

Tropical Times

January 05, 2012



Diego Garcia residents came together to celebrate the new year at the Fleet Recreational Area Dec. 31. Entertainment included music from 3rd Degree, a band that performs locally on island.



**Submitted By
Lt. Cmdr. Robert Spencer
Command Chaplain, NSF Diego Garcia**

I like to refer to the time between Christmas and New Year's as 'R & R' time, which to me means 'relax and reflection.'

It's a time to relax because as a government employee out of harm's way, there is not a whole lot going on as we close out the calendar year. Others like to take leave to celebrate Christmas with their families, and that is certainly understandable. Those who do not take leave remain knowing they will receive time off for paid holidays, which our government gives its workers. We call it 'basket leave' because it's not charged against our leave balance.

The 'reflection' part means that I will look back and

reminisce over the ending year. For me it has been a success for a variety of reasons.

Do you have criteria to gauge your success? For example, did you complete the requirements for graduation, or did you finish a demanding class? Were you promoted or selected for promotion? Did you survive the Enlisted Retention Board (ERB)? Were you able to reenlist? Did you lose any weight or gain any muscle? Did you improve your Physical Readiness Test score? Did you save any money? Did any of your kids reach a milestone?

Looking back on 2011, it was maybe 12 months ago when I was offered the possibility to come to Diego Garcia for my next assignment. The detailer needed to fill a hot-fill assignment and I was a prime candidate to go overseas. The idea of coming here intrigued me, despite the island's unfavorable reputation. Mention

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Welcoming the New Year

to others that you have orders here and the next sound you will probably hear is a gasp and an apology.

I consulted with three of my predecessors, and each said Diego Garcia is a great place to work and that I would enjoy my tour at this unique place. After eight months I have no regrets. And, I was asked to extend for an additional three months - I will gladly comply.

So, what will the next year bring to you? A lot of things will happen that will impact all of us: We have a presidential election coming up, are you registered to vote? If not, please come and see me because I'm the Voting Officer and I can help you with registration and voting.

We just pulled out of Iraq, so, chances are you won't be going there in this next year. We are gradually phasing out of Afghanistan, but they still need people there so that possibility remains.

Some people are predicting the end of the world (again)

with the anticipated date of Dec. 21. If that's true, forget about all that basket leave between next Christmas and New Year's. What a pity that would be.

It's good to reflect because this can be a time for us to process what has happened, or not happened, to us. Reflection also allows us to learn from our past so we can avoid the same mistakes in the coming year.

Let's hope 2012 will be a good year. It will certainly be a success regardless of what happens to us if we maintain a strong and vibrant faith in the God that loves us more than we'll ever know.

“. . . that with the Lord one day is like a thousand years and a thousand years like one day.” (2 Peter 3:8)

Island-wide New Years Picnic

Diego Garcia residents gathered Dec. 31, to celebrate the new year with food, music and friends at the Fleet Recreational Area. The Morale, Welfare and Recreation-sponsored event featured entertainment from the island band, 3rd Degree. The Peacekeeper Inn provided hamburgers, hot-dogs, watermelon and other picnic goodies and everyone who attended recieved a commemorative T-shirt.



Captain's Cup



Five teams competed for the monthly Captain's Cup trophy Dec. 30. Activities included an insane inner tube relay, turkey death race, scotch doubles bowling mini-tournament and a six-person obstacle course.

Team Supply came close to taking 1st place, but the Security/Port Operations team took the trophy.

NEWS *from around the fleet*

COMSUBPAC and USS Pasadena CO's Attend Annual New Year's Day Rose Bowl Game

From Navy Expeditionary Combat Command Public Affairs

PASADENA, Calif. (NNS) – Keeping with tradition and to celebrate the New Year, Commander, Submarine Force Pacific and the commanding officer of USS Pasadena (SSN 752) are attending the 98th New Year's Day Rose Bowl Game in Pasadena, Jan. 2. "The submarine force has a longstanding relationship with the people of Pasadena through their ties to USS Pasadena. Pasadena has supported its submarine through numerous deployments as the submarine represented the city across the globe," said Rear Adm. Frank Caldwell, Commander Submarine Force, U.S. Pacific Fleet. "It's an honor to celebrate our continued relationship as we ring in the New Year."

During the namesake visit, Caldwell and Molina will also visit with the Pasadena Police Department and

Pasadena Navy League; attend the Tournament of Roses Parade, and watch the Rose Bowl with the Pasadena Foundation and civic community leaders.

USS Pasadena is currently undergoing an extended maintenance overhaul at Portsmouth Naval Shipyard in Kittery, Maine. Cmdr. Luis Molina, USS Pasadena's commanding officer, reflected on the strong ties the submarine has with its name-sake city.

"We maintain one of the strongest relationships with a namesake city in the submarine force, and we look forward to continuing to forge this mutual relationship when the ship relocates to San Diego after our modernization period. I am honored to have been invited to represent the ship and the Navy as we ring in the New Year with our extended Pasadena family," said Molina.



PEARL HARBOR (July 31, 2010) The Los Angeles-class fast-attack submarine USS Pasadena (SSN 752) returns to Joint Base Pearl Harbor-Hickam after participating in Rim of the Pacific (RIMPAC) 2010 exercises. RIMPAC is a biennial, multinational exercise designed to strengthen regional partnerships and improve multinational interoperability. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jon Dasbach)

Earlier this year, during the transit to the shipyard, the boat and its crew visited San Diego where they were able to conduct a one-day cruise to showcase the professionalism of the crew and demonstrate the boat's capabilities to a group of civic leaders and members of the Pasadena Foundation. "The city of Pasadena has supported the ship and its crew throughout its history dating back to before the commissioning. They have generously contributed to the welfare of the crew and continue to cultivate strong ties with the ship and the Navy," said Molina.

The Rose Bowl was constructed in 1922 and currently seats 100,184 people. The size of the football field, about 880

feet, could fit two Los Angeles class submarines.

According to the City of Pasadena's website, the Tournament of Roses annual parade of flower-covered floats has been held in Pasadena since January 1, 1890. Today, the average float contains up to 100,000 blossoms. About 1,000,000 people come to Pasadena to watch the Tournament of Roses.

Pasadena is the U.S. Navy's second "Improved" 688 Class nuclear-powered submarine. In July 1991, two years after it was commissioned, Pasadena became the first 688I to deploy, commencing its first of many six-month Western Pacific deployments.

NEWS *from around the fleet*

Annual GMT Requirements Announced to Fleet

By Susan Henson, Center for Personal and Professional Development Public Affairs

NORFOLK (NNS) -- The Naval Safety Center reminded Sailors and Marines Dec. 22 about the dangers of driving fatigued, and how to avoid it.

Off-duty motor vehicle fatalities continue to be the leading non-combat killer of Sailors and Marines. Fatigue is one of the leading causal factors.

The risk is higher than normal during this time of the year, when many are anxious to get on the road despite spending the previous few weeks sleep-deprived in an effort to complete work and holiday preparations before going on leave or liberty.

Many Sailors and Marines who are deservedly excited about the opportunity to spend the holidays with their families don't count on finding themselves in bumper to bumper holiday traffic, said Dan Dray, a traffic safety specialist at the Naval Safety Center. The flashing brake lights in front of them can cause a hypnotic

trance as what should have been a four or five-hour drive stretches into six, seven or eight.

"The biggest problem we see is that people are so excited to go home that they don't stop and take the breaks necessary to keep them alert behind the wheel," said Dray. He said that many Sailors and Marines believe they've learned how to beat fatigue on the highway, but nothing can take the place of actual rest.

"They'll try coffee, calling friends, rolling down the windows or turning up the radio, but it doesn't help. If you're tired, you need to stop," Dray said.

The Naval Safety Center recommends drivers take short breaks every two hours to stretch their legs and just get a break from staring at the highway. However, it's also important to know when fatigue has lowered reflexes to the point that short breaks aren't enough. Sometimes it's necessary to stop and get a hotel room for the night.



PEARL HARBOR (Aug. 1, 2011) Capt. Lawrence Scruggs, chief of staff for Joint Base Pearl Harbor-Hickam, right, leads Sailors in a sign-waving campaign along Lehua Ave. to encourage drivers to slow down along a school zone. The sign-waving event with local residents and the Honolulu Police Department to communicate the importance of safe driving and the need to obey speed limits near Lehua Elementary School. (U.S. Navy photo by Mass Communication Specialist 2nd Class Mark Logico)

"It's much better to get there the next day than not at all," Dray said.

Many Sailors and Marines who just want to get home as quickly as possible are unaware that there are state laws limiting how many miles drivers can log in one day.

"Most states say you can't drive more than 12 hours in one 24-hour period," Dray said. "Here at the Safety Center, we recommend that if you're working and traveling on the same day, both activities should not exceed 12 hours."

That means if a Sailor or Marine puts in a full eight hour workday, he or she shouldn't drive more than four hours. That's something to keep in mind when planning holiday

travel. Planning is the key word. A good plan for driving reasonable distances - taking holiday traffic and weather conditions into account - goes a long way toward making sure all occupants of the vehicle reach their destination and return to work in the New Year.

The Naval Safety Center has resources about fatigue and other driving hazards available at www.public.navy.mil/navsafecen. To date, more than 275,000 have traveled on approved TRiPS assessments with zero fatalities.

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

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

5

6

7

8

9

10

11

6-Person Indoor Volleyball Tournament
Fitness Center
6 p.m.

Basic Sailing Class
Marina
9 a.m. - 12 p.m.

Paddle, Pedal, Pant
Marina
8:30 a.m.

Bowling Tournament
Paradise Alley
12 p.m./3 p.m./6 p.m.

Pull-ups & Sit-ups
Competition
Fitness Center
6 p.m.
Military Only

Moonlight Wander
Fitness Center
7:30 p.m.

Kayak Slalom Race
Marina
5 p.m.

Scream 4
Horror
R
8 p.m.

2012 Part 1
Drama
PG 13
8 p.m.

2012 Part 2
Drama
PG-13
10 p.m.

Day After Tomorrow
Adventure
PG 13
8 p.m.

Salt
Action
PG
10 p.m.

Takers
Action
PG 13
8 p.m.

Piranha 3
Horror
R
8 p.m.

Inception
Action
PG 13
8 p.m.

The Lottery Ticket
Comedy
PG 13
8 p.m.

You can now find the Galley's menu in the top right corner of our CNIC homepage.

Tropical Times

United States Navy Support Facility
Diego Garcia British Indian Ocean Territory

Commanding Officer

Capt. David L. Tidwell

Executive Officer

Cmdr. Stephen E. Petras

Command Master Chief

CMDCM(SW/AW) Robert L. Johnson

Public Affairs Officer
MC1(SW) Arthur N. De La Cruz

Tropical Times Editor
MC3 Benjamin J. Malvezzi

Command Journalists
MC2 (AW/EXW) Emmanuel Rios
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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) at 370-4421

Monday - Friday 8 a.m. - 4 p.m.

Pager 370-9300 ext. 1826 - 24/7

Page the on-call SAPR Victim Advocate at 370-9300 ext. 1825.

