

Tropical Times

Serving the Footprint of Freedom



Volume 16, Number 3

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

January 20, 2006





GOOD LUCK, MS. TESS VENEGANO! The Personnel Support Detachment and the Diego Garcia island team say goodbye to Ms. Tess Vengano, Diego Garcia's Transportation Section Manager. She has been an incredibly knowledgeable individual to PSD and the Navy. Tess Vengano has served the U.S. Government for 26 years; 21 of those years here on Diego Garcia. She has been an integral part of the Diego Garcia Team, and she will certainly be missed. In the tradition of the U.S. Navy, personnel on Diego Garcia wish her "fair winds and following seas." Thank you for so many wonderful memories, accomplishments and, most especially, taking care of our Sailors. We wish you only the best in your next career. Thank you for a job well done!

EOD and ND Ratings Established

The establishment of the **Explosive Ordnance Disposal (EOD)** general rating has been approved to improve Navy EOD force readiness and support optimal manning. By allowing Sailors to focus on rating specific technology and training systems, the Navy will reduce training infrastructure costs, while broadening the professional development, career opportunities and quality of service for our Sailors.

Official conversion from source ratings to the EOD rating for NEC 5332-5337 designated personnel will be automatic. For more information on the EOD rating see **NAVADMIN 017/06**.

As part of the Navy's strategy for our people, the establishment of the **Navy Diver (ND)** general rating has been approved. The Navy Diver rating will improve Navy Diver force readiness, support optimal manning and align ND enlisted personnel with sea warrior. By allowing Sailors to focus on rating specific technology and training systems, the Navy will reduce training infrastructure costs, while broadening the professional development, career opportunities and quality of service for our Sailors.

Official conversion from source ratings to the ND rating for NEC 5311, 5341, 5342, 5343, and 5346 designated personnel will be automatic. For more information on the ND rating, see **NAVADMIN 003/06**.

Tropical Times

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

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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.

INFORMATION HIGHWAY

Ship's Store Closure

The Ship's Store will be closed on January 30 & 31 due to End of Accounting Period Inventory. Please plan your shopping accordingly.

Bicycle Helmets Now Mandatory Island-Wide

All U.S. Government employees including military personnel, U.S. Government Service Civilians, Off-shore General Civilians, and Non-appropriated Fund Civilians shall wear bicycle helmets approved by the American National Standards Institute (ANSI) or the Snell Memorial Foundation while riding a bicycle anywhere on island.

File a Fraud, Waste & Abuse Complaint via the Internet

Log on to the Department of Defense Office of Inspector General Web site at www.dodig.osd.mil and click on the Submit a Fraud, Waste or Abuse Complaint at the bottom of the Web page. Fill in the On-Line Complaint Form. Once you have completed filling in the information blocks, click on "Send Form" once you are finished.

Lighten Up -- A Chuckle a Day

Submitted by Branch Health Clinic

If you're serious about reducing your heart attack risk, it can seem like a full-time job. You need to eat right: easy on the fat, fried foods and red meat. You should exercise regularly, including plenty of cardiovascular conditioning. And you must control stress. It's quite a tall order.

Now comes another suggestion that's easier to follow: Don't forget to laugh.

Laughter is being called the latest weapon in the fight against heart disease, ever since University of Maryland researchers reported at an American Heart Association meeting in November that heart-healthy people are more likely than those with heart disease to laugh frequently and heartily, and to use humor to smooth over awkward situations. There's even hope, the scientists say, for cranky people who rarely laugh and for those without a sense of humor: They can learn.

In the study, Michael Miller, MD, director of the Center for Preventive Cardiology at the University of Maryland Medical Center, Baltimore, and his colleagues asked 150 people who had suffered heart attacks or undergone heart bypass surgery for their reactions to situations such as arriving at a party to find someone wearing identical clothing, or having a drink spilled on them by a waiter. They compared the responses —

and especially their tendency to laugh — to those from 150 healthy control subjects (matched for age) without heart problems.

Turns out that the healthy people were more likely to laugh often and to use humor to get out of uncomfortable situations. Those with heart disease, on the other hand, were 40% less likely to laugh in those situations. The value of a laugh

Exactly how laughter may protect the heart isn't entirely understood, says Miller. But some evidence suggests that the effects of a chortle, snicker, or guffaw include reduction in stress hormones such as cortisol, and reduction in blood pressure. That in turn may reduce heart disease risk. It is known that mental stress can impair the endothelium, the protective barrier lining the blood vessels, Miller says.

Besides those physiological effects, Miller says, there may be additional mechanisms to explain why laughter is good for your heart and your health. He hopes to discover more during his next study, scheduled to start in the spring.

The setting in which you laugh may be important, says Adam N. Clark, MD, a fellow in cardiology at the University of Virginia, Charlottesville, and a co-author of the study. Usually, you laugh in a group or with at least one other person (although Clark is quick to point out

there's nothing wrong with a good belly laugh when you're by yourself). But the social aspect of laughing may be a plus, Clark says, because isolation can be associated with depression.

A short history of therapeutic laughter

The concept of laughter being good medicine isn't new, of course. It was mentioned in the Old Testament. ("A merry heart doeth good like a medicine, but a broken spirit drieth the bones." Proverbs 17:22.)

And it's been more than two decades since the late magazine editor Norman Cousins published his 1979 "Anatomy of an Illness," in which he describes how he was diagnosed with ankylosing spondylitis, a painful rheumatic disease, and how he managed it partly by watching funny videos. Now there's more scientific evidence to buttress Cousins' intuition. What a good laugh can do

Lee Berk PhD, a pioneer in laughter studies, says laughter has been found to decrease or attenuate cortisol and other "distress" hormones, although not everyone agrees. And laughter may improve the immune system, adds Berk, associate director of the Center of Neuroimmunology at Loma Linda University School of Medicine and associate professor of health promotion and education in the university's School of Public Health.

*Continued, see **Laughter** on page 6.*

GALLEY MENU *January 21 - 27*

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	New England Clam Chowder Stuffed Cabbage Rolls Oven Fried Chicken	Turkey Vegetable Soup Beef & Broccoli Grilled Ham Steak		Carrot Soup Oriental Pepper Steak Assorted Individual Pizzas	"American Night" Corn Chowder St. Louis Style BBQ Pork Ribs Baked Salmon Steak
Sunday	"Brunch" Chicken Noodle Soup Texas Spaghetti Garlic Fried Rice	Navy Bean Soup Stuffed Beef Rolls Herbed Baked Fish	Thursday	"Special Meal" French Onion Soup Grilled Steak to Order Tempura Shrimp	Tomato Soup Hungarian Goulash Turkey Cutlet
Monday	Beef Noodle Soup Teriyaki Pork Steak Pasta Bar	Chicken Gumbo Chinese Stir Fry Garlic Fried Rice	Friday	Navy Bean Soup Tacos Yankee Pot Roast	Split Pea Soup Chicken/Italian Vegetable Pasta Veal Steak
Tuesday	New England Fish Chowder Hot & Spicy Chicken Wings Roast Beef	Chicken Rice Soup Curried Caribbean Beef Cubes Baked Tuna & Noodles	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.		

Greetings from the Newest Member of the Chapel Team

By Father Shuley
NSF Chapel of Faith

This is my first opportunity to address the community in print, and my thanks to all who made it possible.

I arrived on the island a couple of weeks ago, and have been in the Navy almost 14 years and in the military almost 19 years!

This is a wonderful place, full of beauty and majesty and splendor. Thanks for the warm welcome from the entire team.

Chances are you have already seen the pudgy middle-aged former Marine jogging around the island at a slow pace in the early morning. Old habits die hard, as you well know. Be sure to say hello if you see me passing by.

First impressions are important. My first impressions are great. We have some outstanding Sailors,

professional, squared away, courteous and enthusiastic. We are blessed with a very talented CPO and Officer community.

Our British hosts have been very hospitable, and our very dedicated civilian folks are quite edifying.

My path to ordination included an enlistment in the Marine Corps. I have been a ship's company Marine, an embarked Marine, a ship's company chaplain, and an embarked chaplain. I have worked with every branch of service as a chaplain, provided support to over 20 nations, with Diego Garcia being my second tour with British Forces.

Never did I imagine that I would be deployed inside the USA. Sadly, after the collapse of the World Trade Center, I spent two weeks in New York City in the rubble. During October 2001, I was part of a U.S.

Coast Guard Chaplains contingent providing relief and assistance.

Please feel free to contact the chaplains or RPs at our office if you have any issues or concerns. It is our privilege to serve you.



UNITED THROUGH READING

In coordination with the Naval Media Center, the United Through Reading program is offered every Tuesday, 10 a.m. at the Liberty Center.

Read a book to your child on tape and send it home. The VHS tape is provided free of charge.

Please contact the NSF Chapel for more information by calling 370-4601.

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 Mission Support Facility and Air Operations. Bravo Zulu and keep up the great work!

Mission Support Facility



Name: CTO2 Katrina D. Lee
Hometown: Detroit, Michigan
Job Title: Information Systems Security Officer/Systems Administrator
Time in Service: 8 Years, 11 Months
Time on Island: 5 1/2 Months

What I like about my job: "My job at MSF Diego Garcia is to take care of my customers' computer needs and to ensure that the morale within the command and around the island is met above the minimal requirements."

Air Operations



Name: AC2 Brocklyn Crawford
Hometown: Marion, South Carolina
Job Title: Facility Watch Supervisor, Air Traffic Control
Time in Service: 11 1/2 Years
Time on Island: 9 Months

What I like about my job: "It is a relaxing duty station, and I have the ability to work with other military and foreign government aircraft. I also like that I have received Facility Watch Supervisor designation."

Laughter

Continued from page 3.

In his oft-quoted study, published in the *American Journal of the Medical Sciences* in December 1989, he found that laughter is a good kind of stress: It reduces blood levels of cortisol, epinephrine, and other substances. Increased cortisol and epinephrine levels tend to suppress the immune system, so decreasing their levels is believed to be beneficial.

Laughter may go a long way to reducing pain, too. At UCLA, a five-year program called UCLA/Rx Laughter, in which researchers are studying the effects humorous videos have on young patients' perception of pain, is entering its second year, funded in part by TV's Comedy Central.

Laughter also may help a patient who already has had a heart attack, Berk says. In a study he and his colleagues presented at the 4th International Conference on Preventive Cardiology in 1997, 24 cardiac rehabilitation patients who watched a 30-minute funny video each day for a year had fewer heart attacks than 24 cardiac patients who did

not watch such videos. In the video-watching group, only two had subsequent heart attacks, compared to 10 in the other group.

It would be easy enough to add laughter to a traditional cardiac rehabilitation program, says Veronica Polverari, RN, board certified in holistic nursing and manager of cardiac rehabilitation services for Santa Monica-UCLA Medical Center. Currently, many programs include lifestyle modifications such as having people watch what they eat and exercise more. Adding advice on how to laugh more would be simple, Polverari says.

Learning the art of laughter

Laughing more often and seeing humor in stressful situations can be learned. Larry Wilde, a former standup comedian who founded the Carmel (Calif.) Institute of Humor, makes a living as a motivational humorist, teaching people to laugh. At 72, he says he is free of heart disease.

Wilde hosts laughter-boosting conferences for corporations, associations, and healthcare providers. He also has a web site that offers mini lessons. Among the titles: Up Your Laugh Quotient ("Embrace the notion that humor is not incompatible with dignity and

stature.") Wilde uses his own sense of humor to make others laugh: On the phone with a reporter, he says, "Why don't you come to dinner?" Told that the reporter lives more than 300 miles away, he isn't fazed. "We'll send down a jet." Which, of course, makes the reporter laugh.)

You also can improve your sense of humor on your own, Miller says: Place a photo of a family event that makes you smile or laugh, or a clipping of a magazine or newspaper cartoon that made you giggle, in plain view.

Realize that humor is subjective. Figure out what you think is funny and expose yourself to it. "My wife thinks *Seinfeld* is funny," Miller says. "I don't. I think *The Honeymooners* is funny, but my wife doesn't."

Consider gathering a group of friends and engaging in an activity that no one excels at. It could be ice-skating, tennis, or basketball. The point, Miller says, is that if everyone is equally bad, you'll soon be laughing at yourselves.

Finally, for Valentine's Day: buy your loved one a funny video instead of artery-clogging chocolates.

(Source: Webmd.com)

Terrorism, Part 1: Definitions and Perspectives

By MA1(SW) Sanders
NSF Security Department

Definition of Terrorism

Defining Terrorism: Because of political concerns, social and economic issues, and cultural differences, terrorism has always been difficult to define at the international level. Even within the U.S. government, different departments adhere to differing definitions of terrorism according to their specific area of interest. The problem arises when we realize that how we define and describe terrorism serves as a basis for our "plan of attack" to fight against it.

Definition: The Antiterrorism Training detachment defines terrorism as "the calculated use of violence; or the threat of violence to attain goals—political, religious, or ideological in nature—by instilling fear or using intimidation or coercion. Terrorism involves a criminal act, often symbolic in nature, intended to influence an audience beyond the immediate victims."

Definition of a Terrorist Group

For our purposes a terrorist group is any organization that uses terrorism in a systematic way to achieve its goals.

Perspectives of Terrorism

There are generally three perspectives to any terrorist event:

- (1) The first perspective is how the terrorists see themselves. They do not view their actions or motives as being evil or negative from a social standpoint. They generally feel that society in its current form is evil and requires radical and violent action to reform. In this sense, violent destruction and the maiming and killing of innocents are not only morally justified, but also necessary. In the terrorist's perspective the inevitable end justifies the violent means. They view themselves as legitimate combatants and freedom fighters—soldiers struggling for a just cause and representing oppressed peoples worldwide.
- (2) The second perspective is how the victims view the terrorist act. The

individual victim, whether he is directly touched by the act or is a family member of a direct victim, sees no legitimacy in the deaths of innocents. He feels victimized from a criminal standpoint. To him the terrorists are immoral criminals.

(3) The third and perhaps the most important perspective is how the general public views the terrorist act. The terrorists know that this audience will eventually supply the pressure that will cause the government or group to act in such a manner as to determine the success or failure of the terrorists' objectives. A portion of the viewing audience is always going to be for or against terrorist actions, since acts of violence do not elicit a neutral response from people. One thing is certain: many terrorist groups spend a great deal of time, effort and money attempting to foster a "Robin Hood" image of themselves.

Next Week: Terrorism, Part 2: *Goals of a Terrorist Group*

Entertainment this Week

MWR Presents:

“DJ Jean Marc (R&B Reggae)”

Friday, Jan. 20, Island Room, 8 p.m. - 1 a.m.

“DJ Daryle (Country)”

Saturday, Jan. 21, Island Room, 8 p.m. - 1 a.m.

“DJ Jasper (Latin)”

Saturday, Jan. 21, Camp Justice, 8 p.m. - 12:30 a.m.

MWR events this Week

Saturday, Jan. 21

40K Bike Ride

Jake’s Place

Showtime: 8 a.m.

Starts: 8:30 a.m.

Sunday, Jan. 22

Windsurfing Regatta

Marina

1 p.m.

Sunday, Jan. 22

Golf Tournament

Coral Sands

Golf Course

7:30 a.m.

Tuesday, Jan. 24

5K Trail Run

Fitness Center

6 p.m.

Wednesday, Jan. 25

Board Games

Competition

Island Room

6 p.m.

Main Outdoor Theater

Friday at 8 p.m. - A Sound of Thunder

Friday at 10 p.m. - The Brothers Grimm

Saturday at 8 p.m. - The Brothers Grimm

Saturday at 10 p.m. - Nightmare Before Christmas

Sunday at 8 p.m. - Nightmare Before Christmas

Monday at 8 p.m. - Gentleman’s Game

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. - Goldeneye

Officers Club

Tuesday at 7:30 p.m. - Four Feathers

Thursday at 7:30 p.m. - Gentleman’s Game

CPO Club

Saturday at 7 p.m. - Duplex

Saturday at 9 p.m. - Boogyman

Tuesday at 7:30 p.m. - Goldeneye

Wednesday at 7:30 p.m. - Miracle on 34th Street

Thursday at 7:30 p.m. - Four Feathers

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. - Bridget Jones: Edge of Reason

Saturday at 7 p.m. - Christmas Vacation

Sunday at 7 p.m. - Boogyman

Monday at 7 p.m. - Firefox

Tuesday at 7 p.m. - Good Advice

Wednesday at 7 p.m. - Goldeneye

Thursday at 7 p.m. - Miracle on 34th Street

NFL/NHL

Monday, Jan. 23

AFC Conference Championship

Steelers at Broncos, (Live) 2 a.m. AFN SPORTS/AFN PACIFIC
(Tape) 6:30 p.m. AFN SPORTS

NFC Conference Championship

Panthers at Seahawks, (Live) 5:30 a.m. AFN SPORTS/AFN PACIFIC
(Tape) 10 p.m. AFN SPORTS

NHL (Jan. 21 & 24-27)

Lightning at Stars, (Live) Saturday, 7:30 a.m. AFN PACIFIC
Mighty Ducks at Kings, (Tape) Tuesday, 7 p.m. AFN SPORTS
Teams TBD, (Tape) Wednesday, 2 p.m. AFN SPORTS
Teams TBD, (Tape) Thursday, 7:30 p.m. AFN SPORTS
Teams TBD, (Tape) Friday, 7 p.m. AFN SPORTS

Various Sports

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

NBA (Jan. 21, 24, 26 & 27)

Spurs at Heat, (Live) Saturday, 7 a.m. AFN SPORTS
Lakers at Suns, (Live) Saturday, 9:30 a.m. AFN SPORTS
Mavericks at Clippers, (Tape) Saturday, 6 p.m. AFN SPORTS
Hornets at Celtics, (Tape) Tuesday, 2 p.m. AFN SPORTS
Timberwolves at Grizzlies, (Live) Thursday, 8 a.m. AFN SPORTS
Suns at Heat, (Live) Friday, 7:15 a.m. AFN SPORTS
Mavericks at Supersonics, (Live) Friday, 9:30 a.m. AFN SPORTS

PGA Tour (Jan. 21)

Bob Hope Chrysler Classic: Third Round, (Tape) Saturday, 2 p.m. AFN SPORTS
Bob Hope Chrysler Classic: Fourth Round, (Live) Sunday, 2 a.m. AFN PACIFIC

Motorcycle Racing (Jan. 22)

Amp’d Mobile Supercross (Tape) Sunday, 5 a.m. AFN PACIFIC

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						66				67				

Across

1 Thin nails
6 Mata ___
10 Kitchen appliance
14 Man of many words
15 Farm team
16 Variety of fine cotton
17 "Enigma Variations"
composer
18 Comedian Foxx
19 May school event,
often
20 ___ incognita
21 Colleague
23 Brief digression
25 Lots and lots
26 Result of erosion
28 Jazzman Chick

30 "Wizard of Oz"
character
32 Artless
36 Ex-GI
37 Local lingo
40 Sect leader?
41 Quarry
43 Whiskey cocktail
45 Watering hole
48 They're out of this
world
49 Junior rocker
52 "Stormy Weather"
songwriter
53 Counterculture
adornment
56 Pickup
59 Indigo

60 Latitude
61 Not ___ in the world
62 Loafing
63 One of the Muppets
64 Reveal
65 Highway
66 ___ et mon droit
67 Chosen ones

Down

1 Author Harte
2 Acting job
3 Exacerbate
4 Letter opener
5 Forced
6 Dike, Eunomia and
Irene
7 Hackers

8 1981 Warren Beatty
film
9 Not al fresco
10 Town-dweller
11 Like the flu
12 Chew the scenery
13 Handles
22 Runner Sebastian
24 Metric prefix
26 Letters to answer?
27 Super server
28 Carbonated drinks
29 "A Prayer for ___
Meany"
31 Branches
33 Water down
34 Neighbor of
Turkmenistan

35 Fifties auto feature
38 Scorch
39 Whopper
42 Sung in Tyrolean
style
44 Male hawk
46 Priestly garb
47 Permeated
49 "___ de Lune"
50 Concerto finale,
often
51 St. Teresa's place
52 "___ Like It"
54 "___ Need"
(Temptations hit)
55 Woman of distinction
57 Swamp snapper
58 Where Canterbury is



Military OneSource Resources: *Finances*

If your customer is facing a dilemma such as:

Budgeting, investing or saving money, purchase or selling a house, financing options, scholarships, making ends meet, or debt management

Consider referring to Military OneSource 24/7 — no cost services

- Prepare and file taxes online with TurboTax®
- Access to a financial planner or CPA
- Calculators for mortgage, car and debt payments
- Video tips and workshops online
- Relevant booklets and CDs
- Locate installation and community financial services

Examples of relevant educational materials available:

Personal Budget Management CD

Suggested articles: Financing a Car, Getting Out of Debt, Affordable Ways to Buy a Home, Couples and Money, and Filing Taxes When a Service Member is Deployed

Archived workshops online:

What You Should Know About Your Credit Record, Identity Theft, and Basic Money and Debt Management

(These online workshops may help you create content for classes at your installation.)

Possible personalized research:

Loans, emergency financial assistance, education tuition assistance, child care subsidies, consumer credit counseling options, and debt consolidation

Military OneSource resources provided to support the work you do.

You name it . . . We can help.

ARMY
OneSource

MC
MARINE CORPS
Community
Services
OneSource

NAVY
OneSource

AIR FORCE
OneSource

Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Scuttlebutt

The cask of drinking water on ships was called a scuttlebutt, and since Sailors exchanged gossip when they gathered at the scuttlebutt for a drink of water, scuttlebutt became U.S. Navy slang for gossip or rumors.

A butt was a wooden cask that held water or other liquids; to scuttle is to drill a hole, as for tapping a cask.



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.

Catch of the Day – On his toes, Lito Busbus holds up a 225 lb. Yellow Fin Tuna caught Wednesday, January 11 on Ocean Master #1 with boat captain Ferdie Quilala at the helm. The monstrous fish took 25 minutes of fighting to reel in. Once alongside the boat, three fishermen with gaffs pulled it out of the water. The fisherman who caught the tuna departed the island, but it is said that he used a Rapala tiger green lure with a triple hook, which was swallowed by the fish. This catch is now the new DG record for a Yellow Fin Tuna. Photo by Reino Rumeral, MWR.

This Week in Naval History

Source: Naval Historical Center

January 21, 1961 - USS *George Washington* completes first operational voyage of fleet ballistic missile submarine staying submerged 66 days.

January 22, 1944 - Operation Shingle, Allied landing at Anzio, Italy.

January 23, 1960 - Bathyscaph *Trieste* descends to deepest part of the ocean, Marianas Trench.



January 24, 1991 - Helos from USS

Leftwich and USS *Nicholas* recapture first Kuwaiti territory from Iraqis.

January 25, 1963 - 1st Seabee Technical Assistance Team arrives in Vietnam.

January 26, 1913 - The body of John Paul Jones is laid in its final resting place in the Chapel of Naval Academy, Annapolis, MD.

January 27, 1967 - Fire in Command Module at Cape Kennedy during simulation countdown. Lunar Module Pilot Lt. Cmdr. Roger B. Chaffee and two other crewmembers died.

Tide Report January 21 - 27

	High	Low	High	Low
Saturday	5:50 a.m.	11:40 a.m.	5:58 p.m.	11:47 p.m.
Sunday	6:28 a.m.	12:20 p.m.	6:38 p.m.	-----
Monday	7:10 a.m.	12:26 a.m.	7:33 p.m.	1:24 p.m.
Tuesday	8:06 a.m.	1:34 a.m.	9:36 p.m.	2:58 p.m.
Wednesday	10:14 a.m.	3:37 a.m.	11:38 p.m.	5:10 p.m.
Thursday	11:40 a.m.	5:18 a.m.	-----	6:15 p.m.
Friday	12:40 a.m.	6:30 a.m.	12:42 p.m.	7:04 p.m.

Answers to Last Week's Crossword:

1	C	2	A	3	L	4	S	5	M	6	O	7	P	8	S	9	R	10	I	11	L	12	E																																																																																																																																																																													
14	E	L	I	O	T	15	A	R	U	N	16	E	M	I	R	17	L	A	N	C	A	18	S	H	I	R	E	19	T	M	E	N																																																																																																																																																																				
20	L	E	G	A	L	E	A	G	L	E	21	R	O	T	S	22	T	I	L	L	23	Z	24	E	A	L	O	T	25	E	26	O	27	C	E	N	E	28	A	29	M	E	L	I	A	30	C	H	I	D	31	C	E	R	E	32	I	N	T	33	O	34	W	35	36	C	N	N	37	S	T	A	R	T	38	L	E	39	I	I	I	40	L	O	E	41	W	E	42	R	A	Z	E	43	F	O	N	T	44	P	O	R	T	45	L	Y	46	T	47	H	A	N	K	S	48	R	A	H	R	A	H	49	M	O	A	N	50	51	E	R	I	K	52	E	N	53	C	O	U	R	A	54	G	55	E	56	D	57	58	B	O	L	E	59	S	A	L	U	T	A	T	O	R	Y	60	U	S	E	R	61	I	V	A	N	62	S	I	E	N	A	63	T	E	S	S	64	S	E	N	T	65	S	C	R	O	D

MLK, Jr. Celebrated in Song and Dance on DG



Petty Officer Thomas reads a poem "I have a dream of the dream that I have."

Petty Officers Lee and Bennett choreographed a Praise Dance during the MLK, Jr. Celebration held in the Island Room.

Mrs. Coretta Scott King, Dr. King's wife, describes the meaning of the Martin Luther King holiday: "We commemorate Dr. King's inspiring words, because his voice and his vision filled a great void in our nation, and answered our collective longing to become a country that truly lived by its noblest principles. Yet, Dr. King knew that it wasn't enough just to talk the talk, that he had to walk the walk for his words to be credible. And so we commemorate on this holiday the man of action, who put his life on the line for freedom and justice every day, the man who braved threats and jail and beatings and who ultimately paid the highest price to make democracy a reality for all Americans."



Major Gray, 40th AEG, speaks of "Maintaining the Dream."



Mr. Williams, DG 21, reads portions of Dr. Martin Luther King's "I Have a Dream" speech on Monday, January 16.

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.

Next Star Party is on Friday, Jan. 27. Time and location to be determined.

Command Managed Equal Opportunity

Resolving an Issue (Part 1 of 3)

SKC Guinto

NSF Diego Garcia CMEO

The secret to solving an Equal Opportunity (EO) related problem is to communicate and use the Chain of Command.

The Navy has several avenues in place to assist Sailors with redress of EO and Sexual Harassment allegations as outlined in the discussion below.

The Command Managed Equal Opportunity (CMEO) Officer or Command Master Chief (CMC) can provide information and assist you in processing a complaint and resolving an issue as necessary.

Informal Complaint/Grievance Procedure

The Navy developed the Informal Resolution System (IRS) to assist Sailors in resolving conflicts. When

successful, the IRS is the timeliest method for resolving conflicts, because it deals directly with the individuals involved and uses the immediate chain of command.

Sometimes it is ineffective or simply is not the desirable method for resolution. In these cases the Sailor should file a formal complaint. Information on IRS can be found in the Resolving Conflict Booklet, NAVPERS 15620.

These are the steps in the Informal Resolution System:

1. Address the issue with the person.
2. If the behavior continues or it is not an advisable solution to confront the individual, bring the situation to the attention of your chain of command.
3. Request mast with your commanding officer.

(Continued next week...)



74 Participate in 50K Bike Ride January 15

Overall Male and Female Finishers: Joe dela Paz (1:24:48) & Sarah Lenhoff (1:38:15)





Triathlon

Event held January 14.
(Time in hh:mm:ss)

Male Individual (29 & under)

1st - Andy Moorehead (BIOT) 1:08:11
2nd - Chris Vandeventer (MSC) 1:13:09

Male Individual (30-39)

1st - Steven Peine (40AEG) 1:17:20
2nd - Arlen Hammock (AFSPC) 1:17:34
3rd - Steve Hasstedt (AMC) 1:21:30

Male Individual (40-49)

1st - Gregory Bell (ACC) 1:10:13
2nd - Jojo Eugenio (DG21) 1:17:29
3rd - Larry Littrell (ACC) 1:46:19

Co-ed Team

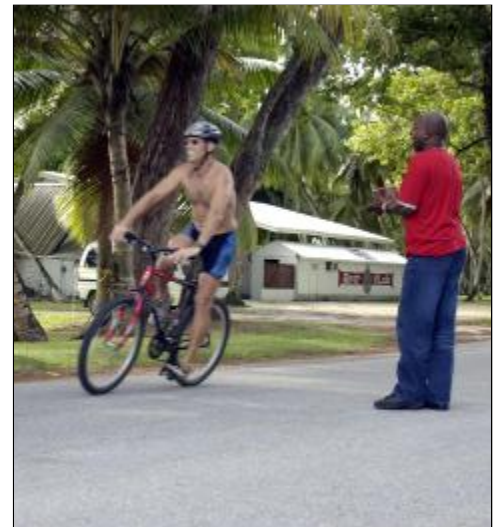
(Combined age 91 & over)

1st - Helen Freeman (MSC) 1:12:28
Dave Fackler (MSC)
Ben Metcalf (MSCO)

Male Team

(Combined age 91 & over)

1st - Joe dela Paz (DG21) 1:07:28
Fernan Salengga (DG21)
Michael Estanislao (DG21)



CNO Thanks Forward-Deployed Naval Forces for Their Service

By JO2 Swartz and JO2 Olson

Chief of Naval Operations (CNO) Adm. Mike Mullen visited Naval Air Facility Atsugi and Fleet Activities Yokosuka Jan. 17 to meet with Sailors and remind them about the important role they play as part of the Forward-Deployed U.S. Naval Forces in Japan, and in the future of the Navy.

Mullen's stop in Japan was part of a visit to Navy installations in the Pacific, which will also include stops in Guam and Korea.

His primary message was one of appreciation and admiration for their service and commitment during the intense period that encompasses the U.S. military involvement in the global war on terror, operations in Iraq and Afghanistan, and the forward-deployed Naval Forces' role as the 'Tip of the Spear' in Japan.

"Lots of focus in the past few years has been on Iraq and Afghanistan. (The global war on terror) is a war that is pointed right at what we care about. It's your service and you and your family's sacrifice that makes all of the difference to the Navy," said Mullen. "My first

message is really one of thanks and gratitude. The fact that you raised your right hand and swore to serve really means something to me."

Mullen also discussed the need for the Navy as a whole, and Sailors as individuals, to be flexible to change, which he said is crucial in keeping the Navy on track with its mission, and preparing for the future.

"We live in a time of change, and the enemy is adapting quickly. Technology is also advancing very rapidly," said Mullen. "This is why change is necessary."

He stressed, however, that the forward-deployed forces in Japan are in a unique position to make a difference while keeping adaptability a priority.

"The stability that you provide, and the relationships you make (in Japan), are as critical as with any country that we deal," he said.

Regarding the Jan. 3 robbery and murder of a Japanese woman by a Sailor from the USS Kitty Hawk (CV 63), Mullen said, "We all need to reflect on this incident... this speaks on the requirements we have to take care of

ourselves and our shipmates. This is the kind of incident we need to learn from and to guarantee it never happens again."

One of the CNO's final points was the role every Sailor must play in today's Navy.

"I believe that every single person in the Navy is a leader, and is responsible for leading. And I expect that. The toughest problems I've seen... are solved with leadership," he said. "My number one expectation for anyone wearing khakis is to lead, but I take that all the way down to the most junior person."

Mullen concluded with words of encouragement and reminded Sailors of the magnitude of their mission.

"I understand the importance of what a good Navy can do, whether in a war or taking part in disaster relief efforts," said Mullen. "I just want to reiterate I'm grateful for what you do and where you do it. Take good care and God bless each and every one of you."

Master Chief Petty Officer of the Navy (MCPON) Terry Scott accompanied the CNO during the visit.

GET SMART



ENROLL TODAY IN SOME OFF-DUTY COURSES

Stop by the Central Texas College Office Monday through Friday between 7 a.m. and 4 p.m. to give your education a jumpstart. Don't forget your Tuition Assistance form!

Air Force Sweeps Armed Forces Bowling Championships

American Forces Press Service

RENO, Nev., Jan. 13, 2006 – The Air Force swept the individual and team efforts in the Armed Forces Bowling Championships at the National Bowling Stadium here Jan. 11.

Staff Sgt. Kristen Elmore of Geilenkirchen Air Base, Germany, and Tech. Sgt. Martin Bedford of Hill Air Force Base, Utah, won the women's and men's divisions, respectively.

Elmore finished her 24 games with a 4,605 total to top the Marine Gunnery Sgt. Lisa Beeksma of Naval Air Station, Pensacola, Fla., who had 4,598. Chief Petty Officer Bessie Lowery of USS Ross, Norfolk, Va., was third with 4,520.

Bedford totaled 5,076 to top the men's field. Army Staff Sgt. Dwayne Watkins of Fort Rucker, Ala., was second with 4,902,

while Air Force Staff Sgt. Jack Barfield of Davis-Monthan Air Force Base, Ariz., was third with 4,875.

Bedford, Watkins and Barfield advanced to the 32-player match play round and qualified to play for a spot on Team USA.

Air Force won the team event in both the women and men's divisions. The six Air Force men totaled 27,835, while the service's women counterparts scored 17,631.

The 21 women and 24 men representing the Air Force, Army, Marines and Navy competed as part of the United States Bowling Congress Team USA Championships.

(Compiled from an Armed Forces Sports Office news release.)



Battle for the Captain's Cup

Some people fear Friday the 13th, but for one team in the Captain's Cup Competition, it was their lucky day. Detachment 1, 36 MXG (PACAF) hosted this month's competition, and added some new events to the mix. The morning events started with Tug-o-War, and Security pulling their way to victory. The 4-Person Relay had a new twist as the runners had to wear the "Drunk Goggles" training aid. This didn't deter Air Operations from a first place finish in the event as JAG and CEF followed suit. A new event, the Aardvark Relay Race involved an orange traffic cone and a soccer ball. Medical finished in first followed by Air Operations, and PWD in third. Beach Volleyball had Air Force CEF on top followed by Medical and PWD. Closest to the Fence required participants to hit a teed-up softball while wearing the "Drunk Goggles" once again. Security locked up this event with a shot leaving the ball 1" from the fence. PWD marked in at 2 ¼" and Supply at 6 ½". Medical rounded out the events

winning the Cup's staple, Extreme Dodgeball and overall points to take home the cup for the second time in three months.

Congratulations Team Medical!

More photos on page 17.



Captain's Cup II

Tropical Times
January 20, 2006

17



MLK, Jr. Full Moon Platoon



The crew from Weapons Department sponsored and worked this month's Full Moon Platoon held on January 14.



Off and running: the 5K run started at 8 p.m.



One of the responsibilities: keeping the runners hydrated.



Another sponsorship task: handing out the T-Shirts.



Two runners cross the finish line after a refreshing jog.