

# Tropical Times

August 24, 2012



*A Sailor assigned to the Ohio-class guided-missile submarine, USS Florida (SSGN 728), heaves a line ashore as the submarine arrives at U.S. Navy Support Facility, Diego Garcia, Aug. 17. Florida is homeported in Naval Submarine Base Kings Bay, Ga., and is on a scheduled deployment in the U.S. 6th Fleet area of responsibility.*

## Tropical Times

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Diego Garcia  
British Indian Ocean Territory

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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.

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## *A Footprint in the Sand*

Electronics Technician 3rd Class Robert Davidson, a native of Englewood, Colo., has been in the Navy for two years and works at U.S. Navy Support Facility, Diego Garcia, Air Operations Department.

Davidson joined the Navy to continue a family history of service in the Armed Forces. His father served in the Navy and his two grandfathers served in the U.S. Army. So far, he has enjoyed the opportunity to learn new skills and visit interesting places.

His short term goal is to get approved under Perform to Serve so that he may continue his naval career. Davidson also hopes to one day become a Chief Petty Officer.

**ET3 Robert Davidson**  
Air Operations



## NAVSUPPFAC's ASF Grads



U.S. Navy photo provided by DG-21

*DIEGO GARCIA, British Indian Ocean Territory (Aug. 17, 2012) - Auxiliary Security Force (ASF) instructors stand with the newest ASF Academy graduates at U.S. Navy Support Facility, Diego Garcia, Aug. 17. ASF members help augment the Security Department at NAVSUPPFAC in times of elevated force protection conditions.*

# 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. 21, 2012) Yeoman 2nd Class (IDW/FMF/AW) Heather Seaward assists Engineman 1st Class (SW) Harry Cain with a Special Programs Package. Yeomans were the first rate women served in, prior to the Nurse Corps in 1908.*

## Women's Equality Day Observance

Story by NAVSUPFAC Public Affairs Office

**DIEGO GARCIA, British Indian Ocean Territory (Aug. 21, 2012)** – Seventeen percent of the U.S. Navy's key work force are made up of women. That is approximately 65,000 officers, Sailors and civilians serving at shore commands, overseas locations and various ships out to sea.

Aug. 26, is a day of observance commemorating the 92nd anniversary of the passage of the 19th Amendment to the

Constitution in 1920. Amendment 19 granted women the right to vote.

The Women's Suffrage Movement began in 1848 at the Seneca Falls Convention and was led by suffragist leaders Elizabeth Cady Stanton and Lucretia Mott. During the convention key social, civil and political demands were outlined which in turn helped gain the movement national prominence.

"Women's Equality Day rep-

resents the struggles and hardships of the women who have helped pave the way for our generation today," said Yeoman 1st Class Patricia Simmons, U.S. Navy Support Facility, Diego Garcia, Diversity Committee Vice President. "They have demonstrated why our existence is an invaluable asset in today's society and fought for our worthiness."

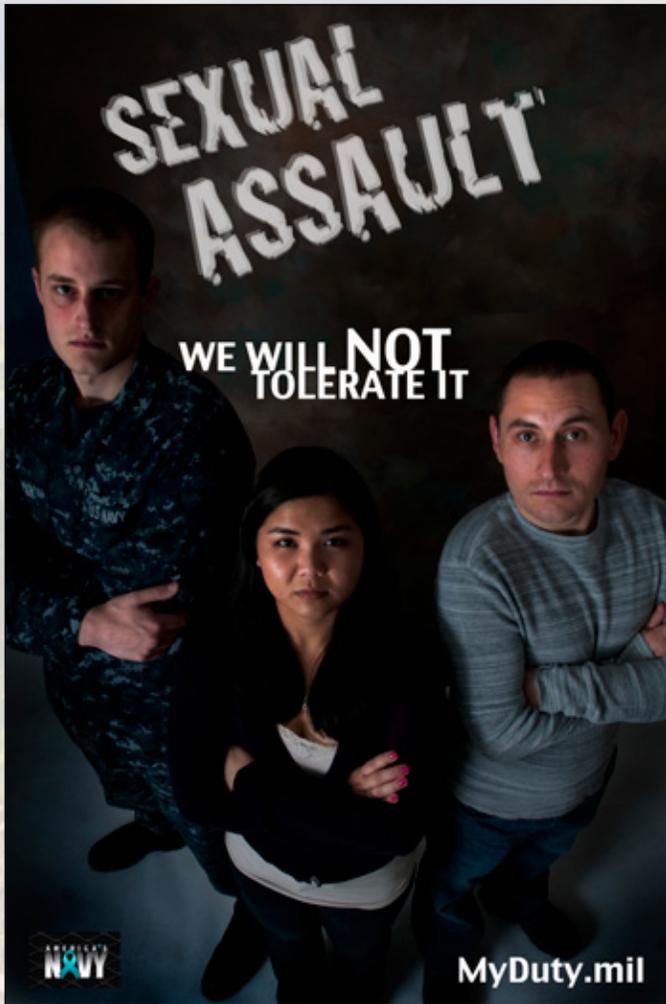
Women have served in the Navy since the Revolution and most worked as Yeomans. The first female in any service to reach the highest enlisted pay-grade of E-9 was Masterchief Yeoman (Ret.) Anna Der-Vartanian. Der-Vartanian enlisted under the Women Accepted for Volunteer Emergency Service program in 1943.

"Not only am I proud of how far we have come, but also proud of knowing I am part of one the first rates that women served as in the Navy," said Yeoman 2nd Class (AW) Shayla Hammonds. "I have the highest respect and admiration for those who had the will and determination to fight the long battle of allowing us the right to vote."

Although, women served as yeomans, they were not official a part of the Navy until 1908 when Congress established the Navy Nurse Corps. Today, the roles of women have expanded to combatant ships, submarines and tactical aviation in the war against terrorism.

# NEWS *from around the fleet*

## SAPR Leadership Training Sessions



(U.S. Navy photo illustration.)  
WASHINGTON (April 27, 2012) An informational poster about sexual assault awareness month. Throughout the month of April, commands are encouraged to organize activities to raise awareness of sexual assault using the theme, "Hurts One, Affects All. Prevention of Sexual Assault is Everyone's Duty." Join the conversation on social media and help raise awareness using #SAAM.

By Ed Barker, Naval Education and Training Command Public Affairs

VIRGINIA BEACH, Va. (NNS) -- A Master Mobile Training Team (MMTT) from the Navy's Sexual Assault Prevention and Response (SAPR) Task Force is continuing to offer SAPR-Leadership (SAPR-L) training via Defense Connect

Online (DCO) through the end of August.

The DCO training is an option for commands that were unable to attend face-to-face SAPR-L MMTT training sessions.

Part of the Navy's aggressive efforts to prevent sexual assaults and promote essential culture changes within the force, SAPR-L preparation training is mandatory for 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).

The command leadership triads are then responsible for delivering SAPR-L training to their command leadership, E-7 and above.

"We've made significant progress training command leadership triads and encourage commands unable to attend the training to sign up via the

SAPR website," said Capt. Scott Seeberger, SAPR Task Force chief of staff. "DCO training sessions are being conducted Monday through Friday at 8 a.m. and 1 p.m. EDT through Aug. 31."

Over 730 SAPR-L training sessions have been conducted in Navy concentration areas all over the world. All E-7 and above must complete SAPR-L training by Sept. 30 and document completion in the Fleet Training Management Planning System (FLTMPS).

Sexual assault prevention is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.

Additional information can be found at the SAPR L/F training Web pages, including how to register for SAPR-L Preparation training: click the SAPR-L/F Training link 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 Naval Education and Training Command, visit [www.navy.mil/local/cnet/](http://www.navy.mil/local/cnet/).

# C hapterain's orner

I stood and stared. Although I am from the great evergreen Pacific NW, I still stood in awe of the island's gift. The simple, lush, broad, dark green leaf grabbed my fascination, my attention stood still. Likewise, birds everywhere, friendly chaps. Have you noticed their chirps, their flirty swoops and dynamic dives, beckoning for attention? Further, what about the sand? My toes have never stepped on such soft, refined, "brown sugar" presence- Diego Garcia heaven's cousin.

As a newbie to the island I am blown away by the incredible opportunities here for professional and personal renewal. The DoD, the Navy, our fellow contract workers, go to amazing lengths to ensure that we are encouraged, supported, and have all that we need so we can be fully present to support the critical DG mission.

Time stands still here, but it is a challenge to notice how commonly the clock siestas, don't you think? Even here, abiding upon heaven's

cousin, presence can be a challenge. The opportunity for presence here is abundawonderful; yet, the past wants to grab us like a powerful octopus, dragging us to the ocean's floor of past failures, disappointments, broken relationships, and professional shortcomings.

So the past, so the future, for the future is equally as thirsty, it too enslaves, demanding our full attention, ensnaring us with the "what ifs" of tomorrow, tripping us by the dread of dreams that will never be reached. What if my orders are cancelled? What if I don't promote? What if I am once again over-looked for an "EP"? Future worries so easily rob today, our presence in the present once again gleefully stolen away by Captain Angst.

Throw that negative rubbish about the past and the future overboard, Carpe Deim DG! Look at the calendar; you will only have one, Aug. 17th or one Aug.19th. What will be your story with the gift of this Diego day? As your "Chaps" may I gently



*Lt. Gregory Uvila  
Command Chaplain*

nudge you to thrive here, don't settle for mere survival, status quo, push and press yourself to grow professionally, relationally, and spiritually. Make the Navy a better place here on the island by growing personally and maturing as a department.

Most of us will only be blessed with 365 DGs, that is, 365 days in Diego Garcia. How will you spend them? Will you invest them? Will you finish your service here thanking God that it is over, or thanking God for the privilege of building into the lives of others and improving yourself as a person?

Carpe Diem Diego. You got to love that Latin phrase "seize the day!" So easy to say, oh so difficult to practice, be present in the present, carpe diem Diego!

## **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.



# Softball Tournament



# Calendar of Events

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1	Sunday 2
<b>MWR</b>	100m Inner Tube Paddle Race Fitness Center 6 p.m.	Team of 4 Land Ski and Tent Building Field 2 6 p.m.	4 on 4 Life Vest Water Polo Base Pool 5:30 p.m.	5k Fitness Challenge Fitness Center 6 p.m.	"Once in a Blue Moon" Chagos Feud Island Room 6 p.m.	TBD	TBD
<b>Movies</b>	The Raven Mystery PG 13 8 p.m.	Dark Shadows Comedy PG 13 8 p.m.	Think Like a Man Comedy PG 13 7 p.m. <i>Island Room</i>	Pirates: Band of Misfits Action PG 13 8 p.m.	Marvel: The Avengers Action PG 13 8 p.m.	TBD	TBD

## "Oh by the ways..."

### Mentoring

MENTORING IS A PROCESS BY WHICH MORE EXPERIENCED INDIVIDUALS ASSIST OTHERS TO EXPAND THEIR KNOWLEDGE BASE, MAKE DECISIONS THAT ARE MORE INFORMED, ENHANCE THEIR CAREERS, INCREASE THEIR NETWORKS, AND DEVELOP IN OTHER PERSONAL OR PROFESSIONAL WAYS. IT CAN OCCUR IN FORMAL OR INFORMAL SETTINGS, BETWEEN SENIORS AND SUBORDINATES, PEERS, SUBJECT MATTER EXPERTS AND NOVICES, OLDER AND YOUNGER INDIVIDUALS, OR A NUMBER OF OTHER SITUATIONS. IT IS WIDELY UNDERSTOOD THAT HEALTHY RELATIONSHIPS AND CONTINUOUS LEARNING ARE KEY TO ORGANIZATIONAL SUCCESS. WHEN EMPLOYEES ARE ABLE TO CONNECT IN MEANINGFUL WAYS WITH EACH OTHER AND IDENTIFY WITH THE CORPORATE CULTURE AND GOALS, THEY ARE MORE PRODUCTIVE AND SATISFIED WITH THE COMPANY AND INCREASINGLY LIKELY TO STAY ON WITH THE ORGANIZATION.

### Advancement Exam Note

DOORS WILL BE OPEN AT THE TURNER COMPLEX ISLAND ROOM AT 6AM AND WILL CLOSE PROMPTLY AT 6:30AM. ALL EXAMINERS MUST HAVE THEIR MILITARY I.D. IN HAND TO TAKE THE EXAM. THE DATES FOR EACH PERSPECTIVE PAYGRADE ARE AS FOLLOWS:  
 SEPT. 6 P01 EXAM  
 SEPT. 13 P02 EXAM  
 SEPT. 30 P03 EXAM

### Ship Store

THE SHIP STORE WILL BE CLOSED SEPT. 5 AT 1600 AND ALL DAY SEPT. 6 FOR IT'S QUARTERLY INVENTORY. NORMAL WORKING HOURS WILL RESUME SEPT. 7.

### FILMAU Club

WHAT: DG IDOL: BATTLE OF THE BEST  
 WHEN: 8:30 P.M. EVERY FRIDAY

### Taco Truck

GET YOUR FILL OF SATISFYING TACOS AND OTHER ITEMS FOR LUNCH AT THE DG TACO TRUCK. THE TACO TRUCK IS NOW OPEN FOR LUNCH MONDAY THRU FRIDAY FROM 11AM TO 2PM AT THE MARINA.

### Troops to Teachers

SAILORS TRANSITIONING FROM THE NAVY WHO WOULD LIKE TO PURSUE A CAREER IN TEACHING MAY BE ELIGIBLE FOR ASSISTANCE AND MONETARY COMPENSATION FROM A FEDERAL PROGRAM CALLED TROOPS TO TEACHERS (TTT). THE PROGRAM PROVIDES COUNSELING AND REFERRAL SERVICES TO ELIGIBLE SERVICE MEMBERS AND VETERANS INTERESTED IN BEGINNING A SECOND CAREER IN PUBLIC EDUCATION AS A TEACHER. STATE TTT WILL HELP APPLICANTS IDENTIFY TEACHER CERTIFICATION REQUIREMENTS, PROGRAMS LEADING TO CERTIFICATION AND EMPLOYMENT OPPORTUNITIES IN THEIR STATE. SAILORS CAN LEARN MORE ABOUT TTT BY VISITING [WWW.PROUDTOSERVEAGAIN.COM](http://WWW.PROUDTOSERVEAGAIN.COM).