

# Tropical Times

July 20, 2012



*Construction Electrician 1st Class Christopher Anderson conducts inventory on a potable water tank as part of the Public Works Department's (PWD) Government Funds Equipment (GFE) inventory process.*



**Submitted By  
Lt. Kenyon Kaehr  
Command Chaplain,  
NAVSUPFAC Diego Garcia**

Here on Diego Garcia we have new people arriving every single week from many different places around the world. The one thing they all share in common is that they have left loved ones behind, arrive with luggage in hand and aren't quite sure what to expect at the Navy's most remote installation.

The good news is that Diego Garcia is a fantastic place to live, make new friends, thoroughly enjoy all the MWR activities and in general get a new lease on life! Unfortunately, for some that new found freedom can be a temptation to live the "Animal House" lifestyle.

I believe it's imperative for everyone's benefit to always live lives of integrity and responsibility. Unlike the man who once walked into a fast-food chicken place and bought a nine-piece bucket of chicken. He took his

chicken to the park for a romantic picnic under the moonlight with his girlfriend.

Upon reaching into the bucket, however, he received a surprise. Instead of chicken he discovered what was apparently the restaurant's night deposit—nine thousand dollars. Being basically honest—and really hungry besides—the young man brought the bucket back to the store and asked for his chicken in exchange for the money. The manager, in awe of the young man's honesty, asked for his name and told him he wanted to call the newspaper and the local news station to do a story on him. He would become a local hero, an example of honesty and morality that would inspire others!

The hungry man shrugged it off. "My date's waiting. I

just want my chicken." The manager's renewed amazement over the young man's humility almost overwhelmed him. He begged to be allowed to tell the story on the news. At this the honest man became angry with the manager and demanded his chicken.

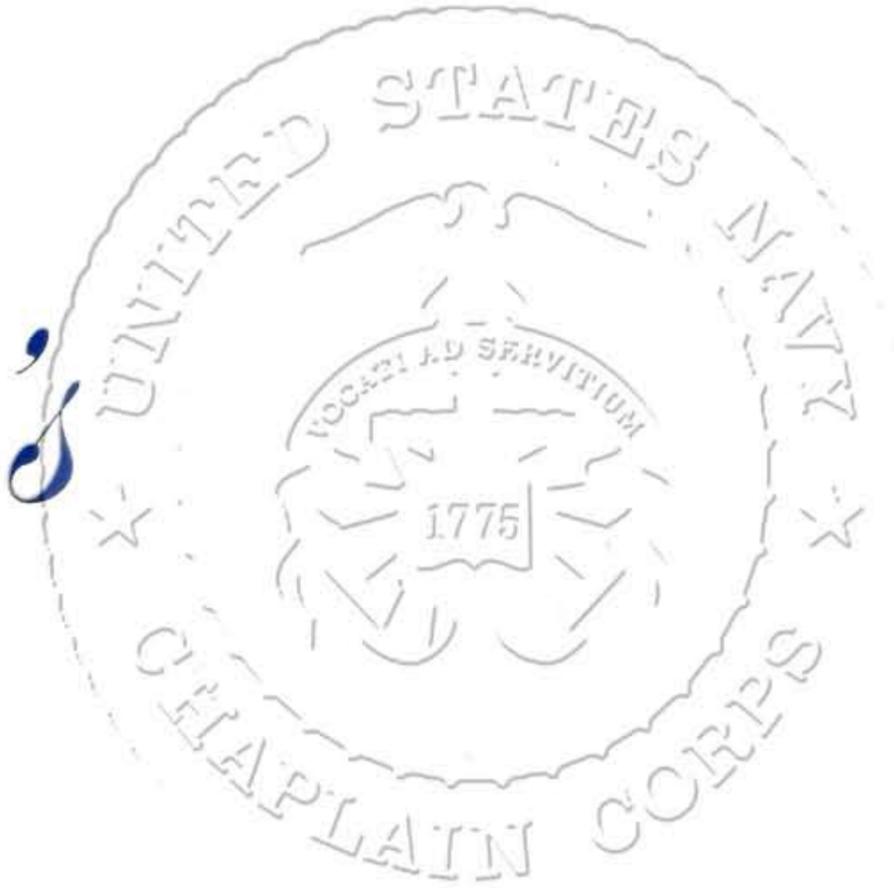
"I don't get it," the manager responded. "You are an honest man in a dishonest world! This is a perfect opportunity to show the world that there are honest people still willing to take a stand for what is right. Please, give me your name and also the woman's name. Is that your wife?"

"That's the problem," said the young man. "My wife is at home. The woman in the car is my girlfriend. Now let me have my chicken so I can get out of here."

The point is - it's easy to look good to people who don't

# C hapter owner

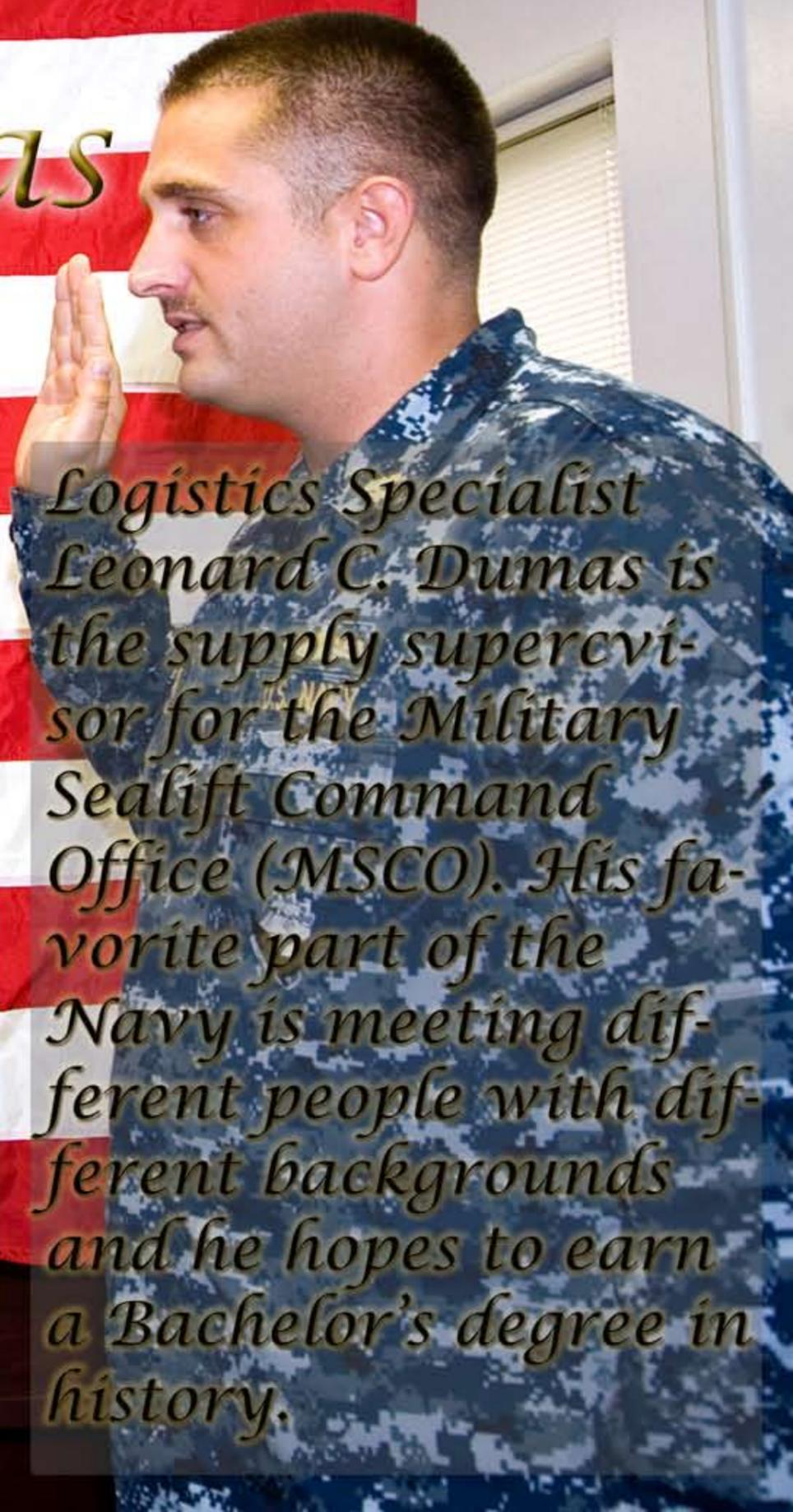
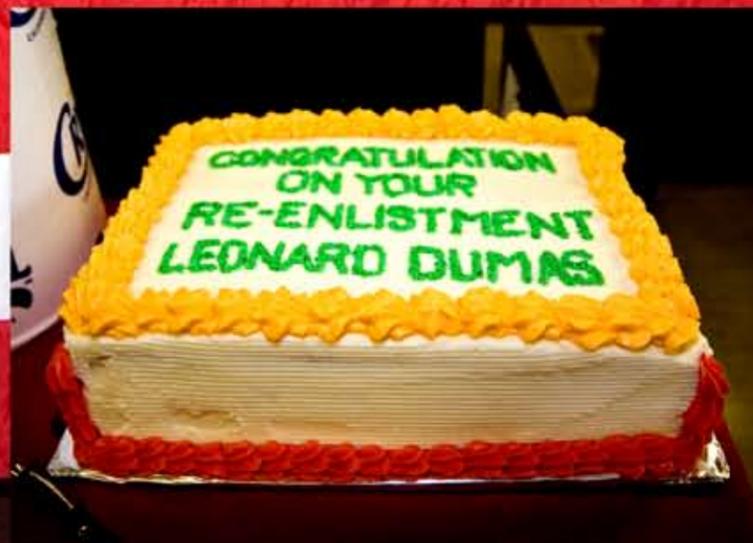
## Living Right!



know you. Many of us do a good deed here and there, maybe go to church, say the right words, and everyone thinks we're something that we're not. But we should never forget that God always sees into our heart. It really doesn't matter how much you do or what other people think of you. What matters is what's on the inside and that you are truly a person of integrity!

***"People judge by outward appearance, but the LORD looks at a person's thoughts and intentions."  
1 Sam 16:7***

# *Congratulations LS2 Leonard Dumas*



*Logistics Specialist Leonard C. Dumas is the supply supervisor for the Military Sealift Command Office (MSCO). His favorite part of the Navy is meeting different people with different backgrounds and he hopes to earn a Bachelor's degree in history.*

# Diego Garcia NEWS

## Seabees Assist NSF, Partner Commands

By NAVSUPPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (July 06, 2012) – Seabees from various Public Works Departments (PWD) in Japan are on island assisting with the Government Funds Equipment (GFE) inventory process.

U.S. Naval Support Facility, Diego Garcia, British Indian Ocean Territory, and partner commands are conducting the GFE inventory process in preparation of the new Base Operating Service Contract which will be in affect in November this year.

“We conduct these inventories every two years and

the Seabees are here on the island to assist departments who are short handed,” said Engineman 1st Class (SW) Desmond Cobbs, PWD Leading Petty Officer. “It is important that we get a hundred percent accountability and annotate discrepancies before a turnover is done.” The Seabees from Yokosuka, Sasebo, Misawa, Atsugi and Okinawa will be on island for a month and being on island represents more than a normal inventory.

“The Seabees have a lot of history on Diego Garcia,” said Builder Constructionman Veronica Patricia Prado.

“They arrived here and helped build this place up. I’m

proud to be a Seabee.”

According to Prado, although they are here inventorying government assets they will definitely enjoy what Diego Garcia has to offer.

“As a Seabee you are usually out there building things, the island is beautiful-people should not take it for granted,” said Prado. “This is something new-I love it here. Everybody is nice and humble.”



DIEGO GARCIA, British Indian Ocean Territory (July 18, 2012) - Seabees from the Tiger Squad, based throughout several Japan installations, assist the Public Works Department in conducting their Government Funds Equipment inventory process (U.S. Navy photo by Mass Communication Specialist 3rd Class April D. Adams).



# Diego Garcia NEWS

## Who Will Stand Your Watch

By NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (July 06, 2012) – Alcohol related incidents are inconsistent with the military’s duty to always be mission ready.

On a daily basis we rely on each other to get the job done and get the job done right.

Having a plan when you decide to indulge in alcoholic beverages is key to enjoying yourself and arriving home safely in one piece. When one link in the chain is broken the impact is felt through out the command.

“The use of alcohol has ruined many careers,” said Chief Electricians Mate (SW/AW) Rodel Simbulan, Drug and Alcohol Programs Advisor (DAPA). “All

hands must be intelligent and careful when consuming alcoholic beverages. One’s life and future could be the cost.

“Enabling our Sailors in the consumption of such beverages should also stop,” added Simbulan.

Historically, most alcohol-related incidents occur after midnight and periods of heavy alcohol consumption. It is everyone’s responsibility to know when to say when.

“Alcohol has significant affects on a person’s feelings and perceptions,” said Simbulan. “When we lose our inhibitions and start to act rowdy, we in turn do foolish things.

“You, your buddy and leaders need to recognize the ef-

fects of alcohol and understand they are responsible and accountable for their actions,” said Simbulan. “Don’t be afraid to intervene-take care of your shipmates.”

From Alcoholic Anonymous Meetings to Fleet Family Services, according to Simbulan, there are a variety of venues for service members seeking advice to deal with alcohol abuse.

“The Navy promotes healthy lifestyles,” said Simbulan.

“There are many options that will satisfy a person’s needs. Whether you talk to your chain of command, the Chaplain or Medical Officer, you are sure to find the help you need.”

According to Simbulan, alcohol is not required for one to

have fun and suggests alternative options to suit ones off duty fun.

“Diego Garcia is fitting of an island get away and MWR [Moral, Welfare and Recreation] offers various daily events-get out and participate,” said Simbulan. “Utilize the facilities, get fit and get involved.

DAPA serves as an advisor to the Commanding Officer regarding drugs and alcohol abuse and abuse within the command. They coordinate, educate, rehabilitate, identify and enforce the deglamorization of substance abuse.



# NEWS *from around the fleet*

## USS Nimitz Receives Biofuel

By Mass Communication Specialist 3rd Class Renee L. Candelario

PACIFIC OCEAN (NNS) -- USS Nimitz (CVN 68) took on more than 900,000 gallons of 50-50 biofuel in preparation for the Navy's Great Green Fleet demonstration, July 18.

The fuel will be used for aircraft and other naval surface ships to reduce U.S. dependency on foreign oil by blending traditional petroleum-based fuel and biofuel made up of a mixture of algae oil and waste cooking oil.

"There has been a lot of rigor in our Navy to try to test bio fuel and see how we can be more efficient in terms of how we operate our engines and aircraft," said Rear Adm. Peter Gumataotao, com-

commander Carrier Strike Group 11. "If the biofuel works it can potentially increase our legs in combat maneuverability in terms of our ability to fly longer and sail further."

Nimitz received the fuel delivery July 17, from the Military Sealift Command fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187) using connecting fuel hoses between both of the ships. The fuel will be tested for accuracy and similar properties as un-blended fuel in the ship's fuel laboratory.

"This is the last step," said a representative from NAVAIR. "To make this Great Green Fleet possible with the expertise of these sailors, [this evolution] will



not be a problem."

The Great Green Fleet demonstration will be attended by the Secretary of the Navy the Honorable Ray Mabus and Chief of Naval Operation Jonathan Greenert.

"It's more than biofuel when you talk about energy efficiency," said Gumataotao. "The bottom line is [the fuel] improves our combat capability and improves the way we fight."

Nimitz is currently underway for participation in Rim of the Pacific (RIMPAC) 2012. RIMPAC 2012 is the 23rd exercise in the series that began in 1971. Twenty-two

nations, more than 40 surface ships and submarines, more than 200 aircraft and 25,000 personnel are participating in the RIMPAC exercise from June 29 to Aug. 3, in and around the Hawaiian Islands.

RIMPAC is world's largest international maritime exercise and provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

For more information, visit [www.navy.mil](http://www.navy.mil).

# What's happening in Diego Garcia

## Suicide Intervention

DON'T BE AFRAID TO ASK WHAT IS BOTHERING AN INDIVIDUAL AND ENCOURAGE THEM TO SPEAK UP WHEN DOWN. EMPOWER YOURSELF TO ACT!

ASK, CARE, TREAT

-ASK IF SOMEONE IS DEPRESSED AND IS THINKING ABOUT SUICIDE.

-LET THEM KNOW YOU CARE.

-GET THEM ASSISTANCE(TREATMENT) AS SOON AS POSSIBLE.

## Mail Orderly

THE NEXT MAIL ORDERLY TRAINING WILL BE HELD ON THURSDAY, AUGUST 9 AT 1000 IN THE CHAPEL. PERSONNEL REQUIRED PERFORM MAIL ORDERLY DUTIES MUST COMPLETE THE TRAINING PRIOR TO HANDLING MAIL. IF YOU HAVE ANY QUESTIONS CONTACT LS2 MARTINEZ AT 370-4114.

## Domino Strategy

THE DOMINO STRATEGY ON HOW TO DRINK RESPONSIBLY IS A CAMPAIGN THAT ENCOURAGES SAILORS TO PAY ATTENTION TO THE SIZE, CONTENT AND AMOUNT OF ALCOHOL THEY CONSUME.

THE CAMPAIGN PROMOTES THE 0-1-2 GUIDELINES ON HOW TO DRINK RESPONSIBLY.

ZERO DRINKS FOR PEOPLE WHO ARE UNDER 21, OPERATING ANY TYPE OF VEHICLE, PREGNANT, TRYING TO BECOME PREGNANT OR BREASTFEEDING, RECOVERING ALCOHOLICS OR CHEMICALLY DEPENDENT, AND USING CERTAIN MEDICATIONS.

NO MORE THAN ONE STANDARD DRINK PER DAY FOR WOMEN AND NO MORE THAN 2 STANDARD DRINKS PER DAY FOR MEN.

## Dietary Supplements

SAILORS OFTEN TURN TO DIETARY SUPPLEMENTS BECAUSE OF THE EXTREME DEMANDS OF MILITARY PERFORMANCE. MAKING AN INFORMED DECISION ABOUT DIETARY SUPPLEMENT USE CAN BE DIFFICULT, AND A BAD DECISION COULD ADVERSELY AFFECT HEALTH.

WHAT DO YOU PUT IN YOUR BODY TO BOOST YOUR PERFORMANCE, INCREASE YOUR ENERGY, SHED POUNDS, BUILD MUSCLE, OR OTHERWISE SUPPLEMENT YOUR DIET? WHAT'S IN THAT DRINK, PILL, OR POWDER? WHAT WILL IT DO FOR YOU? WHAT WILL IT DO TO YOU? IS IT WORTH THE RISK? ASKING THE RIGHT QUESTIONS WILL HELP IN MAKING THE RIGHT CHOICES OF DIETARY SUPPLEMENTS.

## Environmental Note

GREASE RELEASED INTO THE SEWAGE SYSTEM THROUGH THE SINKS AND TOILETS CAN BUILD UP AND BLOCK PIPES, CAUSING OVERFLOWS, THE DISCHARGE OF UNTREATED WATER INTO THE ENVIRONMENT AND AN INCREASE IN MAINTENANCE COSTS. COMMERCIAL ADDITIVES CLAIMING TO DISSOLVE GREASE ONLY PASS GREASE THROUGH PIPES CAUSING PROBLEMS IN OTHER AREAS. TO PREVENT PROBLEMS AND POTENTIAL HEALTH RISKS POUR AND SCRAPE GREASE FROM POTS AND PANS, PLACE THEM IN A CAN AND REFRIGERATE. WHEN CHILLED, PROPERLY DISPOSE GREASE IN THE TRASH.

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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Thursday  
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Darts Tournament  
Island Room  
6:30 p.m.

Windsurfing Class  
Marina  
1 p.m. to 2 p.m.

MWR Sailing Regatta  
Marina  
2 p.m.

Frisbee Golf  
Tournament  
Cummins Park  
5:30 p.m.

Chess Tournament  
Island Room  
6:30 p.m.

Splash and Dash  
50m Swim  
800m Run  
Base Pool  
6 p.m.

Closest to the Pin  
Challenge  
Coral Sands Golf  
Course  
5:30 p.m.

**Gone**  
Thriller  
PG 13  
8 p.m.

**The Cabins In The  
Woods**  
Horror  
R  
8 p.m.

**Mirror Mirror**  
Adventure  
PG  
8 p.m.

**Act Of Valor**  
Action  
R  
8 p.m.

**The Vow**  
Drama  
PG 13  
8 p.m.

**Hunger Games**  
Action  
PG 13  
7 p.m.  
Island Room

**One For The Money**  
Comedy  
PG 13  
8 p.m.

**The Lucky One**  
Drama  
PG 13  
10 p.m.

**Lockout**  
Action  
PG 13  
10 p.m.

**Tropical Times**

United States Navy Support Facility  
Diego Garcia British Indian Ocean  
Territory

**Commanding Officer**  
Capt. Richard A. Skiff

**Executive Officer**  
Cmdr. Stephen E. Petras

**Command Master Chief**  
CMDMCM(SW/AW) Robert L. Johnson

**Public Affairs Officer**  
MC1(SW/AW) Ryan B. Tabios

**Tropical Times Editor**  
MC3 April D. Adams

**Command Journalist**  
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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.

