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Tropical Times

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TropicalTimes

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British Indian Ocean Territory

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Submissions to the Tropical Times are due to the editor no later than close of business Thursday.

Navy Rating Changes

SUBJ/NAVY RATING MODERNIZATION NEXT STEPS//
RMKS/
1. This NAVADMIN announces updates to the implementation effort to transform current Navy Enlisted Career Management processes.
2. This NAVADMIN supersedes NAVADMIN 218/16 and directs the restoration of Navy Rating Titles.
3. Our goals for modernizing the enlisted career development program – rating modernization – are to provide greater choice and flexibility for our Sailors with respect to detailing and training, to provide greater flexibility for the Navy in assigning highly trained personnel, and to increase professional alignment with civilian employers. We strongly believe that providing this flexibility will make us a more capable Navy.
4. Since we made the initial rating modernization announcement in September, the SECNAV, MCPON and I, along with other Navy leadership, have had the opportunity to speak with thousands of Sailors during our travels throughout the fleet. The feedback from current and former Sailors has been consistent that there is wide support for the flexibility that the plan offers, but the removal of rating titles detracted from accomplishing our major goals. Furthermore, there has been a solid body of thoughtful input that pointed out that there is a way to have the benefits of the rating modernization program without removing rating titles.
5. I have been adamant that our Navy needs to be a fast-learning organization - that includes our leadership. The Design for Maintaining Maritime Superiority states that our most junior teammate may have the best idea and that we must be open to capturing that idea. We have learned from you, and so effective immediately, all rating names are restored.
6. This course correction doesn't mean our work is done – rating modernization will continue for all the right reasons. Modernizing our industrial-age personnel system in order to provide Sailors choice and flexibility still remains a priority for us. As we execute the rating modernization plan, more Sailors will have multiple occupational skill sets or ratings. We will need to tackle the issue of managing rating names. We will continue to involve Sailors throughout the Fleet, using the Rating Modernization working group to figure out how to best do that.
7. Every Fleet, Force and Command Master Chief, and all Navy Counselors know how to provide input to our working groups. You also have a direct line to send your ideas to me at "NavyRatingMod.fct@navy.mil".
8. Learning faster requires having a plan, getting feedback, and quickly acting on that feedback. This adjustment reflects our commitment to fast learning at every level. As this process moves forward we will continue to assess our performance and correct our course as appropriate.
10. Released by Adm. John Richardson, CNO.//
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#0001
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UNCLASSIFIED//

NSF Security Dept Holds ASF Academy

By MC2 David Brandenburg

Everyday, whether home or abroad, the safety and security of our personnel and national assets is the responsibility of all of us. For the members of the security department, it's a daily pledge to do whatever is necessary to keep us all safe.

Although the Sailors of security do an amazing job of making sure we all stay safe, they cannot do it alone. They rely on members of the auxiliary security force (ASF) to help in any force protection condition (FPCON) level. Diego Garcia held an ASF academy from December 12 – 22 to bolster the numbers to keep the security department ready for any scenario.

The ASF academy focused on the basics of military law enforcement including weapons familiarization, team movements, and hand-to-hand defense techniques. All topics were testable and were shown through practical usage during the course.

"The class went very well and the students were very motivated," said Master-at-Arms 1st class Michael Laeder, Security Department Training Leading Petty Officer. "Obviously, there are dry points with power points and things but when we got to the practical points of the class they were all very motivated to go hands on."

"I learned a lot more than I thought that I would learn," said Aviation Ordnanceman Seaman Brandi Boyer. "I didn't really think I would get the scores on everything that I got, and I know that this training will help me more even in life so if anything, ever happens I know what to do and how to react."

This academy graduated nine new members to the DG ASF team and will help security by adding more possible watch standers. The ASF members will stand alongside security members at the entry control points on base and will augment in drills and recall situations. The importance of ASF to security and to the base cannot be understated.

"Having these guys go through this training and getting to seeing all that security does daily is eye-opening not only for themselves, but for the folks they work for," said LTJG Darren Villano, NSF Security Officer (SECO). "We cannot fulfill our mission at higher FPCON's without ASF and our manning matrix requires vast amount of more numbers than we actually have on hand, so here on DG or Navy wide without ASF we cannot fulfill that mission."

This academy was just the beginning for Security department and will set the tone for future classes. The standard set was high, and can only be pushed from there to ensure the most highly trained Sailors are sent through the ASF pipeline.

"The training won't stop for this class and our goal is to keep the program evolving," said Laeder. "No matter what at any point in time your mission as ASF could change and you could go from just post standing to having to enter a building during an active shoot situation, so training is key."

"This was the ground building for ASF and we can only get better every single day," said Villano. "My plan as the SECO for DG is to enroll and engage ASF into a lot of our drill sets that we do with our MA's on a day to day basis to give them more training so they can do more for us in a watch standing setting."

BRANCH HEALTH CLINIC DIEGO GARCIA: HEAT STRESS SURVEILLANCE

Story by HM3 Anthony Sgroia

Service Members and Civilians living and working around Diego Garcia can all agree that DG is a pretty hot environment, especially during the months of October through April. The average temperature around the island is 90 degrees Fahrenheit with an occasional high of 101 degrees Fahrenheit. Some individuals are not aware that heat stress is caused by high temperatures in the environment, which can quickly develop a heat injury. The Navy's Heat Stress Surveillance Program provides commands with an effective, heat injury prevention initiative. Onboard Diego Garcia, this program is operated by the Navy, Preventive Medicine Technician's at the Branch Health Clinic. The heat index is recorded four times daily using the Wet Bulb, Globe Temperature monitor (WBGT) heat index. The WBGT calculates the heat index from three environmental temperatures which are the wet bulb temperatures (effects of humidity on an individual), dry bulb temperatures (ambient air temperature) and globe temperatures (effects of radiant heat on an individual). Once the Heat index is obtained from the WBGT, the PMT notifies the MWR office and color coded flags are flown at two locations on Constitution Avenue, adjacent to the Ship's Store and the Base Gym, indicating the heat index.

A white flag will be flown if the heat index is less than 80 degree Fahrenheit, indicating extreme intense physical exertion may precipitate heat exhaustion or heat stroke, and therefore caution must be taken.

A green flag is flown when the heat index is between 80 and 84.9 degrees Fahrenheit, indicating discretion is required if planning heavy exercise for unacclimatized personnel.

A yellow flag is flown when the heat index is between 85 and 87.9 degrees Fahrenheit, indicating strenuous exercise and activity must be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure, and outdoor classes must be avoided.

A red flag is flown when the heat index is between 88 to 89.9 degrees Fahrenheit, indicating strenuous exercises must be curtailed for all personnel with less than 12 weeks training in hot weather.

A black flag is flown when the heat index is 90 degree Fahrenheit an above, indicating physical training and strenuous exercise must be suspended for all personnel, excluding operational commitments.

Acclimation is important to prevent heat stress injuries. It can best be accomplished by exposing individuals to a gradual increase in physical training and work in a hot, humid environment over a period of days or weeks. Various body systems adapt at different rates. Moderate work performed during acclimation processes maximizes its benefits. Inactivity results in decreased acclimation after only a few days or weeks, heat-acclimated individuals exposed to cold temperatures (e.g. 4 hours daily for 21 days) can cause significant loss in heat acclimation.

The Branch Health Clinic recommends that leadership provide training to their staff on heat stress injuries, how it affects their health and safety, and how it can be prevented. Workers should try avoiding exposure to extreme heat, sun exposure, and high humidity when possible. When these exposures cannot be avoided, workers should take the following steps to prevent heat stress:

1. Wear light-colored, loose-fitting, breathable clothing such as cotton.
2. Avoid non-breathing synthetic clothing.
3. Gradually build up to heavy work.
4. Try Scheduling heavy work during the coolest parts of day.
5. Take more breaks in extreme heat and humidity.
6. Take breaks in the shade or a cool area when possible.
7. Drink water frequently.
8. Decrease and/or avoid consuming alcohol and beverages with large amounts of caffeine or sugar.
9. Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
10. Monitor your physical condition and that of your coworkers.
11. Eat well balanced meals with proper electrolyte levels.

For questions regarding Heat Stress Surveillance or if your command needs assistance with training please contact LCDR Pierre, Woody or PO3 Sgroia, Anthony in the Branch Health Clinic, Preventive Medicine Department at 315-370-4206/315-370-4219.

Diego Garcia's MWR Held Its SemiAnnual Tip to Tip

Story by MC3 Taylor Vencill

Diego Garcia's MWR held the semiannual Tip to Tip bicycle ride on December 18, 2016.

The Tip to Tip is one of the biggest events that MWR hold. It's where participants ride their bikes a challenging 37 mile, from one tip of the island to the other tip.

"I think it is one of the most important events that you can do on the island, simply because everybody from active duty to the contractors do it, " said Hospital Corpsman Christopher Hardnett, one of the events participants. "It brings everybody together, and they're all doing the same event. It's a hard course to go through, and it's going to challenge you."

One of the most challenging features of the bike ride was the very 11 miles. It was where bikers had to fight through the jungle and sand.

"It was definitely the jungle portion," said Logistics Specialist 2nd Class Andrew Smith, another participant. "Absolutely, it wasn't a clear route. It had all sorts of coconuts all over the place. You hit one of those wrong and you're going over your handle bars. There were roots all over the place. I know myself, I almost crashed because of a root."

One of the great aspects of the Tip to Tip is that everybody on the island comes together to challenge themselves. It builds unity among the people on the island, even though it is a challenging event.

"I think it builds a comradery like no other event you can do on the island," said Hardnett. "You're struggling through it with the next guy. There's no easy way around it, you have to go through the jungle to get to the finish line. Once you make it and see other people make it, it builds a bond like no other."

Through all of the pain and misery, one feels a sense of pride and accomplishment. It's a challenging course and those that complete it have every right to have that sense of accomplishment.

"I feel miserable but after a day or two, it's like 'I did it and got through it,'" said Hardnett. "Anything that challenges you and you overcome it, there's that sense of pride. I went through this, and I came out on top. You definitely feel a sense of pride."

Even though the Tip to Tip is a challenging event, there are those that believe it is a must for anyone who comes to the island.

"It was a blast," said Smith. "It was definitely a challenge, but it was so much fun. Especially since I had friends there.

The Tip to Tip is an event that is exclusive only to Diego Garcia and gives participants a story to tell their friends and loved ones back home of an awesome experience that they had here on the island.

"It was a once in lifetime experience to be able to ride a bicycle from one end of the island to the other. It is an experience I'll enjoy telling my family and friends over and over."

CALENDAR OF EVENTS

	FRIDAY 30	SATURDAY 31	SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5
MWR	**Holiday Bowling Tournament** *Paradise Alley* 7:00 p.m.	**Survivor Challenge** *Island Room* *6:00* a.m.	**NewYear Resolution Run** *Fitness Run* *8:30* a.m..	**6 om6 Volleyball Tournament** *Fitness Center* 1:00 p.m.	**Poker Swim** *Base Pool* 6:00 p.m.	**Sngles Table Tennie Tournament** *Fitness Center* 5:00 p.m.	**800 Meters Indoor Rowing Competition** *Fitness Center* 5:00 p.m.
MOVIES	**Passengers** *Action/ Adventure* *PG-13* 8:00 p.m.	**Sing** *Animation* *PG* 8:00 p.m.	**Assasin's Creed** *Action/ Adventure* *PG-13* 8:00 p.m.	**Passengers** *Action/ Adventure* *PG-13* 8:00 p.m.	**Arrival** *Drama/ Mystery/ Sci-Fi* *PG-13* 8:00 p.m.	**Manchester By the Sea** *Drama* *R* 8:00 p.m.	**Collateral Beauty** *Drama* *PG-13* 8:00 p.m.
	Assassin's Creed *Action/ Adventure* *PG-13* 10:30 p.m.	**Passengers** *Action/ Adventure* *PG-13* 10:30 p.m.	**Rogue One: A Star Wars Story** *Action/ Adventure* *PG-13* 10:30 p.m.				

NOTABLE

What I Didn't Know About DG

Has anyone come across anything they wish they would have known before arriving in Diego Garcia? As a sponsor, you try to answer all the question someone has before they arrive, but if you don't know. what do you do? Go to the Diego Garcia shared drive for the answer. Requesting input from anyone to put together a frequently asked questions folder that sponsors can use as a reference when answering questions for new personnel coming to island. Point of contact is YNSN Daniel Sparks, NSF Admin, email: daniel.sparks@fe.navy.mil

Ship Shape Classes

The program starts with participants taking an introductory self-paced online session, followed by attending six in-person group sessions, and concluding with a self-paced online session.Participants must complete all sessions within six months of thier first group session. The goal of the Ship Shape Program is to equip participants with the skills and resources necessary to jumpstart a healthier lifestyle. Classes starting Wednesday, 23 November at the MWR Conference Room from 1500-1600. Classes will be conducted every Wednesday after that for 8 weeks. Point of contact is PO2 Hernandez 370-4437 email: andrew.hernandez@navy.mil.

Tagalog Phrase of the Week

Tagolog - Salamat
Cebuano - Salamat
English - Thank you

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.

Career Counselor

Navy COOL can now provide credential funding for E-6 and above retiring with 20 years of Navy service. Now, if you have less than 1 year remaining in service but will complete 20 years of Navy service for example, E-6 reaching High Year Tenure or Senior Enlisted retiring at 20 years/, Navy COOL can now support your credentialing goals. Eligible Sailors must be able to complete all certification requirements 60 calendar days or greater prior to seperation from Navy.