

Tropical Times

February 16, 2012



Gunner's Mate 1st Class Nick Ayala, the U.S. Navy Support Facility, Diego Garcia assistant urinalysis program coordinator, receives a urine sample to be sent in for testing Feb. 15. Urinalysis screening is conducted randomly as part of the Navy's drug testing program, which will soon include an expansion to test for commonly abused prescription drugs.



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

Second chances: Braddock was given a second chance as a boxer. The reigning champion needed a preliminary fight to tune up before the championship. It was impossible to get a last-minute replacement on a one-day notice. They called upon Braddock. It was a mismatch: a washed up, out-of-shape fighter going up against a well-tuned professional boxer. Braddock filled the fight card; he also won the fight. He took advantage of an unlikely opportunity and made the best of it, which in turn gave him more opportunities and gives us the next lesson.

Overcome the odds: Braddock earned the right to fight Max Baer, the defending champion. Baer was a vi-

cious fighter who killed two previous fighters in the ring. Braddock was warned not to fight him simply because he was overmatched by a seasoned professional. Braddock's wife was afraid of becoming a widow. Her husband believed in himself and took the fight. He had too much to lose; he had come too far. He took on impossible odds. This brings us to the next lesson.

Perseverance: Braddock just refused to quit. He was goal oriented. He had a family to feed and provide for. He was the man of the house. There were responsibilities to meet that could not be shirked. As long as he tried, there was still a chance for survival.

C h a p l a i n ' s C o r n e r

Lesson Learned From Cinderella Man Part 4

Respect: The fight against Baer was attended by 35,000 people in Long Island, N.Y. It was a home crowd for Braddock being from New Jersey. When he entered the arena, there was a hushed awe of silence. No one said a word. Maybe they were still in shock that their local hero, the unemployed, has-been fighter had the audacity to take on the world's greatest boxer. It was a mismatch of epic proportions. Braddock should not even have been in the same ring, the same county or even the same zip code as his opponent. Yet, there he was in all his glory and humility. It wasn't until he went between the ropes and into the ring that the crowd came to life with a loud and prolonged

cheer. Their hometown-boy made good. He was a beacon of hope during a time when hope was desperately needed. He was representing them all.

“So then, while we have the opportunity, let us do good to all, but especially to those who belong to the family of the faith.” (Galatians 6:10)

C-5 Galaxy: Our Military's Heavyweight



Crewmembers of the Westover Air Reserve provided residents of Diego Garcia, British Indian Ocean Territory, with the chance to board and tour a U.S. Air Force C-5 Galaxy Feb. 10. The aircraft was on Diego Garcia as part of an equipment transport operation. The C-5 Galaxy is the largest aircraft used by the U.S. military and is used to transport cargo and passengers anywhere in the world on short notice.

Diego Garcia NEWS

Crackdown on Prescription Drug Abuse

Story by Mass Communication Specialist Seaman Eric Pastor
U.S. Navy Support Facility, Diego Garcia Public Affairs Office

DIEGO GARCIA, British Indian Ocean Territory -- In an effort to prevent the misuse of prescription drugs, the Navy has expanded its urinalysis testing. Testing also screens for common prescription drugs that are being misused. The main focus of the urinalysis expansion is to prevent Sailors from misusing prescription drugs or those prescribed to someone else.

Diego Garcia Sailors can expect to see this expansion in effect on the island. Random weekly urinalysis screenings, along with a system tailored to detect any drug misuse, are in place to help catch the abuse of prescription drugs.

"Even though these drugs may have been prescribed,

people can still become addicted," said Gunner's Mate 1st Class Nick Ayala, the U.S. Navy Support Facility, Diego Garcia assistant urinalysis program coordinator. "People can become addicted and that can affect their quality of work."

When people are on the job, they need to be aware of what is going on around them, Ayala said. Abusing prescription drugs can affect the thought process and put people in harm's way.

"Imagine if I was running a firing range while under the effects of drugs," he said. "There's a big possibility of that costing someone their life."

The system selects people to be tested at random, accord-



DIEGO GARCIA, British Indian Ocean Territory (Feb. 15, 2012) - Urine samples are collected and prepared to be shipped for testing Feb 15. Diego Garcia urinalysis coordinators perform random weekly screenings to enforce the Navy's zero tolerance drug policy, which now includes the most commonly abused prescription drugs. (U.S. Navy photo by Mass Communication Specialist 3rd Class April Adams)

ing to Chief Master at Arms Robert Miller, the U.S. Navy Support Facility, Diego Garcia urinalysis program coordinator. It's possible that one person could be selected for a urinalysis on back-to-back occasions.

Rank plays no factor in the selection process with this system.

Everyone, from the commanding officer down to the lowest ranking person can, and will, be selected at some point, Ayala said.

There are multiple ways for those who have a problem with prescription drug abuse to get help.

Sailors who have been taking prescription drugs outside of their intended purpose or past the prescribed dates are urged to self-refer themselves for treatment with medical or the command Drug and Alcohol Programs Advisor (DAPA), Miller said. All expired medication should be taken to medical for proper disposal.

"This system is just another step in us enforcing the Navy's zero tolerance on drug abuse," said Miller.

If you, or someone you know has issues with drug dependency, contact your chain of command or Branch Health Clinic, Diego Garcia.

NEWS *from around the fleet*

MCPON Tours Norfolk Commands, Visits with Sailors

By Mass Communication Specialist 2nd Class Thomas L. Rosprim,
Office of the Master Chief Petty Officer of the Navy

NORFOLK, Va. (NNS) -- Master Chief Petty Officer of the Navy (MCPON) Rick D. West finished a three-day fleet engagement trip to Norfolk, Va., and surrounding area commands Feb. 9.

During the visit, West toured commands and spoke with Sailors stationed at Naval Weapons Station Yorktown, Norfolk Navy Yard, Joint Expeditionary Base Little Creek, Naval Medical Center Portsmouth, Naval Station Norfolk, Naval Air Station Oceana, and Marine Corps Intelligence Training Center.

"I'm jealous of the young Sailors in this area," said West. "You have exciting times headed your way and I would start my career over if I could to have the op-

portunities you will have during your time. As Sailors in our great Navy, you are working day and night to keep us moving forward and I appreciate everything you do."

During the trip, Sailors had the opportunity to ask questions and receive answers from the Navy's highest ranking enlisted member. Questions ranged from Perform-To-Serve (PTS) and Enlisted Retention Board (ERB) to rumors of extended deployments.

"PTS is a big deal and it does not begin nine months before you change commands, it starts the day you arrive on board," said West. "As Sailors in the Navy today, you have to trust but verify. Trust that your command submitted your annual evaluation but verify it made it in to your



PORTSMOUTH, Va. (Feb. 8, 2012) Master Chief Petty Officer of the Navy (MCPON) Rick D. West and two motivators call for a "Hooyah!" from the audience at Naval Medical Center Portsmouth during an all-hands call. (U.S. Navy photo by Mass Communication Specialist 2nd Class Thomas L. Rosprim)

record."

MCPON also sat down with chief petty officers from the various commands during the trip to receive feedback from the Navy's enlisted leaders on the ground. Many expressed concerns for their Sailors' futures in the Navy.

"The CNO (Chief of Naval Operations) has made it clear to leadership and Congress the most important asset the Navy has is our Sailors, and I assure you this is fact," said West. "Some of our Sailors face a challenging future, and as chiefs, it is our duty and privilege to assist these indi-

viduals toward success."

Fleet engagements are intended to provide senior leadership with a frontline assessment of Sailors and what they are doing in the Fleet.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy. For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpon/.

NEWS *from around the fleet*

Navy Celebrates Women's History Month

By Ensign Amber Lynn Daniel, Diversity and Inclusion Public Affairs

WASHINGTON (NNS) -- The Navy joins the nation in celebrating Women's History Month throughout the month of March as announced in NAVADMIN 051/12, Feb. 9.

Navy commands are encouraged to reflect on the national 2012 theme, "Women's Education - Women's Empowerment" to increase their knowledge and awareness of the contributions women have made both to U.S. history and to the Navy.

Women have served with great honor and valor in defense of our nation since the Revolutionary War. However, women did not become an official part of the service until 1908, when Congress established the Navy Nurse Corps. The first 20 nurses, called the "Sacred Twenty" broke the barriers that eventually paved the way for all women to officially enter naval service.

Nurses remained the only women serving in the Navy until World War I, when the Navy's first enlisted women, known as Yeomanettes, provided clerical support.

In 1942, the Navy launched the Women Accepted for Volunteer Emergency Service (WAVES) program, allowing women to serve outside the secretarial realm in an official uniform capacity. During World War II, more than 85,000 women served as WAVES air traffic controllers, artists, bakers, couriers, cryptologists, draftsmen, hospital corpsmen, lawyers, meteorologists, and translators at naval shore

commands across the nation and overseas. Eighty-one nurses were taken prisoner by the Japanese in Guam and the Republic of the Philippines during World War II.

Six years later, congressional leaders recognized the need for women in peacetime armed forces with the passage of the Women's Armed Services Integration Act of 1948. Opportunities for women in the Navy expanded during the Cold War era, and in 1967 President Lyndon B. Johnson signed Public Law 90-130, allowing women the opportunity for promotion to admiral or general.

In 1974, Alene Duerke, director of the Navy Nurse Corps, became the first female appointed to the rank of rear admiral.

Two years later, Fran McKee became the first female line officer to make flag rank.

By the 1980s, women had reached impressive heights within the Navy. Promotion boards began selecting women for flag rank, including Roberta L. Hazard. She was selected for promotion to rear admiral upper half May 18, 1988, the first woman to be board selected for that grade.

The 1990s ushered in a new era for women serving in the armed forces. During the first Gulf War, women constituted fifteen percent of the naval personnel fighting force in Iraq and Kuwait. In 1994, the repeal of the Combat Exclusion Law allowed women to serve on combatant ships for the first time.

Cmdr. Maureen A. Farren became the first woman to command



WASHINGTON (July 20, 2010) Master Chief Petty Officer of the Navy (MCPON) Rick West, center, joins the 2009 Sailors of the Year, Cryptologic Technician (Technical) 1st Class Cassandra Foote, left, Chief of Naval Operations Shore Sailor of the Year; Hospital Corpsman 1st Class Shalanda Brewer, Navy Reserve Sailor of the Year; Hospital Corpsman 1st Class Ingrid Cortez, U.S. Fleet Forces Sea Sailor of the Year and Operations Specialist 1st Class Samira McBride, U.S. Pacific Fleet Sea Sailor of the Year, at the Navy Memorial to watch the U.S. Navy Band, Sea Chanters, perform for Concert on the Avenue. All four Sailors will be meritoriously promoted to chief petty officers. This is the first time in history all Sailors of the Year are women. (U.S. Navy photo by Mass Communication Specialist 1st Class Jennifer A. Villalovos)

a combatant ship June 10, 1998, when she took command of USS Mount Vernon, an amphibious dock landing ship.

In April 2010 the Navy instituted a landmark change in policy, allowing women to serve on submarines for the first time. The first group of female submariners completed nuclear power school and officially reported on board two ballistic and two guided missile submarines in November 2011.

Women continue to make history in the Navy. Guided-missile destroyer USS Kidd, led by Cmdr. Jennifer Ellinger, responded to a distress call from the master of the Iranian-flagged fishing dhow Al Molai, Jan. 5, who claimed he was being held captive by pirates. Within 24 hours, Kidd assisted in freeing 13 Iranian fishermen and taking into custody 15 pirates.

Today, nearly every naval community is open to women and female Sailors continue to excel in almost all facets of naval

Today, nearly every naval community is open to women and female Sailors continue to excel in almost all facets of naval duties both ashore and afloat. More than 54,000 active duty women and more than 10,000 female Reservists are serving in the Navy, comprising 17.1 percent of the force. The current Navy Total Force includes 34 active and Reserve female flag officers and 59 female command master chiefs. Vice Adm. Ann E. Rondeau, current president of National Defense University, remains the most senior three-star admiral in the Navy. Commands are strongly encouraged to increase their knowledge and awareness of the contributions of women to the Navy and nation by celebrating Women's History Month through programs, exhibits, publications, and participation in military and community events.

Whats happening in Diego Garcia

President's Day

IN HONOR OF PRESIDENT GEORGE WASHINGTON, THE FIRST PRESIDENT OF THE UNITED STATES, PRESIDENT'S DAY THIS YEAR WILL BE ON FEB. 20. PRESIDENT'S DAY IS A UNITED STATES FEDERAL HOLIDAY CELEBRATED ON THE THIRD MONDAY OF FEBRUARY.

THE U.S. NAVY RECOGNIZES THE MONTH OF FEBRUARY AS BLACK HISTORY MONTH.

Tax Assistance Coming Soon

DUE TO SOFTWARE ISSUES, VOLUNTEER INCOME TAX ASSISTANCE (VITA) WILL BE DELAYED UNTIL FURTHER NOTICE. WE APOLOGIZE FOR THE INCONVENIENCE. FOR MORE INFORMATION CONTACT THE LEGAL OFFICE AT 370-2922.

Diego News Update

- PROFESSIONAL MILITARY KNOWLEDGE TRAINING WILL BE HELD MONDAYS AND WEDNESDAYS IN THE MORALE, WELFARE AND RECREATION CONFERENCE ROOM FROM 2:30 P.M. TO 3:30 P.M.

- DIEGO GARCIA IS IN NEED OF SEXUAL ASSAULT PREVENTION & RESPONSE VICTIM ADVOCATES. FOR THOSE INTERESTED, PLEASE CONTACT LT. GRGURICH AT 370-4421

Command Fitness Leader's Tip of the week:

WITH THE 2012 SPRING PHYSICAL FITNESS ASSESSMENT EIGHT WEEKS AWAY, MAKE SURE TO DRINK PLENTY OF FLUIDS. DEHYDRATION CAN CAUSE MUSCLE TISSUES TO OVERHEAT MORE RAPIDLY AND CAUSE MUSCLE CRAMPS.

The CMC wants YOU!

TO PAINT A NEW MURAL IN HIS OFFICE. IF YOU CAN DRAW AND WOULD LIKE TO VOLUNTEER FOR THIS PROJECT, CONTACT CMDCM JOHNSON AT ROBERT.L.JOHNSON@FE.NAVY.MIL

Thursday
16

Friday
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Saturday
18

Sunday
19

Monday
20

Tuesday
21

Wednesday
22

DG Open Tennis
Tournament
Court A
5 p.m.

DG Open Tennis
Tournament
Court A
5 p.m.

Windsurfing Class
Marina
1 p.m to 2 p.m.

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

Presidents Day
5k Fun Run
Fitness Center
8:30 a.m.

Push-Up and Run
Competition
Fitness Center
5 p.m.
Military Only

The Team Works
Competition
Fleet Rec Area
5 p.m.

Fright Night
Horror
R
8 p.m.

Spy Kids: 4
Adventure
PG
8 p.m.

Contagion
Thriller
PG 13
8 p.m.

The Debt
Drama
R
10 p.m.

Colombiana
Action
PG 13
10 p.m.

Cowboys and Aliens
Action
PG 13
8 p.m.

Captain America
Adventure
PG 13
8 p.m.

Shark Night
Horror
PG 13
8 p.m.

Drive
Thriller
PG 13
8 p.m.

Tropical Times

United States Navy Support Facility
Diego Garcia British Indian Ocean
Territory

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Executive Officer
Cmdr. Stephen E. Petras

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

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.

