

Tropical Times

Serving the Footprint of Freedom

Volume 12, Number 36

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

December 6, 2002

Bush signs National Defense Authorization Act

Associated Press Service

PENTAGON ---The National Defense Authorization Act for 2003 funds the military portion of the global war on terror and the continuing transformation of the United States military to face the threats of the 21st century.

President Bush signed the bill into law December 2 during a ceremony at the Pentagon. The act actually allows DoD to spend money released under the 2003

National Defense Appropriations Act, which Bush signed Oct. 23.

Under the two bills, service members will receive at least a 4.1 percent pay raise beginning Jan. 1, 2003. Many mid-level NCOs and officers will receive a pay jump of between 5.5 percent to 6.5 percent. The bills call for an increase in the basic allowance for housing to cut out-of-pocket expenses to 7.5 percent. The bill puts elimination of this financial inequity to service members on

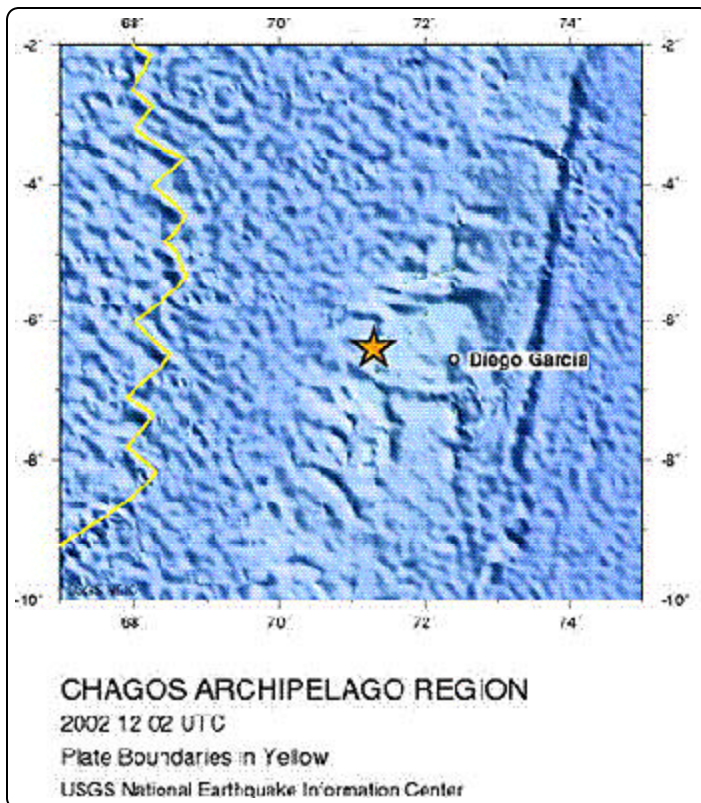
course for fiscal 2005.

The act also deals with the hot button issue of concurrent receipt. Currently, military retirees who receive Department of Veterans Affairs disability payments have their retired pay reduced dollar-for-dollar by the VA payment.

The act authorizes an enhanced special compensation for military retirees who "incurred a qualifying combat-related disability." The retiree must have received

the Purple Heart for the injury or have a service-connected disability of 60 percent or higher incurred as a direct result of combat or training for combat.

Those who qualify may receive one of the following incentives: \$5,000 payable after completing the initial 15 months of active duty; repayment of student loans up to \$18,000; an education allowance at the Montgomery GI "Defense Act" continued page 3.



Temblor shakes atoll

By JO1 Jeremy L. Wood
NSF Public Affairs

December 2, 2002, 12:21 a.m., Diego Garcia experienced a magnitude 4.6 earthquake.

This light temblor's epicenter was located roughly 75 miles west of the atoll (6.4°S and 71.30°E), located a shallow 6 miles (10 kilometers) below the sea level. This marks the fifth in the 450 mile region around the island since the beginning of the year.

This was the second earthquake in the Indian Ocean region this week. The first occurred 16 hours earlier with a strength triple of Diego Garcia's, a moderate magnitude 5.2. It was located 1283 miles south (26.07°S and 70.82°E) in a region referred to as the Indian Ocean Triple Junction. This

plate tectonic joint is where three different plates of the Earth's crust press together.

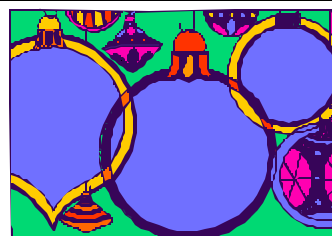
Diego Garcia is located about 245 miles from the plate boundary making up the western Indian Ocean portion of the world's encompassing Fire Ring.

Most people are able to feel earthquakes as small as 2.5. A magnitude 4 can cause moderate damage to buildings and infrastructure.

There was no damage reported on the island.

Left: Starred is the graphical location of Diego Garcia's December 2 magnitude 4.6 earthquake, that occurred 75 miles west of the atoll. The light yellow line is the western Indian Ocean plate boundary. Graphic courtesy of United States Geological Society.

I.C.E.
Interactive Customer Evaluation System
"Tell us how we are doing."
<http://ice.disa.mil>
Category: Communications -->
Tropical Times Newspaper



Command Master Chief.....	2
Navy News.....	3
Service Contract Manager.....	4
Local News.....	5
Health News.....	6
Chaplain's Message.....	7
Classifieds/ Captain's Cup.....	8
MOT/ Tides/ Equal Opportunity.....	9
Galley Menu/ History.....	10

Command Master Chief

Letting someone take lead



CMDCM (SW) Ronald Scintilla
NSF Command Master Chief

In many organizations there are two kinds of leaders-hierarchical leaders and roving leaders. In special situations, the hierarchical leader is obliged to identify the roving leader, then to support and follow him or her,

and also to exhibit the grace that enables the roving leader to lead.

It is not easy to let someone else take the lead. To do this demands a special openness and the ability to recognize what is best for the organization and how best to respond to a given issue. Roving leadership is an issue-orientated idea. Roving leadership is the expression of the ability of hierarchical leaders to permit others to share ownership of problems-in effect take possession of a situation.

When roving leadership is practiced, it makes demands on each of us-whether we're a hierarchical leader, a roving leader, or a good follower. It's a demanding process. It demands that we be enablers of each other. *To be continued.....*

*There will not be a
Captain's Cup
Competition during the
month of December*

Volunteers needed for income tax center to help with 2002 income tax year.

**The Tax Center will open in February 2003
in the BEQ 16, second deck lounge.**



The tax center uses a computer program called Tax Wise to prepare federal income tax returns. Electronic returns are then sent to the member's bank account. Leadership positions are available for people with Tax Wise experience.

To volunteer help with the income tax center, please bring a special request chit approved by your chain of command to the Navy Support Facility Legal Office in Building 136. If you have any questions about the tax center contact LNC(SW/AW) White at 370-2922.

Tax Tip: If filing a joint tax return on Diego Garcia the taxpayer must provide a power of attorney or IRS form 2848 signed by the spouse; or, the return may be mailed to the spouse for signature.

The IRS form 2848 can be downloaded from the <http://www.irs.gov> web site.



Tropical Times

U.S. Navy Support Facility

Commanding Officer
Capt. Robert Hibbert
Executive Officer
Cmdr. Chris F. Jewett
Command Master Chief
CMDCM(SW) Ronald Scintilla

**Public Affairs Officer/
Managing Editor**
JO1 Jeremy Wood
Printing/Distribution
LI3 Lakeisha Glenn
LISN Katerine Noll

This funded newspaper is an authorized publication for members of the U.S. military services. Contents of *Tropical Times* are not necessarily the official views of, or are endorsed by, the U.S. Government, Dept. of Defense or the Dept. of the

Navy. The editorial content is prepared and provided by the Public Affairs Office of NSF, Diego Garcia. *Tropical Times* is published every Friday. **Submissions are due to the editor by 1200 every Wednesday.**

Input may be submitted to JO1 Wood via guard mail, in person, or e-mail them to woodj@dg.navy.mil. Editing will be done on all submissions to conform to Associated Press style guidelines.



Local News

Squadron of the feathered kind visits

By JO1 Jeremy L. Wood
Navy Support Facility
Public Affairs

Over the Thanksgiving weekend, an unexpected and small squadron of the natural persuasion arrived on the island - Amur Red-Footed Falcons (*Falco Amurensis*).

For the first time, on December 2, four rare 12 to 16 inch Amur red-footed falcons were positively identified and observed hunting and interacting with the local flora and fauna on Diego Garcia. A deceased falcon was also found near the runway.

It is characterized by an orange to red beak and the bird's most pronounced feature, thus its name - bright red feet. Its top wing feathers are brown and dark grey. Also, the falcon has a

white collar and a black and brown spotted breast.

Its moustache is the most distinctive trait. This is the area around its eyes and above its beak. Each species of falcon has a pattern to set them apart as well as coloration and habits.

This deft raptor, also known as the Eastern Red-Footed Falcon and Manchurian Red-Footed Falcon, most commonly breeds in southeast Siberia, northeastern China and Mongolia. Traditionally, the falcon will migrate from Siberia to places such as South Africa, Mozambique and Zimbabwe for the winter. The bird prefers steppe and cultivated open area.

One of sixty true falcon species worldwide, it is often confused with its close relative, the Western Red-Footed Falcon

(*F. Vespertinus*), and the Eurasian Hobby Falcon (*F. Subbuteo*) of Europe. The hobby falcon has the appearance of wearing boots of red feathers. Though, very similar, the western red-footed falcon does not have a white collar.

Amur feed on insects as they fly, similar to a swallow at night. Yet, they have another characteristic that is different from their falcon cousins. While in flight, they are able to swiftly swoop up and beat their wings to hover over their prey of small rodents before capturing it with its powerful talons.

Amur normally lay a clutch of two to six eggs. Often, the raptor is seen in pairs.

The duration of stay for the Amurs on the atoll is unclear. The area of the falcons has been



Monday, December 2 -- An Amur, or Eastern Red-Footed (*Falco Amurensis*), Falcon takes a break from hunting on a local guywire. Oddly, this individual and its squad perch on the slanted wires and not on the top of poles. Photo by JO1 Jeremy L. Wood.

withheld to ensure privacy for the birds while they are here.

“Defense Act” continued from page 1.

Bill monthly rate for one year; or an educational allowance of one-half the Montgomery GI Bill rate for three years.

The act continues special pays and bonuses for active duty and reserve personnel and expands special pays given to high-demand military specialties. It also increases the bonus awarded to prior-service personnel.

The act makes medical improvements a high priority. The legislation calls on the Defense Department and the Department of Veterans Affairs to share assets, especially in regards to pharmacy benefits.

Congress continues to improve the TRICARE program. The legislation expands TRICARE Prime Remote to cover dependents who remain in remote locations when they cannot accompany sponsors. An example of this is a dependent who stays in a remote location while

a spouse is assigned to Korea on an unaccompanied tour.

Congress also expressed concern over the stability of the TRICARE provider networks. Many providers complain that claim processing takes too long. Under the legislation, the requirements for TRICARE and Medicare will be the same.

The budget supports an active-duty end strength of 1,389,700 with the Army set at 480,000, the Navy at 375,700, the Marines up slightly to 175,000 and the Air Force pegged at 359,000. The overall strength of the reserve components is unchanged from fiscal 2002 at 864,558.

The legislation expands the size of the service academies from 4,000 to 4,400 students beginning in the next school year.

In the authorization act, the legislators say they “believe that active-duty end strength needs to be increased in the long term.”

The act authorizes \$7.3 billion for counterterrorism programs

throughout the services. Much of this is channeled into biological warfare defense and chemical and biological detection, protection and decontamination.

In readiness accounts the act fully funds President Bush's request of \$78.4 billion. This covers such items as steaming days, flying hours, tank miles and depot maintenance.

Modernizing the force is a large part of the budget. In aircraft the bill authorizes 23 F-22 Raptors this year and 27 in fiscal 2004. The act also funds \$3.4 billion for Air Force-Navy research on the F-35 Joint Strike Fighter program.

The act allots \$3.7 billion for 12 C-17 Globemaster III air transports. The act also provides funds to upgrade F-15 and F-16 fighter aircraft.

The Army's Comanche helicopter program will receive \$910 million for engineering and manufacturing development.

Defense Secretary Donald

Rumsfeld cancelled the Army's Crusader artillery system. The act authorizes DoD to shift funding from that program to other indirect fire programs. A total of \$673 million will be split among six promising technologies.

The act authorizes two new Arleigh Burke-class destroyers and close to \$1 billion for research and advance procurement for Navy aircraft carriers.

It also exempts the military from portions of the Migratory Bird Treaty Act. Provisions allow service members to train more realistically at their stations while expanding buffer zones around training areas.

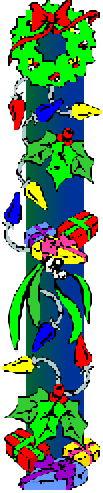
Finally, the 2003 budget buys the Army's last Abrams tanks and Bradley fighting vehicles. The request funds \$376.3 million for 103 tanks and \$397 million for 138 Bradleys. In a sign of things to come, the budget authorizes \$788 million for the Stryker Armored Vehicle and \$759 million for research on the Army's Future Combat System.



Holiday Safety Message

Ensure Holiday Season is safe for all

Submitted by Lt. Janet Cuffley
Health Services Department



The holiday season is in full swing. Now is a time for reflection and celebration to be thankful for what we have and anticipate the joy that the future will bring. Even though we are far from family and friends, now more than ever, these loved ones will be on our minds. Most of us will not be able to spend the season with those that we love, but we can certainly let them know that our thoughts are with them.

Below is a list of safety tips published by the health promotions department at Jacksonville Naval Hospital. Please read them and share the warnings with family and friends back home.

May you and yours enjoy a wonderful and safe holiday season.

Holiday Safety: Tips for keeping your holidays merry.

When you are busy baking cookies, wrapping presents, trimming the tree, and getting the house ready for relatives, the furthest thing from your mind may be safety. But toys, holiday decorations, and holiday foods can present dangers, and cause you and your loved ones injuries. By following a few safety tips, you can make sure your holidays are truly a time of merriment and joy.

Toys

According to the Centers for Disease Control and Prevention, most toy-related injuries involve lacerations, abrasions, and bruises followed by swal-

lowing a foreign body, such as a piece of toy, fractures or dislocations, and sprains and strains.

"Parents and other caregivers can prevent toy-related injuries by making informed decisions about the correct type of toy to buy and periodically monitoring children's use of toys to ensure that toys are being used safely," stated CDC agency officials.

To reduce the risk of toy-related injuries, the CDC advises consumers buying toys to:

- * Check the age and safety-related warnings on toys, and strictly adhere to them, especially when buying toys for young children.

- * Select toys to match the abilities, skill, and interest level of the child.

- * Avoid buying toys that have small parts or that may break into small parts, especially for toddlers under age 3, who put objects in their mouth.

- * Avoid buying toys that have sharp edges, points, or heating elements, especially for children under age 8.

- * Consider the age level of all children at home when purchasing toys, as toys intended for older children may get into the hands of those who are younger. Toys intended for older children should be stored out of the reach of younger children. Check which toys require adult supervision and strictly follow all instructions.

- * Demonstrate the safe use of the toy when it is first introduced to the child, and give occasional reminders. Show the child how to safely put away and store the toy, paying attention to age-appropriate and safe

accessibility.

- * Check toys periodically for breakage and loose, small parts; repair or discard any such toys.

If your child receives a bicycle, roller blades, a skateboard, or other such equipment as a present, be sure a helmet, or other safety equipment is included as well. Get your children into the habit of never riding a bike or skating without wearing safety equipment. (Remember, children look to their parents, so be sure you're always wearing one as well.)

Holiday Decorations

Strings of decorative lights, hung outside the house or in, can be very pretty and dazzling to all who view them. But before they are hung, they can be enticing to young child as well. Therefore, take care

not to leave them accessible to young hands, as they may find their way into their mouths (causing possible lacerations) or around their necks (a strangulation hazard).

Cords and plugs should be kept hidden and not left dangling. Ensure extension cords are run along the walls and not under rugs or across the floor. Also, avoid overloading outlets. If needed, use electrical tape to secure the cords together.

The tree or other large decorative objects should be firmly secured to the walls or other supports. Placing your tree in a wide-based stand will help prevent it from falling over if bumped into or pulled on by your child or pet. Be careful too of where ornaments are placed on the tree, as they may find their way into the mouths or

around the necks of young children, or in the way of a wagging tail.

Gathering your family and friends around a crackling fire, or burning a lot of candles in a room to create a warm atmosphere is inviting, but also presents a safety concern as well. Always use a fireplace screen when burning a fire and keep young children and pets away from burning fires or flames.

Place your holiday decorations away from burning candles and don't let candles burn when you're out of the room. Fire safety also includes keeping your tree well watered and clearing out any dry needles, plants, or flowers.

Several flowers and plants commonly used as decorations can be dangerous. For example, the berries found on holly sprigs and mistletoe are poisonous if eaten. If you have young children or pets, check with your florist or plant nursery to see if there are any safety concerns you should know.

Holiday Foods

With holiday buffets and gifts of food, food allergies may arise during this festive season. Always be sure to take care and ask about the ingredients.

Also, during this time of holiday cheer, many foods and beverages, such as cakes, punch, and eggnog, may be "spiked" with alcohol. Ask your host especially if younger children or older adults are present.

The holidays are a time of merriment and joy. Be sure yours is safe too!





Health News

Diabetes: Common, but controllable disease

By Lt. Janet Cuffley, NC
Health Services Department



Diabetes is a common condition that affects men, women and children. About 1 in 20 American has diabetes, and many don't even know it. In a person with diabetes, one of two things goes wrong – the body makes little or no insulin, or the insulin cannot get the blood sugar into the cells. The result of this is that the body doesn't get the fuel that it needs and blood sugar stays high. If diabetes is not controlled, it can shorten your life and can make your later years harder. Common but serious health problems related to diabetes include:

- Blindness and other eye problems*
 - Nerve damage*
 - Kidney disease*
 - Sexual problems*
 - High blood pressure and poor circulation*
 - Heart disease and stroke*
- Health problems because of diabetes can be prevented or re-

duced. It is important to get care and treatment for diabetes early.

Knowing the signs of diabetes is an important first step. The signs include constant thirst or hunger, need to urinate often, dry, itchy skin, sudden weight loss, upset stomach, including nausea or vomiting, blurry vision, numb or tingling hands and feet, and lack of energy. Signs often appear slowly. There may be no signs at all in the early stages. If you have any signs of diabetes, call Health Services Department at 370-4211 or 370-4212, right away or come to the clinic for immediate care.

Some individuals have a higher risk for diabetes than others. The people with higher risk are overweight, have a family history of diabetes, are over 40 years old, and belong to specific ethnic groups, such as African-American, Hispanic or Latin-American, Native American, Native Hawaiians, and Asian-Pacific American. Some risk factors cannot be changed, but can be lowered by keeping your weight under control, exercis-

ing, and getting regular check ups.

Everyone should be tested for diabetes. The average person needs to be tested every three to five years after the age of 45. Those with a family history, should be checked more often. Your health care provider will tell you how often is right for you.

Testing is easy. The first part of the examination is an interview to know your risk factors and symptoms. Your health care provider will determine whether you are low or high risk for developing diabetes based on the information that you provide. You might be asked to give a urine sample.

The next step is blood testing. Before testing, you may be asked to fast, or not eat or drink anything, for a number of hours.

Diabetes can be treated, but note there is not yet a cure. Not all diabetic people require medications. Some can manage through lifestyle changes alone by controlling diet, exercise and medication. High blood sugars can be brought down by care-

fully balancing food and exercise. Others will need to take insulin or pills. Frequent monitoring of blood sugar levels helps the diabetic person and the health care provider evaluate whether treatment is effective.

The future holds promise for people with diabetes. Researchers are working hard to develop new and better machines for monitoring blood sugars. They are creating new ways to take insulin that does not require injections. They are also looking at ways to prevent diabetes in people known to be at risk for developing the disease.

For more information about diabetes, diabetes treatment, and diabetes research, The National Diabetes Information Clearinghouse (1-301-654-3327) is available online at <http://www.niddk.nih.gov>.

The American Diabetes Association can also be reached at 1-800-232-3472. If you would like to make an appointment with a health care provider, please call HSD at 370-4211 or 370-4212.

Holiday drinking and partying with responsibility

Submitted by HMI Roland Laus
ADCI, CAAC Diego Garcia

A cold beer toast and a sparkling wine coolers at the Tropical Park. A Rum-spiked Hawaiian punch. Mojo or Bullfrog at the Beach House or on the Short Pier. Sometimes, alcohol seems to be synonymous with holiday festivities. Yet alcohol is a potent drug with possibly devastating health effects. Can you mix alcohol and the holidays safely? It depends on who you are and how you do it.

— Recovering alcoholics and even ordinary people can drift

into the danger zone of addiction when faced with a glut of holiday parties and, often, depression over an unattained fantasy notion of what the season should be like or loneliness of being away from home. If you're an alcoholic, there is absolutely no degree of alcohol that you can safely drink. Ever. If you feel tempted and stressed, reach for the phone for help. (See your Command DAPA, Substance Abuse Rehabilitation Program, Chaplain or Alcoholics Anonymous for help.)

— Remember, even one glass of wine can impair your visual

acuity, coordination and judgment. If you're going to drink, don't try to guess how much alcohol is "safe"; each individual is different, and the stakes are too high to take chances. Assume that from the first drink that you are impaired and plan accordingly. Pick a "Designated Buddy" to help keep you safe and trouble free.

— Eat and rest before you go to a party. The better physical shape you are in before you drink, the more effectively your body will metabolize and handle the alcohol. Also, eat while you drink.

— Pace yourself. Cultivate the fine art of drinking and dawdling. Talk to a few people before you get your first drink. Sip, don't gulp. Have a dance before you have another drink.

— Alternate your alcohol choices with non-alcohol ones. Pour yourself a light one, or ask the bartender to be extra light on the alcohol in mixed drinks. For instance, rather than making a
"Holidays" continued next page.





Bomber hangars complete;

Teamwork between Services, contractors praised



FLIGHTLINE -- December 4, 2002, British Representative Cmdr. Adam Peters, Navy Support Facility Commanding Officer Capt. Bob Hibbert joined Air Force and Navy service members, as well as DG-21 personnel, to commemorate the completion of B-2 Stealth Bomber hangars. This project was a great display of teamwork among many facets NSF's Public Works Department, DG-21 civilian contractors and deployed Air Force Airman.

Far Left: Staff Sgt. Corey Denney of Holloman Air Force Base inspects the cable rigging inside the canopy as the hangar is opened for the first time.

Bottom Right: (left to right) Command Chief Master Sgt. Billy D. Doolittle presents Capt. Bob Hibbert, Resident Officer in Charge of Construction Cmdr. Craig Fulton, Cmdr. Barney S. Williams with a model of the B-2 stealth bomber and an award of appreciation.

Top Right: British Cmdr. Adam Peters (left) and Capt. Bob Hibbert discuss the capabilities and features of the shelter with Command Chief Master Sgt. Billy D. Doolittle.

Photos by JO1 Jeremy L. Wood, Navy Support Facility Public Affairs.

"Holidays" continued from page 5.

mixed drink with half Captain Morgan's and half Coke, try only a shot of Captain's instead (since half and half normally contains more than a shot).

— Choose fruit juices over carbonated mixers. Carbonation speeds up the rate at which liquor enters the bloodstream. Don't choose cocktails that are a mix of two alcohols, such as a martini or a Manhattan. Avoid the "mega-drinks" like Mojo and Long Island Iced Tea or Singapore Sling – these drinks serve one purpose – "to get drunk."

— Do choose appetizing non-

alcoholic beverages as tempting alternatives. Try exotic tropical juices, fresh-squeezed lemonade, and sparkling mineral waters with sliced fruit.

— Don't make drinking the centerpiece of socializing. Instead of just drinking at the bar, go out dancing or to the Sports Bar. When you entertain at your room, plan on some party games (not drinking games) like darts or horseshoes.

— Don't ever let a friend or guest leave a party while drunk. When you throw a party it's *your responsibility* to make sure they're safe. This is the number one cause of alcohol-related problems on Diego Garcia –

when we don't look out for each other. If you don't want the responsibility of taking care of your guests, then don't throw the party – this includes "party crashers" too.

— And coffee can't sober up an intoxicated person; it just makes for a stimulated drunk. Cold showers won't help either; you just get a wet and more alert drunk. Only time will sober a person up.

— Give yourself plenty of time to sober up after drinking. Allow at least *one hour* for every drink you have for your body to metabolize the alcohol. Plan your event to fit your schedule. Remember, prevention is the

best hangover medicine.

— That being said, if you do indulge, treat your symptoms with rest and plenty of water (to fight alcohol's dehydrating qualities) and milk (to soothe the irritated stomach lining). Alcohol also leaches potassium from your body, so drink fruit or tomato juice or eat a banana.

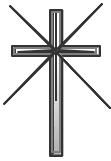
— Remember that you *don't* have to have alcohol to have fun. There's a lot to do out there that does not require alcohol. Check out the MWR programs. Get together with people who are going alcohol-free as well. There may be more than you think.



Chaplain Message

Joy is in the journey

By Chaplain Tom Smith,
CHC, Lt. Cmdr.
NSF Religious Services



The wise man said long ago, "There is a time for all things under the heavens."

There is also a time to arrive Diego Garcia and a time to depart. My time is this week. In fact, by the time you read this, I should be somewhere over the Pacific Ocean.

For the past 13 months, it has been my high privilege to work and live and minister among this island paradise.

Somebody asked me how I was feeling about leaving. I am anxious to reunite with my family, but not anxious necessarily to leave the island. I am truly going to miss this place!

I've looked at my year on this island is a parable of life itself. When I first arrived, it seems as if the year ahead was going to last forever, but before I knew it I looked over my shoulder and two months, then four... six... eight months were behind me.

Now that the year has ended, it hardly seems possible that a whole year has passed. I think that's the way life is. One blink and we are out of childhood and into our teen years. One more blink and we're starting a career and family. Yet, another, and it is time to move onto yet another duty station. Retirement looms with still another blink. Before we know it, we are looking over our shoulder at a life that is almost spent.

What to say? This is one step along the journey. It is good. It is bad. It is what it is. To be sure, it goes, it's going fast.

If I can leave a little tidbit of wisdom, let it be the reminder

that the joy is in the journey. Instead of rushing and hoping and simply enduring this place, why not experience it fully? Ring it for every drop of life experience it will provide.

Really... how many people get to experience a phenomenon like Diego Garcia in a lifetime?...Very few.

In years to come, you will tell your grandchildren about this place. Any deprivations or inconveniences will long be forgotten.

What you will remember fondly are many of the things that endure. Things like friends and faith and relationships begun. At best we've only have a few short days left.

The Bible writer puts it this way... "teach us to number our days that we may gain wisdom for the future."

It has been my high privilege to walk along side for a few days.

If you're in the neighborhood of Balboa Medical Center, San Diego look me up. God Bless.

Classifieds

Announcement: The Square & Compass Club, Diego Garcia meets every first Saturday of the month at 7 p.m. in the Clubhouse, Seabreeze Village. *Freemasons of all degrees, Demolays, and Eastern Stars* are invited to join the Club and attend the meeting. For further information please contact Secretary, Allen Lasam at 370-4219 or President, Ernie Castro at 370-2979.

Wanted: To buy computer. Please call Kelly Smith 370-3325.

For Sale: Mens Bicycle, 10 weeks old, with lights and padded seat. Well maintained, \$50 Bob Homan, 370-3978.

For Sale: Womens Bates Clorafams. Brand new, never worn, and still in box. Size 9 1/2 W. \$40.00 OBO Please call Wendy at 370-3697(wk) or 370-6871(hm) and leave a message.

For Sale: Cultech mountain bike, two years old, good shape. \$100.00 OBO. Call

370-0940.
Found: In front of the Ship's Store, a silver charm from Australia. Please contact Dave at 370-0953 on the M/V *Bonnyman*, Lighterage Supervisor.

Found: Black Swiss Army bookbag at the Yacht Club. Contact the Club for further information.

Found: Women's watch near BEQ 15 on October 5. To claim please, call Claude at 370-5890.

Lost: An orange surf board, 5'-7" Naish bi-directional, somewhere in the lagoon \$100 reward. Please contact Chris or Peter at 370-7331.

Lost: White and diamond earring between Yacht Club and Brit Club. Reward offered. Call Betsy at 370-0995.

Lost: Wenger men's watch, stainless steel body and brand between BOQ 6 and Navy Federal Credit Union on pathway. Please, call Ed Ibay at 370-4540.

Island Church Services

The Chapel in the Palms

CATHOLIC

Daily Mass,
Monday through Friday
at 11:30

Saturday Vigil Mass
at 7:30 p.m.

Sunday Mass at 8:30 a.m.

PROTESTANT

Women's Bible Study,
Wednesdays at 7 p.m.

Sunday Bible Study
at 9:45 a.m.

Contemporary Service
Sundays at 11 a.m.

Camp Justice Chapel

CATHOLIC

Sunday Mass at 10:30 a.m.

PROTESTANT

Bible Study Wednesday
at 7 p.m.

Worship Service Sundays,
at 9 a.m.

Common Ground
Fellowship,
at 7 p.m.

Sacred Heart of Jesus Christ Catholic

Daily Rosary,
6:00 to 6:20 p.m.

Theological Formation,
Monday through Friday
6:45 p.m.

Evening Mass,
Monday through Friday, 7 p.m.

Saturday Mass
at 5:30 a.m. and 7 p.m.

Sunday Mass
at 8:00 a.m. and 7 p.m.

Friday Bible Study
at 8:00 p.m.

Palmville Mass
Every First Friday 8:30 p.m.

*Church of Jesus
Christ of the
Latter-day Saints*
Sundays at 1 p.m.

Main Outdoor Theatre

A. Home Alone

Macauley Culkin and Joe Pesci
An eight year old boy, left behind in his family's rush to the airport for christmas vacation and besieged by two bumbling burglars, turns into a pint sized "Rambo" determined to defend his suburban castle.

B. Captain Corelli's Mandolin

Nicholas Cage and Penelope Cruz
When Italy invades the mediterranean coast of greece, legions of soldiers occupy the once tranquil island of cephalonia. After initially alienating a number of the villagers, including the village doctor's strong-willed daughter, captain corelli slowly warms her heart as they develop a friendship and love for each other.

C. The Santa Clause

Tim Allen and Eric Lloyd
When a divorced workaholic dad hears strange noises on his roof and goes out to investigate, he finds that santa has fallen and is injured. But his attempt to help out backfires when he puts on santa's suit and finds himself turning into the real santa, complete with a fluffy beard and all those reindeer and elves.

D. Fargo

Frances McDormand and William H. Macy
Jerry Lundegaard is in a financial jam and, out of desperation, comes up with a plan to hire someone to kidnap his wife and demand ransom from her wealthy father, to be secretly split between jerry and the perpetrators.

E. One Flew Over the Cuckoo's Nest

Jack Nicholson and Louise Fletcher
McMurphy thinks he can get out of doing work while in prison by pretending to be mad. His plan backfires when he is sent to mental asylum. He tries to liven the place up bit by playing card games and basketball with his fellow inmates, but the head nurse is after him at every turn.

F. Master of Disguise

Dana Carvey and Jennifer Esposito
Carvey plays an Italian waiter named pistachio disguisey, who is unfamiliar with the first law of funny names in movies are rarely funny. Pistachio comes from a long line of masters of disguise.

G. XXX

Vin Diesel and Asia Argento
Xander Cage is an attitude-riddled adrenalin junkie who is always looking for the next big fix. His fun comes to an abrupt stop when his latest stunt catches the attention of the wrong person in the NSA and xander gets shanghaied.



Where they're showing								
Location	M	T	W	T	F	S	S	
MOT - 8 p.m.	A	B	C	D	E	F	G	
MOT - 10 p.m.	-	-	-	-	F	G	-	
CPO Club - 7:30 p.m.	-	C	G	E	-	-	-	
CPO Club - 7 p.m.	-	-	-	-	-	H	-	
CPO Club - 9 p.m.	-	-	-	-	-	I	-	
Half-Time - 11 a.m.	G	A	B	C	D	E	F	

Equal Opportunity Awareness Calendar

Dec. 7, 1941: *1st Lt. Annie G. Fox, Army Nurse Corps, received Purple Heart for service at Pearl Harbor; first woman to receive medal as result of combat.*

Dec. 8, 1941: *United States Navy messman Doris Miller helps move his mortally wounded commander to shelter, then mans a machinegun on the USS Arizona.*

Dec. 9, 1944: *U. S. Army assigns the all Black 24th Infantry to Saipan and Tinian to "clean out" pockets of Japanese resistance.*

Dec. 10, 1975: *Army authorizes admission of women to Army Officer Candidate training, Fort Benning, Ga., this month.*

Dec. 11, 1942: *Willa B. Brown becomes first African-American woman commissioned as a Civil Air Patrol lieutenant, this month.*

Dec. 12, 1980: *Defense Officer Personnel Management Act enacted, placing women in all Service branches on the same promotion lists as men.*

Dec. 13, 1997: *Rear Adm. Marsha J. Evans, first female Superintendent, Naval Postgraduate School, relinquishes command this month.*

Submitted by ABHC(AW/SW) Robert Barnard,
Navy Support Facility Equal Opportunity Advisor

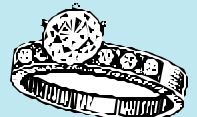
This Week's Tides Dec 7 - 13



	High	Low	High	Low
Saturday	0434	1044	1645	2302
Sunday	0515	1120	1721	2338
Monday	0557	1202	1757	0020
Tuesday	0651	1302	1845	-----
Wednesday	0757	0126	2009	1432
Thursday	0933	0256	2157	1608
Friday	1051	0426	2321	1720

**BOON JEWELERS
FROM THAILAND WILL BE
IN THE SHIP'S STORE**

December 9 to 23





Community

Galley - Dec 7 - Dec 13

Lunch

Saturday

Egg Drop Soup
Cheese Tortiglioni Marinara
♥ Lemon Baked Fish
Oven Brown Potatoes
Seasoned Green Beans
Seasoned Carrots
FFS: Chicken Salad Sandwich

Sunday Brunch

Crisp Bacon Slices
Minute Steak
Grilled Ham Slices
Beef Rice Soup
Cannonball Sandwich
French Fried Potatoes
Seasoned Mixed Vegetables
FFS: Hot Pastrami Sandwich

Monday

Vegetable and Beef Soup
♥ Blackened Fish
Beef Sukiyaki
Baked Macaroni and Cheese
Simmered Pinto Beans
Harvard Beets
FFS: Grilled Tuna and Swiss Cheese Sandwich

Tuesday

Navy Bean Soup
Chicken Ala King with Biscuits
Grilled Ham Steak
Mashed Sweet Potato and Marshmallow
Seasoned Succotash
Seasoned Mustard Greens
FFS: Beef Sloppy Joe

Wednesday

Egg Drop Soup
Baked Tuna and Noodles
Smothered Steak with Onions
Mashed Potatoes
Corn Cream Style Scalloped Seasoned Asparagus
FFS: Bagel Ham and Swiss Cheese

Thursday

Knickerbocker Soup
Oriental Pepper Steak
Hot & Spicy Chicken
Seasoned Brussels Sprouts
Seasoned Mixed Vegetables
FFS: Italian Pepper Beef Sandwich

Friday

French Onion Soup
Mexican Pork Chop
♥ Lemon Baked Fish
Rissolle Potatoes
Seasoned Corn Whole Grain
FFS: Burritos

Dinner

Saturday

Navy Bean Soup
♥ Oven Fried Chicken
Beef Stew / Boiled Pasta
Fluffy Steamed Rice
Seasoned Spinach
Vegetable Trio

Sunday

Manhattan Clam Chowder
Barbecued Ham Steak
♥ Turkey Yakisoba
Franconia Potatoes
Fluffy Steamed Rice
Louisiana Style Smothered Squash

Monday

Beef Noodle Soup
Steamship Round of Beef / Au Jus
*Stuffed Cabbage Rolls
Baked Potatoes / Sour Cream
Fluffy Steamed Rice
Boiled Carrots

Tuesday

Tomato Bouillon Soup
Beef Balls Stroganoff
♥ Fish Clam Casino
Steamed Rice
Boiled Egg Noodles
Seasoned Turnips Green
Seasoned Cauliflower

Wednesday

"Italian Night"
Minestrone Soup
Baked Lasagna
Baked Italian Sausage
Italian Roasted Potatoes
Red Beans with Rice
Seasoned Broccoli

Thursday

Split Pea Soup
Turkey Fingers
Baked Ham, Macaroni and Tomatoes
Franconia Potatoes
Fluffy Steamed Rice
Simmered Black-Eye Peas
Vegetable Trio

Friday

Shrimp Gumbo Soup
Beef and Beans Tostadas
Cranberry Glazed Chicken
Noodles Jefferson
Calico Cabbage

♥ = Heart Healthy items

Reminder to all CDF patrons: Meal pass must be visually sighted at the sign in desk. No smoking areas will be enforced. The entire menu can also be viewed on the NSF LAN, and calorie counts can be viewed in the NSF public folder.

THIS DAY IN NAVAL HISTORY

December 7:

1917 - Four U.S. battleships arrive at Scapa Flow taking on the role of the British Grand Fleet's Sixth Battle Squadron. Include USS *Delaware* (BB-28), USS *Florida* (BB-30), *New York* (BB-34), and USS *Wyoming* (BB-32).

1941 - Japanese carrier aircraft attack United States Pacific Fleet based in Pearl Harbor, Hawaii, bringing the U.S. into World War II the next day.

December 8:

1941 - USS *Wake* (PR-3), a river gunboat moored at Shanghai, is only U.S. vessel to surrender during World War II.

1942 - Eight PT boats (*PT 36*, *PT 37*, *PT 40*, *PT 43*, *PT 44*, *PT 48*, *PT 59*, and *PT 109*) turn back 8 Japanese destroyers attempting to reinforce Japanese forces on Guadalcanal.

December 9:

1938 - Prototype shipboard radar, designed and built by the Naval Research Laboratory, is installed on USS *New York* (BB-34).

1941 - USS *Swordfish* (SS-193) makes initial U.S. submarine attack on Japanese ship.

December 10:

1941 - Guam surrenders to Japanese. Aircraft from USS *Enterprise* attack and sink Japanese Submarine *I-70* north of Hawaiian Islands. A participant in the Pearl Harbor Attack, *I-70* is the first Japanese combatant ship sunk during World War II. PBV piloted by Lt. Utter of VP-101 shoots down Japanese ZERO in first Navy air-to-air kill during World War II.

1979 - First Poseidon submarine configured with Trident missiles, USS *Francis Scott Key* (SSBN-657) completes initial deterrent patrol.

December 11:

1954 - First supercarrier of 59,630 tons, USS *Forrestal* (CVA-59), launched at Newport News, Va.

December 12:

1951 - First flight of helicopter with gas-turbine engine at Windsor Locks, CT, demonstrates adaptability of this engine to helicopters.

1972 - Captain Eugene A. Cernan, USN, commander of Apollo 17, walks on the Moon. Commander Ronald E. Evans, USN, was the Command Module Pilot. The mission lasted 12 days, 13 hours and 52 minutes. Recovery by HC-1 helicopters from USS *Ticonderoga* (CVS-14).

For more information on naval history, visit the Naval Historical Center Web site at www.history.navy.mil.

Sports

National Football League

<i>Conference</i>			<i>Conference</i>		
<i>AFC</i>	<i>Record/Rank</i>		<i>NFC</i>	<i>Record/Rank</i>	
<i>East</i>	<i>W</i>	<i>L</i> <i>R</i>	<i>East</i>	<i>W</i>	<i>L</i> <i>R</i>
Miami	7	5 6	Philadelphia	9	3 1
New England	7	5 7	N.Y. Giants	6	6 7
N.Y. Jets	6	6 12	Dallas	5	7 8
Buffalo	6	6 13	Washington	5	7 10
<i>North</i>	<i>W</i>	<i>L</i> <i>R</i>	<i>North</i>	<i>W</i>	<i>L</i> <i>R</i>
Pittsburgh	7	4 4	z-Green Bay	9	3 2
Baltimore	6	6 9	Detroit	3	9 14
Cleveland	6	6 11	Minnesota	3	9 15
Cincinnati	1	11 16	Chicago	3	9 16
<i>South</i>	<i>W</i>	<i>L</i> <i>R</i>	<i>South</i>	<i>W</i>	<i>L</i> <i>R</i>
Indianapolis	8	4 3	Tampa Bay	9	3 3
Tennessee	7	5 5	Atlanta	8	3 4
Jacksonville	5	7 14	New Orleans	8	4 6
Houston	3	9 15	Carolina	4	8 13
<i>West</i>	<i>W</i>	<i>L</i> <i>R</i>	<i>West</i>	<i>W</i>	<i>L</i> <i>R</i>
San Diego	8	4 2	San Francisco	8	4 5
Oakland	8	4 1	St. Louis	5	7 9
Denver	7	5 8	Arizona	4	8 11
Kansas City	6	6 10	Seattle	4	8 12

z- Clinched Division

**NASCAR Wiston Cup
Points Race**

<i>Driver</i>	<i>Points</i>		
1. Tony Stewart	4800	11. Dale Earnhardt, Jr.	4270
2. Mark Martin	4762	12. Jeff Burton	4259
3. Kurt Busch	4641	13. Bill Elliot	4158
4. Jeff Gordon	4607	14. Michael Waltrip	3985
5. Jimmie Johnson	4600	15. Ricky Craven	3888
6. Ryan Newman	4593	16. Bobby Labonte	3810
7. Rusty Wallace	4574	17. Jeff Green	3704
8. Matt Kenseth	4432	18. Sterling Marlin	3703
9. Dale Jarrett	4415	19. Dave Blaney	3670
10. Ricky Rudd	4323	20. Robby Gordon	3332

**National Football League
Schedule**

	<i>TIME (EST)</i>	<i>LOCATION</i>
SUN., DEC 8	(-10 from DG)	
Indianapolis vs. Tennessee	1:00 P.M.	The Coliseum
St. Louis vs. Kansas City	1:00 P.M.	Arrowhead Stadium
Buffalo vs. New England	1:00 P.M.	Gillette Stadium
San Francisco vs. Dallas	1:00 P.M.	Texas Stadium
Houston vs. Pittsburgh	1:00 P.M.	Heinz Field
Atlanta vs. Tampa Bay	1:00 P.M.	Raymond James
N. Y. Giants vs. Washington	1:00 P.M.	FedEx Field
Cincinnati vs. Carolina	1:00 P.M.	Ericsson Stadium
Cleveland vs. Jacksonville	1:00 P.M.	ALLTEL Stadium
New Orleans vs. Baltimore	4:05 P.M.	Ravens Stadium
Detroit vs. Arizona	4:05 P.M.	Sun Devil Stadium
Philadelphia vs. Seattle	4:05 P.M.	Seahawks Stadium
Oakland vs. San Diego	4:15 P.M.	Qualcomm Stadium
Denver vs. N. Y. Jets	4:05 P.M.	Giants Stadium
Minnesota vs. Green Bay	4:15 P.M.	Lambeau Field
MON., OCT 28	TIME (EST)	LOCATION
Chicago vs. Miami	9:00 P.M.	Pro Player Stadium

NCAA Division I Football

<i>Team</i>	<i>Record/Points</i>		
1. Miami	11-0/1524	11. Michigan	9-3/885
2. Ohio State	13-0/1463	12. Colorado	9-3/852
3. Iowa	11-1/1388	13. Notre Dame	10-2/851
4. Georgia	11-1/1335	14. Virginia Tech	9-3/586
5. USC	10-2/1284	15. Boise State	11-1/584
6. Kansas State	10-2/1194	16. West Virginia	9-3/555
7. Washington St.	9-2/1113	17. N.C. State	10-3/491
8. Texas	10-2/1059	18. Florida State	9-7/490
9. Oklahoma	10-2/1014	19. Maryland	10-3/415
10. Penn State	9-3/901	20. Florida	8-4/367

PGA Money Leaders

<i>Player, Events</i>	<i>Earnings</i>
1. Tiger Woods, 20	\$6,912,625
2. Phil Mickelson, 26	\$4,311,972
3. Vijay Singh, 28	\$3,760,422
4. David Toms, 27	\$3,461,794
5. Ernie Els, 18	\$3,291,895
6. Jerry Kelly, 29	\$2,946,890
7. Rich Beem, 30	\$2,938,365
8. Justin Leonard, 26	\$2,738,234
9. Charles Howell III, 33	\$2,702,746
10. Retief Goosen, 15	\$2,618,063

**Deadline for all
Tropical Times
Submissions is
Wednesday at Noon.**



**E-mail JO1 Jeremy Wood at
woodj@dg.navy.mil, or call 370-4938.**