

Tropical Times

Serving the Footprint of Freedom



Volume 15, Number 50

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

December 23, 2005



A Message from the Commanding Officer

A Different Christmas Poem

Author Unknown

The embers glowed softly, and in their dim light,
I gazed round the room and I cherished the sight.
My wife was asleep, her head on my chest
My daughter beside me, angelic in rest.
Outside the snow fell, a blanket of white,
Transforming the yard to a winter delight.
The sparkling lights in the tree I believe,
Completed the magic that was Christmas Eve.
My eyelids were heavy, my breathing was deep,
Secure and surrounded by love I would sleep.
In perfect contentment, or so it would seem,
So I slumbered, perhaps I started to dream.
The sound wasn't loud, and it wasn't too near,
But I opened my eyes when it tickled my ear.
Perhaps just a cough, I didn't quite know,
Then the sure sound of footsteps outside in the snow.
My soul gave a tremble, I struggled to hear,
And I crept to the door just to see who was near.
Standing out in the cold dark of night,
A lone figure stood, his face weary and tight.
A soldier, I puzzled, some twenty years old,
Perhaps a Marine, huddled here in the cold
Alone in the dark, he looked up and smiled,
Standing watch over me, and my wife and my child.
"What are you doing?" I asked without fear,
"Come in this moment, it's freezing out here!
"Put down your pack, brush the snow from your sleeve,
You should be home on this cold Christmas Eve!"
For barely a moment I saw his eyes shift,
Away from the cold and the snow blown in drifts
To the window that danced with a warm fire's light,
Then he sighed and he said, "It's really all right.
I'm out here by choice. I'm here every night.
"It's my duty to stand at the front of the line,
That separates you from the darkest of times.



"No one had to ask or beg or implore me,
I'm proud to stand here like my fathers before me.
"My Gramps died at Pearl on a day in December,"
Then he sighed, "That's a Christmas Gram always
remembers.

"My dad stood his watch in the jungles of 'Nam,
And now it is my turn and so, here I am.
"I've not seen my own son in more than a while,
But my wife sends me pictures, he's sure got her
smile."

Then he bent and he carefully pulled from his bag,

The red, white, and blue... an American flag.

"I can live through the cold and the being alone,
Away from my family, my house and my home.

"I can stand at my post through the rain and the sleet,
I can sleep in a foxhole with little to eat.

"I can carry the weight of killing another,
Or lay down my life with my sister and brother...

"Who stand at the front against any and all,
To ensure for all time that this flag will not fall."

"So go back inside," he said, "harbor no fright,
Your family is waiting and I'll be all right."

"But isn't there something I can do? At the least,
Give you money," I asked, "or prepare you a feast?"

"It seems all too little for all that you've done,
For being away from your wife and your son."

Then his eye welled a tear that held no regret,

"Just tell us you love us, and never forget,

"To fight for our rights back at home while we're gone,
To stand your own watch, no matter how long.

"For when we come home, either standing or dead,
To know you remember we fought and we bled,

"Is payment enough, and with that we will trust,
That we mattered to you *as you mattered to us.*"

Thank you men and women of the Island Team for the
sacrifices you and your families have made during this holiday
season. I am grateful for your service and contributions to the
important mission we support. God Bless you all and Merry
Christmas!

Sincerely and very respectfully,

Captain Birklund

Tropical Times

United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory

Commanding Officer

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Executive Officer

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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 U.S. Navy Support Facility, Public Affairs, Diego Garcia. The Tropical Times is published every Friday.

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

Stress, Depression and the Holidays: 12 Tips for Coping

Submitted by Branch Health Clinic

When stress is at its peak, it's hard to stop and regroup. Take steps to help prevent normal holiday depression from progressing into chronic depression. Try these tips:

Acknowledge Your Feelings - If a loved one has recently died or you aren't near loved ones, realize that it's normal to feel sadness and grief. It's OK now and then to take time just to cry or express your feelings. You don't have to force yourself to be happy just because it's the holiday season.

Seek Support - If you feel isolated or down, seek out family members and friends, or community, religious or social services. They can offer support and companionship. Consider volunteering at a community or religious function. Getting involved and helping others can lift your spirits and broaden your social circle. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to go it alone. Don't be a martyr.

Be Realistic - As families change and grow, traditions often change as well. Hold on to those you can, if you want to. But understand that in some cases that may no longer be possible. Perhaps your entire extended family can't gather together at your house. Instead, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

Set Differences Aside - Try to accept family members and friends as they are, even if they don't live up to your expectations. Set aside grievances until a more appropriate time for discussion. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. And be understanding if others get upset or distressed when something goes awry. Chances are,

they're feeling the effects of holiday stress, too.

Stick to a Budget - Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay the bills. Don't try to buy happiness with an avalanche of gifts. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan Ahead - Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. That'll help prevent a last-minute scramble to buy forgotten ingredients — and you'll have time to make another pie if the first one's a flop. Allow extra time for travel so that delays won't worsen your stress.

Learn to Say No — Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful and overwhelmed. If it's really not possible to say no to something — your boss asks you to work overtime — try to remove something from your agenda to make up for the lost time.

Don't Abandon Healthy Habits - Don't let the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence may add to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity.

Take a Breather - While you may not have time every day for a silent night, make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's the

bathroom, for a few moments of solitude. Take a walk at night and stargaze. Listen to soothing music. Find something that clears your mind, slows your breathing and restores your calm.


Rethink resolutions - Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame. Choose resolutions that help you feel valuable and provide more than only fleeting moments of happiness.

Forget About Perfection - Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. You may get stuck late at the office and miss your daughter's school play, your sister may dredge up an old argument, you may forget to put nuts in the cake, and your mother may criticize how you and your partner are raising the kids. All in the same day. Expect and accept imperfections.

Seek Professional Help If You Need It - Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to your doctor or a mental health professional. You may have depression.

Remember, one key to minimizing holiday stress and depression is knowing that the holidays can trigger stress and depression. Accept that things aren't always going to go as planned. Then take active steps to manage stress and depression during the holidays. You may actually enjoy the holidays this year more than you thought you could.

GALLEY MENU *December 24 - 30*

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	Cream of Broccoli Soup Simmered Beef with Gravy Open-faced Turkey Sandwich	Cream of Broccoli Soup Cajun Meat Loaf Pork Adobo		Beef Rice Soup White Bean Chicken Chili Blackened Fish	<i>"Filipino Night"</i> Chicken Macaroni Soup Beef Menudo Philippine Pancit
Sunday <i>"Christmas Day"</i>	<i>See page 16 for hours and menus.</i>		Thursday	Corn Chowder Swiss Steak Spicy Chicken Wings	Corn Chowder Tacos Pork Chop Mexicana
Monday	<u>Brunch</u> Chicken Rice Soup BBQ Pork Spareribs Garlic Fried Rice	Chicken Rice Soup Turkey a la King Teriyaki Beef Strips	Friday	Onion Soup Shish Kebab Lemon-Baked Salmon Steak	Onion Soup Baked Yogurt Chicken Beef Balls Stroganoff
Tuesday	Creole Soup Chicken Alfredo Tamale Pizza	Creole Soup Roast Pork Loin Sukiyaki	<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>		

Wishing You a Joyous Season

Whether you celebrate Christmas, Hanukah or Kwanzaa, please accept my very best wishes for a joyous holiday season - with a hope and prayer that the New Year finds you and your loved ones well.

I need not remind you of all the things you are doing to sow the seeds of freedom. You know them well. But, I would be remiss if I did not thank you for your service and for

your dedication to the task. At sea and ashore, in far off places and here at home, you are making life better and safer for millions of people the world over. Please know that you have your Nation's and your Navy's deepest gratitude.

I would ask only three things of you over the holidays: 1) Take care of yourselves - whether you are traveling home or forward deployed, please stay safe; 2) Take care of your families - let them know how much you

appreciate their love and support, and 3) Take care of your Shipmates - set a place at your table for someone who would otherwise be spending the holidays alone. These are great gifts.

Finally, may you look back with pride at your accomplishments this year - and there were many - while looking forward with confidence and courage to the challenges ahead in 2006. Safe sailing and all the best.
Chief of Naval Operations
Mike Mullen



Christmas Worship Schedule

Christmas Eve

- 6 p.m. Candlelight Service with Communion (Protestant)
- 7:30 p.m. Mass (Catholic)
- 11:30 p.m. Candlelight Service with Communion (Protestant)

Christmas Day

- 8 a.m. Traditional Service (Protestant)
- 9:30 a.m. Mass (Catholic)
- 10:30 a.m. Contemporary Service (Protestant)



Diego Garcia Island Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Rosary and Novena

Saturday 7 p.m.
Sunday 9 a.m.

Catholic Mass

Saturday 7:30 p.m.
Sunday 9:30 a.m.

Monday-Friday 11:30 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 CHRIST

Sunday Worship

10 a.m.

The Chapel in the Palms 370-4601

PROTESTANT

Traditional Protestant Worship

Sunday 8 a.m.

Sunday Bible Study

9:15 a.m.

Contemporary Protestant Worship

Sunday 10:30 a.m.

Gospel Service

Sunday 1:30 p.m.

Bible Study

Tuesday 7 p.m.

Co-Ed 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.

CHURCH OF JESUS CHRIST

OF LATTER-DAY SAINTS

Sunday Worship

1 p.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 a.m. and 7 p.m.

Sunday Mass

8 a.m. and 7 p.m.

Friday Bible Study

7 p.m.

*Confession After Mass

Palmsville Village 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.



Command Master Chief's DG Spotlight



The purpose of the DG Spotlight is to reach out and recognize outstanding enlisted military personnel of all commands who work on Diego Garcia in support of the island mission. This week's DG Spotlight is focused on personnel serving at Supply Department and Branch Health Clinic. Bravo Zulu and keep up the great work!

Supply Department



Name: SK1(AW) Amador L. Daguio
Hometown: Pampanga, Philippines
Job Title: CHRIMP QAE/Annex 25
Time in Service: 18 Years
Time on Island: 6 Months

What I like about my job: "I like working with people. Being the QAE for Stevedoring and CHRIMP, I am able to interact with the customers and it makes time and life on Diego Garcia more exciting and challenging."

Branch Health Clinic



Name: HM2(SW/AW) John E. Wierzbinski
Hometown: Tampa, Florida
Job Title: LPO, Ambulatory Care
Time in Service: 13 Years
Time on Island: 10 Months

What I like about my job: "What I like is the multiple jobs at one time during the day -- and the variety of job opportunities."

The UCMJ Report

By LN2(SW) Romero
NSF Legal

The holiday season has arrived. With that in mind, there will be island festivities with alcoholic beverages readily available. For illustrative purposes, lets say that HT3 Gray and EN3 Avery are attending the annual Christmas party in the Island Room. The bar advertises that all drinks are only a dollar. Well, being the cheap individual Petty Office Avery is, she thinks she's in heaven. The goal of her evening quickly turns from having a good time singing Christmas Carols to see how smashed she can get with ten

dollars. Petty Officer Avery doesn't take into consideration that she is a small person and doesn't have a high tolerance for alcohol. Petty Officer Gray joins her at the bar. We can all imagine how that evening turns out. Both individuals attempted to walk home drunk. Before they reach their respective rooms, they decide to sleep it off in the grass outside. Both of their LPOs were notified and helped them to their rooms.

There is a very good chance that they would be placed on debarment, but they also violated UCMJ Article 134 - Drunkenness. The elements of this offense are 1) that the accused had certain duties to perform; 2) that the accused was

incapacitated for the proper performance of such duties; 3) that such incapacitation was the result of previous wrongful indulgence in intoxicating liquor or any drug; and 4) that, under the circumstances, the conduct of the accused was to the prejudice of good order and discipline in the armed forces or was of a nature to bring discredit upon the armed forces. The maximum punishment for this offense is confinement for three months and forfeiture of two-thirds pay per month for three months. Just because alcohol is available for dirt cheap, doesn't make it an open invitation to overindulge. It can lead to problems. Please drink responsibility!

Antiterrorism: Security While Traveling

By MA1(SW) Sanders
NSF Security Department

AT AIRPORT TERMINAL

- Use concealed baggage tags
- Spend as little time as possible in airports.
- Pass through the airport security checks quickly.
- Once through security, proceed to a lounge or other open area away from baggage lockers.

- If possible, sit with your back against a wall.
- Remain Alert. Be a "People watcher."

AT HOTELS

- Do not give room number to strangers.
- Choose an inside hotel room.
- Sleep away from street side windows.
- Leave lights on when room is vacant.

- Pull curtains.
- Arrange knock signal.
- Answer telephone " Hello." Do not use name and rank.
- Lock before you exit.
- If confronted, have a plan of action ready.
- Occasionally exit/enter through the rear entrance.
- Keep your room key in your possession at all times.

Holiday Cookie Bake-off Supports Seabee Ball



The judges mull over the entries in the Holiday Cookie Bake-off held on Friday, December 16. After the judging, over \$140 was raised from the cookie sales for the Seabee Ball. Thank you to those of you who either entered baked goods or donated to the cause. Congratulations to the winners; all entries were delicious!

Most Unique Award

(24-hr Liberty)

UT1 Maxwell - No Bake Cookies

Best in Show Award

(24-hr Liberty)

Lt. Lenhoff - Gingerbread Cookies

Best Tasting Award

(48-hr Liberty)

Lt. Cmdr. Webb - Grandma's Butter Tarts

Honorable Mention

Lt. Ortega - Chocolate Crinkles

Lt. Cmdr. Webb - Scotch Shortbread Bars

Entertainment this Week

MWR Presents:
"DJ Jasper"

Saturday, Dec. 24, Camp Justice, 8 p.m. - 12:30 a.m.

Sunday, Dec. 25, Camp Justice, 8 p.m. - 12:30 a.m.

"Heather Hayes Band"

(Subject to Change due to Flight Schedule)

Friday, Dec. 30, Camp Justice, 8 - 10 p.m.

Saturday, Dec. 31, Island Room, 8 - 10 p.m.

MWR events this Week

Saturday, Dec. 24

Santa's 3 on 3 Basketball
Tournament
Fleet Rec. Area
5 p.m.

Sunday, Dec. 25

Christmas Day Skeet Shoot
Skeet Range
8 a.m.

Sunday, Dec. 25

Christmas Day Sailing
Regatta
Marina
12:30 p.m.

Monday, Dec. 26

Bowling Tournament
Bowling Center
Noon, 3 p.m. & 6 p.m.

Tuesday, Dec. 27

Holiday Season Chess
Tournament
Island Room
6 p.m.

Thursday, Dec. 29

Jingle Bell Jog
5K Fun Run
Fitness Center
6 p.m.

Main Outdoor Theater

Friday at 8 p.m. -	The Santa Clause 2
Friday at 10 p.m. -	Surviving Christmas
Saturday at 8 p.m. -	Surviving Christmas
Saturday at 10 p.m. -	Christmas with the Kranks
Sunday at 8 p.m. -	Christmas with the Kranks
Monday at 8 p.m. -	Supercross
Tuesday at 8 p.m. -	Check M.O.T. Marquee
Wednesday at 8 p.m. -	Check M.O.T. Marquee
Thursday at 8 p.m. -	Timeline

Officers Club

Tuesday at 7:30 p.m. -	Red Eye
Thursday at 7:30 p.m. -	Supercross

CPO Club

Saturday at 7 p.m. -	Calendar Girls
Saturday at 9 p.m. -	Brown Sugar
Tuesday at 7:30 p.m. -	Timeline
Wednesday at 7:30 p.m. -	A Beautiful Mind
Thursday at 7:30 p.m. -	Red Eye

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.
*Note: Movies are subject to change!

Liberty Center

Friday at 7 p.m. -	Ella Enchanted
Saturday at 7 p.m. -	Wedding Crasher
Sunday at 7 p.m. -	Brown Sugar
Monday at 7 p.m. -	The Island
Tuesday at 7 p.m. -	War of the Worlds
Wednesday at 7 p.m. -	Timeline
Thursday at 7 p.m. -	A Beautiful Mind

NFL

Sunday, Dec. 25

Chargers at Chiefs, (Live) 12 a.m. AFN PACIFIC
Falcons at Buccaneers, (Live) 12 a.m. AFN SPORTS
Raiders at Broncos, (Live) 3 a.m. AFN PACIFIC
Colts at Seahawks, (Live) 3 a.m. AFN SPORTS
Cowboys at Panthers, (Live) 2 p.m. AFN SPORTS
Steelers at Browns, (Live) 11 p.m. AFN PACIFIC

Monday, Dec. 26

Bears at Packers, (Live) 4:30 a.m. AFN SPORTS
Vikings at Ravens, (Live) 7:30 a.m. AFN SPORTS

Tuesday, Dec. 27

Monday Night Football: New England Patriots at NY Jets
(Live) 8 a.m. AFN SPORTS
(Tape) 4 p.m. AFN PACIFIC
Wednesday, Dec. 28 (Tape) 12 a.m. AFN SPORTS

College Football

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

Dec. 24, 25 & 27 - 30

Fort Worth Bowl: Kansas vs. Houston, (Live) Saturday, 7 a.m. AFN PACIFIC
Sheraton Hawaii Bowl: Nevada vs. UCF, (Live) Sunday, 7:30 a.m. AFN SPORTS
Motor City Bowl: Memphis vs. Akron, (Live) Tuesday, 3 a.m. AFN SPORTS
Champs Sports Bowl: Clemson vs. Colorado, (Live) Wednesday, 4 a.m. AFN SPORTS
Insight Bowl: Arizona State vs. Rutgers, (Live) Wednesday, 7:30 a.m. AFN SPORTS
MasterCard Alamo Bowl: Michigan vs. Nebraska, (Live) Thursday, 7 a.m. AFN SPORTS
Emerald Bowl: Georgia Tech vs. Utah, (Live) Friday, 3:30 a.m. AFN SPORTS
Pacific Life Holiday Bowl: Oregon vs. Oklahoma, (Live) Friday, 2:30 p.m. AFN SPORTS
Gaylord Hotel Music City Bowl: Minnesota vs. Virginia, (Live) Friday, 11 p.m. AFN SPORTS

Weekly Crossword

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			

Across

1 Region of Malaysia in northeast Borneo
6 Summer getaway
10 "As ___ Dying" (Faulkner title)
14 Speechify
15 Mideast pooh-bah
16 Terse refusal
17 Very loud, musically
19 Unwarranted
20 Opposite extreme
21 Blight
22 Humor
23 "Dallas" family
25 Queen Victoria's consort
28 Powerful

30 Brief lives?
31 Unseen
33 "Golden Boy" playwright
36 PC key
37 Impaled
39 Cambodian's neighbor
40 Russian country house
42 Bard's river
43 Office message
44 Man of La Mancha?
46 Cabinet
48 First bidder
50 Black in Brest
51 1986 Starship hit
52 Mohair source

58 Seed covering
59 Folkfest
60 Character builder?
61 Chess conclusion
62 Dramatist Chekhov
63 One of the Great Lakes
64 Fish esteemed for roe
65 River at Lyon

Down

1 Upholstered couch
2 Elvis ___ Presley
3 Homer's son
4 Occasionally
5 Brazilian composer Villa-Lobos
6 Looked a joint over

7 "Lucky Jim" author Kingsley
8 "La Boheme" heroine
9 Tedious talker
10 Strapped
11 1984 Olympics venue
12 Mock-portraying
13 Positive replies
18 Grew rapidly
24 Timber
25 Retired
26 "Mona ___"
27 Italian composer
28 Captive worker
29 Learner
32 Equipment
34 Unexciting
35 Chimney residue

37 Identical
38 Concert cry
41 Puff the Magic Dragon's home
43 Fata ___
45 "Zigeunerlieder" composer
47 Jungle vines
48 Oklahoma Indian
49 Kitchen utensil
50 Famed
53 Ark builder
54 "I've ___ Secret"
55 Aware of
56 By and by
57 Daly of "Cagney and Lacey"

M/V Button Mariner Honored as Hero

Able-Bodied Seaman Brett Sunderland, a sailor on the Military Sealift Command Prepositioning Ship M/V Sgt. William R. Button, was honored in November with The Admiral of the Ocean Sea (The AOTOS) Mariners' Rosette Award for heroism. Sunderland said, "I never thought I'd get an award for quick thinking of all things."

While serving aboard the container ship M/V Lykes Motivator earlier this year, the Motivator responded to a U.S. Coast Guard call requesting assistance for a 37-foot sailing vessel that found themselves at the mercy of the deep with a damaged mast in 12-15 foot seas and winds in excess of 30 knots.

The Motivator and her crew was returning to the U.S. with cargo from Northern Europe and was 5 hours from the sailing vessel Aurora, 218 miles northeast of Bermuda. Altering course, the Motivator steamed to the Aurora arriving at daybreak. The Aurora listed to starboard and continued to take on water. Clad in rain suits, the three Swedish crewmembers from the Aurora set out in an inflatable dinghy, only to be swamped by the sea. Lacking any type of recovery craft other than lifeboats, the Motivator came alongside the Aurora and dropped a ladder over the side. During the transfer up the ladder, the first of the sailors fell into the rough seas, and struggled to stay afloat as his rain suit filled with water.

Sunderland of the Motivator reacted to the situation quickly, suggesting the use of the ship's crane to lower a



A metal basket, usually used to haul cargo aboard the Motivator, is lowered into the water by Able-Bodied Seaman Sunderland to rescue the Aurora sailor.

basket into the water to hoist the sinking sailor aboard. With the captain's permission, Sunderland hooked up the cage and lowered it over the side into the rough seas. It proved to be quite the challenge with the rough weather conditions and the ship rolling side to side. But the plan worked, and with the sailor safely aboard, the other two Aurora crewmen climbed the 90 feet up the ladder to safety.

For his quick thinking and courageous action during the rescue, Mr. Sunderland, currently working aboard the M/V Button in Diego Garcia, received the recognition at the Annual United Seamen's Service sponsored AOTOS Award dinner held in New York City in November. Although he was unable to attend the dinner and receive the prestigious award in person, Sunderland said, "I am honored and humbled with the award because it comes from fellow seamen." And he credits the captain and crew of the Motivator for getting to the coordinates in time to make the rescue. As the Motivator departed the area of the rescue the Aurora succumbed to the sea.

Sunderland said that he now has a good sea story to tell. "Twenty years from now when I'm with me fellow seamen friends," Sunderland expressed, "It's like holding a Royal Flush, ready to drop it on when they tell their exaggerated tales, except I have a statue to back it up."



The Aurora crew struggles to work their way closer to the Motivator, as the sea swamps the inflatable zodiac.

Navy Quote of the Week

“For in this modern world, the instruments of warfare are not solely for waging war. Far more importantly, they are the means for controlling peace. Naval officers must therefore understand not only how to fight a war, but how to use the tremendous power which they operate to sustain a world of liberty and justice, without unleashing the powerful instruments of destruction and chaos that they have at their command.”

Admiral Arleigh Burke, CNO, August 1, 1961,
Change of command address at Annapolis, MD
[Arleigh Burke, Speeches, Box 1, Operational Archives Branch, Naval Historical Center]



Captain Gil Birklund, NSF Diego Garcia Commanding Officer, Mr. Butch Moore, NEXCOM Associate Director for the Ship’s Store Program, Ensign Trent Walker, Ship’s Store Officer and Mr. Chito De Leon, ANNEX 11 Manager, prepare to cut the ribbon at the Grand Opening of the Ship’s Store on Thursday afternoon, December 15.

Check out “Ship’s Store Renovated and Open for Business” story and photos on pages 14 and 15.

Want to share your favorite photo or two with the Island Team? Submit your photos with some information about the photo to JO1 Margallis at margallisd@dg.navy.mil. Photo credit will be given if published in the Tropical Times.

This Week in Naval History

Source: Naval Historical Center

December 24, 1814 - Treaty of Ghent ends the War of 1812.

December 25, 1941 - Admiral Chester W. Nimitz arrives at Pearl Harbor to assume command of U.S. Pacific Fleet.

December 26, 1862 - Four nuns who were volunteer nurses on board *Red Rover* were the first female nurses on a U.S. Navy hospital ship.

December 27, 1814 - Destruction of schooner *Carolina*, the last of Commodore Daniel Patterson’s makeshift fleet that fought a series of delaying actions



that contributed to Andrew Jackson’s victory at the Battle of New Orleans. After loss of craft, the naval guns were mounted on shore to continue the fight.

December 28, 1982 - Recommissioning of USS *New Jersey* (BB-62), the first of four *Iowa*-class battleships that were returned to service in 1980s.

December 29, 1812 - USS *Constitution* (Captain William Bainbridge) captures HMS *Java* off Brazil after a three-hour battle.

December 30, 1959 - Commissioning of first fleet ballistic missile submarine, USS *George Washington* (SSB(N)-598), at Groton, CT.

Tide Report

December 24 - 30

	High	Low	High	Low
Saturday	8:32 a.m.	2:11 a.m.	9:20 p.m.	2:59 p.m.
Sunday	9:53 a.m.	3:31 a.m.	10:54 p.m.	4:28 p.m.
Monday	-----	4:58 a.m.	11:12 p.m.	5:45 p.m.
Tuesday	12:08 a.m.	6:08 a.m.	12:15 p.m.	6:43 p.m.
Wednesday	1:04 a.m.	7:02 a.m.	1:07 p.m.	7:31 p.m.
Thursday	1:50 a.m.	7:47 a.m.	1:52 p.m.	8:14 p.m.
Friday	2:31 a.m.	8:29 a.m.	2:34 p.m.	8:55 p.m.

Answers to Last Week’s Crossword:

1	M	E	L	B	A	6	G	L	A	D	10	H	A	S	P						
14	A	M	I	E	L	15	R	I	V	E	16	O	R	C	A						
17	M	I	L	L	I	18	A	P	I	S	19	O	R	A	N						
20	A	R	T	L	E	21	S	S	22	D	I	S	T	A	N	T					
				24	I	N	A	P	25	T	26	G	H	O	S	T	S				
27	M	28	O	29	A	N	E	D	30	A	31	G	N	E	W						
32	A	N	N	I	E	H	33	A	L	L	34	L	L	35	O	36	Y	D			
38	R	T	E				39	U	N	L	E	40	T			41	P	O	I		
42	Y	O	W	43	L	44	S		45	D	I	N	O	46	S	47	A	U	R	S	
				48	U	N	49	T	I	E			50	P	A	R	S	E	C		
51	R	52	E	53	S	C	U	E			54	D	55	W	E	L	T				
56	A	N	T	I	B	E	S		57		58	H	E	L	I	59	C	60	61	O	N
62	Z	E	A	L				63	N	O	64	S	E			65	U	S	A	G	E
66	E	M	I	L				67	S	L	O	E				68	S	T	E	L	A
69	D	Y	N	E				70	Y	E	L	L				71	T	E	N	E	T

Relationships During Deployment

By Lt. j.g. Marlo Narro

Fleet and Family Support Office

Successful relationships take plenty of work from both partners. This is especially true when one partner is in the service. Frequent moves, deployments and other stress factors can strain even the strongest relationship. When a service member is deployed to Diego Garcia these issues can be even more difficult than the average deployment. Your spouse/partner is suddenly responsible for managing the household, and if there are children, doing the work of both parents. You may feel you are missing out on important events at home, and may regret not being with the family to help keep things running smoothly.

Here are some suggestions to help with separation and maintaining a healthy relationship.

- **Create a family plan outlining how each of you will manage during your time apart.** It's important to be flexible about your roles since the at-home spouse may be handling chores that have always been the other partner's responsibility.
- **Discuss responsibilities and staying connected as a family.** Work out with your partner how parenting issues will be resolved, including discipline, illness, and matters involving school performance. Plan ways to stay connected with children and vice versa. You might tape record yourself reading a bedtime story for your child to listen to at night.
- **Your spouse could keep a journal** and take pictures and videos of your child's milestones so that you don't miss out on these cherished family times.
- **Talk about finances.** This will help you avoid misunderstandings or disagreements about money. Designate one partner to manage the household finances.
- **Discuss how you will stay in touch.** This also helps you to factor the cost of telephone calls into your budget. Discuss ways you will communicate with one another and how frequently you will be in touch. Explore options that may be available, such as e-mail, phone calls, or regular mail.

- **Discuss with your partner at home who they can rely on for help and support** - for everything from emergencies to childcare to emotional support. This network may include friends, family, military spouses, and military counseling and support services. Trusting one another while apart:

- **Mutual trust is fundamental to a loving relationship.** Be honest. Sidestepping questions or being less than truthful to your partner is likely to raise suspicions. Demonstrate how important honesty is to you by always being forthcoming yourself. Tell your partner about your friends and how you are spending your time on the island.

- **Remind your partner of your love.** Don't take your spouse for granted. Tell your partner about those qualities you admire in him or her. This will help your partner feel more secure - and trusting - in your relationship.

Communicating with one another:

- **Share daily happenings from Diego Garcia.** When writing, emailing, or talking on the telephone, describe the events of your day even if they seem boring to you. Hearing about your life on the island will help your partner feel closer to you.

- **Be honest about your feelings.** Let your partner know how much you miss him or her, but try to do this in a way that reassures your partner that you are handling things well despite being apart and far from home.

- **Try to keep letters or e-mails positive.** If you write about something unpleasant, let your spouse know how you dealt with the situation. Otherwise he or she may feel helpless to support you.

- **Express yourself clearly.** If your letter or e-mail is vague, your spouse may be confused and wonder what it is you're not saying.

- **Acknowledge that you may change when you are apart.** Your partner at home may become more self-reliant. You may discover inner resources that had been hidden from you or your partner. These are positive changes that will probably add to your relationship. Reassure one another that regardless of any changes to

you individually, your marriage/relationship will stay as strong as ever.

- **Send care packages.** Your partner will be happy to receive care packages in the mail. There are some unique items that you can send from Diego Garcia, or you may send something that has special meaning to the two of you. Your partner can do the same. Ask them to have your children draw pictures or write notes to tuck into the package.

- **Be realistic about communication.**

There may be times when your partner is unreachable. Or there may be times when you call home and disappointed to get the answering machine and vice-versa.

Here are some ways to help you feel closer:

- **Read a book together.** Choose a book that you and your partner will both enjoy and send him or her a copy.

- **Record your thoughts and experiences on the island** in a journal to share with your partner. Keep an online journal with pictures for your spouse to access over the Internet. Fishing pictures are very popular to send home.

- **Send your partner a scrapbook each month** documenting your days apart.

- **Record a tape or CD** with songs that remind you of your partner. Make copies for each of you. You will have warm thoughts of each other while listening to it.

- **Send handmade coupons.** These should be redeemable upon your return home. Your coupons might be for special activities, such as dinner at your spouse's favorite restaurant, a movie and popcorn, or an hour-long back rub.

Being away from family is difficult for all of us at Diego Garcia. It may bring feelings of loneliness. If you are having trouble coping or feel overwhelmed, you may benefit from speaking with a professional counselor or a Chaplain. Your Fleet and Family Support Office and Chaplain offer counseling services to help with feelings of loneliness.

For more information, contact the Fleet and Family Support Office (FFSO) at 370-4421 or Chaplain at 370-4601.

The Lagoon Cartoon Revisited

By YNSA Daniel Guerra



The DG Astronomical Society caters to the astronomy interests of our island community. The purpose of this club is to establish a common interest association for amateur astronomers and encourage non-amateur astronomers to observe the universe, to educate the general public about the universe around us, to provide an educational and intellectual avenue for all people, while bringing diverse astronomical experiences together for mutual benefit, and lastly to promote events and establish a friendship with all island residents.

If you are interested in becoming a member, show up at the next meeting or Star Party, or contact Bruce Bookout, at 370-2026 ext. 219 or via e-mail at bruce.bookout.ctr@diego.af.mil.

Star Party this Friday, Dec. 23 starting at 7 p.m., Sunset Park (Ocean side of Seabreeze Village).

The DG Modeler's Club

Meets every Sunday
at 2 p.m. in the
Chapel Fellowship Hall.
Join in the fun on a
Sunday afternoon.

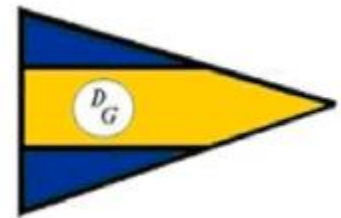
The DG
Yacht Club

welcomes
new members!

No prior sailing experience necessary!

Meetings are held on the first
Wednesday of every month at 5 p.m.

Come by for food and fun!



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.



Holiday Hours of Operation and Specials

(December 19, 2005 through January 2, 2006)

Marina

Free LCM General Fishing Trip
Saturday - Afternoon
Sunday & Holiday – Morning & Afternoon
Ocean Master - \$50
Mako Powerboat Fishing - \$5
Holiday Hours of Operation
Monday – Friday: 9 a.m. - 7 p.m.
Saturday, Sunday & Holiday: 7 a.m. - 7 p.m.

Bowling Alley

Free – Three games per person per day.
Holiday Hours of Operation
Sunday - Thursday & Holiday: 8 a.m. - 11 p.m.
Friday & Saturday: 8 a.m. - 1 a.m.

Skeet Range

Holiday Hours of Operation
Open everyday except Thursday
8 a.m. - 7 p.m.

Golf Course

Green Fee: FREE!
Holiday Hours of Operation
Monday – Friday: 7 a.m. - 8 p.m.
Saturday, Sunday & Holiday: 7 a.m. - 9 p.m.

Santa's 4-Mile Fitness Run

Run held December 20.

Overall (Male & Female)

Time in (mm:ss)

Troy Martin (BHC) 25:29

Sarah Lenhoff (ROICC) 33:26



Donkey Gate & Back Bike Ride

Ride held on December 19.

Overall (Male & Female)

Time in (hh:mm:ss)

Joe Dela Paz (DG 21) 00:56:34

Rocio Perez (40 ELRF) 1:38:14



Holiday Season "Best Ball" Golf Tournament

Golf outing held December 18.

Low Gross

Rudy Daquiwag & Paul Velado

Low Net

Art Andrada & Joel Piyala

Ship's Store Renovated and Open for Business

By JO1 Margallis
Public Affairs Office

Sailors, Airmen and more than 2,000 civilian workers stationed at Navy Support Facility Diego Garcia (NSF DG) located halfway around the world in the Indian Ocean received an early Christmas present this year — a newly renovated shopping facility. The Ship's Store has undergone a complete makeover during the past 6 months, combining two retail outlets into one location and bringing the store up to 21st century stateside standards.

Captain Gil Birklund, NSF DG Commanding Officer, cut the ribbon opening the facility on December 15 with much fanfare including a cake cutting ceremony and prize drawings.

San Juan Construction/John Laing Joint Venture based out of Montrose, Colorado completed the \$955K renovation two months ahead of schedule. The island's DG-21 contractors also had a hand in the renovation project by rejuvenating the building's exterior, setting up the interior shelf systems and stocking shelves, as well as providing assistance with preparations for the grand

opening. According to Ensign Trent Walker, Ship's Store Officer, "the island's Sailors can enjoy a one-stop shopping location. The Video Rental, Ship's Store and Grocery Store are all under one roof." The inventory has grown by 700 new items with an additional 700-800 items planned over the next several months.

While the renovation was underway, Ensign Walker coordinated with the contractor and the Resident Officer in Charge of Construction office. Walker said, "The Sailors will benefit from all of the great ideas from everyone involved in the project."

The Navy Public Works Department on island and the Navy Exchange Command (NEXCOM) also had a hand in the renovation project seeking to bring a little bit of home amenities to the workforce. Ensign Walker added that, "the renovation of the Ship's Store is a huge improvement in the quality of life on Diego Garcia."

The original Ship's Store had retail space of approximately 9,000 sq. ft. As interior walls were knocked down during the renovation, the consolidation of the Ship's Store and Coral Reef Market has an

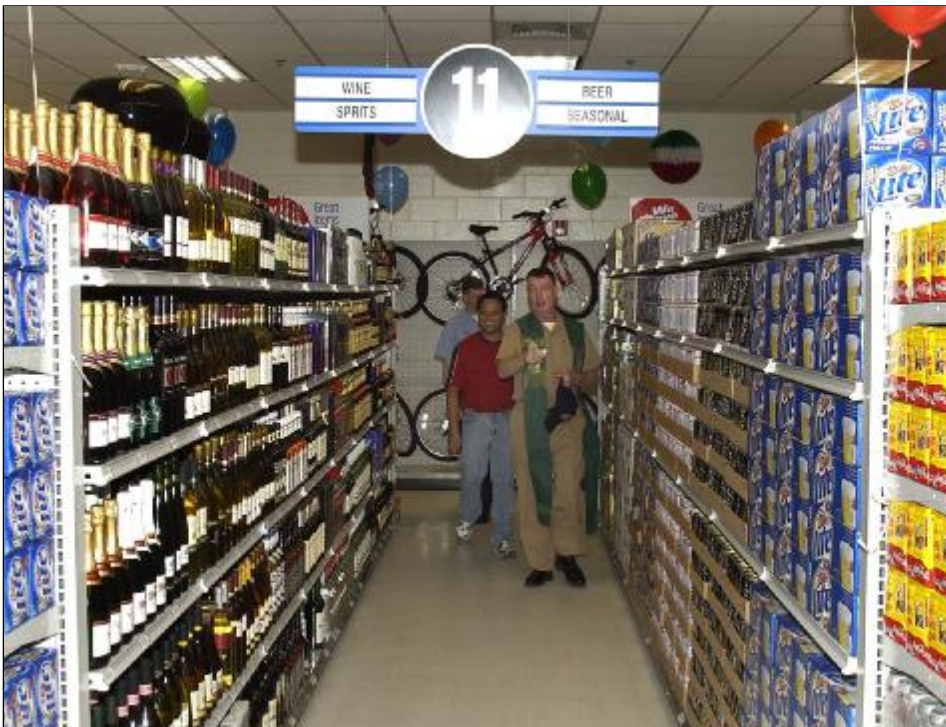
impressive 12,246 sq. ft. of open area for displays.

Mr. Joe Marchese, the leading expert for new and renovated store set-ups at NEXCOM, designed and set-up the display layout. Mr. Marchese mentioned that he travels around the globe setting up and merchandising stores. A set-up team under the guidance of Mr. Butch Moore, NEXCOM Associate Director Ship's Store Program, accompanied Mr. Marchese to turn his layout for the Diego Garcia facility into reality.

In addition to merchandise and foodstuff one would find in a stateside super center, shoppers are able to check out the latest video/DVD movie rentals in one location.

The one-stop shop provides state of the art facilities, increased customer service satisfaction and quality of life for both the military and civilian workforce that calls Diego Garcia home.

The new facility will continue to provide an estimated \$1 million in profits annually to the island's Morale, Welfare and Recreation program.



Chapel Administrative Assistant Leo Tamison accompanies Lt. Cmdr. Lawrence Johnson, Chaplain, as he walks through and blesses the store before it opens.



Merle Cuya, Softland Video Manager, stocks DVDs the night before the store is scheduled to open.



Cashier Ogie De Guzman rings up a customer's sale less than 10 minutes into the grand opening extravaganza.



Marcy Malayo put some finishing touches on a perfume display minutes before the grand opening of the Ship's Store.



Mr. Butch Moore, NEXCOM Associate Director for the Ship's Store Program, and Mr. Dan Merrifield, a product supplier, arrange and stock items in the video and electronics' section of the Ship's Store.



Sailors help themselves to cake at the end of the chow line tent.



Patron Irma Canaya pops a balloon as her order is rung up. Some of the balloons contained discounts of 15, 25 or 50% off.



Another happy customer -- can't get enough peppers!

CDF Galley – Sunday, December 25**Brunch Menu (7 – 11 a.m.)**

Hot Oatmeal / Grits

Crisp Bacon Slices / Breakfast Sausage

Egg, Ham & Cheese Breakfast Burritos

Eggs & Omelets to Order

Hard Boiled Eggs

Blueberry Pancakes with Maple Syrup

Hash Browned Potatoes

Pastry Bar

Chicken Noodle Soup

Chili Macaroni

Cheese Fishwich

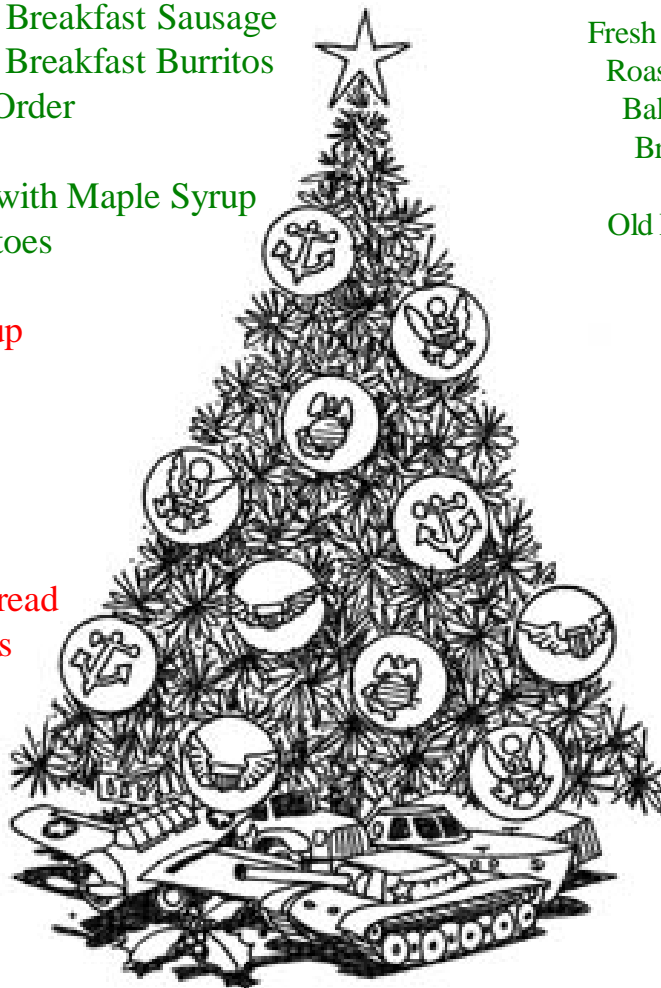
French Fries

Garlic Fried Rice

Peas and Carrots

Hot Rolls & Corn Bread

Salad & Dessert Bars

**Christmas Dinner (3 – 6 p.m.)****Soup & Salad**

Crab and Spinach Soup

Tossed Green Salad

Appetizers

Shrimp Cocktail with Cocktail Sauce

Assorted Relish Trays

Cheese Stuffed Celery

Deviled Eggs

Fruit Medley

Cottage Cheese with Peaches

Pickled Beets and Onions

Main Course

Fresh Hot Dinner Rolls and Corn Bread

Roast Tom Turkey with Giblet Gravy

Baked Ham with Pineapple Sauce

Broiled Beef Ribeye Roll Au Jus

Double Baked Potatoes

Old Fashioned Corn Bread Dressing

Candied Sweet Potatoes

Steamed "Jasmine" Rice

Steamed Broccoli

Corn on the Cob

Chilled Cranberry Sauce

Horseradish Sauce

Chilled Applesauce

Desserts

Pumpkin Pie

Pecan Pie

Dutch Apple Pie

Assorted Holiday Cookies

Assorted Ice Cream

Assorted Fruits

BeveragesCoffee, Tea, Eggnog, Milk,
Fruit Juice, Sparkling Cider