Tuesday
27

Wednesday
28

Tennis Tournament
Doubles
Court A
5 p.m.

4 Mile Walk-A-Thon
Fitness Center
8:30 a.m.

2nd Annual Big Top
Island Room
5 p.m.

3 X 200m Relay
Swim Competition
Base Pool
6 p.m.

Longest Drive
Challenge
Coral Sands
Golf Course
5:30 p.m.

200m Pedal
Boat Race
Marina
5 p.m.

Horseshoes Doubles
Fitness Center
6 p.m.
Military Only

**Johnny English
Reborn**
Adventure
PG
8 p.m.

Abduction
Action
PG 13
8 p.m.

Monte Carlo
Comedy
PG 13
10 p.m.

The Big Year
Comedy
PG
8 p.m.

Zookeeper
Family
PG
10 p.m.

Puss In Boots
Animation
PG 13
8 p.m.

Shark Night
Horror
PG 13
8 p.m.

Dream House
Drama
PG 13
8 p.m.

The Rum Diary
Romance
R
8 p.m.

Tropical Times

United States Navy Support Facility
Diego Garcia British Indian Ocean
Territory

Commanding Officer

Capt. David L. Tidwell

Executive Officer

Cmdr. Stephen E. Petras

Command Master Chief

CMDCM(SW/AW) Robert L. Johnson

Public Affairs Officer

MC1(SW) Arthur N. De La Cruz
MC1(SW) Ryan B. Tabios

Tropical Times Editor

MC3 April D. Adams

Command Journalists

MC2 (AW/EXW) Emmanuel Rios
MCSN Eric A. Pastor

This funded newspaper is an
authorized publication for
members of the U.S. military
services.

Contents of the Tropical Times
are not necessarily the official
views of, or are endorsed by, the
U.S. Government, Department of
Defense, or Department of the
Navy.

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

**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.

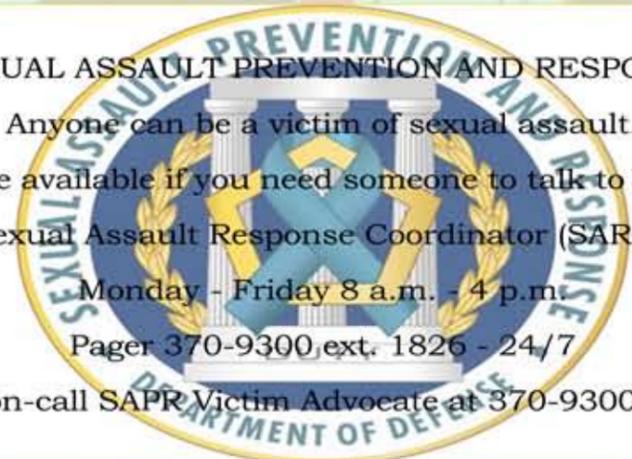
Resources are available if you need someone to talk to confidentially.

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.



What's happening in Diego Garcia

Heaviest Catch Contest

WHEN: MARCH 25,
8 A.M. - 7 P.M.

WHERE: THE MARINA

Brit Club

THE BRIT CLUB IS NOW OFF LIMITS TO ALL U.S. MILITARY PERSONNEL AND CIVILIANS CONTRACTED BY THE U.S. GOVERNMENT UNTIL FURTHER NOTICE.

Ombudsman Search

DIEGO GARCIA WILL NEED A NEW OMBUDSMAN AS OF JUNE 2012. IF YOUR SIGNIFICANT OTHER OR SPOUSE IS INTERESTED IN BECOMING THE NEW OMBUDSMAN PLEASE CONTACT THE CMC.

USPS Mail Update

AS OF MAY 7, THE UNITED STATES POSTAL SERVICE (USPS) WILL NO LONGER ALLOW THE SHIPMENT OF LITHIUM BATTERIES AND DEVICES CONTAINING LITHIUM BATTERIES TO INTERNATIONAL LOCATIONS, INCLUDING FPO, APO AND DPO LOCATIONS.

Tax Assistance

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

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.

PRT Preparation Tip

VEG OUT!

FILL TWO-THIRDS OF YOUR PLATE WITH VEGETABLES. VEGGIES ARE LESS CALORIE DENSE AND MORE NUTRITIOUS THAN ANY OTHER TYPE OF FOOD.

Women's History Month

THE DIVERSITY COMMITTEE WILL BE SPONSORING A WOMEN'S HISTORY MONTH PROGRAM, SCHEDULED FOR MARCH 27, AT 1PM AT THE CHAPEL IN THE PALMS.