

Tropical Times

August 31, 2012



Royal Marines pull a U.S. Navy Sailor into their rigid hull inflatable boat during a training exercise conducted at U.S. Navy Support Facility, Diego Garcia, Aug. 27.

Tropical Times

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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.

A Footprint in the Sand

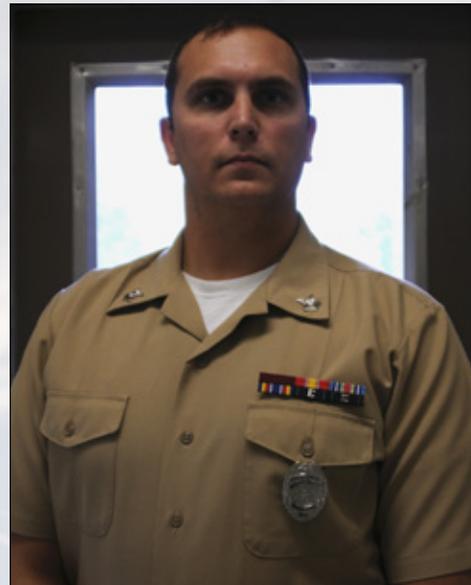
Master-at-Arms 2nd Class Dominic Serra, a native of Detroit, has been serving in the Navy for four years. Serra joined the Navy as an act of patriotism. Not only that, he also joined to provide for his family.

He plans to finish his college degree and gain experience for his future career after leaving the military.

Serra enjoys his job because it allows him to work with many different types of people. Another thing he appreciates from his career is his opportunities to visit new and exciting places of the world.

The best experience Serra has had was learning about law enforcement during apprenticeship school.

MA2 Dominic Serra
Security



DG Sailors Attend TAP Class



U.S. Navy photo by Mass Communication Specialist Seaman Eric A. Pastor

DIEGO GARCIA, British Indian Ocean Territory (Aug. 29, 2012) - Sailors stationed at U.S. Navy Support Facility, Diego Garcia, attend a Transition Assistance Program (TAP) class Aug. 29. TAP is designed to help servicemembers during the period of transition into civilian life by offering job-search assistance and related services.

Diego Garcia NEWS



U.S. Navy photo by Mass Communication Specialist Seaman Eric A. Pastor
DIEGO GARCIA, British Indian Ocean Territory (Aug. 27, 2012) Mass Communication Specialist 2nd Class Deandrae McDaniel interviews Sgt. Tim Hughes, a Royal Marine stationed on Diego Garcia, British Indian Ocean Territory, after an active shooter training exercise. U.S. Navy Sailors work with Royal Marines to promote teamwork with their host nation.

DG Holds Active Shooter Exercise

Story by Mass Communication Specialist Seaman Apprentice Christian Caldwell

DIEGO GARCIA, British Indian Ocean Territory - Sailors with U.S. Navy Support Facility, Diego Garcia, Security Department and Branch Health Clinic worked with British Indian Ocean Territory Royal Overseas Police Officers during an active shooter training exercise Aug. 27.

“The purpose of the drill is to train, and improve interdepartmental coordination,” said Chief Aviation Electronics Technician Shane Brannan (AW), Installation

Training Team member. “We use these exercises to see where there are problems and use that information to implement solutions and improvements in the case of real world scenarios,” said Brannan.

The commanding officer, executive officer, command duty officer and the installation training team were also involved with the exercise, he said. There is a team of approximately 10 to 15 members who spend time sim-

ply planning and preparing these exercises.

“We have a lot of lessons learned,” he said. “We have identified a lot of areas of improvement to make our processes better.”

There are approximately six of these events every year, each of them being a different scenario, said Brannan. The drill was approximately an hour and a half long.

“We discuss what we can do better, so in case of a real world situation like this we can respond as best as we can,” said Brannan.

The drills create a cycle that trains, evaluates and improves each department, ensuring that they are always at the maximum state of readiness.

“We are there to make sure everything is as safe, yet realistic as possible,” said Brannan. “We want members of the training team from every department participating in order to collect data to improve our processes.”

Personnel are expected to react exactly how they have been trained during each scenario, he added.

“This is the third time during my nine months here that we have supported the Americans in an exercise,” said Sgt. Tim Hughes, a Royal Marine stationed on Diego Garcia. “All of it has been a success and it has been a pleasure working with the Americans.”

The Royal Marines exchange ideas with the U.S. Navy. Over the thirty years that British Forces have been on Diego Garcia, they have kept friendship and skill at a high standard, said Hughes.

NEWS *from around the fleet*

MCPON Sends 2012 Labor Day Message



(U.S. Navy photo by Mass Communication Specialist 1st Class Peter D. Lawlor)
BREMERTON, Wash. (August 6, 2012) Master Chief Petty Officer of the Navy (MCPON) Rick D. West speaks to an audience of Sailors assigned to the aircraft carriers USS John C. Stennis (CVN 74), USS Ronald Reagan (CVN 76), and other shipboard and shore Sailors at an all-hands call. West answered questions from the Sailors about deployments, current events and the future of the Navy.

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Labor Day message to the fleet Aug. 27.

“Shipmates and Navy families,

For 130 years, our great nation has celebrated Labor Day, the “workingmen’s holiday” as it was referred to in the 1800s. Labor Day is, in fact, a celebration of the social and economic achievements of American workers; those workers whose drive, determination and relentless strength made our nation into what it is today, and

those who continue on their path.

Labor Day weekend is also seen as the last ‘hooyah’ before the end of summer ... a long weekend filled with various outdoor activities or one final road trip with the kids before school starts. Whatever your Labor Day plans happen to involve, be sure your holiday weekend includes risk management and preventive measures so it ends on a safe and positive note.

In 2011, between Memorial Day and Labor Day, 16 Sailors lost their lives. One in an ATV wreck; two drowned; one during recreational activities; five in

four-wheeled motor vehicles; and seven on motorcycles. This year we have lost 15 Sailors in similar mishaps. Let’s not see the number rise this Labor Day weekend. You and your families are important to the Navy and the loss of just one trained and ready Sailor or family member is unacceptable, and in most cases preventable with proper planning.

As you enjoy time off with family and friends this holiday weekend, keep in mind our Shipmates who are deployed and in harm’s way. Their labor of keeping the watch for the safety and security of our nation is one we all share. It’s because of you that Americans can enjoy the freedoms and liberties we all hold so dearly. Thank you, Shipmates, for your continued service and dedication to our great Navy and nation.

Stay focused; stay alert; stay safe and let’s bring this summer to a close with zero fatalities or injuries. Enjoy your Labor Day weekend and Hooyah!

Very Respectfully,
MCPON”

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpn/.

Captain's Corner

Stretch, Smile, Say

Success has been defined in many times in many ways. How will you define success as it relates to your deployment here on heaven's cousin? I would like to offer a fun way to start each day, perhaps you have heard it before, but it bears repeating. Start each and every DG morning with the three "S's of success.

One, Stretch. Nothing like a good old fashion stretch to wake those bones and ligaments. Speaking of stretching, take care of yourself while you are here on DG, become a PT freak!

Two, Smile. You are alive, you are breathing, and you are loved, so smile! It is amazing how great you look in the mirror with that big ol goofy grin, too cool!

Three, Say. Say what? Say "God loves me." If that

doesn't fit for you insert your wife's name, husband's name, or your significant other's name. Still wondering who loves you, what about your German shepherd or Frodo your cat? At any rate, you get the idea. Begin each morning reminding yourself that you are vitally important to your family and please also know you are critical to the Navy community and the DG team.

A final thought about focusing on being successful every day. The great basketball coach Jimmy Valvano challenged his players, his friends, and his family to be fully engaged in life's everydayness; to be healthy meant not avoiding the natural emotions that each day brings. Joy, happiness, and yes at times tears clearly convey that one is alive and well. He stated, "If everyday



*Lt. Gregory Uvila
Command Chaplain*

you allow your emotions to be moved to tears, happiness or joy, it will be one heck of a day."

The three Ss of success: stretch, smile and say and it will be a great day!



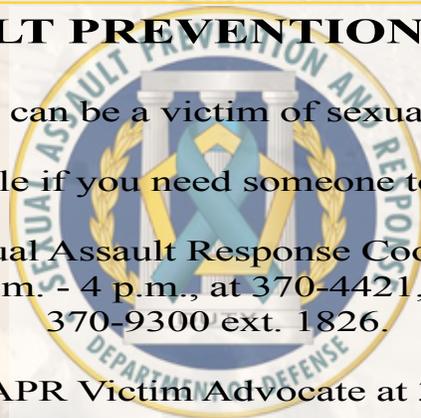
SEXUAL ASSAULT PREVENTION AND RESPONSE

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.



Active Shooter Exercise



Calendar of Events

	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
MWR	Labor Day Island Wide Picnic Fleet Rec Park 4 p.m.	Scrabble Tournament Island Room 6 p.m.	4-Person Team Night Golf Golf Course 8 p.m.	Other Hand Free Throw Contest Fitness Center 6 p.m.	Frisbee Golf Tournament Cummins Park 5:30 p.m. <i>Military Only</i>	Basic Sailing Class Marina 9 a.m.	18 Holes Golf Tournament Golf Course 7:30 a.m.
Movies	A Better Life Drama PG 13 8 p.m.	Hugo Adventure PG 8 p.m.	Marvel: The Avengers Action PG 13 7 p.m. <i>Island Room</i>	Immortals Action R 8 p.m.	Friends w/ Benefits Comedy R 8 p.m. The Raven Mystery PG 13 10 p.m.	Crazy, Stupid Love Drama PG 13 8 p.m. Spy Kids 4 Action PG 10 p.m.	3 Musketeers Action PG 13 4 p.m. <i>Island Room</i> 3 Stooges Comedy PG 13 8 p.m.

“Oh by the ways...”

Diversity Note

IN 1964, CIVIL RIGHTS ACTIVISTS ORGANIZED A VOTER REGISTRATION DRIVE, KNOWN AS THE MISSISSIPPI SUMMER PROJECT, OR FREEDOM SUMMER. THE AIM WAS TO INCREASE VOTER REGISTRATION IN MISSISSIPPI. FREEDOM SUMMER, COMPRISED OF BLACK AND WHITE VOLUNTEERS, FACED CONSTANT ABUSE AND HARASSMENT. THE KU KLUX KLAN, POLICE, AS WELL AS STATE AND LOCAL AUTHORITIES, CARRIED OUT A SYSTEMATIC SERIES OF VIOLENT ATTACKS. THESE ATTACKS INCLUDED ARSON, BEATINGS, FALSE ARRESTS, AND THE MURDER OF AT LEAST THREE CIVIL RIGHTS ACTIVISTS.

Advancement Exam Note

DOORS WILL BE OPEN AT THE TURNER COMPLEX ISLAND ROOM AT 6AM AND WILL CLOSE PROMPTLY AT 6:30AM. ALL EXAMINEES 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

Advancement

YOUR STANDARD SCORE ON YOUR ADVANCEMENT EXAMINATION IS JUST ONE FACTOR IN YOUR FINAL MULTIPLE SCORE (FMS). IT IS BASED ON YOUR RAW SCORE, WHICH IS CONVERTED TO A STANDARD SCORE (SS). YOUR SS DOES NOT TELL YOU HOW MANY QUESTIONS YOU ANSWERED CORRECTLY, BUT MORE IMPORTANTLY, IT SHOWS YOU HOW WELL YOU PERFORMED AGAINST OTHERS WHO ARE GOING FOR ADVANCEMENT IN YOUR RATING AND PAYGRADE. TO LEARN MORE ABOUT THE NAVY ENLISTED ADVANCEMENT EXAM PROCESS, VISIT

[HTTPS://WWW.ADVANCEMENT.CNET.NAVY.MIL/](https://www.advancement.cnet.navy.mil/)

80/20 Rule

EACH MEAL AND SNACK IS AN OPPORTUNITY TO FUEL YOUR BODY OPTIMALLY. CHOOSE FOODS THAT ARE BEST FOR YOU SO PERCENT OF THE TIME, THEN INCORPORATE SOME OF THE FOODS THAT MAY NOT BE THE BEST, BUT ARE YOUR FAVORITES, 20 PERCENT OF THE TIME.

Voting

BE SURE TO REGISTER TO VOTE!

WWW.FVAP.GOV

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