

Tropical Times

March 30, 2012



Capt. David L. Tidwell (right), Commanding Officer of U.S. Navy Support Facility, Diego Garcia, escorts Rear Adm. Dan Cloyd, Commander, U.S. Naval Forces Japan, during his visit to Diego Garcia, British Indian Ocean Territory, March 27.



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

For the second consecutive week I was called upon to be a substitute bowler for a bowling team. It's not because I am a good bowler. Rather, I just happened to be available to offer my services. Beggars (the team that needed a sub) cannot be choosy so I got the gig. When no one else would fill the bill than anyone will do, and I was that person.

This was the first time I bowled in 13 years. I do not even know how to keep score. That is no big deal because it is all computerized now. What was important was to build camaraderie and have some fun, and we did that; not only with team mates, but also with the competition. And we did it with mutual encouragement. The first time I rolled the ball I scored a strike. It seemed a little bit too easy. Would I be able to keep it

up? Of course not. Follow-on strikes were few and far between. Many times I would happen to knock down nine pins and leave behind a lone pin standing. Trying to zero-in on that one pin proved to be very frustrating. Or, trying to take out a split with pins on both sides of the lane was wishful thinking for this bowler.

I averaged a blazing score of 97 the first week. The next week my average skyrocketed to a blistering 104. Progress is being made one pin at a time. For the first week's efforts I was rewarded with a pulled muscle, but it was worth the fun.

From my previous limited experience with this sport, I remembered that technique is important. I tried to keep the same amount of steps in the approach while

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I was a Substitute Bowler

releasing the ball at the proper time while hitting the mark with the roll. Keeping the wrist straight with the release was another thing I had to work at. The good thing about this game is if you fail to knock down all the pins you get a second chance to try it again. That proved to be even more difficult than trying to knock down all 10 pins.

We are presently in the liturgical season of Lent.

These 40 days before Easter are a time of repentance and transformation. It is also a time of second chances. How fortunate we are to have a God who understands how difficult life can be. He knows the temptations that constantly bombard us and how we try to resist them with our own techniques and efforts. Some days we are successful, other days we are not.

When we miss the mark we should not despair, just continue the effort. The bottom line is our God has a love for us that is bigger than any sin that we can do. God is not going to kick us to the curb when we miss the mark. All we have to do is acknowledge our sin, repent and resolve to not make the same mistake again. I sincerely believe that God is more concerned with our efforts than He is with our results. Therefore, keep trying and do not give up. Our efforts will be richly rewarded.

“The offerer shall not present a substitute for it by exchanging either a better for a worse one or a worse for a better one.” (Leviticus 27:10)

Diego Garcia

NEWS

Commander, U.S. Naval Forces Japan

Visits Diego Garcia

Story by Mass Communication Specialist Seaman Eric A. Pastor

Commander, U.S. Naval Forces Japan, Rear Adm. Dan Cloyd visited Diego Garcia, British Indian Ocean Territory, March 27-29 to address issues or concerns among island residents, evaluate overall morale of those on the island and check the ongoing status of current developments and improvements.

During his trip, Cloyd ate breakfast with base chiefs, toured various facilities on the island, ate lunch with enlisted Sailors, presented Diego Garcia's Morale, Welfare and Recreation (MWR) office with an award, and led an all hands call.

During his lunch with junior Sailors, Cloyd spoke on topics such as morale, health, fitness, education and preparing for the future.

"I'm a big believer in balance and wellness in life,"

Cloyd said. "I have been very active for my entire life. It's not only eating and maintaining physical fitness, balance is needed too."

Cloyd believes that the morale of his Sailors is very important.

"Balancing work time with some personal time is always needed," he said. "It's about taking time for yourself to go fishing, wakeboarding, to read a book or whatever it is you like to do."

A major part to the overall morale of the island is MWR.

"Diego Garcia has an incredible MWR," said Cloyd.

While on the island, Cloyd awarded the MWR team with a 4-Star Accreditation Award. There have only been 11 installations to receive this; Diego Garcia being the most recent.



DIEGO GARCIA, British Indian Ocean Territory (March 28, 2012) - Rear Adm. Dan Cloyd, Commander, U.S. Naval Forces Japan, speaks to U.S. military personnel and government employees during an All Hands Call aboard U.S. Navy Support Facility, Diego Garcia, British Indian Ocean Territory, March 28. Rear Adm. Cloyd answered questions from personnel attending, discussed the island's ongoing challenges, and thanked all service members and civilians stationed on Diego Garcia for their important contributions. (U.S. Navy photo by Mass Communication Specialist 2nd Class Emmanuel Rios)

"Whenever you see someone from the MWR team, be sure to thank them for what they do," said Cloyd. "They really do a lot for us."

Along with the morale of his Sailors, Cloyd focused on how important each and every Sailor is to the mission at hand.

"The military is a team effort," he said. "Everyone, no matter what their job or rank is, makes a contribution to the team."

Everyone contributes in their own unique way."

It's the people who make the military what it has become," said Cloyd.

"The reason I'm still doing this has nothing to do with the airplanes or ships," he said. "It has everything to do with being around Sailors like you all."

The Navy Marine Corps Relief Society needs your help

For more than 108 years, the Navy-Marine Corps Relief Society's (NMCRS) efforts have improved the quality of life for active duty and retired Sailors, Marines and their families.

During 2011, NMCRS responded to the financial needs of more than 96,000 Sailors, Marines and families with nearly \$50 million in assistance, seeing nearly one in every five Sailors and Marines in uniform.

A visit to the NMCRS web site at <http://www.nmcrs.org> will show you the breadth and depth of assistance available, along with a complete listing of office locations, hours of operation and more.

If interested in contributing to the NMCRS, contact the command fund drive coordinator, MAC (SW/AW) Robert Miller, at 370-4610, or one of the representatives, LS1 Katrina Kyner at 370-3410, or LN1 Cleotis Robinson at 370-2922.

Women's History Month

Service members and government employees stationed on Diego Garcia British Indian Ocean Territory, joined together to recognize women serving the military in honor of Women's History Month on March 27.

Diego Garcia's Diversity Committee and featured a speech from Diego Garcia's Branch Health Clinic officer in charge, Capt. Donna M. Jefcoat.



Reenlistment at Cannon Point

Master-at-Arms 2nd Class Christopher L. Chandler, a military working dog handler stationed on Diego Garcia, reenlisted March 22. Chandler's reenlistment was held at Cannon Point, where the military dogs on the island are laid to rest. "I love working with the dogs," Chandler said. "That's why I felt that this location was a suiting place for my reenlistment."

Chandler says he has a goal of serving 20 years, then he will be able to retire. On his road to serving 20 years, he says the probability of him going for an officer program is high.



NEWS *from around the fleet*

MCPON Testifies before Congress on Hazing

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

WASHINGTON -- Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West testified before Congress March 22.

MCPON appeared before the House Armed Services Subcommittee on Military Personnel on Hazing in the Military along with top enlisted leaders from the Marines, Army, Air Force, and Coast Guard to discuss hazing prevention in the Navy and respective military branches.

"People are absolutely our most precious asset," said West. "Their individual success and Navy's collective mission accomplishment lie in our ability to provide an environment that promotes inclusiveness and a validated sense of value to the team." Hazing is not tolerated in the Navy due to its demoralizing and destructive nature to an individual's

self-esteem and detrimental impact on unit cohesion. "The secretary of the Navy's instruction on hazing is the cornerstone of our approach to education, prevention, enforcement and accountability," said West. "Training on hazing, equal opportunity, and core values begins with recruits at boot camp and is reinforced regularly in a variety of forums throughout a Sailor's service."

Since 2009, 46 hazing incidents have been reported with 20 of these resulting in punitive, administrative or disciplinary action.

"Navy policy requires Commanders to formally report every suspected incident of hazing to the chain of command as soon as possible," said West. "Every Sailor has the responsibility to make the appropriate authorities aware of hazing. Those who commit viola-



WASHINGTON (Mar. 22, 2012) Master Chief Petty Officer of the Navy (MCPON) Rick D. West and Chief Master Sergeant of the Air Force (CMSAF) James A. Roy speak together before testifying before the House Armed Services Subcommittee on Military Personnel on Hazing in the Military at the U.S. Capitol. (U.S. Navy photo by Mass Communication Specialist 2nd Class Thomas L. Rosprim)

tions of the policy and those in leadership positions who may tolerate such acts are held accountable."

MCPON pointed to the deck plate leaders aboard the ships and on the ground throughout the Navy as the pinnacle of success or failure of the Navy's hazing prevention policies and corrective measures.

"We understand people are truly the singular measure of your Navy's success," added West. "We appreciate your passionate interest in protecting their welfare and

stand committed to meeting your expectations."

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/.

What's happening in Diego Garcia

Beach CleanUp

PARTICIPATE IN THE TRI-ANNUAL CLEANUP AT EAST PT. TO PLANTATION BEACHES TO PREPARE FOR THE SEASONAL NESTING OF THE SEA-TURTLES

WHEN: APRIL 6 AT 6:30 A.M.
MEET PLACE: EARTH DAY PARK

USPS Mail Update

AS OF MAY 7, THE UNITED STATES POSTAL SERVICE (USPS) WILL NO LONGER ALLOW THE SHIPMENT OF LITHIUM BATTERIES AND DEVICES CONTAINING LITHIUM BATTERIES TO INTERNATIONAL LOCATIONS, INCLUDING FPO, APO AND DPO LOCATIONS.

Tax Assistance

THE VOLUNTEER INCOME TAX ASSISTANCE (VITA) TAX CENTER WILL BE OPEN TO MILITARY AND CIVILIAN PERSONNEL UNTIL APRIL 18, IN THE LEGAL OFFICE. CONTACT LNI ROBINSON AT 370-2922 TO SCHEDULE AN APPOINTMENT BETWEEN 1 - 4 P.M. MORNING APPOINTMENTS MAY BE CONSIDERED FOR SPECIAL CIRCUMSTANCES.

Blood Donations

THE BLOOD BANK IS CURRENTLY IN NEED OF ALL BLOOD TYPES. ALL HANDS ARE ENCOURAGED TO GET SCREENED FOR ELIGIBILITY. TO DONATE PLEASE CONTACT THE BRANCH HEALTH CLINIC AT 370-4211.

Brit Club

THE BRIT CLUB IS NOW OFF LIMITS TO ALL U.S. MILITARY PERSONNEL AND CIVILIANS CONTRACTED BY THE U.S. GOVERNMENT UNTIL FURTHER NOTICE.

Ombudsman Search

DIEGO GARCIA WILL NEED A NEW OMBUDSMAN AS OF JUNE 2012. IF YOUR SIGNIFICANT OTHER OR SPOUSE IS INTERESTED IN BECOMING THE NEW OMBUDSMAN PLEASE CONTACT THE CMC.

PRT Preparation Tip

VEG OUT!
FILL TWO-THIRDS OF YOUR PLATE WITH VEGETABLES. VEGGIES ARE LESS CALORIE DENSE AND MORE NUTRITIOUS THAN ANY OTHER TYPE OF FOOD.

Earth Hour 2012!

DO YOUR PART IN THE WORLD'S LARGEST SINGLE CAMPAIGN FOR THE PLANET. TURN OFF ALL NON-ESSENTIAL LIGHTS FROM 8:30 P.M. TO 9:30 P.M..

Thursday
29

Friday
30

Saturday
31

Sunday
1

Monday
2

Tuesday
3

Wednesday
4

Horseshoes
Doubles
Fitness Center
6 p.m.
Military Only

400m Ocean Kayak
Race
Marina
5 p.m.

26.2 Mile
Marathon/Bike Race
Marina
6 a.m.

3.1 Mile Fun Run
Pax Terminal to Gym
7 p.m.

Earth Day Library
Trivia Contest
Library
1 p.m. to 9 p.m.

500m Windsurf
Board Paddling Race
Marina
5 p.m.

Kickball Tournament
Field 1
6 p.m.
Military Only

**Johnny English
Reborn**
Adventure
PG
8 p.m.

Abduction
Action
PG 13
8 p.m.

Monte Carlo
Comedy
PG 13
10 p.m.

The Big Year
Comedy
PG
8 p.m.

Zookeeper
Family
PG
10 p.m.

Immortals
Action
PG 13
8 p.m.

The 3 Musketers
Adventure
PG 13
8 p.m.

The Sitter
Comedy
PG 13
8 p.m.

Killer Elite
Thriller
R
8 p.m.

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
CMDM(SW/AW) Robert L. Johnson

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

Tropical Times Editor
MC3 April D. Adams

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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.

