

Tropical Times

October 5, 2012



*Tropical Times
goes Pink*

Members of the U.S. Navy Support Facility Diego Garcia Security Department heave a rope during a match of tug-o-war Sept. 28. Tug-o-war was one of the many events held during the command Captain's Cup.

Tropical Times

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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

Yeoman 2nd Class Sean Rosenberg, hailing from Merritt Island, Fla., has been serving in the Navy for three and a half years. Rosenberg joined to experience new cultures and expand his horizons. His favorite experience during his time in the Navy is the advancement of his former LCPO, who made Senior Chief Petty Officer. Rosenberg's former Senior Chief allowed Rosenberg to pin his new anchors on his collar. He even gave Rosenberg the old collar devices as a gift. Rosenberg aspires to finish his bachelor's degree and become a Limited Duty Officer.

YN2 (SW/AW) Sean Rosenberg
ADMIN



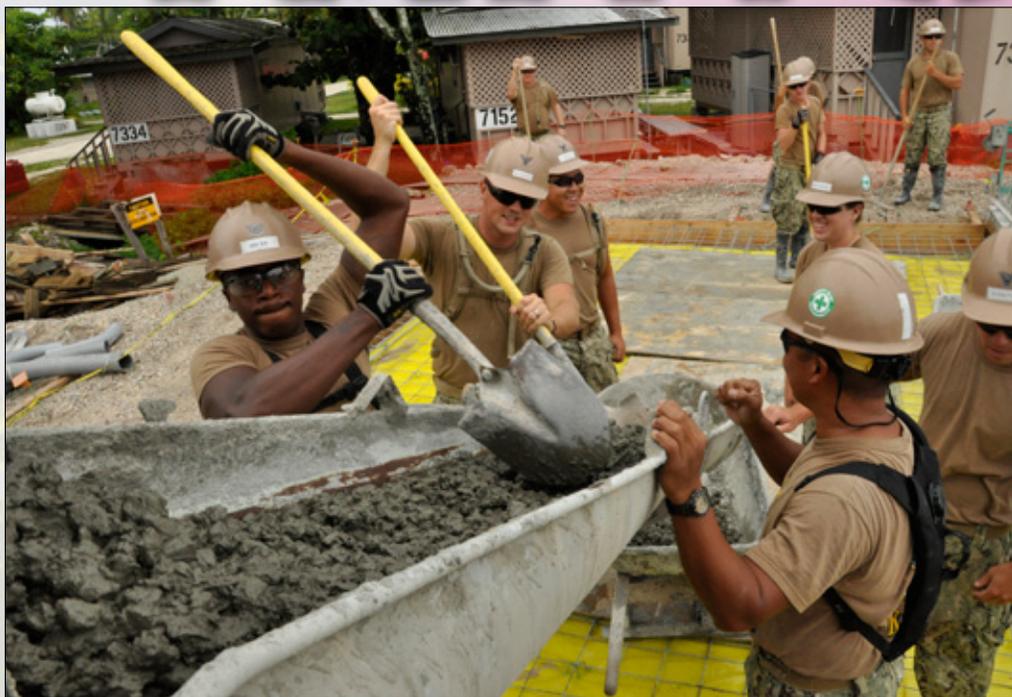
USNS Lewis and Clark (T-AKE 1)



Photo by Mass Communication Specialist 1st Class Ryan Tabios

DIEGO GARCIA, British Indian Ocean Territory (Sept. 30, 2012) USNS Lewis and Clark (T-AKE 1) anchors out in Diego Garcia's Lagoon. Lewis and Clark is a Combat Logistics Force (CLF) Underway Replenishment Vessel that serves the Navy as a dry cargo vessel, allowing the U.S. Navy to advance in the ongoing mission to maintain forward presence.

Diego Garcia NEWS



(Photo by Mass Communication Specialist 3rd Class Benjamin Malvezzi)

Naval Mobile Construction Battalion (NMCB) 40 Seabees pour concrete placements in Seabreeze Village Jan. 26., as part of construction on Contractor Living Unit #5, NMCB 40's contribution to improve the quality of life for DG21 contractor's living quarters.

Stop Me!

By NAVSUPFAC Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory – It is common nature for personnel to become complacent after performing a particular task for extended periods of time; that complacency can lead to an increase of mishaps and added dangers, most of which are preventable.

A safety stand-down was held last week to remind service members and civilian workers to make smart decisions to stay safe. Coordinated by Diego Garcia's Public Works Department (PWD), the training session promoted traffic, recreational and

day-to-day business safety practices.

"When we talk about mishaps, we have to understand why they happen and how we can prevent them," said Cinia Mateo, PWD Safety and Occupational Health Manager. "Risk management should be a priority before and after a mission and/or tasking."

According to the U.S. Navy Support Facility Diego Garcia (NAVSUPFAC) Safety Office, practicing Operational Risk Management (ORM) is key in preventing injury and/or death.

"Using the tools provided by the ORM process, we can identify the risks and benefits to aid in smarter decision making," said Ernani San-

tos. "We use ORM everyday; we just have to focus on the high risk operations."

During the stand-down, those present were introduced to the PWD Safety Initiative, "Stop Me," a program intended for everyone to immediately intervene if they observe a fellow worker engaged in an at-risk practice or activity.

"Apply ORM both on and off duty, be vigilant for an unsafe act or unsafe condition, and assist in providing corrective actions, if possible," said Mateo. "Wear appropriate PPE [personal protection equipment] for the type of work performed."

"Discuss any hazards, how to work safely despite them, and what distractions could cause an at-risk condition," added Mateo.

According to Santos, all mishaps, including near misses, should be reported to the safety office so hazards can be fixed.

"Near misses is the term used to describe narrowly avoided mishaps, events that usually go unreported," said Santos. "Although, one individual may have avoided an injury, another may not be as fortunate."

For those present at the stand-down, one thing was clear.

"Safety is everyone's responsibility," said Culinary Specialist 2nd Class (SW) Pamela Wilson. "What it boils down to is that we all have to look for each other and take care of our Sailors; that's the difference between getting home safely or not."

For any Safety concerns you can ask your safety representative or contact PWD Safety at 307-3562 or NAVSUPFAC's Safety Office at 370-3302.

Diego Garcia NEWS

Breast Cancer Awareness



Story by Hospital Corpsman
1st Class (FMF) Jose J. Martinez

What is cancer?

Normal body cells grow, divide, and die in an orderly fashion. During the early years of a person's life, normal cells divide faster to allow the person

to grow. After the person becomes an adult, most cells divide only to replace worn-out or dying cells or to repair injuries.

Cancer begins when cells within the body start to grow out of control. Cancer cell growth is different from normal cell growth. Instead of dying, cancer cells continue to grow and form new, abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

The causes of breast cancer are not fully known. However,

health and medical researchers have identified a number of risk factors that increases a woman's chances of getting breast cancer. Risk factors are not necessarily causes of breast cancer, but are associated with an increased chance of getting breast cancer.

Importantly, some women have many risk factors but never get breast cancer, and some women have few or no risk factors, but do get the disease. Men are at risk of getting breast cancer too, but being a woman is the number one risk factor for breast cancer. For this reason it is important to perform monthly breast self-exam (BSE), have your annual PHA current and routine mammograms for women beginning at age 40 in order to detect any problems early.

Screening saves lives by detecting cancers or pre-malignancies at a time when treatment is most likely to be successful. Five-year relative survival rates for breast, prostate, colorectal and cervical cancer are above 90% if the tumor is discovered before it spreads to other parts of the body; once the tumor has metastasized (begin to grow and form new tumors in other parts of the body), survival rates drop significantly.

Please see our providers in the Branch Health Clinic to make an appointment to discuss your personal risk and your breast health needs. For more information and resources on October as Breast Cancer Awareness Month call the Branch Health Clinic at 370-4211 or visit Navy Medicine at www.med.navy.mil.

C Chaplain's Corner

Leading Out of Childhood

Last week we observed that our childhood, specifically our school playground, was a rich resource for leadership lessons. As we lead here on DG may we 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!

This week, we move from the playground to the nearby neighborhoods and open spaces of our childhood for lessons on leadership.

I had a great childhood. I played sports year round; however in late summer, in between baseball and football, we would scamper down into Tumwater Valley and explore. As a child the valley was known for its intrigue and adventure, its tree houses and rope swings.

Tree Houses. Forts and tree houses in the valley that played host of Tumwater Creek were the coolest. As a child they were places where stories

were told and tall tales exchanged. The image of a fort oozes security, strength, hope. How about our leadership here on DG? Are we leading? Are we tree-housing? Are we communicating and projecting a sense of strength and future among our sailors?

Rope Swings. Most swings I grew up dangling from and other swings I have watched my three sons swing from, required no small amount of courage. The very nature of a rope swing seems to cry "danger" "be careful" "don't slip" "don't lose your grip." You know, the times I found myself being courageous, enjoying the thrill of dangling over a dangerous drop-off or the unspeakable delight of dropping into the chilling waters of Lake Sutherland, came in a context of encouragement... the imparting of courage from my peers. "Greg, you can do this." "There's nothing to be afraid of, just jump." I learned in childhood taking a measured risk was a tremendous treat life offered.

How about you? Are you leading others with a sense of strength, a



Lt. Gregory Uvila
Command Chaplain

sense of wisdom and optimism about the future and their future? Are you challenging them to take measured risks to advance their career, their well-being and in turn help fulfill the mission? Let the joy and intrigue of childhood speak...



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.

Marines Join USNS Lewis and Clark



Calendar of Events

	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
MWR	Columbus Day 5k Fun Run Fitness Center 8:30 a.m.	UNO Tournament Island Room 6 p.m.	400 Meter Ocean Kayak Slalom Race Marina 6 p.m.	Powerboat Class Basic Boating Marina 4:30 p.m.	Punt, Pass, Kick Competition Fleet Rec 6 p.m.	Outdoor Duathlon Marina 8:30 a.m.	One Club Golf Tournament Shotgun Start Golf Course 7:30 a.m.

Movies	Seeking a Friend for the End of the World Comedy R 8 p.m.	Amazing Spiderman Action PG 13 8 p.m.	Abraham Lincoln, Vampire Hunter Action R 7 p.m. <i>Island Room</i>	Madea's Witness Protection Comedy R 8 p.m.	Snow White & the Huntsman Action PG 13 8 p.m.	Moonrise Kingdom Comedy PG 13 8 p.m.	Madea's Witness Comedy R 4 p.m. <i>Island Room</i>
				Amazing Spiderman Action PG 13 10 p.m.	Rock of Ages Comedy PG 13 10 p.m.		Men in Black 3 Action PG 13 10 p.m.

"Oh by the ways..."

Domestic Violence Month

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH. BEGINNING AS A DAY OF UNITY OBSERVATION IN OCTOBER, 1981, THE OBSERVANCE NOT ONLY GIVES US AN OPPORTUNITY TO RAISE DOMESTIC VIOLENCE AWARENESS, BUT IT INFORMS SAILORS AND NAVY SPOUSES ABOUT DOMESTIC VIOLENCE PREVENTION EFFORTS AND REPORTING OPTIONS FOR VICTIMS. THE THEME THIS YEAR IS, "HAVE YOU CROSSED THE LINE? END DOMESTIC VIOLENCE BEFORE IT STARTS." DOMESTIC VIOLENCE CUTS ACROSS ALL AGE GROUPS AND RANKS. IT HAPPENS TO SAILORS AS WELL AS SPOUSES; TO MEN AS WELL AS WOMEN. THE ACT OF VIOLENCE CAN GO BEYOND PHYSICAL ABUSE. IT CAN BE EMOTIONAL ABUSE AS WELL.

PNF Seated Hamstring Stretch

PLACE YOUR CHAIR AGAINST A STURDY OBJECT. SIT TOWARD THE FRONT EDGE OF YOUR CHAIR WITH ONE LEG OUT IN FRONT OF YOU AND THE OTHER LEG BENT AT 90 DEGREES. SITTING UP TALL, BREATHE INTO THE ABDOMINALS AND CONTRACT YOUR HAMSTRING BY PUSHING YOUR HEEL TO THE FLOOR, THEN RELAX AND BEND FORWARD, LOWERING CHEST TOWARD LEGS.

Career Counselor Note

DO YOU KNOW SOMEONE WHO WOULD LIKE TO BE A NAVY OFFICER AND GET A GREAT COLLEGE EDUCATION? DID YOU KNOW THAT THE NAVAL ACADEMY OFFERS A FULL FOUR-YEAR SCHOLARSHIP TO THE UNITED STATES NAVAL ACADEMY IN ANNAPOLIS, MARYLAND FOR 1,200 CANDIDATES EACH YEAR. GO TO WWW.NAVY.COM FOR MORE INFORMATION ABOUT BECOMING A NAVY OFFICER.

Ice Cream

WHAT: FCPOA/CSADD ICE CREAM SOCIAL
WHERE: LIBERTY CENTER
WHEN: OCT. 10 @ 6 P.M.

Volunteers Needed!

A TEAM OF SCIENTISTS WILL BE TAGGING TURTLES ON DIEGO GARCIA THIS MONTH, AS PART OF A RESEARCH PROJECT. THEY NEED YOUR HELP!

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

MORE INFORMATION IS AVAILABLE FROM PETER CARR @ 370-4915

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.

Navy Birthday

IN CELEBRATION OF THE NAVY'S 237TH BIRTHDAY, THE CHIEF OF NAVAL OPERATIONS (CNO) AND MASTER CHIEF PETTY OFFICER OF THE NAVY (MCPON) WILL HOLD A WORLDWIDE ALL HANDS CALL, OCT. 11, AT 1:00 P.M. EST. THE ALL-HANDS CALL WILL BE TELEVISED ON DIRECT-TO-SAILORS (DTS), THE PENTAGON CHANNEL, AND ONLINE AT WWW.NAVY.MIL AND WWW.LIVESTREAM.COM/USNAVY. QUESTIONS MAY BE SUBMITTED IN ADVANCE FOR CNO AND MCPON TO ANSWER LIVE AT THE ALL HANDS CALL. SUBMISSIONS SHOULD BE EMAILED TO USNTOWNHALL@GMAIL.COM PRIOR TO AND DURING ALL HANDS CALL. QUESTIONS SHOULD INCLUDE NAME, RANK, RATE AND COMMAND.