

# Tropical Times

July 30, 2012



*Chief Master-at-Arms Brian B. Renkema defends against The Ebilamerz during a Morale, Welfare and Recreation (MWR) sponsored Basketball Tournament.*

## Tropical Times

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U.S. Navy Support Facility  
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British Indian Ocean Territory

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## *A Footprint in the Sand*

Hospital Corpsman 2nd Class Taylor Smith, a Knoxville, Iowa native, has spent his last three and a half years serving in the U.S. Navy.

According to Smith, one of his biggest, current goals is to have his officer package approved, putting him one step closer to becoming a commissioned officer in the Navy.

Smith's favorite part of being a Corpsman is being able to make a difference in people's lives and helping them on a daily basis.

His best experience while in the Navy, so far, is making the rank of Petty Officer 2nd Class on his first attempt.

HM2 Taylor Smith  
Branch Health Clinic



## Frisbee in One



*CUMMINS PARK - Sailors and civilians participate in a Frisbee Golf Tournament July 23. The object of the game is to traverse a course from beginning to end in the fewest number of frisbee throws.*

# Diego Garcia NEWS



U.S. Navy Photo by Mass Communication Specialist 3rd Class April D. Adams

*DIEGO GARCIA, British Indian Ocean Territory (July 24, 2012) - Diego Garcia residents compete to be the Champions during the Morale, Welfare and Recreation (MWR)-sponsored Basketball Tournament July 24. Eighteen teams are competing in the tournament.*

## Get Fit, Stay Fit

Story by NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (July 25, 2012) – Just as commands, departments and programs in the military get assessed, so do individual Sailors.

You can try to avoid it, but it is bound to get a hold of you—the semi-annual Physical Fitness Assessment (PFA).

The purpose of the PFA is to ensure Navy active duty and reserve duty personnel meet the minimum standards of physical fitness necessary whenever and wherever needed.

“PFAs are important because they provide commands with an idea of how and if Sailors can perform under stressful conditions,” said Chief Master-at-Arms (SW/SG) Brian

Renkema, NAVSUPFAC Command Fitness Leader (CFL). “The PFA includes a medical screening, a body composition assessment (BCA) and a physical readiness test (PRT). They all should be maintained consistently and not only during the semi-annual testing.”

Recently, the 10 week notice for the upcoming PFA cycle was released and according to Renkema, although now is the best time to prepare it is important to maintain standards year around.

“You can exercise, when the ten week notice is released, but it is wiser if Sailors change their lifestyle,” said Renkema. “The key for all of this is diet. Do not go on a crash diet.

“To get fit one must eat healthy—get the nutrition value needed and not starve themselves,” added Renkema. “Changes will not happen overnight,

eating right and exercise helps your preparations become more effective and efficient.”

According to Renkema, there are various avenues available for Sailors seeking advice in staying within standards.

“Ask or talk to a nutritionist or your CFL—they have the technical expertise to get you on the right track,” said Renkema. “Another great method is using the NOFFS [Navy Organizational Fitness and Fuels Series] cards. Anyone can utilize these cards to build their meals and with proper management get the results needed.”

NOFFS cards can be accessed via [navyfitness.org](http://navyfitness.org).

For Sailors planning on utilizing the bike or elliptical for the PFA, according to Renkema, practicing on the equipment will be key on passing.

“If Sailors think their just going to jump on a machine without preparation—think again,” said Renkema. “Prepare yourselves on the machine prior to the PFA and make sure you put in a request through your chain of command.”

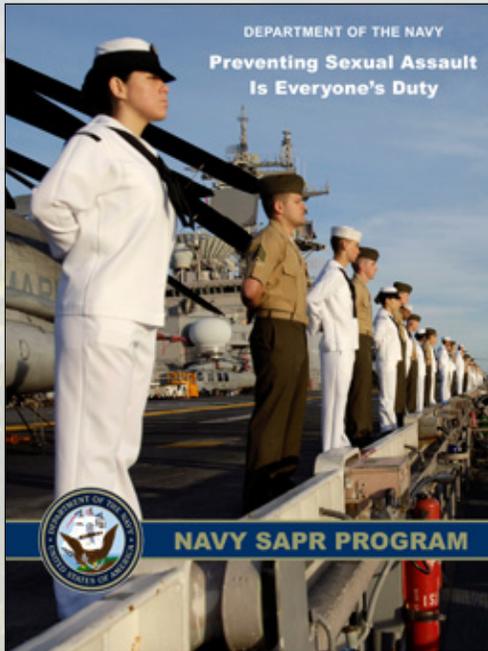
Renkema also stated that Sailors on Diego Garcia, have a slight advantage over those in the continental United States.

“We don’t have the distraction of a McDonalds, Wendy’s or Taco Bell influencing our bad habits,” said Renkema. “The island itself presents an excellent location for fitness. From running, swimming to wind surfing and biking there is no reason we shouldn’t all be ready.”

Sailors needing a courtesy BCA and/or PRT can contact their departmental CFLs. The upcoming PFA Cycle is scheduled from Oct. 15-19 in the Fitness Center at 0630. Make-up dates will be from Oct. 22-24. For questions contact the CFL at 370-4618.

# NEWS *from around the fleet*

## SAAM: Command Triads Reminded to Register for SAPR-Leadership Preparatory Training



WASHINGTON (March 26, 2010) A poster supporting the Sexual Assault Prevention and Response (SAPR) program. The SARC summit, hosted by the Department of the Navy in New Orleans, La., was held to bring awareness to the Sexual Assault Prevention and Response (SAPR) program, which replaced the former Sexual Assault Victim Intervention (SAVI) program in November 2009.

**From Chief of Naval Personnel Public Affairs**

WASHINGTON (NNS) -- Command triads must register now for Sexual Assault Prevention and Response-Leadership (SAPR-L) training, Navy officials announced July 19.

As outlined in NAVADMIN 199/12, command leadership triads (commanding officer/officer in charge, executive officer/assistant officer in charge, and command master chief/chief of the boat/senior enlisted advisor) in fleet areas and other locations must complete

SAPR-L training.

SAPR Master Mobile Training Teams (MMTTs) began deployments to worldwide regions July 13, and are conducting SAPR-L training for command triads with nearly 650 training sessions at 95 global sites through July and August. Commanders must sign up for training now through Enterprise Safety Applications Management System (ESAMS). The full training schedule can be accessed at [https://esams.cnrc.navy.mil/ESAMS\\_GEN\\_2/External/Ext\\_CourseSearch.aspx?c=s636044316952466414](https://esams.cnrc.navy.mil/ESAMS_GEN_2/External/Ext_CourseSearch.aspx?c=s636044316952466414).

Enrollment instructions are available at <http://www.public.navy.mil/bupers-npc/support/sapr/Documents/ESAMS%20SAPR%20Instructionsv2print.pdf>.

SAPR training is part of the Navy's aggressive efforts to prevent sexual assaults and promote positive relationships to instill a culture of professionalism. The SAPR-L "train the trainer" training will prepare command triads and provide the tools to conduct SAPR-L training within their commands to Chief Petty Officers and officers.

All E-7 and above personnel must receive SAPR-L training by Sept. 30, and SAPR-L training completion will be documented by commands via the Fleet Training Management and Planning System (FLTMPS). More information on

FLTMPS reporting will be released in a future NAVADMIN.

To ensure all hands are trained, command leadership will then deliver SAPR-Fleet (SAPR-F) training to all Sailors E-6 and below starting in October. This training will focus on bystander intervention and equip Sailors with the skills necessary to positively influence behavior.

"Both SAPR-L and SAPR-F training will provide our team the critical tools to eliminate sexual assault and promote the Navy's core values of honor, courage and commitment that define our culture of respect and professionalism," said Rear Adm. Martha Herb, director of personal readiness and community support.

SAPR is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which builds resiliency to hone the most combat-effective force in the history of the Department of the Navy (DON).

Additional information regarding SAPR training efforts can be found at the SAPR L/F training Web pages at [www.sapr.navy.mil](http://www.sapr.navy.mil).

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).

For more news from Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/).

# Chaplain's Corner

## “Olympic Sized Love”

This week the eyes of the world will turn to London, England for the beginning of the 2012 Summer Olympics. I am sure it will be another spectacular event with all the appropriate pageantry, tears of grief and joy, and amazing feats of athleticism. The competition will be fierce and only one person or team will win the coveted Gold Medal. However, I believe there is more than one way to win the gold medal in life.

This was clearly demonstrated by two athletes named Kay Poe and Esther Kim who were best friends and competed in tae kwon do. In the pre-Olympic trials each lady was favored to win their class. Unfortunately, the United States was only sending representatives from two weight classes to the Olympics, so only one of them would be able to go. In the final moments of the final bout in her weight class Kay seriously dislocated her kneecap. In spite of her injury, she fought strongly enough to win the match and her division but her Olympic dreams seemed over. She still had one more match to win—this one against her friend Esther Kim.

Esther saw her coach carrying her friend Kay back to the dressing room. The outcome of the final match was a no-brainer. All Esther had to do was show up, and she was on her way to the Olympics. Her injured friend didn't have a chance. Esther knew that she, not Kay, would be going to the Olympics.

But in a moment of incredible love and sacrifice, Esther made a decision to bow out of the final match and concede victory to her injured friend. She gave up her Olympic dream so that Kay could realize hers. They held each other and cried. “Please don't think I'm throwing my dreams away,” Esther said, “because I'm not. I'm putting my dreams in you.”

Esther signed the scorecard, withdrawing from the match. Then the two friends had to bow to each other on the mat to make it official. Kay's coach helped her walk to one side of the mat. Esther walked to the other. By the time they reached the referee in the middle, tears flowed freely. The two young women bowed. The referee signaled Poe the winner. Then the women locked arms,



**Lt. Kenyon Kaehr**  
*Command Chaplain*

sobbing. As they slowly walked off the mat together, the tae kwon do officials stood and bowed while fans applauded them both

Esther later told stunned reporters, “There's more than one way to be a champion.”

Esther Kim didn't compete in the Olympic Games, but she was a champion nonetheless. She willingly sacrificed her spot on the Olympic team out of love for her best friend. When we put the needs of other people ahead of our own then we too become real champions. Maybe we could all get a T-shirt for that too!

*“Greater love has no one than this, that one lay down his life for his friends.”*

*John 15:13*

## 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)  
Monday - Friday, 8 a.m. - 4 p.m., at 370-4421, and by pager, 24/7, at  
370-9300 ext. 1826.

Page the on-call SAPR Victim Advocate at 370-9300 ext. 1825.

# BASKETBALL SHOWDOWN

## ERILAMERZ VS. RAYS



# Calendar of Events

	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
<b>MWR</b>	3 x 200m Relay Swim Competition Base Pool 6 p.m.	Ultimate Frisbee Field 1 6:30 p.m. <i>Military Only</i>	Homerun Derby Field 1 6 p.m.	Moonlight Wander 5k Fitness Center 7:30 p.m.	Basic Sailing Class Session 1 & 2 Marina 5:30 p.m.	Basic Sailing Class Session 2 & 3 Marina 9 a.m.	MWR Sailing Regatta Marina 2 p.m.
<b>Movies</b>	The Lucky One Drama PG 13 8 p.m.	Wanderlust Comedy R 8 p.m.	Dark Shadows Fantasy PG 13 7 p.m. <i>Island Room</i>	The Rum Diary Drama R 8 p.m.	Puss in Boots Comedy PG 8 p.m.  Anonymous Drama PG 13 10 p.m.	In Time Action R 8 p.m.  50/50 Drama R 10 p.m.	3 Stooges Comedy PG 4 p.m. <i>Island Room</i>  Gone Drama PG 13 8 p.m.

## “Oh by the ways...”

### Navy COOL

COOL (CREDENTIALING OPPORTUNITIES ON-LINE) EXPLAINS HOW NAVY SERVICE MEMBERS CAN MEET CIVILIAN CERTIFICATION AND LICENSE REQUIREMENTS RELATED TO THEIR RATINGS, DESIGNATORS AND COLLATERAL DUTIES/ OUT OF RATE ASSIGNMENTS.

USE COOL TO LEARN THE RESOURCES THAT ARE AVAILABLE TO NAVY SERVICE MEMBERS, AND HOW TO FILL GAPS BETWEEN NAVY TRAINING AND EXPERIENCE, AND CIVILIAN CREDENTIALING REQUIREMENTS.

VISIT [WWW.COOL.NAVY.MIL](http://WWW.COOL.NAVY.MIL).

### Suicide Prevention

THE NAVY IS SEEKING TECH SAVVY, CREATIVE SAILORS TO SHARE THEIR SKILLS, WHILE HELPING COMMUNICATE AN IMPORTANT MESSAGE IN THE SUICIDE PREVENTION PUBLIC SERVICE ANNOUNCEMENT VIDEO CONTEST.

VIDEO SUBMISSIONS MUST CONVEY AT LEAST ONE OF THE TWO 2012 CORE SUICIDE PREVENTION PROGRAM MESSAGES: “IT’S OKAY TO SPEAK UP WHEN YOU’RE DOWN” AND/OR “LIFE IS WORTH LIVING.”

INDIVIDUAL AND TEAM SUBMISSIONS WILL BE ACCEPTED POSTMARKED OR UPLOADED THROUGH AUG. 24. THE CONTEST IS OPEN TO ALL SAILORS AND THE WINNING ENTRY WILL BE ANNOUNCED SEPT. 28. FOR MORE DETAILS, OFFICIAL RULES AND ENTRY INFORMATION, VISIT [WWW.SUICIDE.NAVY.MIL](http://WWW.SUICIDE.NAVY.MIL) OR SEND AN EMAIL TO [SUICIDEPREVENTION@NAVY.MIL](mailto:SUICIDEPREVENTION@NAVY.MIL)

### Hydration

WATER IS THE MOST EFFECTIVE SPORTS PERFORMANCE ENHANCER. DEHYDRATION BY JUST TWO PERCENT OF YOUR BODY WEIGHT WILL MAKE YOU SLOWER, WEAKER, AND LESS ABLE TO FOCUS ON YOUR SPORT. DEHYDRATION IS PREVENTABLE.

ONE OF THE BEST WAYS TO STAY HYDRATED IS TO KNOW YOUR SWEAT RATE, AND REPLACE THE SWEAT WHILE YOU’RE LOSING IT. YOU CAN MEASURE YOUR SWEAT RATE BY WEIGHING YOURSELF NAKED BEFORE A 60 MINUTE WORKOUT, AND AGAIN AFTER YOUR SESSION. YOUR WORKOUT SHOULD EMULATE THE INTENSITY AND TEMPERATURE THAT YOU’LL EXERT ON RACE OR GAMEDAY. FOR EVERY POUND LOST YOU SHOULD ADD 16 OUNCES OF FLUIDS PER HOUR TO YOUR NEXT WORKOUT SESSION.

### Exam Note

WITH THE NAVY ADVANCEMENT EXAM JUST AROUND THE CORNER, HERE ARE A FEW TIPS TO HELP YOU PREPARE FOR AND TAKE THE EXAM.

-OBTAIN YOUR BIBLIOGRAPHY AND REFERENCES: NEARLY ALL OF YOUR REFERENCES CAN BE FOUND BY LOGGING INTO NKO. UNDER THE CAREER MANAGEMENT HEADING, CLICK THE NAVY ADVANCEMENT CENTER LINK.

-DEVELOP YOUR STUDY PLAN AND STUDY: BREAK INFORMATION INTO MANAGEABLE CHUNKS, SCHEDULE AND MAINTAIN A ROUTINE (30-60 MINUTE STUDY PERIODS), IF YOU HAVEN’T STARTED, START NOW!, PREVIEW-READ-SUMMARIZE-REVIEW, STUDY INDIVIDUALLY, WITH A PARTNER, OR WITH A GROUP, REQUEST ON-THE-JOB TRAINING AND DEMONSTRATIONS FROM SUBJECT MATTER EXPERTS, AND LASTLY, DON’T BE AFRAID TO ASK FOR HELP!