

Tropical Times

September 28, 2012



U.S. Navy Support Facility Diego Garcia Command Master Chief (SW/AW) Dylan Inger pelts Lt. Gregory Uvila, the command chaplain, with a dodgeball. The command Suicide Intervention Team hosted a dodgeball tournament to recognize Suicide Prevention Awareness Month.

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
CMDM(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

Senior Chief Personnel Specialist (SW/AW) Cecil Manzano, a native of Arlington, Wash., joins Diego Garcia's Personnel Support Detachment as its officer in charge.

Manzano has been serving in the Navy for 24 years. His long-term goals are to finish off his career at 26 years, while also becoming the most senior Personnel Specialist in the Navy.

Manzano's best experience stems from his time as Navy recruiter. He says he enjoys seeing those that he recruited, out in the fleet, becoming successful Sailors.

PSCS (SW/AW) Cecil Manzano
PSD



NAVSUPPFAC Color Guard Team



Photo provided by DG-21 Photolab

DIEGO GARCIA, British Indian Ocean Territory (Sept. 22, 2012) The U.S. Navy Support Facility Diego Garcia Color Guard takes time to pose for a photograph during the U.S. Air Force Ball in the Island Room. The team performed the ceremonial colors and Prisoner of War/Missing in Action program during the ceremony. Personnel interested in joining the color guard can contact Construction Mechanic 1st Class Marvin Milton at 370-4517.

Diego Garcia NEWS



(Photo provided by DG-21 Photolab)

DIEGO GARCIA, British Indian Ocean Territory (Sept. 22, 2012) - The youngest and oldest Airmen, Master Sgt. Douglas Shively and Senior Airman Amanda Erwin, cut the ceremonial cake during the U.S. Air Force Ball in the Island Room. The Air Force is the youngest armed service in the United States, celebrating its 65th Birthday, Sept. 18.

Diego Garcia Celebrates Air Force Birthday

By NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory (Sept. 22, 2012) – Airmen gathered at U.S. Navy Support Facility Diego Garcia's Island Room and celebrated the Air Force's 65th Birthday at the annual Air Force Ball, Sept. 22.

The youngest armed service of the United States the U.S. Air Force was formed Sept. 18, 1947 under the National Security Act of 1947. Initially apart of the U.S. Army, the Air Force is the largest and most technically ad-

vanced air force in the world.

“Serving in the Air Force is my way of showing my gratitude to the United States and honoring the greatest country in the world,” said Maj. Laura Ramos, Commander, Detachment 1, 36 Mission Support Group. “It is easy to take for granted the freedom we have and take credit for some of the individual success we achieved.”

According to Ramos, the Air Force Ball celebrates all services and this year's theme, “Integrat-

ed Partners-Integrated Fight,” represents all.

“Apart from the uniform, there is very little that separates the Air Force from other services,” said Ramos. “All of the services have the most important asset any country could want—professional and selfless members of the armed services.

“No matter what service or what rank, we find ourselves surrounded by men and women who are very proud of the country and the work they do in their respective service,” added Ramos. “We represent an unrivaled military.”

More than 100 people attended the ball, to include Sailors, British Forces and Base Operating Service Contractors.

“Overall, the celebration was a great success,” said Ramos.

“It was nice to see U.S. service members, our British counterparts and civilians all come out and get together to support and celebrate the great history and achievement of the U.S. Air Force.”

“This will probably be my only opportunity, if not my last, to attend an Air Force Ball,” said Yeoman 1st Class (SW/AW) Nadette Fleming. “I'm glad to have experienced their ceremony for the first time. It was a good time, I enjoyed being able to celebrate our younger brothers and sisters.”

The official program ended with a cake cutting ceremony, singing of the Air Force Song and those in attendance enjoyed some music and cocktails.

NEWS *from around the fleet*



(U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Matthew Bookwalter)

VIRGINIA BEACH, Va. (July 3, 2007) - A new father aboard dock landing ship *USS Oak Hill (LSD 51)* greets his wife and baby after returning home to Naval Amphibious Base Little Creek. *Oak Hill* is attached to Bataan Expeditionary Strike Group and conducted maritime security operations in support of ongoing rotation of forward-deployed forces in the U.S. 5th and 6th Fleet areas of responsibility.

Navy Sailors May Benefit From FSSA Program

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn (NNS) -- Low-income service members with dependents may benefit from the Family Subsistence Supplemental Allowance (FSSA) Program, according to a Navy message released Sept. 24.

FSSA is an additional food allowance some military families may qualify for based on a member's household size and household income.

According to NAVADMIN

292/12, the program is designed to bring eligible service member's gross household income to 130 percent of the federal poverty line as established by the U.S. Department of Agriculture (USDA). The program is available for Sailors stationed in the United States and overseas. Members may be eligible for up to \$1,100 per month.

Active component and Reserve Sailors on active duty meeting

dependent and income-eligibility requirements on the Defense Manpower Data Center website may participate in the FSSA program.

To apply, Sailors must submit a signed application and associated documents through their chain of command to OPNAV N130 for final certification and approval. OPNAV will forward approved applications to Defense Finance and Accounting Service for posting to the Sailors pay account.

During participation in the FSSA Program, any increases in household income of \$100 or more per month, or any decrease in the size of that household, must be reported within 30 days to the certifying official. Sailors receiving FSSA are responsible to report changes, and failure to do so may result in termination of eligibility for the FSSA Program and command action.

The FSSA income may affect participation of the household in certain programs for which eligibility is based on income, such as subsidized school lunch programs, the Women, Infant, and Children Program, day care programs, and earned income tax credit.

To learn more about FSSA, read NAVADMIN 292/12 and visit <https://www.dmdc.osd.mil/fssa/> to determine eligibility and review application procedures.

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

C Chaplain's Corner

Leading Out of Childhood

Lincoln Elementary school is where I attended kindergarten. I stayed in the same red brick building through 6th grade, oh to be a mighty 6th grader again! It was on this hallowed gravel playground of the west end school that I had the opportunity to hone my athletic skills and seek to establish that I was 'd man, it was short lived! Oh yeah, learning, reading books, was that really the point of school?

One aspect of grade school sports that drove me nuts was "do overs", whether it was kicking a kickball, smashing a softball, or crushing the tetherball, invariably when someone was on the brink of the big "L" (loser) they would yell out defiantly "do over!" By chanting these magical words the expectation was that they would get a do over, another chance at kicking a slow roller, or given strike four, strike five and in some cases, God forbid, strike six in their attempt to make contact with the very large

softball. I was torn, how could I argue? I wanted to be a gentleman and offer grace, but it was a stupid notion and it always imperiled the possibility of another win. I often wondered who thought up this dumb idea of "do overs?"

How wrong I was as a young, arrogant athlete! As I moved into my junior high and high school years, and years beyond high school, I quickly learned what an amazing gift the concept of "do overs" was. Second chances, do overs, were simply amazing grace both on and off the field!

As we continue to develop as Naval leaders I wonder where we would be if we weren't offered "do overs" and second chances when we were on the playground of naval leadership? How many times have we failed in mastering a particular skill and our Chief, OIC, or LPO just smiled and said, "Try again" or "How about a do over."

As we lead here on DG may we



*Lt. Gregory Uvila
Command Chaplain*

remember the playground of our childhood, may we offer a multitude of second chances, try agains, and do overs to the younger Sailors following us. Who knows when we may need another dose of do overs-do overs of amazing grace!



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.



SUICIDE PREVENTION AWARENESS DODGEBALL



Calendar of Events

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
MWR	TBD	400m Endurance Swim Base Pool 6 p.m.	Bench Press Competition Fitness Center 6 p.m.	Library Trivia Contest Base Library 5:30 p.m.	Basic Sailing Class Marina 4:30 p.m.	Tip 2 Tip Bike Ride Marina 7 a.m.	Irons Only Longest Drive Golf Course 7:30 a.m.
Movies	Abraham Lincoln: Vampire Hunter Action R 8 p.m.	People Like Us Drama PG 13 8 p.m.	Amazing Spiderman Action PG 13 7 p.m. <i>Island Room</i>	Rock of Ages Comedy PG 13 8 p.m.	Amazing Spiderman Action PG 13 8 p.m. Snow White & the Huntsman Action PG 13 10 p.m.	Abraham Lincoln: Vamp. Hunter Action R 8 p.m. Amazing Spiderman Action PG 13 8 p.m.	Abraham Lincoln... Action R 4 p.m. <i>Island Room</i> Brave Animation PG 8 p.m.

"Oh by the ways..."

Recovery

NUTRITION CAN HELP TO SPEED THE RECOVERY PROCESS. AFTER A WORKOUT, YOUR BODY HAS EMPTIED ITS FUEL STORES AND THE MUSCLES HAVE BEEN BROKEN DOWN. TO GAIN THE MOST FROM YOUR WORKOUT AND PERFORM AT HIGH LEVELS, YOU NEED TO REPAIR YOUR MUSCLES AND REPLACE YOUR FUEL STORES AS QUICKLY AS POSSIBLE.

GETTING A COMBINATION OF CARBOHYDRATES AND PROTEINS WITHIN 30 MINUTES OF YOUR TRAINING SESSION WILL ENSURE THAT YOU ARE RECOVERING AS QUICKLY AND EFFICIENTLY AS POSSIBLE, WHICH WILL MINIMIZE THE TIME NEEDED BETWEEN SESSIONS AND DECREASE THE RISK OF INJURY.

CARBOHYDRATES = REFUEL PROTEIN = REBUILD

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.

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.

Tournament

WHAT: 3 ON 3 WATER BASKETBALL

WHERE: BASE POOL

WHEN: 2:30 P.M.

Volunteers Needed!

A TEAM OF SCIENTISTS WILL BE CATCHING AND TAGGING TURTLES HERE ON DIEGO GARCIA IN OCTOBER 2012, AS PART OF A RESEARCH PROJECT ON THESE ENDANGERED ANIMALS. THEY NEED YOUR HELP!

IF YOU ARE INTERESTED IN VOLUNTEERING TO ASSIST WITH THIS ONCE IN A LIFE TIME OPPORTUNITY, THERE WILL BE A PRESENTATION ABOUT THE RESEARCH ON OCTOBER 9, 2012 AT 6:30 P.M. IN THE CHAPEL IN THE PALMS. YOU CAN SIGN UP TO ASSIST THE RESEARCHERS ON COMPLETION OF THE PRESENTATION.

MORE INFORMATION IS AVAILABLE FROM PETER CARR (370-4915 OR DG21ENVIRONMENTAL@CWNEDG.IO)

Career Counselor Note

HELP BUILD THE FUTURE OF THE NAVY. BECOME A RECRUITER. RECRUITERS GET SPECIAL PAY, ADVANCEMENT AND OFTEN WORK IN OR NEAR THEIR HOMETOWN. IF YOU THINK YOU HAVE WHAT IT TAKES, STEP UP. FOR MORE INFORMATION GO TO

WWW.CNRC.NAVY.MIL/RECRUITER/RECRUITER.HTM

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