

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
MCSA Christian M. Caldwell

This funded newspaper is an authorized publication for members of the U.S. Military services.

Contents of the Tropical Times are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense or Department of the Navy.

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

Hailing from San Jose, Calif., Personnel Specialist 1st Class (SW) Nicolas Caranto has been serving in the Navy for over 10 years. He currently works in Personnel Support Detachment on the island.

Caranto joined the Navy because he enjoys traveling and wanted to see the world. One of Caranto's short-term goals is to finish his college degree. Further down the road he wants to become a Master Chief Petty Officer. He enjoys helping other people with their pay and record information.

Caranto's best experience during his time in the Navy was the opportunity to visit 13 countries.

PS1 (SW) Nicolas Caranto
PSD



Shots, Shots, Shots, Everybody!



U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Christian Caldwell

DIEGO GARCIA, British Indian Ocean Territory (Sep. 11, 2012) Lt. David Noble, the Installation Training Officer of U.S. Navy Support Facility, Diego Garcia, receives an influenza vaccine. All people six months of age and older should get the flu vaccine.

Diego Garcia NEWS



(U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Christian Caldwell)

DIEGO GARCIA, British Indian Ocean Territory (Sept. 11, 2012) Chief Petty Officer Selectees and the Chief's Mess prepare for the morning colors ceremony. The Chief's Mess attended to commemorate Patriot Day, in honor of the victims of the Sept. 11, 2001 attacks.

Remembering 9/11

By NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (Sept. 11, 2012) – No matter where you were or what you were doing, everyone remembers Sept. 11, 2001. This year marks the 11th anniversary of the terrorist attack that killed over 2500 civilians and service members at multiple locations throughout the U.S.

U.S. Navy Support Facility, Diego Garcia, British Indian Ocean Territory, Chief Petty Officers and selectees remembered the tragic events by conducting ceremonial colors.

“I am honored to be apart of the ceremony, it reinforces and reminds me of what we are defending and fighting

for everyday I put on this uniform,” said Chief (select) Interior Communications Electrician (SW) Tansy Nguyen.

Sept. 11 affected not only Americans, but people throughout the world.

“My parents and sister were in New York at the time-we in the Philippines were worried about their safety,” said Fideliza Perea, NAVSUPFAC Disbursing Cashier. “It was like a scene out of a movie, I will never forget that dark day.

“I feel for the families who suffered that day,” added Perea. “Only God knows the reasons for the heartbreaking events of that day.”

Whether you were in elementary, high or apprenticeship school the memories of that day will be embedded

in your minds for years to come.

“I was on my way to Spanish class, but needless to say I didn’t make it,” said Hospital Corpsman 2nd Class Robert Rexroat, from El Dorado Hills, Calif. “We were let out school early that day-our freedoms were attacked.

“Everything was so surreal,” said Personnel Specialist 1st Class (SW) Natalie Soares. “I just got to A [apprenticeship] school as an AW [Naval Aircrewman], they stopped all the classes that day and we returned to our rooms. It was hard to observe what was going on-shocking to say the least.”

While some of us today have already started their Navy career, Yeoman 2nd Class (AW) Shayla Hammonds was beginning hers at Recruit Training Command, Great Lakes, Ill. With the lifestyle of bootcamp, with no access to television and/or radio the news shook her fellow recruits.

“Our RDC [Recruit Division Commander] called those recruits from the areas affected into his office and when they came out they were crying-everyone wanted to know what was going on,” said Hammonds, from Denmark, S.C. “Great Lakes shut down that day. Parents were worried about a rumor we were next, so we were allowed to call them.

“We were one of the first divisions after 9/11 to graduate without the presence of any of our family members,” added Hammonds.

The events of 9/11 yet horrifying and tragic, according to most people, brought everyone together.

“As a human race we’ve become more aware and in touch with our communities,” said Soares. “As a nation it has made us stronger-strengthening our bond as Americans.”

NEWS *from around the fleet*

Navy Adjusts Selective Reenlistment Bonus Plan to Retain Skilled Sailors



(U.S. Navy photo by Mass Communication Specialist 3rd Class Kenneth Abbate)

NAVAL BASE CORONADO (Sept. 1, 2012) Sailors man the rails on the flight deck of the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) as the ship gets underway. John C. Stennis is returning to the U.S. 7th and 5th Fleet areas of responsibility four months ahead of schedule in order to maintain combatant commander requirements for the presence in the region.

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- Navy announced updates to the Selective Reenlistment Bonus award plan, Sept. 8, in NAVADMIN 273/12.

The intent of the Selective Reenlistment Bonus (SRB) is to incentivize Sailors with critical skills and experience to stay Navy. SRB rewards Sailors who attain special training in skills most needed in the fleet, and helps meet critical skill reenlistment benchmarks and enhance Navy's ability to size, shape and stabilize manning. Award levels are strategically adjusted as reenlistment requirements for specific ratings and skill sets are met.

From the 100 skill/zone combinations detailed in NAVADMIN 143/12, this update includes reductions for three skills,

one skill elimination, ten skills award level increases and 11 skills added to the list.

"The SRB program provides a retention incentive to our top-performing Sailors with critical skills needed in the fleet," said Rear Adm. Tony Kurta, director, military personnel plans and policy. "We will continue to monitor our bonus programs to maximize retention behavior in our most critical skills within the constraints of our budget."

Sailors should consult NAVADMIN 273/12 to determine their SRB eligibility and award level. The increased award levels are effective immediately and decreased levels are effective 30 days from the release of the NAVADMIN.

This update also announces the upcoming change to annual SRB installment payments from October to the anniversary month of reenlistment date. This policy change will take effect for all Sailors reenlisting for SRB on, or after, Oct. 1, 2012. For example, Sailors reenlisting in December 2012 will receive their initial SRB payment upon reenlistment, and all subsequent installment payments annually in December until the full bonus amount has been reached. Sailors under current SRB contracts, as well as those reenlisting prior

to Oct. 1, 2012, will continue to receive anniversary payments annually in October until the full bonus amount has been reached.

Additionally, NAVADMIN 273/12 temporarily lifts the restriction preventing Sailors with FY13 end of active obligated service (EAOS) dates from reenlisting for SRB in FY12. With this change, all FY13 EAOS Sailors, regardless of SRB tier, are encouraged to apply for SRB and reenlist on, or before, Sept. 30, 2012. Sailors electing this temporary early reenlistment option must be otherwise eligible for SRB and have a valid PTS quota prior to their selected reenlistment date.

As with Perform to Serve (PTS), eligible Sailors desiring SRB reenlistment are encouraged to work with their command career counselors, command master chiefs, and chain of command to discuss timing of reenlistment and procedures well before their EAOS.

Sailors can read the complete list of SRB award levels and policy at <http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/pages/srb.aspx>.

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

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

C hapterain's orner

Always Hope

I make a point to share this simple truth in pastoral counseling, what is true today may not be true tomorrow. Don't you love that? I do. It breeds life, breaths hope, and simply encourages me, allows me to skip, whistle and giggle when a given day is a struggle.

We are all aware that this month we have been focusing on "Suicide Prevention and Awareness." "Always Hope" is the theme for the month.

Building resilience and navigating stress are two topics that we have spoken about in print, on the air waves, and within our work spaces. In light of encouraging one another to stay strong I share a poem I have carried around with me since the mid 70s.

"When things go wrong, as they sometimes will, when the road you're trudging seems

all uphill, when the funds are low and the debts are high, and you want to smile, but you have to sigh, when care is pressing you down a bit, rest if you must, but don't you quit.

Life is queer with its twists and turns, as every one of us sometimes learns, and many a failure turns about, when he might have won had he stuck it out; don't give up though the pace seems slow- you may succeed with another blow.

Often the goal is nearer than it seems to a faint and faltering man, often the struggler has given up, when he might have captured the victor's cup, and he learned too late when the night slipped down, how close he was to the golden crown.

Success is failure turned inside out- the silver tint of the clouds of doubt, and you



*Lt. Gregory Uvila
Command Chaplain*

never can tell how close you are, it may be near when it seems so far, so stick to the fight when you're hardest hit- it's when things seem worst that you must not quit!"

- Author unknown



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.



DG Welcomes



CNIC & CNRJ



Calendar of Events

	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
MWR	Individual Medley Swim Competition Base Pool 6 p.m.	500m Indoor Row Competition Fitness Center 6 p.m.	Mixed Doubles Golf Tournament Golf Course 5:30 p.m.	Horseshoes Tournament (Doubles) Fitness Center 6 p.m.	Darts Tournament Island Room 6 p.m.	Mini Team Triathlon Marina 8:30 a.m.	4 on 4 Beach Volleyball Jake's Place 1 p.m.
Movies	The Best Exotic Marigold Hotel Comedy PG 13 8 p.m.	That's My Boy Comedy R 8 p.m.	Men in Black 3 Action PG 13 7 p.m. <i>Island Room</i>	Safe Action R 8 p.m.	Promethius Adventure R 8 p.m. Chernobyl Diaries Horror R 10 p.m.	The Best Exotic Marigold Comedy PG 13 8 p.m. Madagascar 3 Animation PG 10 p.m.	Men in Black 3 Action PG 13 4 p.m. <i>Island Room</i> What 2 Expect.. Comedy PG 13 8 p.m.

"Oh by the ways..."

Protein

PROTEIN BUILDS MUSCLE AND MAINTAINS THE IMMUNE SYSTEM.

MAIN SOURCES ARE LEAN MEATS, LOW-FAT DAIRY, EGGS AND BEANS/LEGUMES.

Navigating Stress

TAKE CARE OF YOURSELF WHILE ON DIEGO GARCIA. STAY UP ON YOUR PT, GET PLENTY OF REST, EAT WELL AND STAY WELL CONNECTED WITH YOUR SHIPMATES ON THE ISLAND AND YOUR FAMILY AND FRIENDS BACK HOME.

REMEMBER "HOPE ALWAYS!" NO MATTER WHAT YOU ARE FACED WITH, WHAT IS TRUE TODAY MAY NOT BE TRUE TOMORROW.

Ombudsman Search

DIEGO GARCIA IS IN NEED OF A NEW OMBUDSMAN. IF YOUR SIGNIFICANT OTHER OR SPOUSE IS INTERESTED IN BECOMING THE NEW OMBUDSMAN PLEASE CONTACT THE CMC.

Voting Registration

JUST A QUICK REMINDER THAT YOUR VOTING DEADLINE IS FAST APPROACHING. THE CUT OFF DATE IS OCT. 23. FOR MORE INFORMATION PLEASE GO TO FVAP.GOV

Ship's Store Closure

THE SHIP'S STORE WILL BE CLOSED SEPT. 17 AT 4 P.M. UNTIL SEPT. 19 FOR ITS QUARTERLY INVENTORY. BE SURE TO PLAN AHEAD FOR ANY ITEMS YOU MAY NEED FROM THE SHIP'S STORE.

Navy Knowledge Online

NAVY KNOWLEDGE ONLINE (NKO) IS PROVIDING SAILORS TAKING COLLEGE LEVEL EXAMINATION PROGRAM (CLEP) TESTS AND COLLEGE ENTRY EXAMS WITH ALL THE TOOLS THEY NEED TO BE SUCCESSFUL. NKO'S LEARNING PAGE HAS AN ENTIRE SECTION OF STUDY GUIDES AND PRACTICE TESTS FOR THE ARMED SERVICES VOCATIONAL APTITUDE BATTERY (ASVAB), SCHOLASTIC ASSESSMENT TEST (SAT), GRADUATE RECORD EXAMINATION (GRE) AND CLEP. EACH GUIDE PROVIDES AN EXAM DESCRIPTION, KNOWLEDGE AND SKILLS REQUIRED, SAMPLE QUESTIONS AND ANSWERS, TEST-TAKING STRATEGIES, SCORING INFORMATION AND STUDY RESOURCES. FOR MORE DETAILS, LOG ON TO NKO AT WWW.NKO.NAVY.MIL.

Luau

ENJOY A SCRUMPTIOUS HAWAIIAN BUFFET IN THE ISLAND ROOM, SEPT. 15, FROM 7 P.M. TO 11 P.M. THE TE ITIATAI ORA DANCE TROUPE WILL BE ON HAND TO PERFORM DURING THE ISLAND BREEZE LUAU. TICKETS ARE AVAILABLE AT THE PEACEKEEPER INN AND ARE \$15 A PERSON.

Navy Ball

YOU ARE ALL INVITED TO ATTEND THE 237TH NAVY BALL, OCT. 13, IN THE ISLAND ROOM. TICKETS CAN BE PURCHASED FROM ANY NAVY BALL COMMITTEE MEMBER.

TICKET PRICES:

E1-E4: \$15
E4-E6 & O67: \$20
E7 & ABOVE, O68 & ABOVE: \$25