

Tropical Times

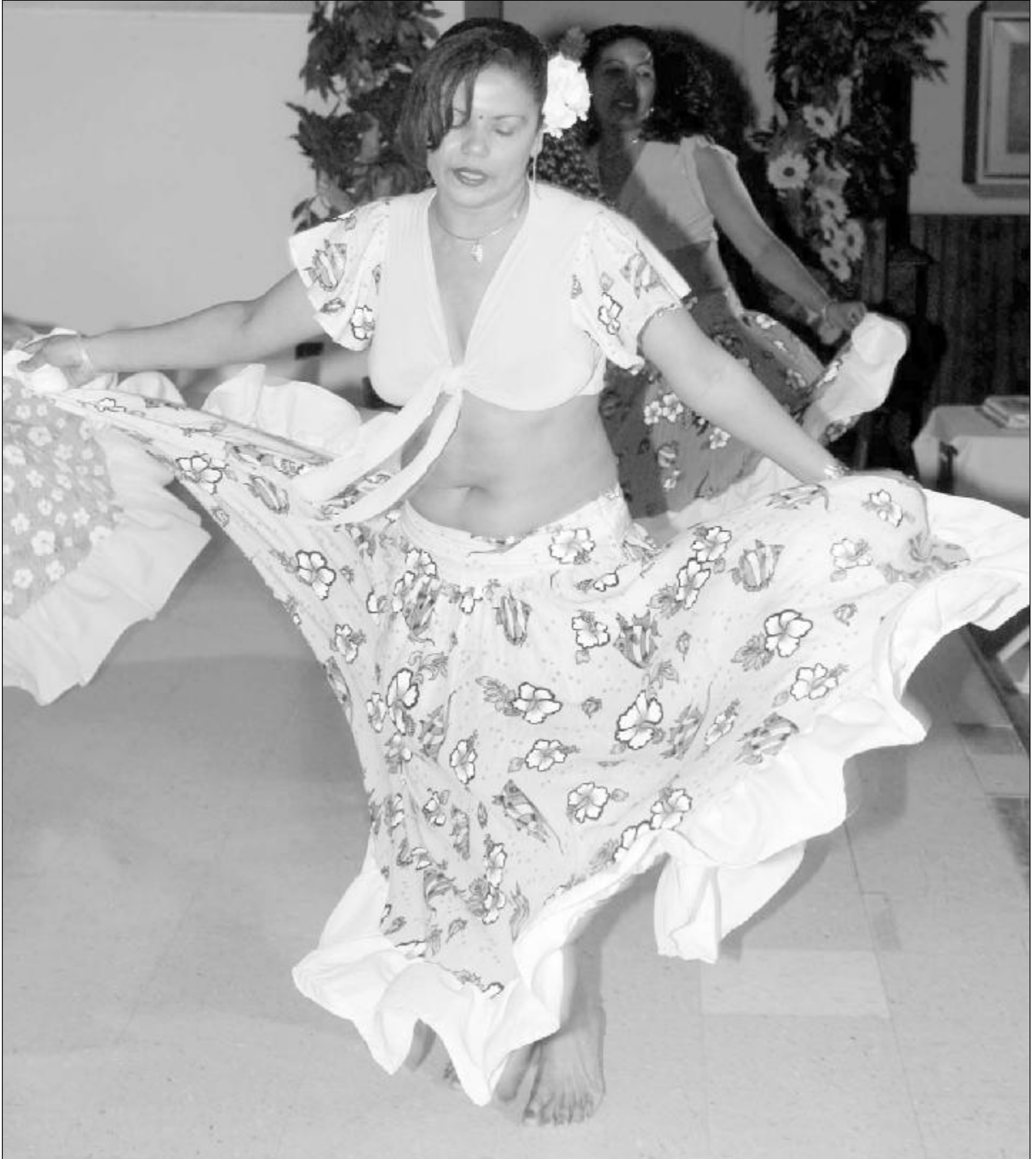
Serving the Footprint of Freedom



Volume 15, Number 11

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

March 18, 2005



Important message!

The 2005 Navy and Marine Corps Relief Society Fund Drive is underway. Your support of this worthy effort is much appreciated. During the past twelve months, the Navy-Marine Corps Relief Society responded to the needs of families impacted by the global war on terrorism, while continuing its long-standing support to Marines and Sailors worldwide. As they have for more than a century, society representatives stand ready 24/7 to help our Sailors and Marines with urgent needs and personal emergencies.

The key to a successful fund drive is enthusiastic commitment from leadership throughout the chain of command. I encourage you to use the fund drive as an opportunity to educate your sailors about the programs, services, and policies of this outstanding family support resource. Remember: one hundred percent of your

charitable contributions go toward financial relief for your shipmates.

Thank you for your support of this year's fund drive. Our goal is that every member of every unit is offered an opportunity to make a donation to the Navy-Marine Corps Relief Society.

Released by ADM Vern Clark, CNO.

Navy-Marine Corps Relief Society



Tropical Times

United States Navy Support Facility Diego Garcia

Commanding Officer
Capt. Edward Martin, Jr.

Executive Officer
Cmdr. Richard Strickland

Command Master Chief
CMDRCM(SW/FMF) Gustavo Beltra

Public Affairs Officer
Ensign Jennifer Johnson

Editor
Seaman Emily Summers

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Submissions are due to the editor by end of day every Tuesday. Inputs may be submitted via guard mail, in person, or e-mail at summerse@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.

Diego Garcia Community Updates

- > The AMC Flight Schedule is available on the DG IntraNet. Flights and times are subject to change. For flight updates call 370-2745.
- > The Diego Garcia Bike Club is looking for new members. The club is open to all hands, all ages and all skill levels. Rides are non-competitive and social in nature. The club meets and rides every Sunday at the DG Bike Club House at 4:30 p.m.
- > The Tropical Times is looking for *your* submissions. All hands are welcome to submit want-ads, written stories, features and/or cartoon artwork. Submissions are due to the editor by COB every Tuesday, and may be submitted via guard mail, in person, or e-mail at summerse@dg.navy.mil.
- > Food items should not be removed from the Combined Dining Facility. NSF CDF can not allow fruit or any other food items to be taken out. Consume all you desire while enjoying your dining experience. All personnel who have Rations in Kind (RIK) Chow passes issued by PSD must show them to the cashier prior to signing in to eat. Those who would like to request picnic rations must do so 72 hours in advance.
- > Any HazMat that personnel have checked out that has been in your workstation for over seven days, please turn it in to the Consolidated Hazardous Reutilization Issue Management Program (CHRIMP). POC: SK1 Cajusay - 370-3410.

Healthy eating in an imperfect world (part 1)

By Lt. Accursia Baldassano
Flight Nurse, Branch Medical Clinic

Eat nine servings of fruits and vegetables a day. Choose whole-grain, nonfat, or low-fat foods. Be physically active daily. Watch calories. Limit the fat. Get enough calcium.

We live in a world with a dizzying amount of scientific research pointing to foods and habits that make for good health. In an ideal universe, that's good news. If we exercise and eat right, we give our bodies essential nourishment and movement to work at their best.

Yet our world is far from ideal. There are responsibilities, deadlines, and food or lifestyle preferences that get in the way of healthy eating. Real life happens, and in the rush to satisfy daily hunger and desires, we may succumb to less-than-healthy choices. It doesn't always have to be that way. No matter what our lives are like, there's always room for improvement.

"There is always something positive that can be done for our health," says Sue Moores, MSR, spokeswoman for the American Dietetic Association (ADA). "Maybe it's eating an extra fruit a day, maybe it's cooking a food a different way, or maybe it's (trying) a new food that's out that we didn't know much about because of all the ethnic influences."

Making an effort to eat healthy does not mean abandoning our lives. Find a few minutes to think about a small nutrition goal, how you think you can reach it, and what can prevent you from success. Then devise a plan.

Without this vital planning stage, all good intentions can be for naught. "People need to spend just a little bit of effort planning ahead so that they just don't wait until the last minute until they're ravenously hungry and then make poor choices," says Tara Gidus, RD, also a spokeswoman for the ADA. She says people think preparing for a healthy diet takes a lot more effort than it really does.

To make it easy for aspiring healthy eaters, WebMD has put together a list

of common obstacles that get in the way of good nutrition, and asked the experts for some advice on how to overcome these road blocks.

Busy Bees Can Eat Healthy, Too

Demands of work, family, and community can keep people from preparing for healthy meals. This is true for workaholics, supermoms and dads, overachievers, frequent travelers, and a host of other people trying to beat the clock. Because of their lack of time, these folks often turn to quick-fix foods that are high in fat, sugar, sodium, or calories, and low in essential nutrients.

The solution isn't to find more time, but to work with the schedule you do have. The minutes spent perusing fast-food or vending machine options could be used toward time to visit the grocery store, where you can pick up prepared salads, sandwiches, and meats, pre-washed and cut fruits and vegetables, canned soups, low-calorie and low-fat frozen meals, yogurt, string cheese, and cereals.

see **Healthy Eating**, page 6

GALLEY MENU Mar 19 - Mar 25

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	Egg Drop Soup Cantonese Pork Spareribs Jamaican Rum Chicken	Egg Drop Soup Turkey Loaf/Gravy Beef Stew/Boiled Pasta		Tomato Bouillon Soup Baked Tuna & Noodles Roast Fresh Ham	Egg Drop Soup Spaghetti w/ Meatballs Baked Italian Hot Sausage
Sunday	<u>Brunch</u>		Thursday		
	Navy Bean Soup Monte Cristo/Pastrami Sandwich French Fried Potatoes	Navy Bean Soup Chicken Chow Mein Virginia Baked Ham		Split Pea Soup Irish Loin of Pork New England Boiled Dinner	Navy Bean Soup Pepper Steak Baked Tandoori Chicken Breast
Monday			Friday		
	Vegetable Soup Beef Sukiyaki Blackened Fish/Tartar Sauce	Tomato Bouillon Soup Roast Beef/Au Jus Sweedish Meatballs		French Onion Soup Oriental Sweet & Sour Pork Herbed Baked Fish	Spanish Soup Beef & Beans Tostadas Hot Buffalo Wings
Tuesday			<i>Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.</i>		
	Beef Noodle Soup Chicken Alfredo/Penne Pasta Tamale Pizza	Bean & Bacon Soup Beef Balls Stroganoff Baked Stuffed Fish			

Hot topics to think about

By Chaplain Bixby
NSF Chapel

Be on the lookout for the opportunity to search out answers to some of life's most perplexing questions. Why do bad things happen to good people? Does God really answer prayer? How on earth do I ever figure out the mysteries of the opposite sex? What is the "will

of God?" I'll be walking the beat in the next week, talking to folks face to face to find out what other issues cross your minds, and then arrange for opportunities to explore these questions in a group environment. Have a great weekend!



Special Easter Services Schedule



CATHOLIC SCHEDULE

March 24 HOLY THURSDAY
1930 Last Supper Mass

March 25 GOOD FRIDAY
1200 Veneration of the Cross & Communion Service

March 26 EASTER VIGIL SERVICE
1930 Blessing of Fire & Water, and Mass

March 27 EASTER SUNDAY
0830 Easter Sunday Mass

PROTESTANT SCHEDULE

March 24 HOLY THURSDAY
2100 Communion Service

March 25 GOOD FRIDAY
1930 Communion Service

March 27 EASTER SUNDAY
0630 Easter Sunrise Service (*CPO Club*)
0830 Informal Protestant Service (*Short Pier*)
1030 Contemporary Protestant Service

Diego Garcia Island 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.

RCIA

Monday 7 p.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 Worship
8 a.m.

CHURCH OF CHRIST
Sunday Worship
10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Informal Protestant Worship
Sunday 8:30 a.m., Short Pier
Sunday Bible Study
9:15 a.m.

Contemporary Service
Sunday 10:30 a.m.

Gospel Service
Sunday 1:30 p.m.

Christian Bible Study
Tuesday 7 p.m.

Ladies Bible Study
Wednesday 7:30 p.m.

**Fellowship, 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.

Camp Justice Chapel 370-4959

Bible Study

Tuesday and Thursday 7 p.m.

Chapel Movie Night
Monday 7 p.m.

General Protestant Service
Sunday 9 a.m.

ROMAN CATHOLIC

Catholic Mass
Sunday 10:30 a.m.

Hindu Temple

Fellowship Service
Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary
5:45 p.m.

Theological Formation
Weekdays 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Evening Mass

Weekdays 6 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
Confession After Mass
7:30 p.m.

Palmville Mass
Every First Friday 7:30 p.m.

Prayer Meeting
Wednesday 8 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.

Sports Shorts

with Petty Officer Second Class Tony Thompson

I sat down at the computer contemplating what topic I should write about today and then inexplicably I started shaking uncontrollably and my body started twitching and then I realized it could only be one thing, (no it wasn't because I watched a repeat of an old garbage Dallas Cowboy game) my coworker had slipped a copy of the brackets from the NCAA tournament on my desk. It's that time boys and girls. I've been walking around the base today and the *talk of the town* is about the tournament. I had to listen to all of these rookie prognosticators talking about something they know nothing about, and I don't just mean on the base, but also from those *overpaid fools* on ESPN. The fact that all of sudden people not only know about their teams, they think they know about all 64 teams in the tournament. This is what makes this tournament unlike any other sporting event. I'm writing this article on the Monday before the tournament, but you guys won't get to see my picks until the first round games have been played. There are skeptics out there that, I know after they see all the games I got right, will believe I wrote this after the games were played, but please believe it's all skills baby! Solely because I don't want to lose the last shred of credibility I have, I'm going to start my picks from the second round of the tournament all the way through the championship. I truly wish that I could help some of you more dependent people with your little brackets, but it's only the first round I'm sure you guys can handle it.

We will start with the Chicago Region where the Fighting Illini from

Illinois will have their way with Texas. The Crimson Tide will roll over Boston College in a small upset.

Arizona will run like some "wild cats" over the Bayou Bengals of LSU. St. Mary's, may they rest in peace, will get KO'd by OK State.

In the Albuquerque Region look for Pitt to barely lose to the (ha ha) #1 seed the Washington Huskies. Rick Pitino will have his Cardinals from Louisville ready to avoid the sting of the Yellowjackets from Georgia Tech and defeat them in what will be one of the best matchups in the second round. The Red Raiders from Texas Tech will defeat Gonzaga, because they fear the wrath of Bobby Knight. The Demon Deacons of Wake Forest will blast West Virginia in a blowout.

The Syracuse Region is the spot where North Carolina is going to beat the tar out of Minnesota and stomp them back into their gopher hole. The Gators from Florida will narrowly defeat Villanova. The Jayhawks from Kansas will fly high to hand Wisconsin a second round loss. Connecticut will take care of business against NC State.

In the Austin Region the Mississippi State Bulldogs will claw and bite but will still lose to the Blue Devils of Duke (boy that hurt for me to write that). The Orangemen from Syracuse will disperse of the Spartans from Michigan State. Oklahoma will beat Utah *sooner* or later in this one. Kentucky's Wildcats will get the best of the Bearcats from Cincinnati.

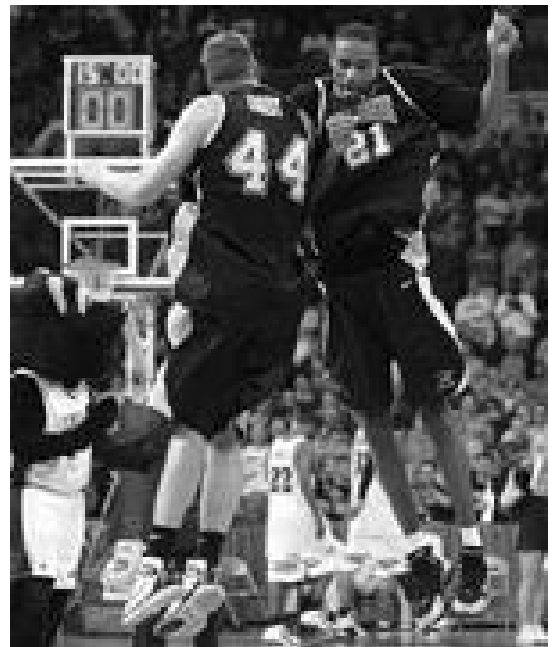
Just to recap everything my Sweet16 teams look like this: Illinois, Alabama, Arizona, OK State, Washington, Louisville, Texas Tech, Wake Forest, UNC, Florida, Kansas, UCONN, Duke, Syracuse, Oklahoma, and Kentucky.

Lets jump right ahead to my Elite 8. Oklahoma State will be

my Bracket busting team when they beat Illinois because so many people have Illinois winning it all. Wake Forest will somehow pull off the victory over Louisville. UNC will defeat a tough Connecticut squad. Kentucky will take out one of the two remaining #1 seeds by defeating Duke.

Now it's time for what you've all been waiting for, the Final Four. Wake Forest will make quick work out of OK State. On the other side of the bracket North Carolina will fend off Kentucky for a shot at the NCAA Championship.

Diego Garcia weeks before they play for the championship you now know that the North Carolina Tarheels will win the big dance. Before everyone gets all excited, I should let you know I never do to good at these brackets. I'm living proof that sometimes you can know too much. I go into it picking teams that should win these games, but the truth is if the teams that should win always did, it wouldn't be "March Madness".



Joah Tucker and Ed McCants each scored 21 points as Milwaukee won its first tourney game in the program's history.

continued, Healthy Eating, from page 2

There may be a bit more effort involved in shopping at the supermarket, but wasteful hours of worry about flab and low energy do tend to go away with healthy eating. With well-balanced meals, we usually feel more positive about ourselves and our surroundings.

“We continue to see a really strong link between how we eat and what we eat, and being well,” says Moores. “The better we do on our part to choose good foods and eat healthfully, the more effect it has on helping us stay well, feel good, and enjoy life.”

Here are some more healthy tips for busy bees:

Cook a bigger batch of food on the weekends, and refrigerate or freeze for weekday consumption.

Set an alarm for mealtimes. Even if you’re buried in a project, don’t skip meals; designate a time to eat.

Try not to do anything else while eating. Mindless consumption prevents the enjoyment of food. When that happens, people tend to eat more and eat unhealthy alternatives.

Put fresh or dried fruit where you can see it to remind yourself of your goal to eat healthy. Bananas, grapes, and apples make handy and nutritious snack items.

If at a restaurant, turn down the supersize option, and choose baked and broiled instead of fried.

Order the lunch portion at dinnertime, and hold off on fatty condiments.

Keep handy snacks around, such as fruits, dried fruits, nuts, seeds, trail mix, carrot or celery sticks, wraps, and sandwiches.

Tips for Fussy Eaters

These people can be very particular about what they put in their mouths. They may not like certain textures, tastes, or preparations of food. They may wince at healthy options such as fruits and vegetables, low-fat, low-sugar, low-calorie, or low-sodium products. Or they may shun everything but their certain set of comfort foods.

Gidus reminds fussy eaters that a variety of foods in moderation is important for good health. “Try to expand your horizons,” she says. “If you eat the same thing everyday, you may not be getting enough nutrients.”

Trying something new does not mean going for the exotic. Make a list of fruits, vegetables, meats, and other foods that might be acceptable for you to try. You may not like apples, but how about grapes or pears? Instead of just balking at spinach, why not sample red leaf lettuce?

If you don’t like food prepared a certain way, try it raw — if applicable — or presented in another way. You could also combine new foods with already favored edibles. “Some vegetables can be made into soups so that you’re not having to eat the raw broccoli. If you like bagels, you can put some low-fat cream cheese and then some crushed pineapple or shredded carrots. Have fruit juice with club soda,” suggests Claudia Fajardo-Lira, PhD, a nutrition expert with the Institute of Food Technologists (IFT), and assistant professor at the department of environmental sciences at California State University, Northridge.

When trying new foods, go easy on yourself, says Moores. Check out a new dish every week as opposed to every day. If you’re not used to brown rice, try mixing brown and white rice first. Or you could mix the brown rice with different herbs and spices.



The concept of Smart web Move (SWM) is to enhance the life of the service member. When a service member needs to perform a household goods move, instead of physically going to a Personal Property Office, the service member can simply use a web-enabled computer to access SWM. Utilizing this system will eliminate the need for a service member to spend substantial time at the PPO setting up their move with a counselor. Using SWM general takes less than an hour, making moving a more convenient experience for our servicemen. You might think you don’t need this option stationed here on Diego Garcia, but you’d be wrong. Personal Property is equipped and ready to handle your online applications to make your transfer from Diego Garcia go as smoothly as possible, and to ensure that your HHG get to your new duty station.

A **military member** will use this address: <https://www.smartwebmove.navsup.navy.mil>



Entertainment this Week

MWR Presents:
House Band

Friday

Island Room
8 p.m. - 11 p.m.

Monday

Island Room
8p.m. - 10:45 p.m.

Tuesday

Island Room
6 p.m. - 10:45 p.m.

Thursday

Island Room
8 p.m. - 11 p.m.



**Channel
12**

All games are subject to change. For more information log on to: <http://www.myafn.net>.

Main Outdoor Theater

Friday at 8 -	Troy
Friday at 10 -	The Cookout
Saturday at 8 p.m. -	The Cookout
Saturday at 10 p.m.-	Radio
Sunday at 8 p.m. -	Radio
Monday at 8 p.m. -	Around the World...
Tuesday at 8 p.m. -	The Enforcer
Wednesday at 8 p.m. -	Cellular
Thursday at 8 p.m. -	Beverly Hillbillies

Officer's Club

Tuesday at 7:30 p.m.-	Enter the Dragon
Thursday at 7:30 p.m.-	Around the World...

CPO Club

Saturday at 7 p.m.-	Hero
Saturday at 9 p.m -	Blue Steel
Tuesday at 7:30 p.m.-	-----
Wednesday at 7:30 p.m -	-----
Thursday at 7:30 p.m.-	-----

Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.

MWR events this Week

Saturday

Xterra
Marina
8 a.m.

Sunday

Sailing Regatta
Marina
12:30 p.m.

Sunday

Golf Tourney
Coral Sands
Course
7:30 a.m.

Sunday

Bowling Tourney
Bowling Center
12 p.m.

NCAA Basketball

Friday

NC State vs. Charlotte 11 p.m.

Saturday

Wisconsin vs. Northern Iowa 6 a.m.

Sunday

Wakeforest vs. Chattanooga 7 a.m.

Monday

Duke vs. Delaware 3:30 p.m.

National Football League

Friday

Heat vs. Lakers 7:15 p.m.

Saturday

Lakers vs. Pacers 6:30 a.m.

Wednesday

Wizards vs. Nuggets 5 p.m.

Thursday

Pistons vs. 76ers 5:30 p.m.

Fun & Games

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21			22		23				
			24				25		26					
27	28	29					30	31						
32						33				34		35	36	37
38					39				40			41		
42			43	44		45				46	47			
			48		49				50					
51	52	53						54	55					
56						57		58				59	60	61
62					63		64			65				
66					67					68				
69					70					71				

Across

1 Greek mount
6 Thomas ___
Edison
10 Little innocent
14 Hit hard
15 Look-see
16 Sikorsky or
Stravinsky
17 Southpaw
18 Rind
19 Type of skirt
20 Seaport near
Lisbon
22 Cornmeal
concoction
24 Practiced, as a
trade
26 Scant

27 "The Osterman
Weekend" author
30 Waned
32 Satisfactory
34 Lots and lots
38 ___ de France
39 Attempts
41 "The Pit and the
Pendulum" author
42 Moribund
44 Permeable
48 Picture
50 Trunks
51 Pick-me-up
54 Start fighting
56 Takes offense at
58 Wandering
62 Lhasa ___
63 Hawaiian dance

65 Shin bone
66 Side in 1980s war
67 Israeli guns
68 Undemocratic
law
69 Hemispherical
roof
70 Harry
71 Schoolroom
furniture
Down
1 Cobbler's tools
2 "Of ___ I Sing"
3 Knife handle
4 Eightfold
5 Azure
6 Eve's undoing
7 Confederate C-in-
C

8 Vice-president
9 Poise
10 Citrus drink
11 The way of all
flesh?
12 ___ Carlo
13 Pipe type
21 Draw a bead on
23 Lecherous look
25 French composer
27 Deposited
28 Far from fair
29 Three in Berlin
31 Apiary residents
33 Boast
35 Big brutes
36 Like old
recordings
37 Groups

40 ___ voce
43 "Great shot!"
44 Federal agents
46 Turned
47 Platitude
49 Camelot's king
51 Plait
52 Copy
53 Tea-growing
state
55 Delete
57 Vocalist Quatro
59 Long-billed
wading bird
60 Shaver's woe
61 Hoods' rods
64 Jar top

Overcoming relocation stress

By Lt.Cmdr. Kevin Bradshaw
Fleet and Family Support Office

The challenges of relocation to Diego Garcia are more difficult than a normal move in CONUS. Stress may increase after you have settled into Diego Garcia (DG) or after you return to home. Learning how to handle relocation stress can help you adjust to and make the most of your new island home.

What is relocation stress?

The stress associated with relocation can be mild or severe. Some people enjoy their new jobs or friends so much that they experience only minor symptoms of stress at DG. In other cases, the stress associated with relocation can be severe enough that experts consider it equal to that of a divorce or death in the family. The physical signs of relocation stress can include backaches, headaches, stomachaches, high blood pressure, and greater susceptibility to disease and infection.

The emotional symptoms of relocation stress are varied. Some people feel irritable or impatient. Others may become moody, depressed, or withdrawn. They may have nightmares, lose interest in sex, cry frequently, or experience feelings of panic. Stress can also show up in a wide range of behavioral symptoms. These can include nail biting, grinding or gnashing teeth, or abusing drugs or alcohol. Stress can lead to absenteeism, tardiness, or an inability to focus on easy tasks at work.

Gaining a sense of control

Gaining a sense of control over your move can help ease daily stresses. Here are some good ways to gain control:

Write a list: Write down what you need to do as the first step toward accomplishing your many tasks.

Plan ahead: Avoid last-minute anxiety by organizing as much as you can in advance.

Prioritize: Rather than trying to do it all, identify and work on what is most important.

Break task down to manageable parts: Start with small jobs, such as arranging for mail to be forwarded. After taking care of these things, you'll feel freer to pursue more time consuming activities, such as building new friendships.

The importance of taking care of yourself

You can minimize relocation stress by taking good care of yourself. It's important not to abandon the good health habits that you had before you moved. Here are some ways to take care of your self in new surroundings:

Get physical exercise. Let off steam by running, walking, swimming, or taking an aerobics class.

Minimize other stresses. Stress in other areas of your life may compound the effects of relocation stress. In the months just before and after a move, it's a good idea to avoid starting a diet or beginning a big, emotionally consuming project.

Finding outlets for tension

These tips can help you to keep your feelings about relocating in perspective:

Give yourself permission to experience sudden emotions.

Remember that a good cry is a healthy way to relieve stress.

Some people find that watching a sad movie or reading a sentimental novel is an easy way to release pent-up feelings.

Catch yourself when you're being negative. Try to avoid saying things like, "I'll never adjust to this move." Focus instead on your accomplishments. Try to see the positive.

Hold on to your sense of humor. Call a friend to share a joke, or unwind after a long day by renting your favorite funny video.

Keep a journal. Journal writing can offer more therapeutic benefits than counseling sessions.

Reach out and try to connect with other people. Researchers have found that being with other people can make you feel less tense or depressed. With a little extra patience and care for yourself, you will be able to adjust more quickly and soon find yourself enjoying your new island community.

FFSO services are a benefit free
to all service members;
single or married,
including activated Reservists,
retirees, and Department of Defense civilians
in overseas locations.

For more information contact
LCDR Kevin Bradshaw at 370-4421.



Meeting Your Needs. At Home. At Sea.

Mauritians celebrate their Independence

By Petty Officer First Class Morant
MultiCultural Observance Committee



The Multi-Cultural Observance Committee would like to recognize Mauritius's 37th independence that was celebrated at the FILMAU Club on March 12, 2005. The gala opened with a speech by CDR Richard L. Strickland, the Executive Officer of Naval Support Facility. Additionally, local Mauritians performed a traditional dance called the Sega. The Sega is the most typical folkloric dance of Mauritius. This erotic dance is pulsated by the beat of the ravane, a circular drum, and other rhythmic instruments like the maravane and triangle. The celebration continued with a dance social, after the history of Mauritius Independence was shared with the audience.

Arabs were the first to discover Mauritius, in 975 AD, followed by the Portuguese who landed in 1510. The Dutch were heedlessly destructive, and responsible for the disappearance of the Ebony Forests and the extinction of the Dodo bird. They left their settlement in 1710 after two failed attempts to colonize the island. French Captain Guillaume Dufresne d'Arsele claimed the island for France in 1715 and called it "Ile de France", but it was only in 1721 that France sent a small party to begin a settlement on the island. The island remained under French occupation until the British invaded in 1810 during the Napoleonic wars.

British occupation of the island lasted until 1968 when they granted the country its independence. The only reason the British was interested in the island was that it lay along the sea route from England to British India and that the French presence in Mauritius was a threat to British shipping. A number of French navy vessels and

corsairs harassed British vessels en route to India or to England.

Mauritius gained independence from Britain on March 12th, 1968. The country adopted a constitution based on the British parliamentary system. After 15 years of planning and hard work, Mauritius became an industrialized country. On March 12th, 1992, it finally changed its status to a republic.

Mauritius is a unique blend of different races, cultures and religions. People of European, African, Indian and Chinese origins have created a multiracial society where the various cultures and traditions flourish in peace and harmony. English is the official language but French, is widely spoken. Other common languages are Creole, Hindi and Bhojpuri.

Mauritius has achieved enormous strides in politics, science, industry and agriculture since its independence. Finally, Mauritius gains its uniqueness from the fact that it is a country where people treat each other with fairness and dignity, regardless of race, religion, gender, sexual orientation or political allegiance. Happy Independence Day, Mauritius!



Photos of Mauritian Independence courtesy of the DG21 Photo lab.



BIOT POLICE NOTICE



Nuisances and offences against the health and convenience of others.

Under the BIOT Penal code Common Nuisance means:

“Any person who does an act not authorised by law or omits to discharge a legal duty and there by causes any common injury, or danger or annoyance, or obstructs or causes inconvenience to the public in the exercise of common rights, commits the offence termed a common nuisance and is liable to imprisonment for one year”.

Nuisances and offences against the health and inconvenience of others includes the following:

Harassment is not defined in this act but forms part of common nuisance, but the words alarm, distress or torment fit the term most accurately.

This means **Collective Harassment** i.e.: the aiding, abetting counselling or procuring of Collective Harassment, where a person must not pursue a course of conduct which amounts to harassment of others. They ought to know that their course of conduct would amount to common nuisance, if a reasonable person in possession of the same information would think that it amounted to common nuisance. **Course of Conduct** requires a continuing saga of problems on a minimum of two occasions, and the course of conduct causes distress, alarm etc.

Period between incidents in relation to phone calls: If three messages are left on an answer machine over a short period of time, and the person listening to the messages in quick succession the next day caused them alarm or distress. These messages will be construed as three separate incidents by a court of law, even if the person became alarmed or distressed only once.

Please remember that we all live on a small Island, and personal space is at a premium. So what starts off as a joke can in some cases quickly get out of hand, leaving people alarmed and distressed. This has a knock on effect not only on the individual(s), but also on their work, which may also have effect on the equipment they maintain, operate or fly.

Sometimes a quick chat with your line supervisor can stop it before it gets out of control.

So please spare a thought for the other person!

Airport Security

By Petty Officer 1st Class Francisco Gacuya
NSF Security

- Air travel in high-risk areas requires simple precautions to reduce the hazards of a terrorist assault. Plan for Air Travel Security
- Get a threat briefing from your security officer, antiterrorism training officer, or force protection officer prior to traveling in a high-risk area. Your force protection officer will know which areas DOD considers a high-risk area.
- Before traveling, consult the DoD Foreign Clearance Guide to ensure you know and meet all requirements for travel to a particular country.
- Use military air or US flag carriers.
- Avoid scheduling through high-risk areas. If needed, use foreign flag airlines and/or indirect routings to avoid high-risk airports.
- Don't use rank or military address on tickets, travel documents, or hotel reservations.
- Window seats offer more protection since aisle seats are closer to movements up and down the aisle.
- Mid-cabin seats offer more protection since they are farther from hostile action near the cockpit and at the rear of the cabin.
- Seats at an emergency exit may provide an opportunity to escape.
- Use government quarters or contracted hotels if available.

Personal Identification

- Don't discuss your military affiliation with anyone.
- Have proper, civilian identification to show airline and immigration officials.
- Use of a tourist passport, if you have one with necessary visas and if the country you are visiting allows it.
- If you use a tourist passport, place your official passport, military ID, travel orders, and related documents in your checked luggage, not in your wallet or briefcase.
- If you must carry these documents on your person, select a hiding place onboard the aircraft to “ditch” them in case of a hijacking.
- Don't carry classified documents unless they are mission-essential.

Luggage

- Use plain, civilian luggage; avoid military-looking bags such as B-4 bags and duffel bags.
- Remove all military patches, logos, or decals from luggage and briefcase.
- Ensure luggage tags don't show military rank or address.
- Don't carry official papers.

Clothing

- Travel in conservative civilian clothing.

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- Plan your itinerary and anticipate security conditions and measures at each stop.
- Don't wear distinct military items such as organizational shirts, caps, or military issue shoes or glasses.
- Don't wear US identified items such as cowboy hats or boots, baseball caps, American logo T-shirts, jackets, or sweatshirts.
- Wear a long-sleeved shirt if you have a visible US affiliated tattoo.

Precautions At The Airport

- Arrive early; watch for suspicious activity.
- Look for nervous passengers who maintain eye contact with others from a distance. Observe what people are carrying. Note behavior not consistent with that of others in the area.
- In the terminal, identify objects suitable for cover in the event of attack; pillars, trashcans, luggage, large planters, counters, and furniture can provide protection.
- Proceed through security checkpoints as soon as possible.
- Avoid secluded areas that provide concealment for attackers.
- Be aware of unattended baggage anywhere in the terminal.
- Be extremely careful with personal carry-on luggage. Thefts of laptop computer cases are increasing at airports worldwide.
- A terrorist can plant objects in unguarded luggage. A weapon or drugs can make you the focal point of an incident.
- Don't pack anything you can't afford to lose; if documents are needed, make a copy and carry the copy.
- Observe the baggage claim area from a distance. Retrieve your bags after the crowd clears. Go to customs lines at the edge of the crowd.

- Report suspicious activity to airport security personnel.
- #### Actions If Attacked In An Airport
- Dive for cover. Don't run; running increases the probability of shrapnel hitting vital organs or the head.
 - Belly crawl or roll. Stay low to the ground; use available cover.
 - If you see grenades, seek cover; lay flat on the floor, feet and knees tightly together with soles toward the grenade. In this position, your shoes, feet, and legs protect the rest of your body. Shrapnel will rise in a cone from the point of detonation, passing over your body.
 - Place arms and elbows next to your ribcage to protect your lungs, heart, and chest. Cover your ears and head with your hands to protect neck, arteries, ears, and skull.
 - Security personnel will not be able to distinguish you from attackers. Don't try to assist them in any way. Lay still until told to get up.

Actions If Hijacked

- Remain calm, be polite and cooperate with your captors.
- All hijackers may not reveal themselves at the same time. A lone hijacker may draw out security personnel for attack by other hijackers.
- Surrender your tourist passport if asked for identification.
- Don't offer any information; but confirm your military status if directly confronted with the fact. Explain that you always travel on your personal passport and that no deceit was intended.
- Discretely dispose of any military or US affiliated documents.
- Don't draw attention to yourself with sudden body movements, verbal remarks, or hostile looks.
- Prepare yourself for possible verbal and physical abuse, and lack of food, drink, and sanitary conditions.
- If permitted, read, sleep, or write to occupy your time.

The Lagoon Cartoon

By Seaman Apprentice Daniel Guerra

