

Tropical Times

September 21, 2012



Service members and residents of Diego Garcia, British Indian Ocean Territory, clean up trash at Barton Point Sept. 14. More than 130 personnel attended the beach cleanup, assisting in the collection of 4,100 lbs. of trash.

Tropical Times

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

Commanding Officer
CAPT Richard A. Skiff

Executive Officer
CDR Christopher Atkinson

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

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

A Footprint in the Sand

LS2(AW/SW) Kimberly Castro
MSC



Logistics Specialist 2nd Class (AW/SW) Kimberly Castro has been on Diego Garcia for about two months and was previously stationed with Strike Fighter Squadron 32 in Virginia Beach, Va.

She is originally from North Augusta, S.C. Her short term goals are to advance to the next paygrade and complete her Human Resources Management bachelor's degree. She strives to one day be a commissioned officer and obtain a doctorate's degree.

Castro enjoys the various MWR events and being able to meet new people on island. She joined the Navy to better her life, see the world and for the educational benefits.

Congratulations FY-13 CPOs



Photo provided by DG-21 Photolab

DIEGO GARCIA, British Indian Ocean Territory (Sep. 14, 2012) - Chief Air-Traffic Controller (AW/SW) John Stranahan places Chief Logistics Specialist (SW/EXW) Wankeisha Ross' cover during the Chief Pinning Ceremony at Jake's Place.

Diego Garcia NEWS



(U.S. Navy photo by Mass Communication Specialist 1st Class Ryan Tabios)

DIEGO GARCIA, British Indian Ocean Territory (Sept. 14, 2012) A coconut crab enjoys a coconut for breakfast. Coconut crabs can be easily seen roaming the shoreline and vegetation areas of Barton Point, over 4000 lbs of trash was cleared from their habitat.

Diego Garcia Cleans Barton Point

By NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (Sept. 14, 2012) - For the first time since the establishment of U.S. Navy Support Facility Diego Garcia (NAVSUPFAC), a Barton Point beach cleanup was held Sept. 14. Over 130 service members and Base Operating Support contract employees took part in the cleanup.

Participants of the cleanup got up early on a Friday morning and boarded a Landing Craft, Mechanized (LCM) to remove trash deposits transported from around the island during the seasonal tide change at Barton Point.

“Collectively, we did it-the event

went well and safe,” said Nestor Guzman, Public Works Department Environmental Office. “We had a good turn out and these events help in creating awareness about our environment and why we should protect it. I look forward to coming back here and cleaning it up again.”

Guzman added, “ultimately this will protect turtle nesting habitats.”

Barton Point is the most eastern tip of the island and home to various wild-life, such as the rare native pisonia plant and hundreds of red-footed boobies.

Two groups of personnel on board Diego Garcia cleared 4,100 lbs of

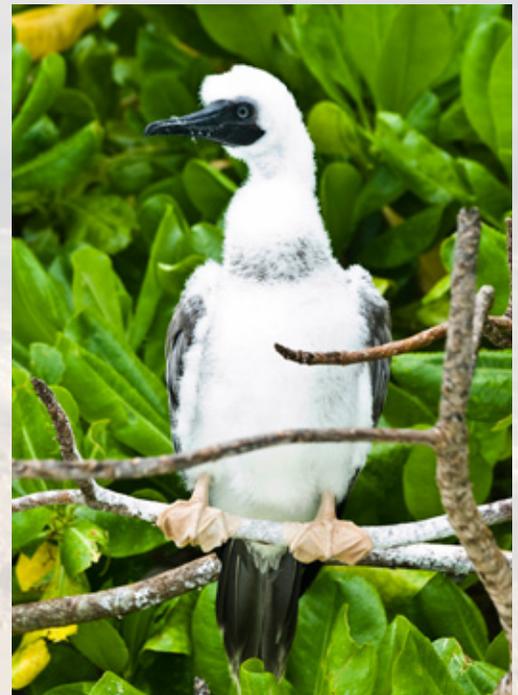
debris from two miles of beach area. NAVSUPFAC’s First Class Petty Officer’s Association (FCPOA) spear-headed the loading and off-loading of trash from the LCMs to garbage trucks waiting at the Marina.

“Thank you, to all those who showed us [FCPOA] support,” said Legalman 1st Class (SW/AW) Cleotis Robinson, FCPOA President. “The turnout was great, it was by far the largest turnout we’ve had for an event.

“It is good to see first classes out here, showcasing why we are the forefront of deckplate leadership,” added Robinson.

Debris collected included bouys, ropes, water bottles, styrofoam, plastic slippers and hazardous waste containers.

Trash collected will be sent to Diego Garcia’s waste management facility for proper disposal and/or recycling.



(U.S. Navy photo by Mass Communication Specialist 1st Class Ryan Tabios)

DIEGO GARCIA, British Indian Ocean Territory (Sept. 14, 2012) Red-footed boobies and frigate birds utilize the coastline and vegetation to breed and nest year-round at Barton Point.

Everyday Ways to Promote Suicide Prevention

From Navy Life, Official U.S. Navy Blog

Suicide Prevention in the Navy is an all hands evolution, all the time. While September is nationally recognized as Suicide Prevention Awareness Month, the effort to promote Lives Worth Living is ongoing. Here are seven actions that individuals, families, work centers or commands can take to prevent suicide at any time of year.

1. You Make a Difference—Pass it on!

Small seeds of hope or a sense of purpose and belonging can grow to form the threads that sustain us through tough times. Let three people in your life (family, friends, shipmates, coworkers) know that they make a difference to you. Be specific about how and why you appreciate who they are and what they do to make a difference in your life. Ask that they pass it on by honoring three people in their lives this way. To see a real life example of this process in action see www.blueribbonmovie.com.

2. Run a Fire Drill.

While most of us don't expect to be in a fire, we go through drills for emergency preparedness. If we ever need it, we know the escape routes, even if they are hard to see because of smoke or darkness. Consider what you would do in times of personal crisis, or in assisting someone else, and run a drill to practice your plan. Saying "I am so upset, I am thinking of hurting myself," or asking "Are you feeling overwhelmed and unable to navigate through your stress?" may feel awkward during a practice drill. However, this practice helps ensure that you can respond quickly and efficiently during a real crisis. Know when to speak up. And know when to ACT!

- ASK—if someone is thinking of suicide.
- CARE—Listen, offer hope, don't judge.
- TREAT – Take action, don't

leave the person alone, get assistance.

3. Do a Self-Assessment.

Stress affects us all and health problems like sleep difficulties, depression and anxiety are extremely common. Did you know that 1 in 5 people will experience at least one episode of major depression in their lifetime? Wear and tear or illness can creep up on us slowly—we don't feel normal, but don't understand that anything is wrong until it really takes a toll. Take a moment to check-up on yourself or your Command. If you can recognize a concern early, there are many resources available to address this distress before it negatively impacts work performance, morale, relationships and/or health; www.militarymentalhealth.org leads to an anonymous online self-assessment tool for stress related issues.

4. Connect with the Community.

Suicide affects every state, community and demographic group. In the Navy, suicide prevention is an all hands evolution, all of the time. This includes not only our shipmates and deckplate leaders, but members of our personal communities as well. There are many organizations with outreach opportunities in your own community, with ideas and links to local activities. Stay engaged through various state, community and youth-specific activities.

American Association of Suicidology: www.suicidology.org

American Foundation for Suicide Prevention: www.afsp.org

Suicide Prevention Resource Counsel: www.sprc.org

5. ENGAGE IN FELLOWSHIP, MEDITATION OR PRAYER

While honoring your beliefs, work with your local chaplain, faith group or friends to hold a breakfast or lunch discussing suicide awareness (warning

signs, risk and protective factors). Set aside time for meditation or prayer on behalf of those struggling with a personal crisis that may not feel as though they have the ability or desire to navigate through those challenges. Or, hold a prayer vigil having groups of people agree to congregate during a specific time.

6. Good Grief.

Surveys show that upwards of half of our personnel knew someone personally who died by suicide. The pain caused by suicide loss doesn't heal quickly—some studies estimate that the effects of suicide on a family last for generations. However, there are several resources that can help provide hope for survivors. If you are grieving a loss (or did not allow yourself to grieve an earlier loss to suicide), take time to sort things out to facilitate the healing process. It's never too late to heal. There are many books, DVDs and resources for working through grief. Your local chaplain or Fleet and Family Support Center can assist and make recommendations.

For Survivors of any Military Casualty:

The Tragedy Assistance Program for Survivors or TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death: www.taps.org or 800-959-TAPS.

7. Share your Story.

You are not alone. If you have overcome a personal crisis, we invite you to email us your story so that you can help provide hope to others. Identities will remain confidential and stories may be selected for inclusion within Suicide Prevention Program publications. Please share your experiences at suicideprevention@navy.mil.

C

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Cheers!

I love color. I love signs. Further, I love colorful signs. I love tangible things that remind me of what I want to be about in life. I guess I need these signs 'cuz I am so random and very easily distracted. I don't know how I made it through college, not to mention grad school. I have a very large sign in my office, "cheers." Some may read that as permission to drink heavily and be irresponsible, for me, not so much!

My "cheers" sign reminds me of what a precious gift each day is; that each day is day that we have been given to cherish and enjoy. It also reminds me to give a gentle greeting to my friends as they come by to say "hi" to Chaps. Leo is one of the chapel's amazing administrative assistants. Already, in my short tenure here on DG, Leo concludes our morning meetings with "cheers Chaps!" When we speak words of encouragement to each other, we

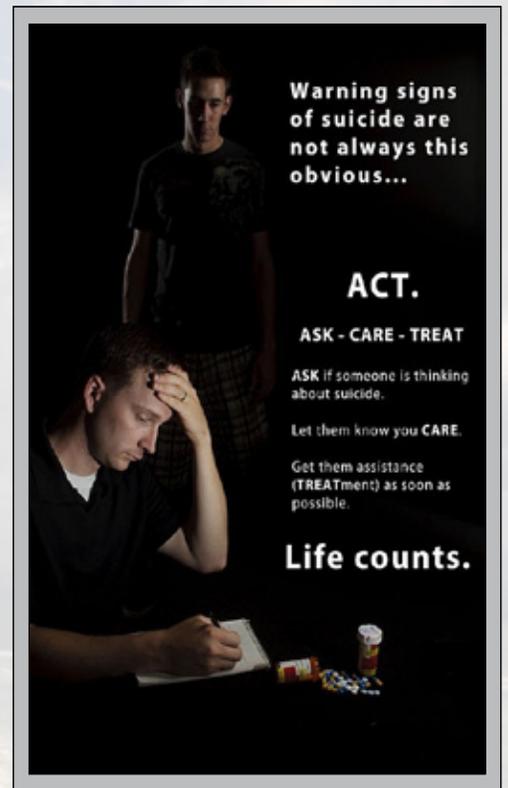
impart courage, hope and kindness - Cheers Diego!

Another sign I have in my office says, "life is not about waiting for the storm to pass, it's about learning to dance in the rain." What a great reminder for me to always make the best of difficult times, times that try and stress us. So, in your moments of stress and loneliness during your time in DG, please learn to go out in the rain and dance and refresh!

Cheers to you Team DG!



*Lt. Gregory Uvila
Command Chaplain*



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.

BARTON POINT BEACH



ACH CLEANUP



Calendar of Events

	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
MWR	4 on 4 Battle of Wits Challenge Island Room 6 p.m.	Outdoor Soccer Tournament Fleet Rec 6 p.m.	Jacob's Ladder Challenge Fitness Center 6 p.m.	Moonlight 5k Run/Walk Fitness Center 7 p.m.	Table Tennis (Doubles) Tournament Fitness Center 5 p.m.	6 on 6 Kickball Tournament Fleet Rec 2:30 p.m.	3 on 3 Water Basketball Tournament Base Pool 2:30 p.m.
Movies	The Raven Mystery R 8 p.m.	Battleship Action PG 13 8 p.m.	Safe Action R 7 p.m. <i>Island Room</i>	Promethius Adventure R 8 p.m.	Chernobyl Diaries Horror R 8 p.m. That's My Boy Comedy R 10 p.m.	Marvel: Avengers Action PG 13 8 p.m. What 2 Expect.. Comedy PG 13 8 p.m.	Battleship Action PG 13 4 p.m. <i>Island Room</i> The Best Exotic.. Comedy PG 13 8 p.m.

"Oh by the ways..."

Safety 5K Run/Walk

SEPT. 27, 2012
1900
PHYSICAL READINESS CENTER

Tip-To-Tip

SIGN UP NOW AT THE PHYSICAL READINESS CENTER BEFORE OCT. 4. THE EVENT IS LIMITED TO 100 PERSONNEL AND WILL BE HELD OCT. 6 AT 7 A.M.

Career Counselors Note

IF YOU ARE GETTING OUT OF THE NAVY AND WOULD STILL LIKE TO SERVE, THE NAVY RESERVE WANTS YOU. ALL YOU HAVE TO DO IS SERVE ONE WEEKEND A MONTH AND TWO WEEKS A YEAR, IN THE NAVY RESERVE YOU CAN BUILD TIME TOWARD RETIREMENT AND ENJOY BENEFITS SUCH AS FULL COMMISSARY PRIVILEGES.

Chaplain's Note

BEGINNING SEPT. 22, REGULAR CATHOLIC MASS SCHEDULE WILL BE AS FOLLOWS:

MON-FRI
11:30 A.M. - 12 P.M.
SATURDAY
6 P.M. - 7 P.M.
SUNDAY
9 A.M. - 10 A.M.

CONFESSION IS DONE 30 MINUTES BEFORE MASS.

SIT Team Dodgeball

WHAT: 6 ON 6 TOURNAMENT
WHEN: SEPT. 22
WHERE: ARTIFICIAL TURF FIELD
TIME: 1500
WEAR PURPLE AND HOPE...ALWAYS

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.

Eat Clean

EATING CLEAN MEANS TRYING TO CHOOSE THE LEAST-PROCESSED TYPES OF FOODS MOST OF THE TIME. TYPICALLY, THE CLOSER THE FOOD IS TO ITS ORIGINAL FORM (FROM THE EARTH OR THE ANIMAL), THE BETTER IT IS FOR YOU. SIMPLY TRY TO EAT FOODS IN THE MOST NATURAL FORM POSSIBLE.

NUTRIENT DENSITY PLAYS A LARGE ROLE IN THE MENTALITY OF EATING CLEAN. NUTRIENT DENSITY IS THE RELATIONSHIP OF THE AMOUNT OF NUTRIENTS THAT A FOOD HAS TO THE AMOUNT OF CALORIES. IT IS CRITICAL TO TRY TO CHOOSE NUTRIENT DENSE FOODS AS OFTEN AS WE CAN, TO ENSURE WE GET THE NUTRIENTS WE NEED. FOCUS ON TRYING TO CHOOSE FOODS THAT HAVE THE HIGHEST AMOUNT OF NUTRIENTS FOR THE CALORIES WITHIN THE FOODS.

TICKET PRICES:

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

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.

Beach Volleyball

4 ON 4
SEPT. 23, JAKES PLACE
1300