

Tropical Times

August 10, 2012



Mass Communication Specialist 3rd Class Andrew Lavin performs blocking techniques with a baton after being sprayed with oleoresin capsicum (OC) spray during auxiliary security force training at U.S. Navy Support Facility, Diego Garcia August 3.

Tropical Times

U.S. Navy Support Facility,
Diego Garcia
British Indian Ocean Territory

Commanding Officer
CAPT Richard A. Skiff

Executive Officer
CDR Stephen E. Petras

Command Master Chief
CMDMCM(SW/AW)
Dylan M. Inger

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

Tropical Times Editor
MCSN Eric A. Pastor

Command Journalist
MCSN Eric A. Pastor

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

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

A Footprint in the Sand

Quartermaster 1st Class (SW) David Reising, a native of Lorain, Ohio, joins U.S. Navy Support Facility, Diego Garcia, after a tour as a Recruit Division Commander at Recruit Training Command, Great Lakes, Ill.

Reising joined the Navy for the travel opportunities and the various college programs offered. His goals are to reach retirement and to achieve the rank of Master Chief Petty Officer.

Aside from being able to visit Jerusalem during a port visit on one of his deployments, his best experience was becoming friends with the many people he has served with throughout the years.

QM1(SW) David Reising
Port Operations



Congratulations MA1 Stillman



U.S. Navy photo provided by DG-21

DIEGO GARCIA, British Indian Ocean Territory (July 27, 2012) - Master-at-Arms 1st Class Robert Stillman repeats the Oath of Enlistment during his reenlistment ceremony at U.S. Navy Support Facility, Diego Garcia July 27. Stillman has served 11 years in the Navy and reenlisted for 6 more years.

Diego Garcia NEWS



U.S. Navy photo by Mass Communication Specialist 1st Class (SW/AW) Ryan B. Tabios
DIEGO GARCIA, British Indian Ocean Territory (Aug. 8, 2012) A truck drives by an electronic messaging board as it makes its way down Diego Garcia's main road, DG-1. The board displays driving tips to drivers as they drive into the downtown area.

Taking a Road Trip, Enroll in DIP

Story by NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (Aug. 6, 2012) – Majority of our travels from one location to another involves the use of a motor vehicle and with that comes risks. To protect ourselves from those risks, U.S. Navy Support Facility, Diego Garcia, Safety Department has introduced the in-class instruction of the American Automobile Association-Driver Improvement Program (AAA-DIP).

The AAA-DIP is an eight hour course aimed at assisting students in identifying their driving habits, both good and bad, by relating their experiences to scenarios on the road.

“The goal of the course is to prevent unsafe driving and reduce the risk of collisions and/or injury,” said Ernani Santos, NAVSUPFAC Safety. “By helping drivers manage the risks and reducing it at every opportunity, we can save the lives of drivers, passengers and innocent bystanders.”

According to Chief of Naval Operations Instruction (OPNAVINST) 5100.12J, all military personnel under the age of 26 must receive four hours of traffic safety training within 12 months of entering Naval Service. Additionally, all military personnel under age 26 must receive two hours of annual refresher traffic

safety training.

“The training is important for service members and personnel on DG [Diego Garcia],” said Santos. “Although, we all have been driving for awhile we become complacent behind the wheel. This is a refresher course to remind ourselves about the hazards to look out for on the road and tips on driving a vehicle safely.”

According to Santos, all personnel who operate a government motor vehicles (GMV) for more than eight hours as part of their incidental duties must attend an approved driver improvement course.

“Personnel, who operate a vehicle less than eight hours may be exempted from this requirement,” said Santos. “On the other hand, all military and DoD civilian personnel convicted of a serious moving traffic violation, or who were at fault in a traffic mishap while operating a GMV, shall attend an improvement course.”

The class is also designed to challenge Sailors, regardless of experience.

“We cover all problems that you may encounter on the road,” said Santos. “For example, Sailors who drive 15 passenger vans and other larger vehicles can encounter various hazards. The course gives them the tools to safely conquer particular scenarios.”

Aside from the AAA-DIP course, other alternatives that are Military Driving Safety Training equivalents are available through Navy Knowledge Online or by visiting the National Safety Council website.

The next AAA-DIP is scheduled for Sept. 21 in the Safety Classroom and open to all personnel. Interested personnel can contact NAVSUPFAC Safety at 370-4123.

NEWS *from around the fleet*

NADAP Seeks Sailors Opinions



KEY WEST, Fla. (Dec. 10, 2010) Chief Master-at-Arms James Blagg, from New Port Richey, Fla., and Boatswain's Mate 1st Class Richard Grier, from Afton, N.Y., command drug and alcohol prevention advisors at Naval Air Station Key West, hang a banner next to a vehicle that crashed near Key West while the driver was under the influence of alcohol. Though not driven by a service member, the vehicle display at the main gate at Naval Air Station Key West's Boca Chica Field serves as a reminder to not drink and drive.

U.S. Navy photo by Trice Denny

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- A Navy-wide survey was launched Aug. 6 to learn more about Sailors' alcohol use and the best ways to communicate abuse prevention and responsible use of alcohol messages, according to the Navy Alcohol and Drug Abuse Prevention (NADAP) Office director.

The survey is completely anonymous, according to Dorice Favorite, director, NADAP program, and will take only five to eight minutes to finish.

"Every Sailor's feedback will be invaluable in helping to shape the messages we create, to determine the appropriate communication tactics, and identify effective tools to use to help prevent alcohol abuse in the Navy," said Dorice Favorite, director, NADAP program.

The "Right Spirit" campaign was created in 1995 and focused on alcohol abuse prevention education, de-glamorization of alcohol use, alternatives to drinking, and clear and enforceable policy guidance from

commanders. As a result, the Navy's "responsible use" policy on alcohol has led to an overall steady decline in alcohol use by Sailors.

"It is time to effectively revamp the Navy Right Spirit campaign," said Favorite. "NADAP is conducting qualitative and quantitative research to identify knowledge, attitude, behaviors, and practices associated with alcohol abuse in the Navy. Sailors have changed since we started the "Right Spirit" program and we need a communications campaign that grows with them."

Sailors responses to the survey will help to inform a new social marketing campaign aimed at reducing alcohol abuse in the Navy.

To take the survey, visit <http://www.surveymonkey.com/s/Z3LNH7P>.

The survey password is "Navy." The password is case sensitive. For security purposes, participants can only take the survey once from an IP address, which protects the integrity of the data.

The survey will be online until Aug. 27. For more information on NADAP, visit www.npc.navy.mil.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

C hapter's Corner

The Love of God

Back in August 1967, The Beatles sang, "All you need is love, love, love is all you need." It was the number one hit song in the USA. Amazon.com currently lists 835,033 books with the word "love" in the title. I did a search on Yahoo for the word "love," I got back 4.6 million responses. Obviously, love is very important to our culture, but equally obvious is how poor our culture is in understanding what love really is.

Love is about relationships, and to really understand love, we need to think about the greatest possible relationship we can have as human beings. Simply put – the greatest relationship any of us can have is a relationship with God. It probably doesn't come as a great surprise when I say that the world we live in today is a world of contracts and conditions. Contracts basically say, "I will do this, if you do that." These are called conditional commitments and if any of the conditions aren't met, the commitment is off. Sadly, this is the way most people think about relationships today.

But this isn't the kind of relationship God has with us. God's relationship with

us is one of unconditional love. God sets no limits on his love; God doesn't love by rule or statue; God doesn't love certain aspects of us or by a set of conditions; God loves us totally and completely, and that total love opens God up to be hurt or rejected. C.S. Lewis once said, "There is no safe investment. To love at all is to be vulnerable. Love anything, and your heart will certainly be wrung and possibly be broken."

God loves each of us with an infinite and perfect love. Can you imagine how it must break his heart when we refuse him or fail to walk in His ways? Many folks will never know or understand the incredible risk God took in creating us with the freedom to accept or reject his offer of relationship. God is so wildly in love with us that he was willing to risk rejection rather than attempt to force us into loving and obeying him. God didn't program us to love him without question. God created us with the freedom to say, "No."

God created us with free will so we would have the possibility of a genuine, loving relationship with him. If we were forced to obey God, we would just be



Lt. Kenyon Kaehr
Command Chaplain

robots. But God doesn't want robots. God wants free people freely worshipping him. God wants a real relationship with us, a relationship not based on pressure or manipulation, but rather one based on mutual love and respect. That means God must face the very real possibility of rejection. This is the "downside" of love. Love allows us to be hurt and vulnerable.

However, we need to clarify one thing here. To say that "God is love" doesn't mean that "love is God." Love doesn't define God rather it is God that defines love. That's why it's possible to say that the love of God is personal. The universal law is that God loves each and every one of us, no matter what! Amen!

***"The earth, O LORD, is full
of your steadfast love." Psalm
119:64***

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.



BRING ON THE OCC



Calendar of Events

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
MWR	Table Tennis (Singles) Tournament Fitness Center 5 p.m.	3 x 50 Meter Kickboard Race Base Pool 6 p.m.	Putting Challenge Golf Course 5:30 p.m.	6 on 6 Kickball Tournament Field 1 6 p.m.	Greased Watermelon Competition Base Pool 5:30 p.m.	All Nite Softball Tournament Field 1 6:30 p.m.	Scratch Bowling Tournament Paradise Alley 12/3/6 p.m.

Movies	Man on a Ledge Crime PG 13 8 p.m.	Ghost Rider: Spirit of Vengeance Action PG 13 8 p.m.	The Dictator Comedy R 7 p.m. <i>Island Room</i>	Final Destination 5 Horror R 8 p.m.	Wrath of the Titans Action PG 13 8 p.m. Gone Drama PG 13 10 p.m.	Immortals Action R 8 p.m. Killer Elite Action R 10 p.m.	Safe House Action R 4 p.m. <i>Island Room</i> The Devil Inside Horror R 8 p.m.
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“Oh by the ways...”

TIP TO TIP

WHEN: OCTOBER 6, 2012 @ 7 A.M.

WHERE: MARINA

REMINDERS:

-HAVE YOUR BIKE CHECKED BEFORE THE EVENT.

-SUN PROTECTION IS REQUIRED AND EAR PHONES ARE PROHIBITED.

-SIGN UP AT THE PHYSICAL READINESS CENTER BY OCT. 4.
FOR MORE INFORMATION CONTACT 370-2790/2792.

TRAINING

WHAT: 40 HOUR SAFETY TRAINING

WHO: CORs & PARs

WHEN: AUG. 13-16

WHERE: ISLAND ROOM

CONTACT MICHAEL POPOVICH AT 370-4505 FOR ANY OTHER QUESTIONS.

SAVING TIP

SAVE FOR RETIREMENT

IT IS NEVER TOO LATE TO START SAVING FOR RETIREMENT. MILITARY FAMILIES WILL NEED 60 TO 80 PERCENT OF THEIR PRE-RETIREMENT INCOME TO MAINTAIN THEIR PRESENT STANDARD OF LIVING. THE RECOMMENDATION IS SAVING 15 PERCENT OF YOUR ANNUAL SALARY (ADJUSTED FOR INFLATION) TO REPLACE 50 PERCENT OF YOUR SALARY IN RETIREMENT.

DIVERSITY NOTE

THE FIRST WOMAN TO RUN FOR U.S. PRESIDENT WAS VICTORIA WOODHULL, WHO CAMPAIGNED FOR THE OFFICE IN 1872 AS PART OF THE NATIONAL WOMEN'S SUFFRAGE ASSOCIATION. WOMEN WERE NOT GRANTED THE RIGHT TO VOTE FOR NEARLY ANOTHER 50 YEARS, HOWEVER, THERE WERE NO LAWS PROHIBITING A WOMAN FROM RUNNING FOR THE CHIEF EXECUTIVE POSITION.

WEIGHT LOSS GOALS

IT IS IMPORTANT TO SET GOALS, BOTH SHORT-TERM AND LONG-TERM. A REALISTIC WEIGHT-LOSS GOAL IS ONE TO TWO POUNDS OR HALF PERCENT BODY FAT PER WEEK. ANY WEIGHT LOSS BEYOND TWO POUNDS PER WEEK AFTER THE FIRST MONTH SHOULD BE ADDRESSED. UNREALISTIC GOALS ARE AN INVITATION FOR FAILURE. GOALS NEED TO BE SMART (SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC AND TIME-SENSITIVE). IT IS BEST TO NOT ONLY SET WEIGHT-LOSS GOALS (LOSE FIVE POUNDS PER MONTH), BUT TO ALSO INCLUDE DIETARY CHANGES THAT WILL FACILITATE WEIGHT LOSS AND LIFESTYLE CHANGE. FOR EXAMPLE: KEEP A DAILY FOOD LOG WITH A GOAL OF EATING FIVE SERVINGS OF FRUITS AND VEGETABLES DAILY.