

Tropical Times

Serving the Footprint of Freedom



Volume 16, Number 7

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

February 17, 2006



A Message from the Commanding Officer

Ladies and Gentlemen of the Island Team,

As we enter the Presidents' Day weekend and enjoy the well deserved time off, I would encourage you to take a moment to reflect on the accomplishments of our presidents and their contributions in shaping the United States and to a certain extent, much of the world. We have come a long way as a nation, from a fledgling colony to the world's greatest superpower. And today, you can be proud that as a part of the Diego Garcia Island Team, you are making valuable contributions to our nation and the freedom we all enjoy, regardless of our nationality and culture.

There is also a Change of Command on the Air Force side of the house; we say goodbye to Col. Hall, and welcome aboard his relief, Col. Guthals. Col. Hall has been a tremendous leader and integral part of the Island Team. Thank you Cal for your tremendous accomplishments and great friendship. You are a great American my friend. We wish you fair winds and following seas.



For those of you looking for some competition in the Captain's Cup, the events have been moved to March due to the Space Shuttle training evolution this coming week. The airfield on Diego Garcia is an alternate landing site for the Space Shuttle, and we, as a team, must be trained and ready to complete that mission if the

need should arise.

While on the topic of training, log onto NKO and start e-learning if you haven't already. With the March advancement exam almost here, check out the following e-learning courses: COMM0154, Enhancing Your Listening Skills; LEAD0126, Dynamics of Leadership; and LEAD0148, The Leader as a Model.

Have a fun weekend, and as always, look out for yourself and your shipmates.

Sincerely and respectfully,
Skipper Birklund

Tropical Times

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

Commanding Officer

Capt. Gil Birklund

Executive Officer

Cmdr. Mike Harber

Command Master Chief

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Ensign Caster

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INFORMATION HIGHWAY

Community Bank Holiday

Community Bank will be closed on Tuesday, February 21 in honor of President's Day.

Diego Garcia Gospel Choir

Voices and musicians are needed for the Gospel Choir. If you are interested in expressing your talents in a worship or community service, please contact the Chapel in the Palms at 370-4601 or 370-5558 for more information.

Mult-Cultural Committee Note

For all you singers, dancers, comedians and anyone with that special talent, the Multi-Cultural Committee is looking at putting together a "NIGHT AT THE APOLLO." The committee is also looking for anyone who is willing to participate in a Fashion Show. All department representative or anyone interested in becoming part of the committee please contact YN1 Varnell at 370-4792

What Counts 5 A Day Fruits and Vegetables

Key Recommendations of the Dietary Guidelines for Americans

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains. Note: Although whole grain products do not “count” toward your “5-a-Day” in the Crews Into Shape campaign, they should be a part of your daily diet!

What’s a Serving?

One serving size is defined as:

- 1 medium fruit or 1/2 cup of small or cut up fruit

- 3/4 cup (6 oz) 100% fruit or vegetable juice
- 1/4 cup dried fruit (raisins, apricots, dates)
- 1/2 cup raw or cooked vegetables
- 1 cup raw leafy vegetables (lettuce, spinach)



- 1/2 cup cooked beans or peas (lentils, pinto beans, black beans, chick peas, kidney beans)

It’s easy to eat 5 servings a day if you remember to eat at least 1 serving of the following:

A vitamin A rich fruit or vegetable daily (apricots, cantaloupe, carrots, mango, pumpkin, spinach, sweet potato, romaine lettuce, mustard greens, winter squash, kale, collards)

A vitamin C rich fruit or vegetable daily (oranges, grapefruit, kiwi, apricots, broccoli, cauliflower, pineapple, cantaloupe, papaya, strawberries, tomatoes, Brussels sprouts, peppers, collards, mango, plum)

A high or good fiber source daily (apple, banana, berries, cooked beans like kidney, lima pinto, lentils, black-eyed peas, peas, figs, prunes, sweet potato, carrots, corn, cherries, kiwi, pear, dates, orange)

A cruciferous (cabbage family) vegetable daily (bok choy, broccoli,

Brussels sprouts, cabbage, cauliflower)

Tips for Getting Your 5 a Day For Breakfast

- Drink a glass of juice
- Add fruit to cereal
- Top pancakes with fruit
- Make a fruit and yogurt shake
- Have a bowl or piece of fruit

For Lunch

- Add lettuce, sprouts and tomato to sandwiches
- Eat a piece of fresh fruit
- Carry cut up veggies in your brown bag lunch

For Snacks

- Have grapes or raisins
- Take dried fruit to work
- Cut up Veggies make a great snack
- Drink a can of vegetable juice
- Eat a piece of fruit (apple, pear, orange)

For Dinner

- Have a vegetable dish as an appetizer
- Add 2 servings of vegetables to your main dish instead of 1
- Have a tossed salad
- Use fruits as a garnish
- Add veggies to main dish recipes
- Have fruit for dessert

What Doesn’t Count. Fruits and vegetables that have a majority of the calories coming from added fat and/or sugar do not count.

See page 17 for the “Crews Into Shape” program.

GALLEY MENU February 18 - 24

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	New England Clam Chowder Pasta Bar Roast Turkey	Cream of Broccoli Soup Yankee Pot Roast Chicken Chow Mein		Beef Rice Soup St. Louis Style BBQ Pork Ribs Turkey a la King	<i>“Filipino Night”</i> Chicken Macaroni Soup Beef Caldreta Philippine Pancit
Sunday	<i>“Brunch”</i> Knickerbocker Soup Minute Steak Corn Dog	Creole Soup Fish Amandine Beef Cordon Bleu	Thursday	<i>“211th Supply Corps Birthday Meal”</i> Grilled Steak French Fried Breaded Shrimp	Corn Chowder Cheddar Chicken & Broccoli Beef Stroganoff
Monday	<i>“Brunch”</i> Chicken Noodle Soup Minute Steak Texas Spaghetti	Pepper Pot Soup Hearty Beef Stew Turkey Nuggets	Friday	Onion Soup Pasta Bar Assorted Pizza	Egg Drop Soup Cajun Meatloaf Turkey Tetrazzini
Tuesday	Navy Bean Soup Grilled Salisbury Steak Chicken Cacciatore	Turkey Vegetable Soup Vegetable Stuffed Peppers Baked Fish	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.		

Chaplain's Corner

CREDO Retreat Coming Soon

NSF Chapel of Faith

Have you been feeling a little isolated by life on Diego Garcia? Would you like an opportunity to get off the island, even if only for a few days? Are you open to a personal growth retreat designed to help you deal with the everyday issues of life? Then CREDO is for you!

In just a little over two weeks' time, the Chapel in the Palms and the USNS Phillips will host a CREDO retreat. The three day retreat will be open to those who register on a first-come/first-served basis. We will meet in the afternoon of March 1 and go as a group to the Phillips. On Thursday morning, the ship will get underway and take us past some of the other islands in the Chagos Archipelago. We will return on Saturday, March 4.

While on board, we will participate in a personal growth retreat. The retreat sessions will be

led by Chaplain O'Bannon and Lt. j.g. Narro (Fleet and Family Services). There will also be free time and a chance to see the different working compartments of the ship.

If CREDO sounds like something you would like to try, please call Chaplain O'Bannon (x4626) at the Chapel in the Palms to reserve your spot today!

Chaplain O



CREDO
Personal Growth Retreat
March 1 - 4, 2006
(Wednesday afternoon through Saturday)

On board USNS Phillips
We're getting underway!

Call 370-4601 Now and join the fun!

Seats are limited.

Diego Garcia Island Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Rosary and Novena
Saturday 7:30 p.m.
Sunday 7:30 a.m.

Catholic Mass
Saturday 7:30 p.m.
Sunday 8 a.m.
Monday-Friday 11:30 a.m.

Choir Practice
Thursday 7 p.m.

Saturday Confession
7 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 9 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.

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.

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**
Palmville 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.

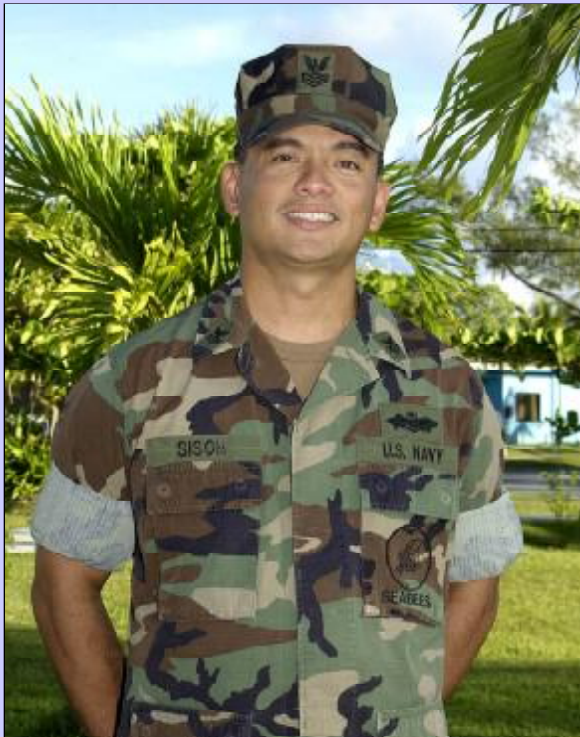


Command Master Chief's DG Spotlight



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 Public Works Department and NMCB 4. Bravo Zulu and keep up the great work!

Public Works



Name: BU1(SCW) Robert A. Sison
Hometown: Manila, Philippines
Job Title: QAE Annex 20 Structural
Time in Service: 6 Years
Time on Island: 6 Months

What I like about my job: "I like working with the local Filipinos. It's like being at home in the Philippines."

NMCB 4



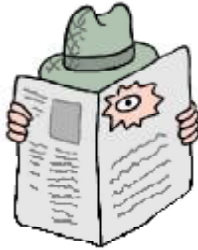
Name: BUCN Daniel Smith
Hometown: Bremerton, Washington
Job Title: Project Crewmember
Time in Service: 9 Months
Time on Island: 3 Months

What I like about my job: "I like the fact that I can work with my hands, and at the end of each day, I like the feel of a hard day's work and to be able to see what I completed. Also, I like the camaraderie of the Seabees; we come together and complete a job."

Antiterrorism: Terrorist Bomb Threat Stand-Off Zone (Part 2)

By MA1(SW) Sanders
NSF Security
Department

The Department of Defense has established pre-requisites for bomb threat procedures. The following are the recommended bomb threat stand-off zones for such incidents. In any case a good and sound judgment makes a difference between life and death.



THREAT DESCRIPTION	EXPLOSIVES CAPACITY	BUILDING EVACUATION DISTANCE	OUTDOOR EVACUATION DISTANCE
Compact Sedan	500 LBS/ 227 KG	320 FT/ 98 M	1,500 FT/ 457 M
Sedan	1,000 LBS/ 454 KG	400 FT 122 M	1,750 FT/ 534 M
Passenger/ Cargo van	4,000 LBS/ 1,814 KG	640 FT/ 195 M	2,750 FT/ 838 M

The above matrix guidelines and recommendations are given by the Department of Defense to all military facilities to counter bomb threats and explosive scenarios.

These are based on maximum volume or weight of explosive (TNT equivalent) that could reasonably fit in a suitcase or vehicle.

PSD Note: March Exams

Verification of March 2006 Navy-Wide examination worksheets will start February 13, 2006. All March exam candidates are requested to report to PSD to verify and sign their worksheets. The worksheet will be the basis for the candidate to complete the answer sheet on the day of the examination.

The March 2006 Navy-Wide Advancement Examination will be administered in the Island Room of the Turner Club on the dates indicated below:

PO1/E-6 - March 2

PO2/E-5 - March 9

PO3/E-4 - March 16

Candidates should report not later than 6:30 a.m. on exam day in the Uniform of the Day, with military ID card on hand.

Candidates are requested to contact PSC(SW/AW) Gala or PS1(SW) Reynado (370-3653/3642) to confirm eligibility.

Reminder: watches are NOT allowed in the exam room.



Presidents Day

Navy Federal
will be closed on
Tues, 21 Feb
for
Presidents Day

We will reopen on Weds,
22 Feb



Ship's Store Corner

SALE! 25% to 75% Off!

Chip's, Granola Bars, Sweet Tamarind, Simply Asia Chicken w/ Rice, Miswa Noodles, Muruchan Noodles, Top Ramen Noodles Pork Flavor, Diet Coke, Toblerone Truffle Packs, Hot Fudge Topping.

NEWLY ARRIVED ITEMS

Tiger Beer \$13.20 a case, Power bars, Hershey's Chocolate Candies, New Music CDs and New Movies releases.

FREE GIFT

Receive a free cosmetic bag with any \$10 purchase of any cosmetic items while supplies last.

Entertainment this Week

MWR Presents:

“DJ Daryl (Rock)”

Friday, Feb. 17, Camp Justice, 9 p.m. - 12:30 a.m.

“Almost Nuts Band”

Friday, Feb. 17, Island Room, 9 p.m. - Midnight

“Almost Nuts Band”

Saturday, Feb. 18, Camp Justice, 8 - 11 p.m.

MWR events this Week

Saturday, Feb. 18

Windsurfing Class

Marina

1 - 4 p.m.

Saturday, Feb. 18

8-A Side Soccer

Tournament

Fleet Rec. Area

5 p.m.

Sunday, Feb. 19

Windsurfing Regatta

Marina

1 p.m.

Sunday, Feb. 19

Golf Tournament

Coral Sands

7:30 a.m.

Sunday, Feb. 19

8-A Side Soccer

Tournament

Fleet Rec. Area

5 p.m.

Thursday, Feb. 23

Bench Press

Competition

Physical Readiness

Center

5 p.m.

Main Outdoor Theater

Friday at 8 p.m. - Clockstoppers

Friday at 10 p.m. - In Her Shoes

Saturday at 8 p.m. - In Her Shoes

Saturday at 10 p.m. - The Constant Gardener

Sunday at 8 p.m. - The Constant Gardener

Monday at 8 p.m. - Devil's Advocate

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. - The Craft

Officers Club

Tuesday at 7:30 p.m. - The Gospel

Thursday at 7:30 p.m. - Devil's Advocate

CPO Club

Saturday at 7 p.m. - Elektra

Saturday at 9 p.m. - Dawn of the Dead

Tuesday at 7:30 p.m. - The Craft

Wednesday at 7:30 p.m. - The Great Raid

Thursday at 7:30 p.m. - The Gospel

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. - Wallace & Gromit

Saturday at 7 p.m. - A History of Violence

Sunday at 7 p.m. - Dawn of the Dead

Monday at 7 p.m. - The Legend of Zorro

Tuesday at 7 p.m. - Basic

Wednesday at 7 p.m. - The Craft

Thursday at 7 p.m. - The Great Raid

Winter Olympics

Saturday, Feb. 18

2006 Torino Olympic Games

Men's Cross Country Skiing, (Live) 3 a.m. AFN PACIFIC

Ice Dancing/Alpine Skiing/Ski Jumping, (Live) 7 a.m.

AFN PACIFIC

Men's Curling, (Live) 7 p.m. AFN SPORTS

Cross Country/Biathlon/Men's Hockey/Speed Skating,

(Live) 11 p.m. AFN PACIFIC

Sunday, Feb. 19

Alpine Skiing/Speed Skating/Ski Jumping/2-Man Bobsled,

(Live) 7 a.m. AFN PACIFIC

Women's Biathlon, (Live) 11 a.m. AFN PACIFIC

Women's Curling, (Live) 7 p.m. AFN SPORTS

Men's Hockey, (Live) 9:30 p.m. AFN PACIFIC

All games are subject to change.

For more information log on to:

www.myafn.net.

Monday, Feb. 20

Figure Skating/Alpine Skiing/Speed Skating//Cross

Country/Bobsled, (Live) 6 a.m. AFN PACIFIC

Men's Curling, (Live) 7 p.m. AFN SPORTS

Tuesday, Feb. 21

Women's Hockey/Bobsled, (Live) 12 a.m. AFN PACIFIC

Ice Dancing/Alpine Skiing/Ski Jumping/Freestyle Skiing,

(Live) 7 a.m. AFN PACIFIC

Men's Biathlon, (Live) 5 p.m., AFN SPORTS

Wednesday, Feb. 22

Men's Hockey:USA vs. Russia, (Live) 1 a.m. AFN SPORTS

Nordic Combined/Ski Jumping/Cross Country, (Live) 3 a.m.

AFN PACIFIC

Figure Skating/Bobsled/Speed Skating, (Live) 7 a.m. AFN

PACIFIC

Women's Curling, (Live) 7 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				66				
67						68				69				

Across

1 Full of chutzpah
6 Thanksgiving dish
10 "Fernando" pop group
14 Secure again
15 Way to go
16 Thick piece
17 Relevant, to lawyers
18 Indispensable
20 Habitually humiliated one
22 Concert extensions
23 Fishing baskets
25 Kitchen gadgets
26 Men of simple habits?
28 "__ in the Dark"

30 Classic car
31 World War I battle
33 Pace
37 Responsibility
39 Authority
41 Person of action
42 Footnote abbr.
44 One gentleman of Verona
46 Confederate soldier
47 Caused by
49 Not blatant
51 Actress Leigh
54 One of the Brothers Karamazov
56 Like Laurel and Hardy often
58 Charges

61 Requiring great effort
63 Hatred
64 N.C. neighbor
65 They may be lent or bent
66 Thrill
67 Smell __
68 Rapacious seabird
69 Have an inkling

Down

1 "The Rocky Horror Picture Show" hero
2 Decorate anew
3 Abominable
4 Code word for S
5 Sewing machine attachments

6 Streisand movie of 1983
7 Sharp feller
8 "Of __ and Men"
9 Unpleasant smell
10 Various
11 Strident noise
12 Less covered
13 Deep chasm
19 Dart
21 Ancient fabulist
24 "A Night At The Opera" director
26 Cleaving tool
27 Split
29 Look
32 Comedian Sahl
34 Funeral director

35 Pare
36 Kill __ killed
38 Dregs
40 Pine product
43 Pageant winner
45 Beats
48 Follows
50 Check
51 Outlook
52 Bury
53 Bulgarian seaport
55 Latin mass
57 Wet thoroughly
59 Sounds of disapproval
60 Hook's henchman
62 Neighbor of Arg.



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Call a consultant!

From the United States: 1-800-342-9647

En español llame al: 1-877-888-0727

TTY/TDD accessible: 1-866-607-6794

From overseas: *800-3429-6477

Overseas collect: Contact an international operator—request a collect call to 484-530-5908

**Use access code before dialing the toll free number. Access codes can be found online.*

You name it . . . We can help.



Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Side Boys

Tending the side with side boys, as we know it in modern practice, originated long time ago. It was customary in the days of sail to hold conferences on the flagships both when at sea and in open roadstead; also, officers were invited to dinner on other ships while at sea, weather permitting. Sometimes the sea was such that visitors were hoisted aboard in boatswain's chairs. Members of the crew did the hoisting, and it is from the aid they rendered in tending the side that the custom originated of having a certain number of men always in attendance. Some have reported the higher the rank, the heavier the individual; therefore, more side boys.



Jumbo scissors?
What's new to Diego Garcia? MWR has officially opened the Massage Therapy Room at the Physical Readiness Center. Check out the new MWR service on page 12.

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

February 18, 1955 - 1st of 14 detonations, Operation Teapot nuclear test.

February 19, 1945 - Marines with naval gunfire support land on Iwo Jima; island secured 16 March.

February 20, 1962 - Lt. Col. John Glenn, USMC becomes first American to orbit Earth. His flight in *Friendship 7* (Mercury 6) consisted of 3 orbits in 88 minutes at a velocity of 17,544 mph with the highest altitude of 162.2 statute miles. Recovery was by USS *Noa* (DD 841).



February 21, 1944 - Marines with support of naval bombardment and carrier aircraft secure Eniwetok atoll.

February 22, 1870 - After arriving on USS *Nipsic*, and supported by USS *Guard* and USS *Nyack*, the Darien Expedition, commanded by Cmdr. Thomas O. Selfridge, Jr., begins active operations ashore at Caldonia Bay to survey the

Isthmus of Darien, Panama, for an interoceanic ship canal.
February 23, 1945 - Marines and a Navy corpsman raise flag on Mt. Suribachi, Iwo Jima.

February 24, 1813 - USS *Hornet*, Captain James Lawrence, captures HMS *Peacock*.

Tide Report February 18 - 24

	High	Low	High	Low
Saturday	4:35 a.m.	10:34 a.m.	4:42 p.m.	10:39 p.m.
Sunday	5:06 a.m.	11 a.m.	5:13 p.m.	11:02 p.m.
Monday	5:39 a.m.	11:31 a.m.	5:48 p.m.	11:31 p.m.
Tuesday	6:14 a.m.	12:20 a.m.	6:32 p.m.	-----
Wednesday	7:01 a.m.	12:10 a.m.	8:06 p.m.	2 p.m.
Thursday	9:38 a.m.	2:49 a.m.	11:36 p.m.	4:58 p.m.
Friday	11:39 a.m.	5:22 a.m.	-----	6:08 p.m.

Answers to Last Week's Crossword:

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

How well do you know our Presidents?

Source: www.whitehouse.gov

Q1. What was Abraham Lincoln's occupation before he became President?

Tailor/ Cook/ Poet/ Lawyer

Q2. Which U.S. President was once a teacher at a small school in South Texas?

Dwight Eisenhower/ Lyndon Johnson/ Jimmy Carter/ Abraham Lincoln

Q3. Before he became President of the United States, Woodrow Wilson (1913-21) was the president of another organization. What was it?

Computer business/ Insurance company/ Elementary school/ College

Q4. Who was the only preacher to become President?

James Garfield/ Theodore Roosevelt/

Woodrow Wilson/ John Adams

Q5. Before he became President in 1921, Warren G. Harding was a member of the press who owned a business. What did his company do?

Sell newspapers/ Produce television commercials/ Create radio jingles/ Print books

Q6. Before he became President, William Howard Taft was a judge. What did he become after he was President?

Teacher/ Congressman/ Senator/ Chief Justice of the Supreme Court

Q7. Presidents often become writers after leaving office, but which President won a Pulitzer Prize in 1957 for writing a book before he became President?

Dwight Eisenhower/ John F. Kennedy/ Lyndon Johnson/ Richard Nixon

Q8. What occupation did George Washington and Jimmy Carter have in common?

Lawyer/ Sailor/ Farmer/ Teacher

Q9. Which President once owned a men's clothing shop in Kansas City, Missouri?

Herbert Hoover/ Franklin D. Roosevelt/ Harry Truman/ Dwight Eisenhower

Q10. President George W. Bush was once a business leader who managed and owned a professional sports team. What sport did the team play?

Football/ Hockey/ Basketball/ Baseball

How well do you think you did? Check out the correct answers at the bottom of the page.



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.

The next Star Party is on Friday, February 24 beginning at sunset.

Location: Camp Justice Pier.

Everyone is invited to explore the night skies.

(Event subject to clear skies.)

A1. The correct answer is "Lawyer." Abraham Lincoln was a lawyer and a Congressman before he ran for President in 1860.

A2. The correct answer is "Lyndon Johnson." President Lyndon Johnson's first job after graduating from college was to teach at a Mexican-American school in Cotulla, Texas.

A3. The correct answer is "College." Woodrow Wilson became President of Princeton University, a college in New Jersey, in 1902. He was elected President of the United States in 1912.

A4. The correct answer is "James Garfield." James Garfield was the only preacher to ever become President of the United States. He was an ordained

minister who used his speaking ability to preach and teach. He served as a Major General for the Union Army during the Civil War and then spent 17 years as a Congressman from Ohio before becoming President in 1881.

A5. The correct answer is "Sell newspapers." Before becoming a politician, Warren G. Harding was an editor and owner of a newspaper in Ohio.

A6. The correct answer is "Chief Justice of the Supreme Court." President William Howard Taft loved the law and the Constitution. He is the only President to have served as both President and Chief Justice of the Supreme Court.

A7. The correct answer is "John F. Kennedy." President John F. Kennedy's

book, Profiles in Courage, received the Pulitzer Prize for biography in 1957.

A8. The correct answer is "Farmer." Both Presidents were farmers. President George Washington was a planter and a farmer at his home in Mount Vernon. Before he was President, Jimmy Carter ran his family's peanut farm in Plains, Georgia.

A9. The correct answer is "Harry Truman." Before going into politics, President Harry Truman was a businessman who owned a men's clothing store. He also spent his early career as a farmer.

A10. The correct answer is "Baseball." President Bush was a managing partner for the Texas Rangers baseball team.

Massage Therapy Ready to Relax Muscles

Mr. Sullivan, NSF MWR Director, and Captain Birklund, NSF Commanding Officer, with the assistance of Ms. Leila Ramos, DG 21 MWR Director, cut the ribbon to the new MWR Massage Therapy Room in the Physical Readiness Center on Friday, February 10. Patrons now have access to three different forms of muscle relaxation.

Swedish massage affects the nerves, muscles, glands and circulation while it promotes health and well being. Reflexology is a gentler therapeutic treatment applied to the feet and hands, and is believed to affect internal organs and body system promoting good health. The last form offered is Shiatsu incorporating pressure to areas of the body's energy lines utilizing finger pressure, as well as pressure applied by thumbs, palms, knees, forearms, elbows and feet. Shiatsu is a deeply relaxing experience and individuals are said to have feelings of increased vitality and relaxation.

Massage treatments are by appointment only Tuesday through Sunday in one-hour sessions.

For more information, please contact Ms. Leila Ramos or Ms. Shiela de Leon at 370-2790/2792.



Captain Hall, 20th EBS, gets a demonstration of what to expect once on the massage table.



In the reception area, Lt. j.g. Narro signs up for an hour long massage appointment.



Guests at the Grand Opening were treated to a sideboard of finger foods.



Mr. Sullivan with Jake at his feet checks out the waiting area designed to relax clients prior to their appointment. The low lighting, the simmering potpourri and relaxing music in a living room atmosphere is an oasis on Diego Garcia.

50M Water Jogging Competition

Event held February 10.
(time in mm:ss.ss)

Women (29 & under)

1st - Vanessa Johnson (EMXS) 0:57.40
2nd - Magan Mangra (NSF) 1:53.87
3rd - Marlo Narro (NSF) 2:09.07

Women (30 – 39)

1st - Susana Gaudreau (ECS) 1:14.00
2nd - Jessica Bain (BHC) 1:54.63
3rd - Shannon Murray (BHC) 1:56.38

Men (29 & under)

1st - Eric Almenas (BHC) 1:35.22
2nd - Jerome Ragadio (BHC) 1:36:40
3rd - Mike Redulla (49 NMS) 1:38.10

Men (30 – 39)

1st - Quinn O'Bannon (NSF) 1:49.51
2nd - Steven House (MSF) 1:54.41
3rd - Robert Harper (40 AEG) 2:03.69

Men (40 – 49)

1st - John Solomon (DG21) 1:50.59
2nd - Javier Cruz (49 NMS) 2:37.75

Men (50 & over)

1st - Rudy Rosales (DG21) 2:10.03
2nd - James Gaskill (DG21) 2:21.37





Navy recruiting poster issued in 1972.

Ship's Cook Third Class Doris "Dorie" Miller, USN

Doris Miller, known as "Dorie" to shipmates and friends, was born in Waco, Texas, on October 12, 1919, to Henrietta and Conery Miller. He had three brothers, one of which served in the Army during World War II. While attending Moore High School in Waco, he was a fullback on the football team. He worked on his father's farm before enlisting in the U.S. Navy as Mess Attendant, Third Class, at Dallas, Texas, on September 16, 1939, to travel, and earn money for his family. He later was commended by the Secretary of the Navy, was advanced to Mess Attendant, Second Class and First Class, and subsequently was promoted to Ship's Cook, Third Class.

Following training at the Naval Training Station, Norfolk, Virginia, Miller was assigned to the ammunition ship USS *Pyro* (AE-1) where he served as a Mess Attendant, and on January 2, 1940 was transferred to USS *West Virginia* (BB-48), where he became the ship's heavyweight boxing champion. In July of that year he had temporary duty aboard USS *Nevada* (BB-36) at Secondary Battery Gunnery School. He returned to *West Virginia* and on August 3, and was serving in that battleship when the Japanese attacked Pearl Harbor on December 7, 1941. Miller had arisen at 6 a.m., and was collecting laundry when the alarm for general quarters sounded. He headed for his battle station, the anti-aircraft battery magazine amidship, only to discover that torpedo damage had wrecked it, so he went on deck. Because of his physical prowess, he was assigned to carry wounded fellow Sailors to places of greater safety. Then an officer ordered him to the bridge to aid the mortally wounded Captain of the ship. He subsequently manned a 50 caliber Browning anti-aircraft machine gun until he ran out of ammunition and was ordered to abandon ship.



Wearing the Navy Cross medal, Miller talks with three other Sailors and a civilian, during his visit to the Naval Training Station, Great Lakes, Illinois, January 7, 1943. (Official U.S. Navy photo, now in the National Archives.)

Miller described firing the machine gun during the battle, a weapon which he had not been trained to operate: "It wasn't hard. I just pulled the trigger and she worked fine. I had watched the others with these guns. I guess I fired her for about fifteen minutes. I think I got one of those Jap planes. They were diving pretty close to us."

During the attack, Japanese aircraft dropped two armored piercing bombs through the deck of the battleship and launched five 18-inch aircraft torpedoes into her port side. Heavily damaged by the ensuing explosions, and suffering from severe flooding below decks, the crew abandoned ship while *West Virginia* slowly settled to the harbor bottom. Of the 1,541 men on *West Virginia* during the attack, 130 were killed and 52 wounded. Subsequently refloated, repaired, and modernized, the battleship served in the Pacific theater through to the end of the war in August 1945.

Miller was commended by the Secretary of the Navy Frank Knox on April 1, 1942, and on May 27, 1942 he received the Navy Cross, which Fleet Admiral (then Admiral) Chester W. Nimitz, the Commander in Chief, Pacific Fleet

personally presented to Miller on board aircraft carrier USS *Enterprise* (CV-6) for his extraordinary courage in battle. Speaking of Miller, Nimitz remarked:

This marks the first time in this conflict that such high tribute has been made in the Pacific Fleet to a member of his race and I'm sure that the future will see others similarly honored for brave acts.

On December 13, 1941, Miller reported to USS *Indianapolis* (CA-35), and subsequently returned to the west coast of the United States in November 1942. Assigned to the newly constructed USS *Liscome Bay* (CVE-56) in the spring of 1943, Miller was on board that escort carrier during Operation Galvanic, the seizure of Makin and Tarawa Atolls in the Gilbert Islands. *Liscome Bay's* aircraft supported operations ashore between November 20-23, 1943. At 5:10 a.m. on November 24, while cruising near Butaritari Island, a single torpedo from Japanese submarine *I-175* struck the escort carrier near the stern. The aircraft bomb magazine detonated a few moments later, sinking the warship within minutes. Listed as missing following the loss of that escort carrier, Miller was officially presumed dead November 25, 1944, a year and a day after the loss of *Liscome Bay*. Only 272 Sailors survived the sinking of *Liscome Bay*, while 646 died.

In addition to the Navy Cross, Miller was entitled to the Purple Heart Medal; the American Defense Service Medal, Fleet Clasp; the Asiatic-Pacific Campaign Medal; and the World War II Victory Medal.

Commissioned on June 30, 1973, USS *Miller* (FF 1091), a *Knox*-class frigate, was named in honor of Dorie Miller.

On October 11, 1991, Alpha Kappa Alpha Sorority dedicated a bronze commemorative plaque of Miller at the Miller Family Park located on the U.S. Naval Base, Pearl Harbor.

Tour de Diego

Race held February 11.
(time in hh:mm:ss)

Women (29 & under)

1st - Muinda Guesto (EMEDS) 3:35:11

Women (30 – 39)

1st - Jessica Bain (BHC) 2:07:33
2nd - Diana Delatorre (20 EBS) 2:48:08
3rd - Shannon Murray (BHC) 3:13:38

Women (40 – 49)

1st - Tess Dian (PWD) 2:20:57

Men (29 & under)

1st - Martin Ranalli (PWD) 1:37:19
2nd - Rodito Imbang (DG21) 1:52:08
3rd - Joel Navales (SJC) 1:52:22

Men (30 – 39)

1st - Calvin Hall (PACAF) 1:38:29
2nd - Ruben Ilaursa (SJC) 1:38:30
3rd - Cresencio Tura Jr. (SJC) 1:38:31

Men (40 – 49)

1st - Joe Dela Paz (DG21) 1:36:17
2nd - Greg Bell (ACC) 1:36:20
3rd - Pat Ligeralde (PWD) 1:38:26

Men (50 & over)

1st - Barney Williams (PWD) 2:02:37
2nd - Rudy David (PSD) 2:03:13
3rd - Peter Seifert (MSC) 2:06:41



Spades Tournament

Event held February 14.

1st - Billy Cleveland & Steve Walden (20 EBS)
2nd - Janet Bennett (PWD) & Astor Grant (BHC)
3rd - Terence Hill & Ryan Keller (NSF)

Bowling Tournament

Tournament held February 12.

Male Division

1st - Donald Ilano (DG21)
2nd - Delfin Sagun (DG21)
3rd - Mitchell Gipson (AF)

Female Division

1st - Luz Magpoc (DG21)



“Cupid” Delivers Valentine Candy-Grams



Cupid was out and about on Valentine's Day delivering Candy-Gram treats to unsuspecting recipients. The Seabees were at it again raising money for their annual Seabee Ball scheduled for Saturday, February 25. The Cupid Candy-Gram fundraiser added nearly \$400 to the coffers to offset this year's Seabee Ball expenses. The total of all the Seabee Ball fundraisers made just over \$3,000. Thank you to everyone who helped out at fundraisers and everyone who supported this year's fundraisers.

It's not too late to get your ticket to attend the Seabee Ball, but tickets are going quick. Tickets can be purchased at NSF PWD, Bldg. 138 from BUCS Meadows (370-4549).

Seabee Ball 2006

When: Saturday, 25 February

Where: Island Room

6 – 7 p.m. Cocktail Hour

7 – 9 p.m. Formal Ceremony/Dinner

9 p.m. - ?? Social/Dancing (live band)

Price: \$20 Officer/CPO

\$15 E-6/Civilian

\$10 E-5 & below

Uniform: Military - Summer White with ribbons; cover not required.

*Female military - formal civilian attire optional with military escort.

Civilians – Formal.

Off Road Bike Race

Event held February 13.

(time in hh:mm:ss)

Men (29 & under)

1st - Martin Ranalli (PWD) 00:34:36

2nd - James Jones (NSF) 00:38:58

3rd - Nathan Hooper (28 EARS) 00:39:36

Men (30 - 39)

1st - Cernie Manalansan (DG21) 00:40:47

2nd - Earl Mosley (NSF) 00:47:35

3rd - Ronald Pajela (DG21) 00:48:09

Men (40 - 49)

1st - Bernie Garcia (DG21) 00:37:08

2nd - Jojo Eugenio (DG21) 00:38:25

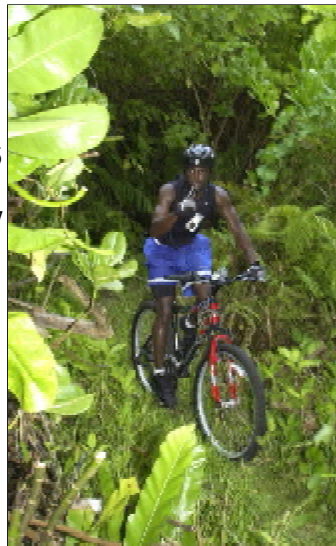
3rd - John Seeckts (NSF) 00:39:55

Men (50 & above)

1st - Patrick Patriarca (DG21) 00:49:48

2nd - Rudy Rosales (DG21) 00:51:15

3rd - Jake Pullian (DG21) 1:05:30





Crews Into Shape

4-Week Challenge
March 6—31, 2006

Let's have some
Healthy
Competition!
Challenge others
at your command.

Contact LT Bain at the Branch
Health Clinic

For Further Information and
Crew Leader/Crew Guide go to:

[www-nehc.med.navy.mil/
hp/crews_into_shape](http://www-nehc.med.navy.mil/hp/crews_into_shape)

Why? Get your body closer to that fit, healthy, energetic you!

What? 4-week challenge from **6-31 March** 2006, that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and drinking fluids/water.

Who? NSF, AF, Tenant Commands, and DoD employees.

How?

- Find 4 to 10 team/crew members
- Pick a team/crew leader
- For challenge rules and registration information, go to: www-nehc.med.navy.mil/hp/crews_into_shape

Pick up registration packets and complete information at the Health Promotions Office in the Branch Health Clinic.

See LT Bain bainj@nhyoko.med.navy.mil or 370-4206.

When? Register your crew with Navy Environmental Health Center by **28 February 2006**.

Each crew member who completes the challenge receives a certificate.



"Our crews are competing against each other and it is a fun time here, Good health competition. We have different crew members who are bringing in fruit daily, you see everyone with bottles of water, and PT time is being taken much more seriously.
2005 "Crew" Member

"I can actually do more now because of exercising. I feel less tired at work and have more energy when I go home. I'm able to spend more productive time with my family,"

2003 "Crew" Member



Top-

