January 13, 2017

Tropical Times

- New SAPR Victim Advocates
- NSF Branch Health Blood Bank
- Extending Your Re-Enlistment

TropicalTimes

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British Indian Ocean Territory

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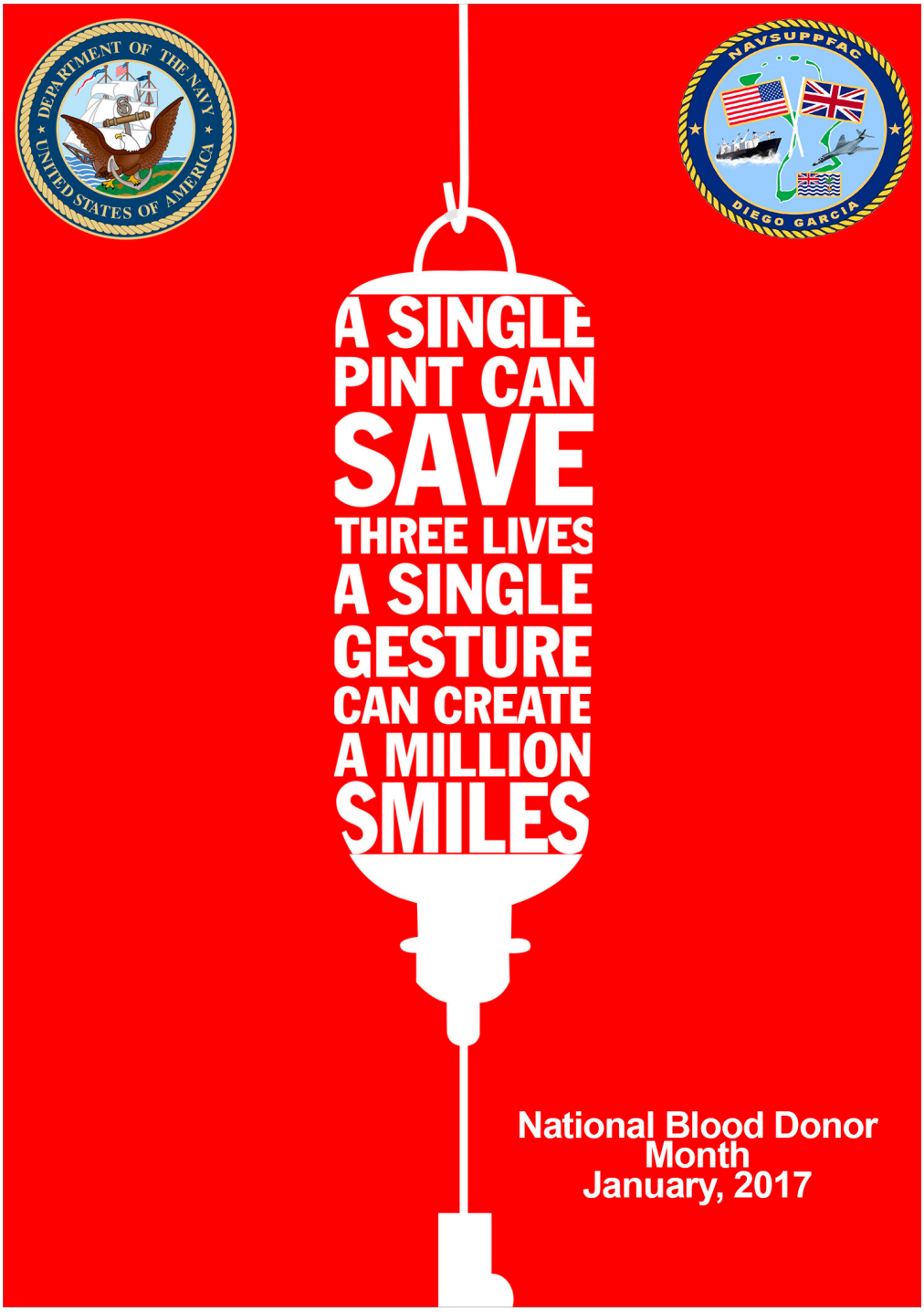
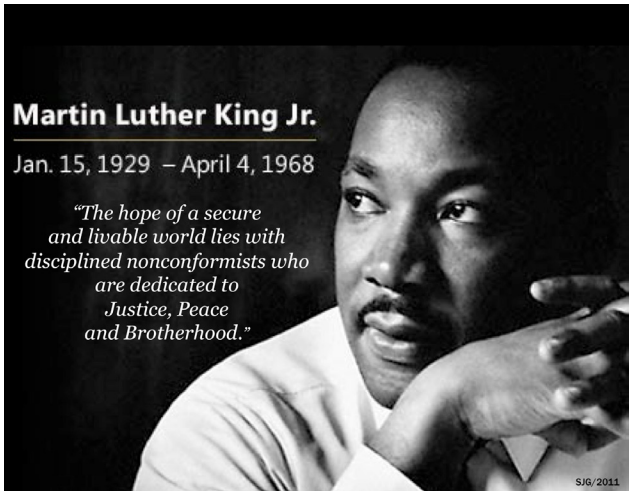




Diego Garcia Trains New SAPR Victim Advocates

By MC2 David Brandenburg

Sexual assault prevention continues to be a concern for the Navy. Diego Garcia Sailors are raising their hand to become victim advocates set the foundation for the Sexual Assault Prevention and Response (SAPR) Victim Advocate (VA) program.

Diego Garcia is a unique duty station because of the close knit bonds and relationships that form from working and living together in such an isolated place. This could seem like a challenge from someone on the outside looking in, but for the SAPR VA's, they work hard to continue to promote awareness and to be a pillar of strength for some one that might need help during a crisis.

Since the average Sailor spends around 12 months on the island, training SAPR VA's is a constant effort that there are always Sailors ready to assist in case of any situation.

"The class is held about once a quarter, and we have eight Sailors going through the class," said Religious Programs Specialist 1st Class Daniel Arias Garcia, SAPR VA Instructor. "Their responsibilities will consist of a weeklong duty, they will be given a phone and if there is a sexual assault on the island they can be contacted by the victim or someone trying to help and explain their options."

"It was one of the only collaterals that I was really interested in going through school and seeing all the different options," said Hospital Corpsman Hannah Lemons. "This class really plays into what I want to do long term which is work with mental health patients."

The program has evolved over the years and has placed a large emphasis on attempting to make it personal by providing realistic scenarios to engage each Sailor.

"So we go through the evolution of the SAPR program and we go through the changes, and the history of why the Navy's attitude behind sexual assault has changed and we go over the proper forms and procedures, scenarios," said Arias Garcia. "Scenarios I think are harder on people because it makes it real because it is always different. It also shows them that not every case is black and white and were not there to judge."

"I have learned that there are no set plays to go by, there is no one standard case because it's going to be different every time and it's going to take different strategies and steps to go about helping every time."

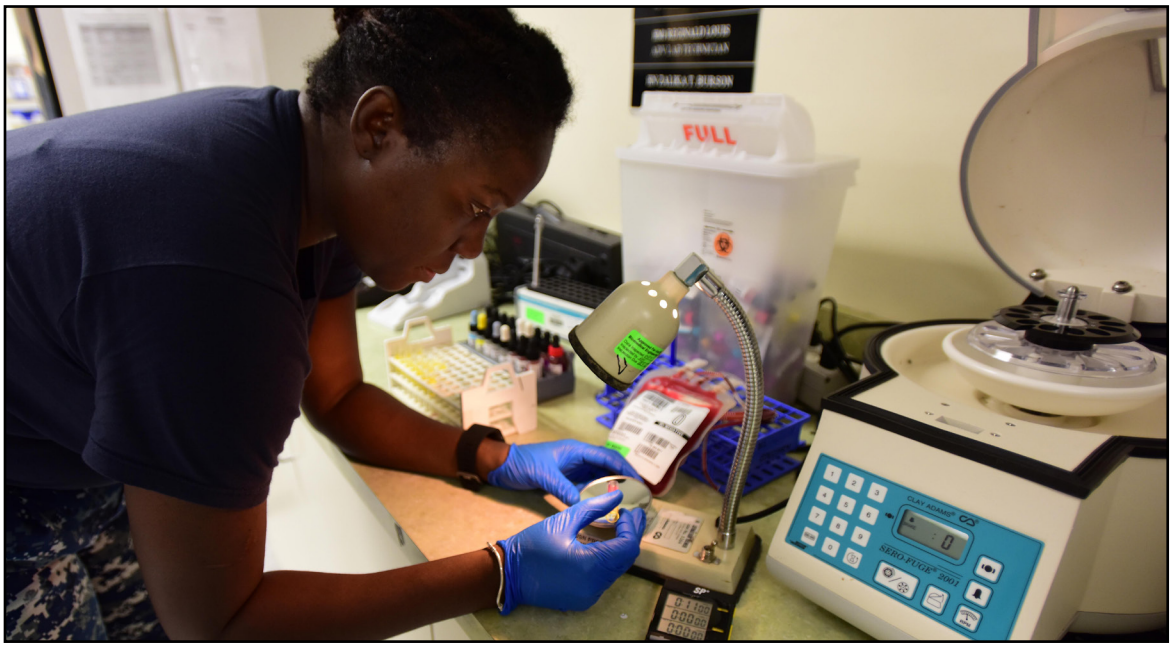
The VA's play a vital role for the SAPR program in helping the Navy combat sexual assault, by utilizing the Navy's best tool: Sailors.

"Growing up in a small town it wasn't really something we talked about, but it was something that happened and it happened close to home in a lot of areas so I want to be able to do something," said Lemons.

"I think we have this misconception about rape and sexual assault where it's usually a stranger, it tends to be frequently committed by people in our inner circle and those close to us," said Arias Garcia. "I think that it comes down to helping victims of sexual assault and properly educating Sailors on interacting with sexual assault victims and letting them know what options are available to them."

Diego Garcia Branch Health Clinic Promotes Blood Bank

Story by MC2 David Brandenburg



Diego Garcia is a place that most would probably pay large amounts of money to visit due to its' white sandy beaches, clear lagoon and exotic animals, but with beauty can come risk. Serious injury or a mass casualty situation can present significant challenges, and one of the biggest challenges is blood.

Blood is vital to our body, but for all of us here on Diego Garcia, the reality is there is a shortage of that one important substance we all need.

"We are so isolated, and we don't have a frozen blood bank here, and with the cost to send us more, the option of a walking blood bank is our number one priority," said Hospital Corpsman 1st Class Ameenah Mutaali. "It's important because if we have a mass casualty situation we only carry 6-units on island which are two O-negative, four O-positive, and one person can take 4-units."

The lack of stored blood creates a need for Sailors to volunteer and sign up to participate in what is called a "walking" blood bank. This allows there to be a constant number of Sailors that can be utilized in critical situations to provide what could be lifesaving blood.

"Were trying to see if we can get enough people to donate so if we were to have a mass casualty here on the island we would have enough people and know what type of blood type they are and see if they qualify within the certain categories to make sure they are able to donate," said Mutaali. "For here because of the quick turnaround time it makes it hard because by the time you have someone on the roster that is good to go their PRD rolls around really quickly."

We all live, work and play here and never know when it could be one of us needing blood so finding out if you can donate is easy. The process requires a few steps to find out if you qualify.

"There is a DOD form that they have to fill out with a questionnaire with things like "where have you visited, or are you on any medications so we can determine if that person passes the blood bank certifications so they can donate," said Mutaali. "We then draw their blood to find out the type and then put them into our database in case we need to call them"

Mutaali takes the act of giving blood serious and added, "a lot of people may think they don't want to donate blood, but donating can save lives."

5 Things to know about Extending Your Enlistment

Story by Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Today, the Navy released NAVADMIN 004/17 that now allows first-term Sailors on sea duty the ability to elect to extend their expiration of active obligated service (EAOS) to complete their sea duty assignment, known as prescribed sea tour (PST).

Here are five things you need to know:

1. Why this is important to the Navy.

First-term Sailors make up approximately 60 percent of the Fleet and about half that percentage separate at the end of their first enlistment. This initiative allows first-term Sailors to match their projected rotation date (PRD) with their EAOS and helps alleviate unnecessary gaps at sea. This is designed to help reduce gaps at sea and support Fleet Manning that will be created as the large FY13 enlisted cohort begins to leave sea duty.

2. How this benefits Sailors.

First-term Sailors, who elect to extend their enlistments to complete their PST will benefit from additional opportunities to advance and additional opportunities to apply for reenlistment quotas.

3. Eligible Sailors who can apply:

- Are first-term, rating-designated Sailors (PACT Sailors are not eligible).
- Must have an EAOS before Jan. 31, 2020, and prior the completion of their PST.
- Are on Type 2, 3 or 4 Sea Duty as defined in MILPERSMAN 1306-102.
- Passed their most recent Physical Fitness Assessment.
- Have no performance mark below 3.0, or an advancement recommendation of “progressing” or “significant problems” in the most recent competitive evaluation.
- Must be recommended by their Commanding Officer.
- HYT waiver will be favorably endorsed to allow Sailors to complete their prescribed Sea tour.
- Eligible Sailors do not need an approved C-WAY quota to take advantage of this opportunity.

4. How do Sailors apply?

Those eligible Sailors need to submit a NAVPERS 1306/7 form endorsed by their commanding officer to Navy Personnel Command. Non-nuclear Sailors send their forms to PERS81@navy.mil and nuclear Sailors send theirs to bullnuke@navy.mil both before Feb. 28, 2017, to take advantage of this opportunity.

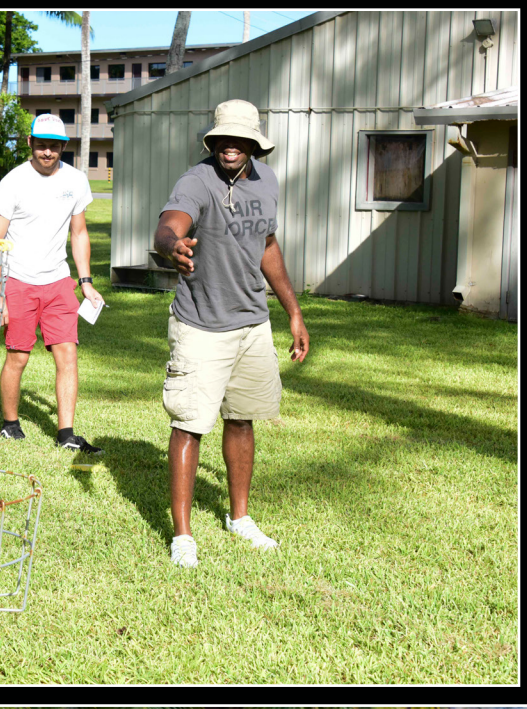
5. What’s happens next:

Sailors’ requests will be approved by either Enlisted Community Management (BUPERS-32) or the Nuclear Program Manager (OPNAV N133). After approval, a members’ servicing personnel office will prepare a Sailors’ enlistment extension.

For more information on this opportunity, please read NAVADMIN 004/17.

MWR Frisbee Golf

MWR held a frisbee golf tournament January 11, 2016 at Cummings Park on Diego Garcia.



CALENDAR OF EVENTS

	FRIDAY 13	SATURDAY 14	SUNDAY 15	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19
MWR	**Dart Tournament** *Island Room* 6:00 p.m.	**Hearts Tournament** *Jakes Place* *6:00* p.m.	**400 Meters Singles Ocean Kayak Race** *Marina* *2:00* p.m.	**Uno Tournament** *Jake's Place* 6:00 p.m.	**Chip and Putt Challenge** *Golf Course* 5:30 p.m.	**JEA Sportsfest Volleyball Tournament** *Fitness Center* 6:00 p.m.	**JEA Sportfest Dodgeball Tournament** *Fitness Center* 6:00 p.m.
MOVIES	**Patriots Day** *Drama* *R* 8:00 p.m.	**Sleepless** *Action/ Adventure* *R* 8:00 p.m.	**Nocturnal Animals** *Drama* *R* 8:00 p.m.	**Patriots Day** *Drama* *PG* 8:00 p.m.	**TBD** *Drama* *R* 8:00 p.m.	**TBD** *Animation* *PG* 8:00 p.m.	**TBD** *Action/ Adventure* *PG-13* 8:00 p.m.
	Allied *Drama* *R* 10:30 p.m.	**Passengers** *Action/ Adventure* *PG-13* 10:30 p.m.					

To check for the movie schedule online, go to:
http://www.navymwr.org/movies/theater/9684854a-3171-40ec-a607-d12d91faf382
Or type: Navy MWR Movie Theatre Diego Garcia

NOTABLE

PRT Course Clean-up

The FCPOA will be conducting a PRT Course clean-up every third Thursday of the month. Personnel will meet at the Earth Day Park Pavillion across from NSF Headquarters at 1700, all are welcome to join.

OPSEC

Be suspicious of people you don't know who ask you for sensitive information. "Social engineers" us lies and manipulation to trick people into giving away sensitive information such as usernames, passwords, and credit card numbers. Don't fall for it! Follow these best practices: always maintain a healthy sense of skepticism when dealing with unknown individuals, especially if they ask for any internal or ensitive information, verify the identity of those who ask for information in person or over the phone, before you release any information about other employees, and never remote network access, organizational practices, or strategies to any unknown individual.

Tagalog Phrase of the Week

Tagolog - Huwag kang magagalit
Cebuano - Ayawlang ug kasuko
English - Please don't be mad

PAO Note

If you have a suggestion for the Commanding Officer, please submit it to the ***CO's suggestion box*** at http://cnic.navy.mil/regions/cnrj/installations/nsf_diego_garcia/about/suggestion-box.html
For more information, contact the Public Affairs Office at 370-3514.

Command Financial Specialist

Tax Refund Tips. Got plans for your tax refund? Use 30-40-30 plan to pay for your PAST, PRESENT, and FUTURE.
PAST: Designate 30% of your refund to paying off debt and catching up on outstandning bills
PRESENT: Earmark 40% for current use.
FUTURE: Use 30% to jump start an emergency fund for long term savings.
Become a saver today and take advantage of free tools to help you save and manage money! At militarysave.org. For more information, contact the Command Financial Specialist, CPO Bulfer at 370-4517.