

# Tropical Times

April 5, 2012



*Participant's in the 1.5 mile race begin their run at the start of Captain's Cup on Diego Garcia, British Indian Ocean Territory, March 30. The March Captain's Cup was planned by the Chiefs of Diego Garcia and consisted of eight events.*

*Tropical Times  
goes Teal*





# Captain's Corner



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

This week is the holiest of weeks on the Christian calendar. Most Christians refer to it as Holy Week which is the time immediately before Easter Sunday. It is a time of somber reflection and worship as we prepare ourselves for the incredible joy and celebration that will soon follow with Easter Sunday. Before we celebrate his Resurrection we must first endure his suffering and his Cross. Some of us will do this aboard Diego Garcia with worship opportunities at the Chapel in the Palms. They begin for Roman Catholics with Holy Thursday Mass aka Maundy Thursday for some Christians. This Mass emphasizes humility, the institution of the Eucharist, and the anniversary of the Priesthood. We remember the Last Supper of Christ where Jesus washed the feet of his disciples. Jesus was showing his people that

if they wanted to be his follower, they will have to lower themselves to serve all of God's people regardless of their race, creed, color, nationality, ethnicity . . . But why the feet washing? That role was usually reserved for household slaves to perform when a guest arrived at a person's home. The point that Jesus is making is that to serve others we should be humble to the point of being a slave for them by putting their needs in front of our own. If our own God can do this for us then we should do the same for others. Good Friday begs the question why do we refer to this day as being good. How can it be good that an innocent person is tortured in a barbaric way? The end result was good. This lone death or supreme sacrifice absorbed all the sins of humanity past, present, and

## Holy Week at Diego Garcia

future. This opened the gates of heaven that were previously closed with the sin of Adam and Eve. Jesus took the punishment that was rightfully ours which freed us from an eternal spiritual death. Holy Saturday follows which is when we celebrate the Easter Vigil. It is a time of patient waiting. Jesus had died and he was buried the previous day. Now what? The only thing his followers could do was to wait. Wait for what? His death was not in their plans so what will happen next? What happened next was also a big surprise. This Mass is also when new converts are officially welcomed into the Church with Baptism, Confirmation, or their First Holy Communion. Other participants will renew their baptismal vows that were made in previous years. This renouncement of Satan and his

works renews their Christian commitment.

Regardless of a person's religious preference, their belief system, what Jesus did during Holy Week and especially on Good Friday was for the benefit of all people to include those who do not believe in him. This is why he is known as the Universal Savior. His saving actions were for all of us and not for just a particular few.

Reflect on the following from scripture:

***" . . . Do this in memory of me."***  
**(Luke 22:19)**

# Captain's Cup



Service members stationed on Diego Garcia, British Indian Ocean Territory, participated in the monthly Captain's Cup March 30.

This month's Captain's Cup was sponsored by the Chiefs of Diego Garcia. The events

included a 1.5 mile run, kayak race, softball relay, coconut bowling, chief trivia, softball field base running and a basketball shootout.

Congratulations to the U.S. Navy Support Facility, Diego Garcia Security Team for taking the trophy home this month.



# Diego Garcia NEWS

## Sexual Assault Hurts One: That is Your Shipmate

Story by MC3 April Adams

DIEGO GARCIA, British Indian Ocean Territory -- April is Sexual Assault Awareness Month (SAAM) and the Navy is taking great effort to educate Sailors about the seriousness of sexual assault.

"Sexual assault is any type of unwanted advancement toward someone in a sexual nature that is done intentionally by the offender," said Lt. Rosa Grgurich, U.S. Navy Support Facility (NSF), Diego Garcia's Fleet and Family Support Officer and Sexual Assault Response Coordinator. "If someone is even standing too close to you and intentionally touches you inappropriately, that is considered sexual assault."

The Department of Defense's SAAM theme this year is, "Hurts One, Affects All. Prevention of Sexual Assault is Everyone's Duty."

"SAAM is very important because it brings awareness from our upper-most leadership, down to our most junior Sailor - letting people know the importance of respecting each other," Grgurich said.

"This year's campaign is broken down weekly so everyone can connect with it; so they can be a part of the support system," Grgurich said.

In support of SAAM, NSF has scheduled events focused on educating and informing Sailors and civilians on the prevention, reporting and treatment of those affected by sexual assault.

"We will have weekly stand downs, conducting training on sexual assault," said Grgurich. "We are also teaming up with Morale, Welfare and Recreation (MWR) to host vari-

ous events around the island [to promote SAAM].". The galley is also scheduled to have a day committed to sexual assault awareness, and will have an open microphone session, to be locally broadcasted on American Forces Network (AFN).

In addition to information provided on sexual assault, Grgurich has three protective steps everyone can use to reduce their chances of a sexual assault:

"Clearly, alcohol has a big influence on sexual assault - use it responsibly so that you are able to make good choices and help yourself get to safety," said Grgurich. "Trust your instincts: if you feel threatened in any way, you need to get out of the situation or get help," Grgurich added. "Lastly,



April is  
Sexual Assault  
Awareness Month

"Lastly, make sure you always use the buddy system and be sure you are with people you know and trust."

For more information about Sexual Assault Awareness Month, visit [www.sapr.navy.mil](http://www.sapr.navy.mil).

# NEWS *from around the fleet*

## Navy Announces Revised FY13 Enlisted Boards Schedule

*From Navy Personnel Command Public Affairs*

MILLINGTON, Tenn. -- Navy announced a revised Fiscal Year 2013 (FY13) enlisted selection board schedule in NAVADMIN 108/12, released March 30.

NAVADMIN 108/12 announced new selection board convening dates for the active duty E-9, active duty E-8 and the FTS/AGR/CANREC (Reserve) E-7 selection boards. The message also announced new "received by" deadlines for candidates to submit their letter to the board and "received by" deadlines for special requirements for nuclear trained personnel.

Letters to the board previously submitted for FY13 enlisted selection boards have been retained and there is no requirement for candidates to resubmit letters to the board.

No changes were made to the convening or submission dates for the active duty E-7 selection board previously announced in NAVADMIN 349/11. Impact to the chief petty officer induction season will be minimal if any.

Unless specifically addressed in the new message, candidates should follow all eligibility and submission criteria outlined in NAVADMIN 349/11 and NAVAD for



ARABIAN SEA (Sept. 16, 2011) Chief Gunner's Mate James Glenn is presented his chief petty officer combination cover by Chief Electrician's Mate Joseph Smith during the 2011 chief petty officer pinning ceremony aboard the guided-missile cruiser USS Gettysburg (CG 64). Gettysburg is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations and support missions as part of Operations Enduring Freedom and New Dawn. (U.S. Navy photo by Mass Communication Specialist 3rd Class Betsy Knapper)

MIN 369/11 for E7 candidates and NAVADMIN 387/11 for E8 and E9 candidates. Note that the NPC Customer Service Center's e-mail address for sending letters to the board via e-mail is: [cscselectionboard@navy.mil](mailto:cscselectionboard@navy.mil).

The FY13 enlisted selection board schedule was revised following the public disclosure of the active duty E9 selection board's convening order, quota plan and membership list. Reserve E9 and Reserve E8 selection boards were not affected by the change.

To check the new schedule and for more information read NAVADMIN 108/12, available at [www.npc.navy.mil](http://www.npc.navy.mil).

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

# NEWS *from around the fleet*

## SAAM: Navy Announces Sexual Assault Awareness

*From Chief of Naval Personnel Public Affairs*

WASHINGTON – The Navy announced Sexual Assault Awareness Month (SAAM) and issued guidance to focus efforts on awareness and prevention of sexual violence through the use of special events and command-level education in NAVADMIN 106/12, released March 28.

The Department of Defense's SAAM theme this year is, "Hurts One, Affects All. Prevention of Sexual Assault is Everyone's Duty."

In addition to this overarching theme, the Navy will highlight complementary weekly themes throughout the month.

"Sexual assault prevention is one key aspect of the Navy's 21st Century Sailor and Marine initiative to increase the personal readiness of each and every Sailor within our Navy," said Vice Adm. Scott R.

Van Buskirk, chief of naval personnel and director of the Navy's SAAM 2012 initiative. "The weekly themes will underscore varying aspects of sexual assault and the Navy's efforts to raise awareness in order to eliminate this crime."

The four weekly themes are: "Hurts One," "Affects All," "Prevention is Everyone's Duty," and "We Will Not Tolerate Sexual Assault."

"Our goal is to foster a command climate in which reporting assault is embraced and encouraged while providing support to victims," said Van Buskirk. "We are also demanding a strict zero tolerance policy for sexual assault and accountability of all offenders."

Commands will host mandatory education sessions to raise sexual assault awareness among Sailors. Commanding officers can either hold a single two-hour



stand down or break the discussions into four 30-minute weekly sessions, according to the NAVADMIN. Scripts and videos for each week's theme will be provided to commanding officers to help facilitate discussion throughout their commands. These engagement products, in addition to talking points, posters and other tools, will be posted to the Navy Personnel Command's Sexual Assault and Prevention website, <http://www.sapr.navy.mil>, according to the NAVADMIN. Navy installations and commands around the world will be organizing activities to raise awareness of sexual assault throughout the month. All units are encouraged to participate and promote SAAM events in addition to the two-hour stand down in April, said Van Buskirk.

"Collectively, we can make a difference in preventing sexual assault by engaging all of our people in a meaningful manner to raise awareness to change behavior," said Van Buskirk.

Sexual Assault Prevention and Response is an important element of the readiness area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department. The Department of the Navy (DoN) is working to aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable.

# What's happening in Diego Garcia

## Sexual Assault Awareness Month

### WEEKLY SUB-THEMES

APR. 1-7: HURTS ONE. SEXUAL ASSAULT VICTIMS ARE OUR SHIPMATES.

APR. 8-14: AFFECTS ALL. SEXUAL ASSAULT IMPACTS READINESS AND COMBAT EFFECTIVENESS.

APR. 15-21: PREVENTION IS EVERYONE'S DUTY. WE MUST LOOK OUT FOR OUR SHIPMATES AND PREVENT HARM.

APR. 22-30: WE WILL NOT TOLERATE SEXUAL ASSAULT.

## 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.

## 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

HALVE AT IT  
DIVIDE YOUR NORMAL PORTION BY TWO AND SAVE THE REST FOR LATER. YOU ARE LIKELY TO FEEL FULL ON LESS FOOD THAN YOU THINK.

## Brit Club Reminder

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

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

5

6

7

8

9

10

11

8-on-8 Kickball  
Tournament  
Field 1  
6 p.m.  
Military Only

Basic Sailing Class  
Session 1 and 2  
Marina  
5:30 p.m. to 7 p.m.

Island-Wide Easter  
Egg Hunt  
Island Room  
10 a.m.

MWR Sailing  
Regatta  
Marina  
2 p.m.

100m Freestyle Swim  
Competition  
Base Pool  
6 p.m.

Cut Throat Pool  
Tournament  
Island Room  
6 p.m.

3-on-3 Basketball  
Fitness Center  
5 p.m.

MWR

MOVIES

**Anonymous**  
Thriller  
PG 13  
8 p.m.

**Dolphin Tale**  
Family  
PG 13  
8 p.m.

**Money ball**  
Drama  
PG 13  
10 p.m.

**J. Edgar**  
Drama  
R  
8 p.m.

**The Hangover 2**  
Comedy  
R  
10 p.m.

**Johnny English:  
Reborn**  
Comedy  
PG  
8 p.m.

**Hugo**  
Adventure  
PG  
8 p.m.

**Joyful Noise**  
Comedy  
PG 13  
8 p.m.

**War Horse**  
History  
PG  
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

CMDCM(SW/AW) Robert L. Johnson

**Public Affairs Officer**  
MC1(SW/AW) Ryan B. Tabios

**Tropical Times Editor**  
MC3 April D. Adams

**Command Journalists**  
MC2 (AW/EXW) Emmanuel Rios  
MCSN Eric A. Pastor

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 are endorsed by, the  
U.S. Government, Department of  
Defense, or Department of the  
Navy.  
All editorial content is prepared  
by U.S. Navy Support Facility,  
Public Affairs, Diego Garcia.  
**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.

