

Tropical Times

Serving the Footprint of Freedom



Volume 13, Number 42

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

October 24, 2003

Volunteers sweep up Sunset Park

Story and photo by JO2 Jeffrey Fretland
Naval Media Center

Over 50 American Red Cross volunteers recently participated in a clean-up Oct. 13 at Sunset Park, located at Palmsville Village adjacent to the base thrift store. The volunteers worked to beautify the area and encourage plant rejuvenation.

The American Red Cross Diego Garcia chapter adopted the park as one of its preservation projects. The park has not been contracted for regular maintenance, and the Red Cross stepped in to help spruce up park facilities.

"It's just a small way to help keep the island tidy so other people can enjoy the place."

RP2(SW) Maximo Padua

Armed with rakes, machetes, trowels, garbage sacks and sheer determination, they spent three hours raking up palm fronds and other refuse. Volunteers also painted picnic tables and planted flowers and shrubs.

William Solis, American Red Cross station manager, explained it is important the chapter give back to the island community whenever possible.

"We're an organization that constantly



DG-21 employee George Inoferio and Gemma Torrefiel of San Juan Construction Company rake up and bag refuse at Sunset Park Monday, Oct. 13.

requires of other people donating their time, talent, and energies to make a difference in peoples' lives," the native of Humacao, Puerto Rico said. "We're constantly drawing in and taking from the local community. This is just one small way we can give back to them and show our appreciation for their support of us."

RP2(SW) Maximo Padua from Religious

Ministries Department struggled to remove dirt and rocks from the base of the picnic pavilion with a pick ax. Padua says he enjoys participating in restoration projects, as it provides a strong sense of accomplishment.

"It's just a small way to help keep the

See "Sunset" page 2

Security training creates awareness

Anti-terrorism class conducted

By JO2 Jeffrey Fretland
Naval Media Center

With the recent increase of terrorist activities around the world, military members need to be as vigilant as never before. This is especially the case when stationed overseas or visiting foreign countries. In response to inherent dangers American military personnel may encounter, the Chief of Naval Operations established the Navy Anti-Terrorism Training Program.

The program is designed to train military personnel to the imminent dangers associated with terrorism, according to MA1 Nathaniel Laxa, NSF Security Department Anti-Terrorism Instructor and Physi-

cal Security Specialist.

"The Anti-Terrorism Training Module was mandated by CINCPAC Operations as a guide to identify terrorist organizations that constitute a major threat to American interests," the native of Manila, Philippines said. "The module teaches us how we can deter terrorists from implementing their plans and utilizing us as potential targets."

The program module includes a personal awareness video from the Joint Chiefs of Staff, issuance of the JS Guide S-260 (Pocket Size Personal Protection Guide) and a standardized service presentation tailored to individual commands.

Special emphasis is given to education of anti-terrorism

See "Training" page 3

Victims hold key to catching perpetrators

By JO2 Jeffrey Fretland
Naval Media Center

A large number of obscene telephone calls have plagued island residents over the last several months. Military and civilian personnel need not be victims of unwarranted crank calls, according to CE1 Donald La Brie, Leading Petty Officer of NCTAMS (Naval Computer and Telecommunication Area Master Station).

"We had a customer who recently received a rash of harassing calls, six in one day, for a straight week," LaBrie said. "Now we have approximately one or two per month. We never have a straight pattern established for obscene calls. They can vary from a week to one a month."

Many of the calls occur during late night or early morning hours, although the obscene calls are random and can occur at any time. Most calls involve the harassment of females, according to IC1 Mae Dayap, NCTAMS Quality Assurance

Evaluator.

"The bulk of calls have been affecting women customers lately," said the native of Botolan, Philippines. "We have been getting those on a regular basis."

"The calls are often directed at people the particular individuals didn't like," said IC3 Daniel M. Barry, from St. Charles, Mo. "The calls usually involve profanity or sexual harassment. The calls are intended to scare, frighten or intimidate the individual."

There is no adequate means of apprehending the individuals who initiated obscene calls unless the victims are willing to participate in catching the perpetrators, said ENS Charles Kimble, Base Communications Officer.

"We have to have their full cooperation, otherwise we are not able to locate and trace the calls properly," Kimble said. "They hold the key to catching the individual."

Kimball explained once an unwarranted,

unsolicited call is received, the victim must keep the caller online, and press the hook switch for one-half second. A beep will sound, after which the victim dials 11. The call is automatically transferred to the main base switchboard. The call then is traced to its point of origin. Once the origin number is trapped using the 11 notification number, the NCTAMS Office is notified. The point of origin number is retrieved, and the case is handled by ENS Kimball in conjunction with NSF Security.

Calls can originate anywhere on base and occasionally off island.

"We had someone initiate a call recently, and it was traced all the way to Guam," Kimball said. "Obscene phone calls affect the overall morale of the Navy, and will not be tolerated."

Instructions for dealing with obscene phone calls can be found inside the base telephone directory. For more information, contact ENS Charles Kimble at 370-2603, or CE1 Donald LaBrie at 370-2704/2766.

Tropical Times ***United States Navy*** ***Support Facility Diego Garcia***

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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. The editorial content is prepared and provided by the Naval Media Center, Broadcasting Detachment, Diego Garcia. The Tropical Times is published every Friday.

Submissions are due to the editor by noon every Wednesday.

Inputs may be submitted via guard mail, in person, or e-mail at newm@dg.navy.mil. All submissions are subject to editing for length, content and to conform to Associated Press and local style guidelines. Submission of information does not guarantee it will be published.

Sunset *from page 1*

island tidy so other people can enjoy the place," Padua said. "It gives you a good feeling to know you are helping improve the morale for the people here."

The park was once the site of an old expatriate's club. It was demolished several years ago, when it was determined the structure was deemed unsafe for occupation. Years of heavy rain and wind had eroded much of the cliff face, adding to concerns the building would collapse into the sea. A safety fence was erected to protect island residents once the park opened.

Volunteer Sylvain Nookia likes the comfort and solace Sunset Park offers.

"It's a very beautiful place," the native of Port Louis, Mauritius, said. "It's very relaxing to come and watch the sunsets here. The coral along the shore changes colors as the sun begins going down. That is why I came to clean up the park, so people can enjoy the beauty of the surroundings."

Maintenance at the park will be an ongoing quarterly project for all the chapter volunteers.

This week in Naval history

- Oct. 24, 1962 - Atlantic Fleet begins quarantine operations to force Soviet Union to agree to remove ballistic missiles and long range bombers from Cuba.
- Oct. 25, 1924 - Airship, USS *Shenandoah* (ZR-1), completes round trip transcontinental cruise that began on 7 October.
- Oct. 26, 1963 - USS *Andrew Jackson* (SSBN-619) launches first Polaris A-3 missile from a submerged submarine, off Cape Canaveral, Florida
- Oct. 27, 1943 - First women Marines report for duty on West Coast, Camp Pendleton.
- Oct. 29, 1814 - Launching of *Fulton I*, first American steam powered warship, at New York City. The ship was designed by Robert Fulton.
- Oct. 29, 1980 - USS *Parsons* (DDG-33) rescues 110 Vietnamese refugees 330 miles south of Saigon.
- Oct. 30, 1799 - William Balch becomes Navy's first commissioned Chaplain.

Prevent injuries with knowledge and training

By LT Billie Coley

Branch Medical Clinic Diego Garcia

October is National Physical Therapy month. The modern profession of physical therapy was developed in the twentieth century, in the wake of World War I.

Physical therapists were trained to work with soldiers returning from the war. The therapists would rehabilitate wounded veterans in military hospitals. Through the years, the profession has grown to where physical therapists now practice in a variety of settings, with patients of all age groups.

The most well known use of physical therapy and what applies to us here on Diego Garcia is how physical therapy is used to help patients with orthopedic problems. The goal of island therapists is to reduce pain and help the individual

regain normal function, such as lower back pain and knee injuries.

Physical therapy is not just for musculoskeletal ailments – it's also used to assist patients recovering from a variety of neuromuscular problems. One example of physical therapy is as an essential treatment option for patients recovering from a stroke. Patients are taught new ways to use their limbs and walk again. In today's health care system, therapists are the experts in the examination and treatment of musculoskeletal and neuromuscular problems that affect a person's ability to move.

Because physical therapy focuses on movement and function, its use is not confined to treating the ill. A large portion of any physical therapy department is directed at preventing injury and loss of movement. They provide education to the

public concerning proper body mechanics in lifting and daily household and workplace routines. Patients are also taught ways to design their workplace to reduce overusing of certain muscles. Athletes of all levels benefit dramatically from physical therapy as therapists design workouts and routines that are safe and effective for all levels of play.

Chances are, with how active we are on Diego Garcia, most of us have visited the physical therapist at the Branch Medical Clinic, or need to. Most likely you've left the clinic with a better knowledge of how to prevent further injuries. If you feel you could benefit from a physical therapy appointment, ask your primary care physician for an evaluation and referral. BMC therapists are ready to share their knowledge and assist you in preventing injuries and healing lingering ones.

Training from page 1

instructor training in the program. Personnel awareness briefs highlighting different types of terrorist activities and regions affected are held at regular intervals.

There are different Department of Defense (DOD) threat levels. Each consists of one-word descriptors, low, moderate, significant, and high, summarizing intelligence level analysis and the inherent dangers Americans encounter if working or congregating in a particular area.

Force protection conditions are established as a measure to counter threats. The various condition states from least to greatest include Normal, Alpha, Bravo, Charlie, and Delta.

There are several precautions sailors can take to protect

themselves from becoming potential terrorist targets. When traveling on public transportation such as buses, sit in the front near the bus driver. If traveling on a train, sit in middle aisle seats in the second or third coaches away from windows. Explosions normally occur in the middle of buses, and toward the front of trains, said Laxa.

The most important requirement for overseas travel is to submit an Individual Force Protection Plan (IFPP). These are mandatory for anyone traveling to a foreign country in the PACAF region. The plan contains important information including numbers to safeguard them against possible terrorist activities.

For more information, contact MA1 Laxa at 370-4617.

Galley Menu Oct. 25 - 31

	<u>Lunch</u>	<u>Dinner</u>	
Saturday	Manhattan Clam Chowder Teriyaki Pork Steak/Natural Gravy Speedline: Submarine Sandwich	Navy Bean Soup Beef Stroganoff Cajun Baked Fish w/Tartar Sauce	Mexican Night Texas Tortilla Soup Beef & Bean Tostadas Mexican Pork Chop
Sunday	Minute Steak Chili Macaroni Speedline: Ham Salad Sandwich	Cream of Broccoli Soup Szechwan Chicken Simmered Beef/Natural Gravy	Split Pea Soup Swiss Steak w/Tomato Sauce Fish Amantine
Monday	White Fish w/Mushroom Honey Ginger Chicken Breast Speedline: Fried/Baked Burritos	Fajitas/Salsa (Chicken) Spaghetti w/Zesty Meat Sauce Parmesan Eggplant	Shrimp Gumbo Soup Beef Tender Strips w/Steak Sauce Chopstick Tuna
Tuesday	Virginia Baked Ham Fried Breaded Scallops Speedline: BBQ Beef on a Bun	Cream of Chicken Soup Roast Beef w/Natural Gravy Chicken Breast w/BBQ Sauce	
Wednesday Herbed Cornish Hen w/Gravy BBQ Beef Cubes Speedline: Grilled Frankfurters			
Thursday Enchiladas Grilled Polish Sausage Speedline: BLT Sandwich			
Friday Sukiyaki Jamaican Rum Chicken Speedline: Tacos			
<i>*Heart healthy items. Reminder to CDF patrons: meal pass must be visually sighted at the sign-in desk. No smoking areas will be enforced. Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit the use of perishables.</i>			

Ramadan teaches members inner reflection skills

By Chaplain Matthew Warnke
NSF Chapel

Ramadan is the holiest month of the Islamic Year. It is devoted to the commemoration of Muhammad's reception of the divine revelation recorded in the Qur'an. It is a time for inner reflection, devotion to God, and self-control for Muslims around the world. Ramadan is also a time of intensive worship, reading of the Qur'an, purifying one's behavior, charity and doing good deeds. Muslims think of Ramadan as a kind of tune-up for their spiritual lives.

Ramadan begins when authorities in Saudi Arabia sight the new moon beginning the ninth month of the Islamic calendar. This year, it is anticipated that the new moon will be sighted on Oct. 27. The Islamic lunar calendar is 11 to 12 days shorter than our Gregorian calendar, so Ramadan moves throughout our year. Thus, if Ramadan begins on Oct. 27 this year, it will move to Oct. 16 next year, and Oct. 5 the following year.

During Ramadan, fasting is obligatory. Sick people and some travelers in certain

conditions are exempted from the fast, but must make it up as they are able. Fasting means they abstain from food, drink, smoking and sex relations from sunrise to sunset.

The usual practice is to have a pre-fast meal before dawn and a post-fast meal after sunset. This third "pillar" of religious obligation of Islam (fasting) has many special benefits for the Muslim.

The most important benefit is learning self-control. Due to the lack of pre-occupation with the satisfaction of bodily appetites during the daylight hours of fasting, an increased importance is given to one's spiritual nature, which becomes a means of coming closer to God. As a secondary goal, fasting is a way of experiencing hunger and developing sympathy for the less fortunate, and learning thankfulness and appreciation for all of God's bounties. Fasting also provides a break in the cycle of rigid habits or overindulgence.

For Muslims, Ramadan is not merely a holiday, but an opportunity to gain by giving up, to prosper by going without,

and to grow stronger by enduring weakness.

The last ten days of Ramadan are a time of special spiritual power, as everyone tries to come closer to God through devotions and good deeds. Some spend the last ten days of Ramadan in a mosque devoting the whole ten days for worship.

The night on which the Qur'an was revealed to the Prophet, known as the Night of Power, is the twenty-seventh night of Ramadan. The Qur'an states that this night is better than a thousand months. Therefore many Muslims spend the entire night in prayer.

The end of the Ramadan is marked by the celebration of Eid-ul-Fitr, a traditional practice, not a religious one. It is anticipated that this will be held on Nov. 23 (also dependent upon the sighting of the new moon). Since Ramadan emphasizes community aspects and since everyone eats dinner at the same time, Muslims often invite one another to share in their Ramadan evening meals and this celebration to mark the conclusion of Ramadan.

Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Rosary and Devotion
Sunday 8 a.m.
Saturday 7 p.m.
Catholic Mass
Saturday 7:30 p.m.
Sunday 8:30 a.m.
Monday-Friday 6:30 a.m.
Choir Practice
Thursday 7 p.m.
Saturday Confession
6 p.m.
Scripture Study
Thursday 6 p.m.
ISLAMIC
Jum'ha
Daily 7:30 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS Sunday 8 a.m.

CHURCH OF CHRIST **Sunday Worship** 10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Sunday Bible Study
9:45 a.m.
Contemporary Service
Sunday 11 a.m.
Gospel Service
Sunday 1:30 p.m.
Christian Fellowship
Tuesday 7 p.m.
Women's Bible Study
Wednesday 7:30 p.m.
Chapel Choir Practice
Wednesday and Saturday 5 p.m.
Gospel Choir Practice
Wednesday 6:30 p.m.
Thursday 5 p.m.
Saturday 3 p.m.
Video and Game Night
Friday 7 p.m.

Iglesia ni Cristo

English Worship Service
Thursday 5 a.m.
Tagalog Worship Service
7:30 p.m.
English Worship Service
Saturday 7:30 p.m.

For more information, contact
the base chapel at 370-4601.

Camp Justice Chapel 370-4959

Bible Study
Tuesday 7 p.m.
**Praise and Worship
Celebration**
Wednesday 7 p.m.
Chapel Movie Night
Monday 7 p.m.
General Protestant Service
Sunday 9 a.m.
Sports Night
Friday 7 p.m.
Corporate Prayer
Saturday 8 p.m.

ROMAN CATHOLIC **Catholic Mass** Sunday 10:30 a.m.

LUTHERAN/EPISCOPAL **Worship Service** Saturday 7 p.m.

Hindu Temple

Fellowship Service
Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
6:00 to 6:15 p.m.
Theological Formation
Weekdays 7 p.m.
Evening Mass
Weekdays 6:15 p.m.
Saturday Mass
5:30 a.m. and 7 p.m.
Sunday Mass
8:00 a.m. and 7 p.m.
Friday Bible Study
7:30 p.m.
Palmville Mass
Every First Friday 8:30 p.m.

Christian's Den

Band Practice
Tuesday and Saturday
8 p.m.
Tagalog Bible Study
Wednesday 7 p.m.
Tagalog Fellowship
Thursday 7 p.m.
**Contemporary
Christian Service**
Sunday 7 p.m.

Filmau overpowers Looney Tunes, captures championship

By JOSN Scott Torres
Naval Media Center

Filmau faced Looney Tunes for the Indoor Volleyball League Championship in the base gym on Monday Night. The championship would be decided by a best-of-three series.

Filmau got off to a quick start, as they jumped out to an early lead in the first game of the match. Looney Tunes gave it their best effort, but Filmau kept the pressure on with dazzling spikes and dominant serves. Filmau took the first game 25 to 15.

The second game went much like the

first, as Filmau worked the net to near perfection. Filmau team captain Ricky Panganiban said that teamwork was the key to his team's success.

Looney Tunes made a gallant effort as they rallied back, but Filmau was again too strong. Filmau won the second game 25 to 17, taking the season championship.

Want Ads

Musical instruments for sale: MicroKORG synthesizer/vocoder - \$280.00; KORG N5 - \$400.00; Alesis ION 49-Key DSP Synthesizer - \$650.00; Korg Electribe EM-1 - \$275.00; Roland keyboard amplifier - \$300.00; Three keyboard stands - \$150.00, or buy as package. Call DT1 Lotman at 370-4213/6505.

Community updates

- The U.S. Postal Service has published the following recommended mailing dates for this year's Christmas season. To ensure letters, cards and packages destined for APO and FPO addresses overseas and to international addresses are delivered by Christmas, customers in the United States must mail items by

the following dates/

Nov. 13 Parcel Post
Nov. 28 Space Available Mail
Dec. 4 Parcel Airlift Mail
Dec. 11 First-Class Mail Letters/Cards

-The Branch Medical Clinic will begin another smoking cessation class on Tuesday, Oct. 28, 2003 at 7 p.m. in the BMC training classroom. The class will meet weekly for one-hour sessions. Material covered in the course will be facilitated by an American Lung Association "Freedom from Smoking" instructor. You must sign up in advance for the class. Call 370-4206 to register.

- MWR is proud to announce the band "Seven Degrees South" will perform at the Brit Club tonight from 10 to midnight.

- The Brit Club will be closed tomorrow.

- The Ship's Store has new items available for a limited time.

- If you would like to be an "extra" in a local television or radio public service announcement (commercial), stop by Naval Media Center or call 370-3685.

- Tomorrow's Bingo Bonanza at the Turner Club Complex has been rescheduled for Nov. 16 at 5 p.m. Tickets are available in advance area MWR outlets or may be purchased at the door.

To submit ads or updates, send an e-mail to newm@dg.navy.mil. Items will be listed for two weeks unless extended.

Main Outdoor Theater	Officer's Club
Tonight at 8 - <i>Charlie's Angels: Full Throttle</i>	Tuesday at 7:30 p.m.- <i>Highlander: Endgame</i>
Tonight at 10 - <i>Days of Thunder</i>	Thursday at 8 p.m.- <i>Relative Values</i>
Tomorrow at 8 p.m. - <i>Days of Thunder</i>	CPO Club
Tomorrow at 10 p.m.- <i>Hollywood Homicide</i>	
Sunday at 8 p.m.- <i>Hollywood Homicide</i>	
Monday at 8 p.m.- <i>Relative Values</i>	
Tuesday at 8 p.m.- <i>Rumor of Angels</i>	Tuesday at 7:30 p.m.- <i>Matrix Reloaded</i>
Wednesday at 8 p.m.- <i>Chinatown</i>	Wednesday at 7:30 p.m.- <i>Crocodile Dundee in Los Angeles</i>
Thursday at 8 p.m.- <i>Matrix Reloaded</i>	Thursday at 7:30 p.m.- <i>Highlander: Endgame</i>
Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.	
Charlie's Angels: Full Throttle starring Cameron Diaz and Drew Barrymore When the angels are summoned to Charlie's office, they're introduced to Bosely, his right hand man, and given a new assignment. The angels are instructed to recover a pair of stolen rings that contain and FBI code that allows users to access the witness protection list..	Chinatown starring Jack Nicholson and Faye Dunaway Jake is a private investigator who makes his living by following unfaithful spouses. So when a woman asks him to get the goods on her husband, it's easy money. But when the husband is found dead, Jake decides to look a little closer, and what he finds will lead him through a world of shady characters.
Days of Thunder starring Tom Cruise and Robert Duval What a young, cocky hotshot stock car driver lacks in experience, he makes up for in raw talent. His uncanny ability to make the right moves attracts the attention of a NASCAR legend who sees his potential. Determined to make it to the top, a potential tragedy almost ends his career, but ultimately makes him a better driver.	Matrix Reloaded starring Keanu Reeves and Carrie-Anne Moss Neo and Trinity are summoned by Morpheus to join him on a journey to Zion, Earth's last outpost of free humans. When Morpheus locks horns with a rival commander, the "Oracle" sends Neo on a quest to release the "Key Maker" and finally free mankind.
Hollywood Homicide starring Harrison Ford and Josh Harnett When an entire hip-hop group is murdered on stage, two L.A.P.D. Homicide Detectives are assigned to the cast. As the investigation progresses, they begin to suspect that the rappers were killed for attempting to get out of their recording contract. Also starring Dr. Dre, Bell Biv DeVoe, Master P., Gladys Knight and Dwight Yoakum.	Highlander: Endgame starring Christopher Lambert and Adrian Paul Immortals Connor and Duncan MacLeod must join forces to stop Kell, an immortal who has become so strong that no one can face him alone. Part four of the popular series.
Roadhouse starring Patrick Swayze and Ben Gazzara When a professional bouncer is put charge of a rowdy road house bar, his reputation and calm attitude slowly begins to turn the place around. But the bar isn't his only problem. The whole town is owned and run by the local bully who wants to either own the place or destroy it.	Bounty Hunters starring Michael Dudikoff and Lisa Howard Two rivals bounty hunters, looking for a big score, join forces in pursuit of a bail jumping con, racing against time to find him and bring him to justice before mob assassins can murder him.
Relative Values starring Julie Andrews and Edward Atterton An upper class British family tries to cope with the uproar caused when one of their most eligible bachelors announces that he will be marrying a hollywood actress, and she turns out to be the sister of one of the maids.	Crocodile Dundee in Los Angeles starring Paul Hogan and Linda Kozlowski When the bureau chief of her father's Los Angeles paper dies under suspicious circumstances, Sue Dundee accepts the temporary assignment and move to L.A. with her son and unusual husband.
Rumor of Angels starring Vanessa Redgrave and Ray Liotta Overcome with grief after the death of his mother in a car crash, a young boy living on the seacoast of Maine is befriended by a grumpy recluse who shared his pain and reveals a secret she has kept for many years... she can still contact the son she lost in vietnam.	Queen of the Damned starring Aaliyah and Stuart Townsend When the legendary vampire Lestat reinvents himself as a rock star, his intoxicating music awakens Akasha, the mother of all vampires, who has been sleeping in her arctic crypt waiting for the right time to rise again and seize dominion over the world... and all she wants is power, hell on earth and Lestat at her side.
<i>The information contained in this section is subject to change. For current movie information, check out the marquee at the MOT or call MWR at 370-2982.</i>	

Headquarters British Forces BIOT statement

Conduct joint military and civil operations in support of United Kingdom and Allied Forces in order to demonstrate sovereignty over the British Indian Ocean Territory and support United Kingdom strategic objectives in the region.

British Forces role on BIOT

Story and photo compliment of
*British Indian Ocean Territory
Representative*

The British Forces on BIOT have a wide and varied role. The force on Diego Garcia is forty strong and is headed by a Naval Commander, the man you know as the Brit Rep. He has two officers who work for him, a Royal Marine Major as his XO and a Royal Marine Captain as the Admin Officer. The rest of the force is made up of roughly half Royal Navy and half Royal Marines.

The roles of the British Forces that are most in the public eye is the day to day running of BIOT such as the police and customs. The BIOT police are all serving military personnel but during their time on the island they are sworn in as civilian police officers. This gives them the power of arrest over anyone on the island should they commit an offence.

Among the first people you would have see when you arrived on DG would have been BIOT Customs Officer. Like the police these people are all military, but are also sworn in so have the same powers as normal UK customs officers.

Another main element of British Forces on DG is the Royal Marines detachment. These conduct joint security operations with the Naval Security Force and the Air Force Security. Regular exercises are also conducted with these forces. The US Navy and Air Force Security Departments, along with the Royal Marines are collectively responsible for the security of the territory. The Royal Marines also board and search any non-military vessel that enters the lagoon for any potential threat.

Another role of the British is the running of the Fishery Protection Vessel, the FV Pacific Marlin. This is a civilian registered vessel



A British Royal Marine Commando boarding operation.

chartered by the Foreign and Commonwealth Office in the UK. As BIOT covers an area of 22,000 square miles there is a lot of ground to cover. There are plentiful stocks of Tuna and other large fish that are worth a great deal on the Far Eastern markets.

As a result of this there is a large number of fishing boats operating in the area and these all have to have licences. The FPV checks these licenses as well as continually monitoring fish stocks. The crew of the FPV have the power to arrest any illegal fishing vessels.

The final role of British Forces on DG is to conduct Brit Ops. This includes a representative from all aspects of the British Forces already mentioned. The party will go to sea on the Pacific Marlin to conduct Brit Ops one week of every month.

During Brit Ops the party goes to all of the outer islands in the archipelago checking the state of the environment and flying the flag for Great Britain.

As some of the outer islands have yachts moored in their lagoons the Brit Ops party perform a customs check on them and collect mooring fees. Brit Ops is also open to US Service personnel and is well worth going on if you can get the time off work.

Finally, enjoy the island while you are here as it is pretty unlikely you will ever get back to a place like this again.



Sports Shorts

with JO2
Scott New

Man, am I ever tired. What a week I've had. You just don't know how hard it is to be me. I've had to deal with the hate and discontent of island football fans blaming me for Carolina taking their first loss. Many of the same fans asking me how my defending Super Bowl champion Buccaneers are doing this year and many, many friends giving me mad-grief over my 3-2 record out the gates.

You know, thinking about the week I had, I'm sure there are a lot of island athletes feeling just as spent. Looking back at the week that was, we saw All Threat fight though Sunday's elite en route to capturing the Flag Football Championship. They went both ways, playing offense and defense, and found a second wind as they trash-talked their way to the top. They're lucky NMC ran out of time ...we were just getting on a roll.

Lucky, I tell you ...wait until next time.

Speaking of next time, the Red Sox have joined the Cubs, as they watch the Yankees and Marlins battle for the World Series crown. The Marlins have had an unbelievable year, with young talent emerging in the second half of the season and peaking late in the year. Here it is, late October, and they now have their hands full. The Yankees are too strong in the post season to let this one slip away. Roger Clemens goes out on top - sliding another championship ring on his finger.

Now it's time to move on to professional football. True football (I know I'll get slack for that one). NFL action is hot and unpredictable this year, but I've got a grasp on it now and will improve on my 3-2 start. Here are this week's picks and breakdowns ...

Carolina vs. New Orleans

Much respect to my man Murchison at security. Big-time Panther fan. Sorry for causing your boys to go down last week ...I just saw it coming. This one will make you feel better. The Panthers travel to the Louisiana Superdome and crush the Saints 30-17.

Dallas vs. Tampa Bay

Bring it on Tuna man. The Bucs were humiliated last week in San Francisco. I thought the defense was on a roll ...I guess not. This week the Bucs are home and Bill Parcells brings the surprise

darlings of the NFL into Raymond James Stadium for a "homecoming" of sorts. Buccaneers smoke the Cowboys, 28-10.

N.Y. Giants vs. Minnesota

How long will the winning last? At least another week. The G-men can't hold on to the ball and Collins looks like a confused rookie on the field. I guess some things never change. Vikings by seven, 28-21.

N.Y. Jets vs. Philadelphia

When the schedules came out this was a must-see game. Now, two back-ups are leading their respective teams into battle. On one side you have the aging veteran, Vinny Testaverde - the other side, a back up in the making, Donovan McNabb. Jets' starter Chad Pennington is scheduled to get some reps in. Let's hope so. Jets by three, 17-14.

Buffalo vs. Kansas City

The Chiefs did just enough last Monday as they handed the Raiders their fifth loss. They'll do it again this week - just enough to win, as they take down the Bills, 24-21.

Well kids, that's it for me. I'm hoping to make it off the island tomorrow morning - wish me luck. If the Bucs and Saints are televised here, tune in - you might just see me - Bucs jersey on and rooting my boys to victory!

DG Sports **Flag Football**
Sunday's Championship
All Threat 36
VP-40 12

Softball

Tuesday

Outsiders	13	AMMO Dawgs	16
Deadly Force	11	DG Haters	14

Wednesday

Deadly Force	4	CE	14
NSGD	26	Deadly Force	11

All scores are as reported by the base gym. For more current information, contact the gym at 370-2791.

Live MLB on AFN

Sunday Morning

World Series Game 6 (if necc.) Florida vs. New York 5:30

Live NCAA on AFN

Saturday Night

Penn State vs. Iowa 10	N.D. vs. Boston College 10
Texas Tech vs. Missouri 10:30	Houston vs. Indy 2

Sunday Morning

Tenn. vs. Alabama 1:30	Arkansas vs. Ole Miss 5:15
USC vs. Washington 1:30	Purdue vs. Michigan 1:30
Auburn vs. LSU 5:45	

Live NFL on AFN

Sunday Night

Cleveland vs. New England 11	S.F. vs. Arizona 2:30
Dallas vs. Tampa Bay 11	Buffalo vs. Kansas City 6:30

Monday Morning

NY Jets vs. Philly 2

Monday Morning

S.F. vs. Arizona 2:30
Buffalo vs. Kansas City 6:30

Tuesday Morning

Miami vs. San Diego 7

All games are subject to change.

This week's tides Oct. 25 - 31

	High	Low	High	Low
Saturday	2:28 a.m.	8:39 a.m.	2:46 p.m.	9:09 p.m.
Sunday	3:04 a.m.	9:15 a.m.	3:22 p.m.	9:45 p.m.
Monday	3:46 a.m.	9:51 a.m.	3:58 p.m.	10:21 p.m.
Tuesday	4:22 a.m.	10:33 a.m.	4:40 p.m.	10:57 p.m.
Wednesday	5:04 a.m.	11:09 a.m.	5:16 p.m.	11:33 p.m.
Thursday	5:46 a.m.	11:51 a.m.	5:58 p.m.	12:15 p.m.
Friday	6:34 a.m.	12:45 a.m.	6:52 p.m.	-----