

Tropical Times

April 19, 2012



British Royal Marine Commandos secure Thunder Cove after capturing three simulated suspects as part of a hostile scenario during Citadel Pacific Shield 2012 at Diego Garcia, British Indian Ocean Territory, April 12.

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

I like to do physical training (PT) in the morning. It wakes me up and energizes me for the rest of the day. If I were to wait until the end of the work day, I would not have any desire or energy left from the previous eight hours of work. I also find that doing it during lunch is too disruptive for my schedule. Most of the mornings I'm in the gym for this morning ritual. I prefer the elliptical for my cardio workout. I also like to work the gut and do pushups because those events are tested on the PRT.

Every Friday is U.S. Navy Support Facility (NSF) Diego Garcia, group PT except when we are in the PRT cycle. We start in the gym with stretching and exercises. This is usually followed by a group run or some other activity that is usually different from what I nor-

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Following the Right Way

mally do in the gym. Last month the group went to the softball field, not to play softball but rather to run laps in a single file around the inside perimeter. Then we continued with the Indian Run. This exercise is when the group runs in a long single file. The last person in line sprints to the front of the line while the line is in constant motion. This repeats itself until the last person makes it to the front. The next exercise was what I called the "Z" drill. You ran to a marker, moved in a lateral direction while keeping a low profile to another marker, and then you finished with a sprint in another diagonal direction. There was little time for rest because the lines were always moving. The initial demonstration did not make any sense to me because it seemed too confusing with too many twists

and turns. I was concerned that I would make a wrong turn and get lost in the process. We started the drill and it worked out fine. I followed the instructions and I got a great workout in the process. I am glad that I did not give up so easily for something that initially did not make any sense to me.

Sometimes the directions that God gives us can have the same effect- they can be confusing because they can raise a lot of questions. We may think that God's ways are too old fashioned or outdated for what we need today. His ways can also be time consuming which requires our patience and perseverance. His answer is not always yes. Sometimes it is "wait" or "no." That can be hard for us to accept because our modern society is conditioned to expect instant gratification. Not

waiting for God's input means that we are bypassing His Divine wisdom. His way will give us the right answers because His ways are time tested. More importantly we are not smarter than God. He knows what's best for us. He has given us the directions to take with his teachings and Commandments. Now it is up to us to trust Him by following his ways that are not always popular with our modern society.

***"Make know to me your ways, Lord:
teach me your paths." (Psalm 25:4)***



Citadel Pacific Shield 2012

Sailors and British forces at U.S. Navy Support Facility (NSF) Diego Garcia (DG), British Indian Ocean Territory, completed exercise Citadel Pacific Shield 2012 (CP-12) on April 13. The DG team was put through different scenarios aimed at improving Force Protection readiness

by executing various facets of the Anti-Terrorism Force Protection plan at U.S. Navy Support Facility, Diego Garcia.



Diego Garcia NEWS

Diego Garcia Completes Citadel Pacific 2012

By Mass Communication Specialist 1st Class (SW/AW) Ryan B. Tabios

DIEGO GARCIA, British Indian Ocean Territory (April 12, 2013) – U.S. Navy Support Facility Diego Garcia, British Indian Ocean Territory, completed exercise Citadel Pacific Shield 2012 (CP-12) on April 13.

CP-12 is an annual exercise designed to enhance the readiness and train the island security forces to respond to threats to the installation.

The purpose of this exercise is to assess the installations ability to activate and maintain a higher force protection condition and respond to a small boat probe and active shooter situation. CP-12 also evaluates the knowledge, understanding and implementation of approved plans, policies and operation procedures.

"The scenarios are designed to determine the ability of NAVSUPPFAC Diego Garcia and tenant commands to develop, plan, brief, assess exercises and debrief an anti-terrorism/force protection scenario," said Lt. David Noble, Installation Training Team Officer. "Additionally, they are designed to train and enhance interdepartmental understanding and cooperation.

During the exercise, installation security forces and local authorities responded to the scenarios and according to Mass Communication Specialist Seaman Eric Pastor, training prior to the exercise was beneficial to the Auxiliary Security Force Team.

"This exercise showed that we are more than capable to defend Diego Garcia and other assets on the island," said Pastor. "It is important to prepare ourselves and be ready



DIEGO GARCIA, British Indian Ocean Territory (April 12, 2012) - British Royal Marine Commando Lance Cpl. Rohan Doyle stands security over a simulated injured suspect as part of a hostile scenario during Citadel Pacific Shield 2012 (CP-12) on Diego Garcia, British Indian Ocean Territory, April 12. CP-12 aimed at improving Force Protection readiness by executing various facets of the Anti-Terrorism Force Protection plan at U.S. Navy Support Facility, Diego Garcia. (U.S. Navy photo by Mass Communication Specialist 3rd Class April D. Adams)

to respond at a moments notice.

"You never know what will happen, things can change in a heart beat," added Pastor.

Just as in any training scenario, according to Noble, there are lessons learned and improvements that can be made to better the execution plan.

"Overall, CP-12 went well," said Noble. "We accomplished all major objectives and learned a few things about responding and interacting with our British counterparts. These items will be used to improve our standard

operating procedures around the base and memorandum of understandings with British forces."

NEWS *from around the fleet*

New Orleans Kicks Off War of 1812 Bicentennial Commemoration Navy Week

From New Orleans Navy Week Joint Information Center

NEW ORLEANS -- The people of New Orleans and visitors to the city will be able to tour 11 ships from six nations that arrived in New Orleans April 17, to participate in the War of 1812 Bicentennial Commemoration and "Star Spangled Banner" Navy Week 2012.

The ships moored at several piers along the east bank include the amphibious assault ship USS Wasp, the destroyer USS Mitscher and frigate USS De Wert. FS Germinal from France, HMS Montrose from Great Britain and HMCS St. John's from Canada make up the international naval contingent, along with the tall ships Dewaruci from Indonesia and BAE Guayas from Ecuador.

"This opportunity to visit the historic city of New Orleans for the Bicentennial Commemoration of the War of 1812 is a once in a lifetime experience for Wasp and the crew," said Capt. Gary M. Boardman, USS Wasp's commanding officer. "Wasp is a first-rate command, and I couldn't be more proud of my ship and crew to be selected for such an event."

The commemoration in New Orleans is an opportunity for Sailors and Marines to engage the American public

to increase awareness and knowledge of the Navy, Marine Corps and Coast Guard, and the vital role these services play in defense of the nation and the projection of the maritime power and security.

"This is a fantastic opportunity for our Sailors and Marines to tell their story, and the story of the sea services," said Boardman. "I would like my Sailors to reflect back on what we as a Navy accomplished back in 1812 and look at how far we have come."

"I'm very excited and honored to be able to experience my first Navy Week in New Orleans," said Electronics Technician 3rd Class Justin Kesterson. "I'm not quite sure what to expect, but I'm signed up for a few tours and ready to get out and see the city."

Service members from the United States will compete in athletic events such as soccer, softball, basketball and tug-of-war with sailors from Ecuador, Indonesia, France, Canada, and Great Britain.

Two hundred years ago, the United States was a sparsely populated, newly independent country fighting in a war with Great Britain - the world's largest Empire - over land and maritime superiority. The War of 1812 brought forth many

heroic acts on land and at sea in defense of our freedom and national sovereignty.

Other events throughout the week include a seafood cook-off competition featuring local celebrity chefs teamed with military culinary specialists Friday afternoon at Woldenberg Park. The week will culminate in an air show over Lake Pontchartrain on Saturday and Sunday, featuring the U.S. Navy Blue Angels. A complete schedule of tours and other events open free to the public can be found at nolanavyweek.com, including tickets to Friday night's War of 1812

Gala at the National World War II Museum.

Nearly a dozen community projects have been identified and many of these visitors will be lending a hand during the port visit.

"I'm looking forward to helping those who need assistance," said Marine Corps Lance Cpl. Charles R. Thorp, from the 26th Marine Expeditionary Unit. "That is what the military is all about, it's not about helping yourself, but giving back to people that need your help."

Visitors from the ships as well as Navy Seabees from Gulfport, Miss., will roll up their sleeves and plant trees along Lake Pontchartrain, build a house with Habitat for Humanity and visit children in local hospitals.

The six-day celebration of the sea services honors the men and women of the military through public events and recognition, and also provides an opportunity to showcase the capabilities of surface platforms, equipment and the skills of the men and women serving aboard these vessels. Ships



MISSISSIPPI RIVER (April 17, 2012) Col. Mathew G. St. Clair, commanding officer of the 26th Marine Expeditionary Unit, stands on the flight deck of the multipurpose amphibious assault ship USS Wasp (LHD 1) in a replica of a Marine uniform worn during the War of 1812. Wasp is in New Orleans April 17-23 for the War of 1812 Bicentennial Commemoration Fleet Week. The commemoration is a salute to all Sailors and Marines who fought in that conflict, who have served in our nation's conflicts since then, and who are defending freedom around the world today. (U.S. Navy photo by Mass Communication Specialist 3rd Class Betsy Knapper)

will be open for public visits throughout the week.

Commemorative events are scheduled to continue along the East Coast and Great Lakes over the next three years in 14 cities, culminating in New Orleans in January 2015, the bicentennial of the Battle of New Orleans. In 1815, a mostly volunteer army led by future president Andrew Jackson defeated a much larger British force at Chalmette, securing the Mississippi River and the entire Louisiana Purchase. U.S. Navy Sailors and U.S. Marines were among the defenders, and Navy cannon contributed to the firepower that devastated 10,000 crack British troops.

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

For more news from Patrol Squadron 62, visit www.navy.mil/local/vp62/.

NEWS *from around the fleet*

CSADD Rallies Will Navigate Sailors to Make Good Decisions

From Chief of Naval Personnel Public Affairs

WASHINGTON -- The Navy will hold two rallies in May and June to promote sound decision-making and leadership development among junior Sailors, according to NAVADMIN 124/12, released April 17.

The Coalition of Sailors Against Destructive Decision (CSADD) rallies will take place at Naval Station Norfolk, Va., May 22-23 and at Naval Base Coronado, Calif., June 12-13.

CSAAD is a peer mentoring program for active and reserve Sailors, Reserve Officer Training Corps (ROTC) candidates, and Junior Reserve Officer Training Corps (JROTC) cadets aimed at promoting good decision-making and leadership development at the most junior levels.

The theme for the rallies is "Navigating Success" and participation is open to all CSADD regions, chapters and local area command leadership. The rallies are designed to provoke thought and inspire

young leaders to discuss a variety of issues affecting the fleet, such as sexual assault awareness, bystander intervention, responsible alcohol use, off-duty safety and Sailor family readiness.

CSADD encourages positive behavior by bringing together Sailors through both online social networking to foster peer interaction and in-person networking.

"We need to communicate and interact with junior Sailors in the way that best speaks to them," said Chief of Naval Personnel Fleet Master Chief Scott Benning. "One of the best methods is by Sailors interacting with each other - tackling these important issues together to foster discussion, share experiences, provoke thought and create awareness.

"The rally's message is simple," continued Benning. "This is about shipmates learning from and helping shipmates. Since CSADD's inception, we have seen improvements in all areas of personal readiness and



safety - our goal with these rallies is to motivate Sailors to build on that success."

CSADD Sailors are taking on leadership challenges both on and off-duty, reinforcing both the core principles of CSADD and the Navy's 21st Century Sailor and Marine initiative, according to Benning.

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 Navy and Marine Corps.

"Making good decisions - and Sailors encouraging their

shipmates to make the right choice - is critical to Sailor and Fleet readiness," said Master Chief Hospital Corpsman Keith Wright, CSADD coordinator and organizer of the rallies. "These rallies will offer the opportunity for more peer-to-peer interaction on issues that directly affect the readiness of our Navy, and will empower our Sailors to develop themselves as tomorrow's leaders." Currently there are more than 250 CSADD chapters operating across the Navy.

For more information about CSADD, visit <http://www.public.navy>.

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.

Enlisted Commissioning Fair

THE NSF WARDROOM WILL BE SPONSORING AN ENLISTED COMMISSIONING FAIR ON MAY 4, 8-12 A.M. AT THE LIBERTY CENTER. THE WORKSHOP WILL PROVIDE INFORMATION ON A VARIETY OF METHODS THAT ENLISTED SAILORS CAN PURSUE TO MAKE THE JUMP FROM BLUE SHIRTS TO OFFICER KHAKIS.

Return and Reunion Class Note

ALCON:

DUE TO LACK OF PARTICIPATION IN THE RETURN AND REUNION CLASS GROUP SESSIONS, AND INCREASED PARTICIPATION IN INDIVIDUAL SESSIONS, GROUP SESSIONS WILL NO LONGER BE OFFERED ON THE 3RD WEDNESDAY OF THE MONTH AND WILL BE OFFERED AS NEEDED VIA INDIVIDUAL REQUEST. FOR MORE INFORMATION CONTACT FFSO OR THE CHAPLAIN FOR SUPPORT SERVICES.

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.

Ton-O-Trash Throwdown

WHEN: SUNDAY, APRIL 22ND, 10 A.M.

WHAT: BEACH CLEAN-UP & BBQ

WHERE: MEET AT THE LIBERTY CENTER

ALL HANDS ARE INVITED AND ENCOURAGED TO ATTEND

Holocaust Days of Remembrance

THE HOLOCAUST DAYS OF REMEMBRANCE ARE APRIL 15-22. THE DAYS OF REMEMBRANCE HAVE A THEME OF "CHOOSING TO ACT: STORIES OF RESCUE."

Friday
20

Saturday
21

Sunday
22

Monday
23

Tuesday
24

Wednesday
25

Thursday
26

Earthday Fair
And Exhibit
Earthday Park
1 p.m.

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

8 Pin No Tap Bowling
Tournament
Paradise Alley
12 p.m./3 p.m./5 p.m.

3 x 1.5m Relay Run
Fitness Center
7 p.m.

Badminton
Tournament
Fitness Center
5 p.m.
Military Only

Table Tennis
Tournament
Fitness Center
5 p.m.

Powerboat Class
Marina
4:30 to 6 p.m.

The Rum Diary
Drama
R
8 p.m.

New Year's Eve
Comedy
PG
8 p.m.

Haywire
Action
R
8 p.m.

Hugo
Adventure
PG
8 p.m.

**Sherlock Holmes:
Games of Shadow**
Action
PG 13
8 p.m.

**Mission Impossible:
Ghost Protocol**
Action
R
8 p.m.

Tower Heist
Comedy
PG 13
8 p.m.

**Paranormal
Activity 3**
Horror
R
10 p.m.

Arthur Christmas
Animation
PG
10 p.m.

Tropical Times

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Diego Garcia British Indian Ocean
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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.

