

# Tropical Times

*Serving the Footprint of Freedom*



Volume 16, Number 9

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

March 3, 2006



## A Message from the Commanding Officer

Ladies and gentlemen of the Island team,

I start this week's corner on a sad note with the passing of Ms. Lorelei Carlos, a member of the DG21 Information Technology Department. Lorelei was a beloved friend to many and a highly respected member of the Diego Garcia family. I want to thank everyone who attended the memorial service Thursday evening. Lorelei will be missed.

The Uniform Board has finally approved the design for the new Navy Working Uniform and Service Uniform. The year-round service uniform consists of a short-sleeve khaki shirt with either black trousers or an optional skirt for women. This new uniform replaces the enlisted E-6 and below summer white and winter blue uniform, and eliminates all tropical uniforms. Task Force Uniform with CNO approval has also approved a single Navy working uniform for wear by all Sailors both enlisted and officer at sea and ashore. This multi-



color digital print uniform will offer three variants for shipboard, jungle/woodland and desert camouflage. Look for the changes to take affect in 18 to 24 months.

Our visitors who are here to conduct the annual Space Shuttle training for the Island team got a late start, but the training is going

extremely well, and will continue through early next week. The detailed training scenarios are necessary should the Shuttle orbiter ever have to utilize Diego Garcia's runway as an alternate landing site. Thanks to all who have participated in this important event.

And finally, good luck to those of you taking the Second Class Petty Officer Examination on Thursday, I look forward to promoting all of you when the results are released.

Have a safe and enjoyable weekend.

Sincerely and very respectfully,  
Captain 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**

CMDCM(SW) Brad Renollet

#### **Public Affairs Officer/Reporter/Photographer**

Journalist 1st Class Margallis

#### **Editor**

Ensign Caster

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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](mailto: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

### **NFCU Routing Number**

Tax season is HERE! For Navy Federal Credit Union members wanting their income tax returns directly deposited to their NFCU account, the Routing Number (ABA) is 256074974. For more information call 370-2965, or just stop by NFCU.

### **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.

## What Counts: 5 A Day Fruits and Vegetables

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.

The following is a list of fruits and vegetables are good choices:

### Fruit List Serving Size

- Apple 1 medium
- Banana 1 medium
- Blueberries ½ cup
- Cherries ½
- Dried Fruit ¼ cup
- Fruit Cocktail in Own Juices/Water ½ cup
- Grapefruit ½ fruit
- Grapes 20 grapes or ½ cup
- Kiwi 1 medium
- Mango ½ mango or ½ cup
- Nectarine 1 medium
- Orange 1 medium
- Papaya ½ papaya
- Peach 1 medium or ½ cup
- Pears 1 medium
- Pineapple ½ cup chunks
- Plums 1 medium
- Raisins ¼ cup
- Raspberries ½ cup
- Strawberries ½ cup
- Tangerines ½ cup
- Watermelon ½ cup

### Vegetable List Serving Size

- Salad, Leafy Greens 1 cup
- Artichoke, cooked 1 medium
- Asparagus, cooked ½ cup or 6 spears
- Bean Sprouts 1 cup
- Beans, cooked ½ cup
- Beets, cooked ½ cup
- Broccoli ½ cup
- Brussels Sprouts ½ cup
- Cabbage ½ cup

- Carrots ½ cup
- Cauliflower ½ cup
- Celery, cooked ½ cup
- Celery, raw 1 stalk
- Corn ½ cup
- Cucumber, slices ½ cup
- Eggplant ½ cup
- Kale, cooked ½ cup
- Lentils ½ cup
- Lettuce or cabbage leaves 1 cup
- Mushrooms, chopped ½ cup
- Okra, chopped ½ cup
- Onions, chopped ½ cup
- Parsnips ½ cup
- Peas ½ cup
- Peppers ½ cup
- Potato 1 medium
- Pumpkin, mashed ½ cup
- Squash ½ cup
- Succotash ½ cup
- Sweet potato ½ cup
- Tomato, raw 1 medium
- Zucchini ½ cup

## From the SARP

Chief Keller

Per BUPERS 1770.3, 6-7, Part f, of the Casualty Assistance Calls Officer (CACO) manual, here is another reason to stay sober:

f. DIC may not be payable in those cases of members who suffer fatal accidents where it is determined that his or her blood alcohol content was .10 percent or more. The standards used by the National Safety Council establish that a person is presumed to be under the influence of intoxicating liquor if his/her blood contains .10 percent or more of alcohol.

Dependent Indemnity Compensation (DIC) is basically a pension for your dependents in case of your death.

Your dependents are entitled to many things, but if you were driving intoxicated or a passenger with an intoxicated driver - they will not be entitled to DIC.

**Each member of the winning team of the "Crews Into Shape" program will be awarded a FREE massage therapy appointment!!!**

The "Crews Into Shape" registration deadline has been extended. Sign up before the competition begins on March 6. Team Leaders can get packets from Lt. Bain at the Branch Health Clinic. See page 17 for more details about the "Crews Into Shape" program.

# GALLEY MENU March 4 - 10

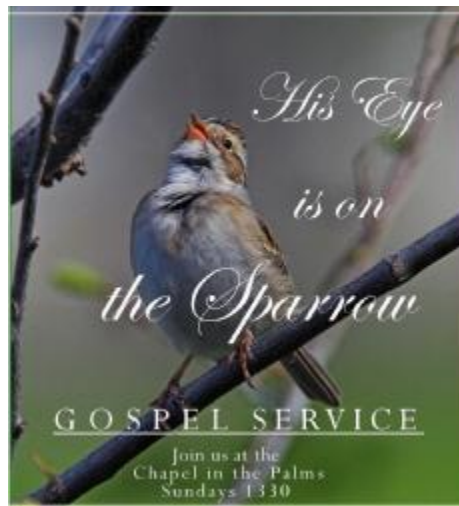
Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	New England Clam Chowder Teriyaki Beef Strips Hawaiian Baked Duck	Turkey Vegetable Soup Pasta Primavera Grilled Ham Steak		French Onion Soup Oriental Pepper Steak Turkey Fajitas	<i>"American Night"</i> Corn Chowder Barbecued Spareribs Charbroiled Salmon Steak
<b>Sunday</b>	<i>"Brunch"</i> Chicken Noodle Soup Minute Steak Chili Macaroni	Navy Bean Soup Stuffed Beef Rolls Fish Florentine	<b>Thursday</b>	New England Fish Chowder Hot & Spicy Chicken Wings Swiss Steak	Tomato Soup Hungarian Goulash Mambo Pork Roast
<b>Monday</b>	Beef Rice Soup Teriyaki Pork Steak Turkey a la King	Pepper Pot Soup Spaghetti with Meatballs Baked Hot Italian Sausage	<b>Friday</b>	Chicken Rice Soup Turkey Curry Cajun Roast Beef	Split Pea Soup Chicken Fiesta Lemon Baked Fish
<b>Tuesday</b>	Zesty Bean Soup Caribbean Flounder Steamship Round of Beef	Egg Drop Soup Beef Cordon Bleu Baked Yogurt Chicken Breast	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.		

## Katrina: Six Months Later

Last week I reached the half-way point for my time on DG. It's hard to believe that I have already been on the island for six months, and I have no doubt that the last six months will pass just as quickly. I had only just arrived on the island back in August when the now infamous Hurricane Katrina made landfall on the Gulf Coast. It was a difficult period for many on the island as we waited to hear from loved ones and friends who were affected by the storm.

Those who lived through the storm in Louisiana, Mississippi and Alabama are still trying to get back on their feet. If you've watched the news in the past few days you know that life in the affected region is anywhere but normal! Yet with everything else that's going in our world, the focus is far removed from those people who are still trying to get their lives back.

If you have friends or family in the Gulf South region, or if you know any military personnel assigned to bases along the coast, take time out to write them a note of encouragement. Even through small acts, like e-mail and letters, we can let the people back home know that we are thinking about them in their time of continued need.



We spend so much of our time on active duty receiving words of support from the communities that we leave behind. Let's take just a little bit of time to let them know how much we care for their needs as well.

Chaplain O



### 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

**Confession/Rosary/Novena**  
Saturday 6:30 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.

**Note: Confession is also done by appointment.**

ISLAMIC  
Jum'ha

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 Branch Health Clinic and Air Operations. Bravo Zulu and keep up the great work!

### Air Operations



**Name:** ET2(SW/AW) Rishona S. Headen-Brown  
**Hometown:** Philadelphia, Pennsylvania  
**Job Title:** Lead QAE, Annex 2B  
**Time in Service:** 5 Years, 10 Months  
**Time on Island:** 2 1/2 Months

**What I like about my job:** "I enjoy being on the contract management side rather than on the worker side, because I can gain a better understanding of the big picture."

### Branch Health Clinic



**Name:** HM3(SW) Nicholas R. Vice  
**Hometown:** Dayton, Ohio  
**Job Title:** Preventive Medicine Tech.  
**Time in Service:** 6 Years, 8 Months  
**Time on Island:** 2 Months

**What I like about my job:** "Everything. I like helping people before they get sick; nobody notices the preventive side of medicine which is my job, but if it keeps them from being sick and keeps them healthy, then I've done my job. Don't smoke!"

## The Mysteries of the Ship's Store Solved

From the desk of Lt. Jones  
*Ship's Store Officer*

Ship's Store Customers: It has been over two months since we opened the new Ship's Store and a lot has changed in the daily operation of the store. The entire Ship's Store staff has been working very hard to ensure we provide the best retail services we possibly can. I wanted to take this opportunity to go over some of the changes and hopefully answer some of the more common questions we hear.

The Ship's Store here on Diego Garcia is part of the NEXCOM Ship's Store program just like a Ship's Store on any U.S. Navy ship. There are very few land based Ship's Stores in the Navy and all but ours are currently being converted to the type of Navy Exchange most of us are accustomed to seeing on bases world-wide. So why are we remaining a Ship's Store? By staying a Ship's Store and not converting to a Navy Exchange we are able to give 100% of our profits to MWR. We typically donate over \$1M each year to the MWR program. This donation allows MWR to provide such a wide array of activities from windsurfing and sailing to athletic events and social clubs. This makes such a huge impact to the quality of life here on Island given the isolated nature of the place.

Since we are part of the Ship's Store program, our prime source of procurement is the vendors back in the States. We recently had a problem with one of our main vendors who provides a bulk of the dry goods for the store. The bottom line was

they were not filling our orders or providing status. When this happened we would receive the order from the vendor only to find out that they did not provide all we had asked for. At that time it is too late to get the inventory in time and we ended up running out of a lot of items. That vendor is doing better now and supplies are on the way. NEXCOM also stepped up to the plate and paid for many items to be air shipped to Diego Garcia to help fill the shelves. While we haven't fully recovered, the shelves are slowly starting to fill up.

Another area we have recently ventured into is using the Navy Regional Contracting Center (NRCC) in Singapore to procure certain items from the local economy. This allows us to procure a wider array of items, especially in the electronics area, and cuts the waiting time for an order from four months to as little as two weeks. Using this option we are awaiting the arrival of a wide arrange of dual voltage electronics, Ipods, and much more. We are slightly limited on the food products we get from Singapore as all food items must come from approved sources. Essentially, this means that a U.S. Army veterinarian must inspect the manufacturing or

processing plant the food item came from every year. Still, we are normally able to find approved sources for a majority of our needs. The only downside to using the Singapore market is that prices can be drastically higher than those from our stateside vendors. So at times you may notice that the price of certain items has increased considerably. Please understand that this is temporary and the price will return to normal as soon as our vendors back in the States can supply us again.

Finally, I want everyone to know that customer feedback is essential to our Ship's Store here on Diego Garcia. Being a one of a kind operation means we don't have a vast support network to pull from. When it comes to product selection we depend on input from our vendors and our customers. If there is something you want the Ship's Store to carry please fill out a comment card and I assure you we will look into carrying it. Also, please don't hesitate to contact me directly with any Ship's Store issue you may have.

Thank you and HAPPY SHOPPING!

### Ship's Store Corner

#### New Clothing Items

##### From Japan

Assorted Polo Shirts and T-Shirts  
Assorted Cosmetics  
Assorted Styles of Shorts  
Blue Jeans  
Bathrobes

#### New Video Rentals

Breaking Dawn  
Jarhead  
Prime  
Tenants  
Undertaking Betty  
Warrior  
Zu Warriors  
Harry Potter and the Goblet of Fire  
Kids in America

## Entertainment this Week

MWR Presents:

### "DJ Jean Marc"

Friday, March 3, Island Room, 8 p.m. - 1 a.m.

### "AOC Band"

Saturday, March 4, Island Room, 8 p.m. - 1 a.m.

### "AOC Band"

Sunday, March 5, Camp Justice, 8 - 11 p.m.

## MWR events this Week

### Saturday, March 4

Mini Triathlon

Marina

Showtime: 8 a.m.

Starts: 8:30 a.m.

### Wednesday, March 8

4 Person Breast Stroke

Competition

Base Pool

5 p.m.

### Tuesday, March 7

4 Miles

Fitness Run

Fitness Center

6 p.m.

### Friday, March 10

Horseshoe

Tournament

Fitness Center

5 p.m.

For more information please call  
Recreation Services at 370-2790 or 370-2792

## Main Outdoor Theater

Friday at 8 p.m. -	North Country
Friday at 10 p.m. -	Rent
Saturday at 8 p.m. -	Rent
Saturday at 10 p.m. -	Zathura
Sunday at 8 p.m. -	Zathura
Monday at 8 p.m. -	40 Days & 40 Nights
Tuesday at 8 p.m. -	Check MOT Marquee
Wednesday at 8 p.m. -	Check MOT Marquee
Thursday at 8 p.m. -	Big Fat Liar

## Officers Club

Tuesday at 7:30 p.m. -	Two for the Money
Thursday at 7:30 p.m. -	40 Days & 40 Nights

## CPO Club

Saturday at 7 p.m. -	8 Mile
Saturday at 9 p.m. -	Deep Impact
Tuesday at 7:30 p.m. -	Big Fat Liar
Wednesday at 7:30 p.m. -	Doom
Thursday at 7:30 p.m. -	Two for the Money

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. -	Serenity
Saturday at 7 p.m. -	XXX
Sunday at 7 p.m. -	Deep Impact
Monday at 7 p.m. -	Good Night & Good Luck
Tuesday at 7 p.m. -	Confidence
Wednesday at 7 p.m. -	Big Fat Liar
Thursday at 7 p.m. -	Doom

## NBA & College Basketball

### NBA (March 4 & 6 - 8)

Wizards at 76ers, (Live) Saturday, 6:30 a.m. AFN SPORTS  
Clippers at Jazz, (Live) Saturday, 9 a.m. AFN SPORTS  
Lakers at Warriors, (Tape) Saturday, 7:30 p.m. AFN SPORTS  
Pacers at 76ers, (Live) Monday, 12 a.m. AFN SPORTS  
Suns at Mavericks, (Live) Monday, 2:30 a.m. AFN SPORTS  
Bulls at Cavaliers, (Live) Monday, 6:30 a.m. AFN SPORTS  
Grizzlies at Nuggets, (Tape) Tuesday, 7 p.m. AFN SPORTS  
Spurs at Clippers, (Tape) Wednesday, 8 p.m. AFN SPORTS

### College Basketball (March 4 & 5)

Seton Hall at Pittsburgh, (Tape) Saturday, 2 p.m. AFN SPORTS  
Illinois at Michigan State, (Live) Saturday, 11 p.m. AFN SPORTS  
Louisville at Connecticut, (Live) Sunday, 1 a.m. AFN SPORTS  
NC State at Wake Forest, (Live) Sunday, 3 a.m. AFN SPORTS  
North Carolina at Duke, (Live) Sunday, 8 a.m. AFN SPORTS

## Various Sports

All games are subject to change.  
For more information log on to:  
[www.myafn.net](http://www.myafn.net).

### PGA Tour (March 5 & 6)

Ford Championship at Doral, (Tape) Sunday, 5 p.m. AFN SPORTS  
Ford Championship at Doral: Final Round, (Tape) Monday, 2 p.m. AFN SPORTS

### NHL (March 7)

Canadiens at Flyers, (Tape) Tuesday, 2 p.m. AFN SPORTS

### Boxing (March 4 - 6)

Demetrius Hopkins vs. Mario Jose Ramos, (Live) Saturday, 8 a.m. AFN PACIFIC  
Miguel Cotto vs. Gianluca Branco, (Tape) Sunday, 2 p.m. AFN SPORTS  
Miguel Cotto vs. Gianluca Branco, (Tape) Monday, 8 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				

## Across

1 Snooped  
6 James of jazz  
10 City on the Irtysh  
14 Oscar-winning Jessica  
15 They have to be paid  
16 Supermodel Moss  
17 "Believe it \_\_\_!"  
18 Precious stones  
19 Faulkner's "As \_\_\_ Dying"  
20 Ravioli or rigatoni  
21 Spying  
23 Pipe type  
25 If-looks-could-kill looks  
26 Kite-flying need  
28 Nixon's first veep

30 Penury

32 Contraction contraction  
36 Bow shape  
37 Male ballet dancer  
40 Assent of Paris  
41 H. H. Munro's pen name  
43 People-eaters  
45 Tropical eel  
48 Play the flute  
49 Seafood dish  
52 Prize giver  
53 Schedule  
56 Kunta Kinte's story  
59 Author Robert \_\_\_ Butler  
60 Diving bird  
61 Video game pioneer

62 Victories

63 Faithful  
64 King of Hollywood  
65 "Smooth Operator" singer  
66 Witness stand statement  
67 Sahara stopover  
  
Down  
1 Raindrop sound  
2 \_\_\_ avis  
3 1976 Winter Olympics venue  
4 Swellhead's journey?  
5 Held back  
6 Lawn trimmer  
7 Mon. follower  
8 Agency worker

9 Designate

10 Largest of the Ryukyu Islands  
11 Cheekbone  
12 Development division  
13 Frances Parkinson \_\_\_  
22 Corrida cry  
24 Taj Mahal site  
26 Health resorts  
27 Twelve Oaks neighbor  
28 Check the ore  
29 Govt. agents  
31 Ancient Peruvian  
33 Cargo quantities  
34 Male elephant  
35 Rebel

38 Golden Rule word

39 Wayne western  
42 Huge  
44 Region around ancient Thebes  
46 Make a choice  
47 Commercial area of Venice  
49 Puts away  
50 Fine hairs  
51 Rectify  
52 Singer Cherry  
54 Cold wind along the Adriatic Sea  
55 Boor  
57 Captain Picard's counselor  
58 Letter opener



## MWR, Family Support Surveys Reveal Sailors' Satisfaction

By Chief Journalist Teresa J. Frith  
*Navy Personnel Command Public Affairs*

MILLINGTON, Tenn. (Navy News Service) — With results in from the 2005 Morale, Welfare and Recreation (MWR) and Fleet and Family Support Center (FFSC) surveys, Sailors seized the chance to share their opinions about Quality of Life programs and services.

The two surveys went to more than 17,000 randomly selected Sailors in May 2005 asking opinions on MWR and FFSC program use, customer satisfaction, importance and quality. Navy Personnel, Research, Studies and Technology (NPRST) developed the surveys in consultation with the Personal and Family Readiness Division within the Fleet Support Department of the Navy Personnel Command and Commander, Navy Installations.

The MWR survey covered programs and services, such as childcare and youth programs, fitness centers, golf, bingo, bowling, swimming, outdoor recreation, Internet access and movies. The FFSC survey covered programs and services that included personal

financial management, relocation assistance, transition assistance, spouse employment, deployment support, and individual and family assistance counseling. Sailors' answers focused on frequency of use, satisfaction, and the importance of these and other programs to their overall quality of life/satisfaction with Navy lifestyle.

"The customer's opinion provides critical information to senior Navy leaders seeking to improve these programs and services. Additionally, the information allows staff at the region and installation levels to better focus on areas needing improvement," said Bill Mullins, Personal and Family Readiness division director, Fleet Support Department, Navy Personnel Command.

The FFSC programs rated the most important were Transition Assistance, Relocation Assistance, Information and Referral, and Personal Financial Management. The most used were Information and Referral, Personal Financial Management, Relocation Assistance and Deployment Support. Among program users, Transition Assistance

came out on top in the satisfaction ratings, with Personal Financial Management next, followed by New Parent Support.

Overall, about two-thirds of customers were satisfied with FFSC programs in general, and more than half said that the programs contributed to their personal and family readiness. One third added that FFSC programs are a factor in their decision to stay Navy.

According to survey participants, areas for improvement include hours, access and location of FFSCs.

MWR programs also received high marks, with the fitness centers, and the Information, Tickets and Travel office coming out as the top three most important facilities. The same three, along with fast food outlets at MWR facilities, were rated as the most used. The highest satisfaction ratings were seen for the fitness center, auto skills center and bowling facilities. Overall, almost two-thirds of the survey-takers said that MWR offerings helped improve their lives, a small decrease from the 2003 survey. More than 90 percent of officers and 84 percent of enlisted surveyed said they would continue to use MWR, which was slightly lower than the 2003 result. About half of the participants said that MWR facilities were a factor in deciding whether or not to stay in the Navy.

More than two-thirds gave positive comments about MWR, with the majority of any negative comments referencing hours and access.

The survey results are available online at [www.npc.navy.mil/command/support/communitysupportprogram/policies](http://www.npc.navy.mil/command/support/communitysupportprogram/policies).



## Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

### Duffle

A name given to a Sailor's personal effects. Also spelled duffel, it referred to his principal clothing as well as to the seabag in which he carried and stowed it. The term comes from the Flemish town of Duffel near Antwerp, and denotes a rough woolen cloth made there.



Seabees and guests pause for a photo during the Seabee Ball. This year marks the 64th Birthday of the Navy's Seabee Service. Check out page 16 for more photos from this year's Seabee Ball.

Photo by Niño Quijano, DG21 Photo Lab

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 [margallis@dg.navy.mil](mailto:margallis@dg.navy.mil). Photo credit will be given if published in the Tropical Times.

## This Week in Naval History

Source: Naval Historical Center

**March 4, 1925** - Congress authorizes restoration of USS *Constitution*.

**March 5, 1942** - Name "Seabees" and insignia officially authorized.

**March 6, 1942** - U.S. Cruisers and destroyers bombard Vila and Munda, Solomon Islands, sinking 2 Japanese destroyers.

**March 7, 1994** - Navy issues first orders to women assigned aboard combat ship, USS *Eisenhower*.



**March 8, 1958** - Battleship USS *Wisconsin* (BB-64) is decommissioned, leaving the Navy without an active battleship for the first time since 1895.

**March 9, 1862** - First battle between ironclads, USS *Monitor* and CSS *Virginia*.

**March 10, 1945** - Navy and civilian nurses interned at Los Banos, Philippines flown back to U.S. Navy nurses awarded Bronze Star

## Tide Report

### March 4 - 10

	High	Low	High	Low
Saturday	4:28 a.m.	10:39 a.m.	4:48 p.m.	10:54 p.m.
Sunday	4:57 a.m.	11:12 a.m.	5:16 p.m.	11:20 p.m.
Monday	5:24 a.m.	11:48 a.m.	5:43 p.m.	11:42 p.m.
Tuesday	5:56 a.m.	12:36 p.m.	6:20 p.m.	11:58 p.m.
Wednesday	6:37 a.m.	3:44 p.m.	11:07 p.m.	-----
Thursday	11:32 a.m.	5:16 a.m.	-----	6 p.m.
Friday	12:20 a.m.	6:16 a.m.	12:23 p.m.	6:38 p.m.

Answers to Last Week's Crossword:

1 M	2 Y	3 W	4 A	5 Y	6 B	7 L	8 U	9 R	10 S	11 E	12 G	13 A	
14 A	M	O	R	E	15 L	A	K	E	16 A	X	I	S	
17 S	C	O	R	N	18 I	B	E	G	19 R	I	G	S	
20 S	A	L	I	N	21 A	S	22 S	I	23 N	A	L	O	A
24 V	E	R	S	25 O	26 N	I	C	E	T	Y			
27 I	28 M	29 P	E	D	E	30 U	31 K	A	S	E			
32 R	A	I	D	33 M	34 E	T	A	35 A	N	36 G	37 S	38 T	
39 A	Y	N	40 P	Y	N	C	H	41 O	N	42 N	O	R	
43 N	O	T	44 S	O	45 V	A	N	S	46 L	U	C	Y	
47 P	L	48 O	Y	S	49 A	50 L	A	S	K	A			
51 M	52 A	53 S	H	E	D	54 T	55 O	K	A	Y			
56 A	C	C	E	D	E	57 D	58 B	A	T	I	59 S	60 T	61 A
62 T	H	A	R	63 S	A	64 K	I	65 E	N	L	A	I	
66 C	O	L	E	67 S	L	I	T	68 S	T	A	R	R	
69 H	O	E	S	70 A	I	M	S	71 T	O	G	A	S	

# NSF DG Energy Conservation Program

By Lt. Jeremy B. Gates

*NSF DG Service Contract Manager*

Energy Conservation is quickly becoming a major focal point for the US Government. The continuing support of Operation Enduring Freedom as well as the ongoing relief efforts to rebuild after Hurricane Katrina has put a significant strain on all resources. As a result, the President issued a directive that all government agencies will make every possible effort to conserve construction materials, supplies, and especially energy in the form of fuel, water and electricity. The restrictions of this directive are reaching even as far as here on Diego Garcia.

Commander Naval Forces Japan has made drastic cuts across the board to all Far East commands' utilities budgets. Here on DG, we have to cut nearly \$1 million from our utilities budget this year alone, followed by 2% cuts for the next 15 years. These cuts have made one thing certain: Energy conservation can no longer be a voluntary activity — We must conserve energy.

That is the bad news. The good news is that there are many initiatives underway to cut costs. Public Works, working with DG21, has begun the installation of Light-Emitting-Diode (LED) lights throughout the base; these lights use a fraction of the power used by standard lighting and last two to three times as long. We are also installing programmable thermostats in all of the BQ rooms to ensure rooms are at the Navy standard of 76 degrees Fahrenheit. You will also see projects in the next few months to remove or replace some of the high-energy flood lamps throughout the base, along with the installation of photocells at various locations to make sure exterior lights are not on during the day. In addition to these projects, we have restarted the Building Energy Monitor Program. Every facility, whether it is a BQ, office space, workshop, etc., now has a Building Energy Monitor responsible for policing energy usage, report violations, and recommending projects to improve conservation.

Despite all of these efforts, we still need your help. For the program to succeed, we have to have total support from all personnel. Here are some of the things you can do to help:

**AIR CONDITIONING:** Air conditioning accounts for nearly half of our energy costs on the island. Here are some tips to help conserve A/C:

- Keep your doors and windows closed in air-conditioned spaces. When you leave doors and windows open, this puts a lot of strain on the air conditioning system while burning significantly more

energy. Moreover, by leaving doors and windows open, you run the risk of causing mold growth due to the temperature and humidity difference between the inside and outside air. This mold growth can cause significant respiratory illnesses and allergic reactions. If you want to listen to your radio while outside, please purchase a battery-operated radio from the Ship's Store.

- If you see doors or windows that are broken and not closing properly, call it in to the service desk at 112. Malfunctioning doors and windows prevent efficient air conditioning.
- If your air conditioner runs too hot or too cold, **CALL THE SERVICE DESK**. The number is 112. Do not rely on opening windows or doors to correct temperature problems; this only makes matters worse.
- Turn off lights in unoccupied spaces. If the area is a common room (such as a laundry room or lounge), it should have a motion sensor installed. E-mail Lt. Gates at Public Works [gatesjb@dg.navy.mil](mailto:gatesjb@dg.navy.mil) so that we can look at installing the photocell.

## TRANSPORTATION:

- Use the bus or your bike instead of taking vehicles whenever possible.

## ELECTRONICS:

- When not in your room, turn off your computers, stereos, game systems, fans, and other electronic devices. There is no need to have these appliances on if you are not using them.
- When in your workspace, turn off lights and computers at the end of the day. Also, remember to turn off your lights when you leave for lunch or breaks.

These steps are just a few of the easy ways you can help Diego Garcia conserve energy. Remember, if we do not adopt these simpler policies to save energy and if we do not meet our targets for conservation, we will have to start taking tougher steps to reach our required levels. These steps could be as severe as shutting off power to BQs during the day, making significant cuts to the base vehicle pools, and other strict measures that could have major impacts on quality of life.

However, we have many opportunities now to prevent the situation from getting that dire. Please review the measures listed above and help us to promote a conservation-minded attitude throughout the island.

**10LBS BACK PACK RUN**

Event held February 22.  
(time in mm:ss)

**Top 10 Finishers**

Jon Schleyer (BIOT) 20:16

Mike McHugh (AMC) 20:19

Arlen Hammock (AFSPC) 21:33

Josh Caldon (EBS) 22:04

Carlos Colon (40 AEG) 22:57

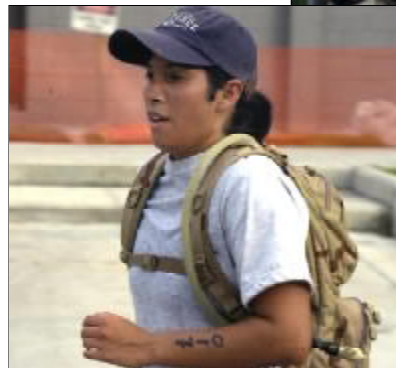
Nikita Belikov (40ECF) 24:06

Ray Jones (AMC) 24:40

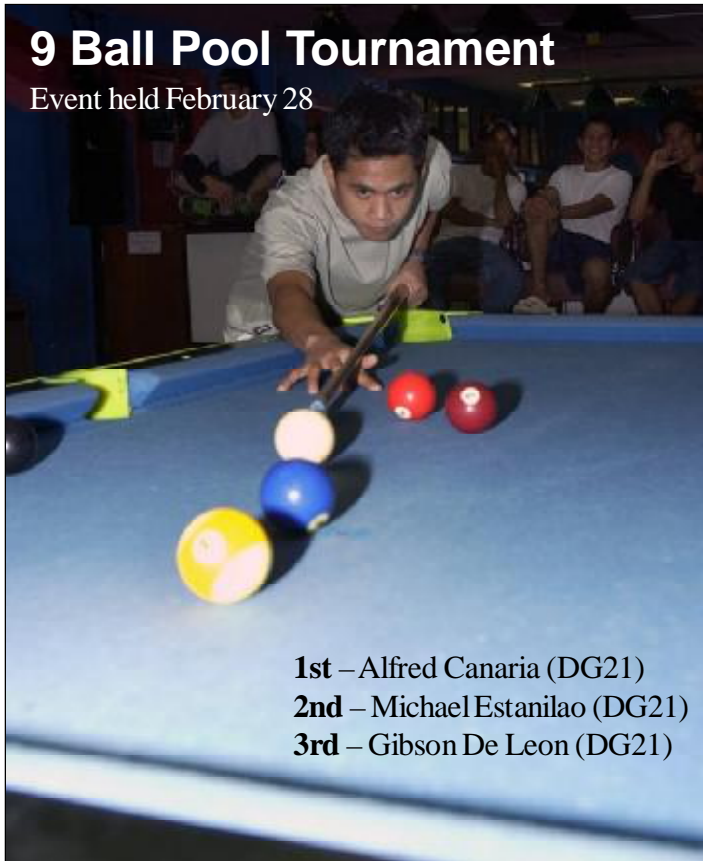
Jojo Eugenio (DG21) 24:45

Lucas Karnes (28EARS) 24:46

Adam Craft (28 EARS) 24:50

**9 Ball Pool Tournament**

Event held February 28



**1st** – Alfred Canaria (DG21)  
**2nd** – Michael Estanilao (DG21)  
**3rd** – Gibson De Leon (DG21)



## Chess Tournament

Event Held March 1

1st – Neonito Sodusta (CAPE DECISION)

2nd – Don Chapman (40 ECEF)

3rd – Rudy Rosales (DG21)



## 3 on 3 Basketball Tournament -- Tournament held February 25



1st – The Crew



2nd - Go Live 06



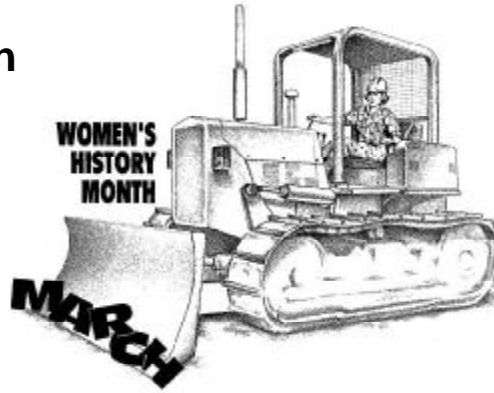
3rd - Dem Boyz

## Observance of Women's History Month

NAVADMIN 043/2006

March 2006 marks the 19th annual observance of Women's History Month, a time when the Navy celebrates and recognizes the many contributions women have made to our Navy and nation. This year's theme: "Women, Builders of Communities and Dreams," honors the spirit of possibility and hope embodied by generations of women who bring communities together and restore hope in the face of great challenges.

This spirit is personified by the women pioneers who broke ground by being the "first" in their communities and set standards of excellence for all to follow. Starting with the establishment of the Nurse Corps in 1908, women have been an integral part of the Navy and exhibited an



ever-increasing influence and impact. Following in the footsteps of pioneers such as Radioman Dixie Kuhn, the first enlisted woman selected for the seaman to admiral program; Cmdr. Elizabeth Barrett, first woman to hold command in a combat zone in Vietnam; Cmdr. Rosemary Mariner, first woman to command an aviation squadron; and Lt. Marissa McClure, first

woman to command a coastal patrol craft in 2005; women continue to demonstrate their ability to meet new challenges and assume greater roles in the Navy of tomorrow. Among the many examples of women in the Navy today is Surface Warfare Officer Lt. Kim Holdcroft, gas turbine assessor with Afloat Training Group Pacific in San Diego. She explains, "It is the spirit and hard work of Navy women in years past which allows for the opportunities we have today. Although we have come a long way in a short time, the work of every woman contributes to a stronger future for women in the Navy."

Today, there are over 54,000 service women in the United States Navy: over 8,000 women officers, 2,500 women chief petty officers and 43,500 women enlisted members serving throughout the fleet. They are critical to the success in the war against terrorism.

## Establishment of Navy Nurse Corps, Public Law No. 115, May 13, 1908 Public Law No. 115, H.R. 20471, May 13, 1908

**CHAP. 166.**-An Act Making appropriations for the naval service for the fiscal year ending June thirtieth, nineteen hundred and nine, and for other purposes...

[Note: The following is an extract from the section on the Bureau of Medicine and Surgery, providing the full text of the portion relating to women.]

The Nurse Corps (female) of the United States Navy is hereby established, and shall consist of one superintendent, to be appointed by the Secretary of the Navy, who shall be a graduate of a hospital training school having a course of instruction of not less than two years, whose term of office may be terminated at his discretion, and of as many chief nurses, nurses, and reserve nurses as may be needed: *Provided*, That all nurses in the Nurse Corps shall be appointed or removed by the Surgeon-General, with the approval of the Secretary of the Navy, and that they shall be graduates of hospital training schools having a course of instruction not less than two years. The appointment of superintendent, chief nurses, nurses, and reserve nurses shall

be subject to an examination as to their professional, moral, mental, and physical fitness, and that they shall be eligible for duty at naval hospitals and on board of hospital and ambulance ships and for such special duty as may be deemed necessary by the Surgeon-General of the Navy. Reserve nurses may be assigned to active duty when the necessities of the service demand, and when on such duty shall receive the pay and allowances of nurses: *Provided*, That they shall receive

no compensation except when on active duty. The superintendent, chief nurses, and nurses shall respectively receive the same pay, allowances, emoluments, and privileges as are now or may hereafter be provided by or in pursuance of law for the nurse corps (female) of the Army. *Source: The Statutes at Large of the United States of America from December, 1907, to March, 1909. vol. 35, pt.1 Washington: Government Printing Office, 1909. pp.127 and 146.*

RATE	Monthly Base Pay—Clear	Food Allowance	Quarters Allowance	Total Monthly Income
Apprentice Seaman	\$50.00	\$4.00	\$37.50	\$141.50
Seaman Second Class	54.00	54.00	37.50	145.50
Seaman First Class	64.00	34.00	37.50	135.50
Petty Officers	74.00 120.00	34.00	37.50	165.50 217.50

(Unless lead and quarters are provided by Navy)  
PLUS \$200 for clothing, the best medical and dental care, special tax exemption, low-cost Government life insurance, and free mail, reduced rates on transportation, theater tickets, etc.

## What Pay Does a Navy WAVE Get? (Source: Naval Historical Center)

In 1944, the Navy printed 101,000 car cards, 45,000 window cards, and 40,000 posters that used this design. Although the Navy initially gave women lower rank and pay than men,

it discontinued this practice in October 1943, awarding women equal pay and rank. This created a huge incentive for women to enlist, especially when, on average, a woman with the same credentials as a man was paid less for performing the same job.

## Forward Deployed ARG Delivers Humanitarian Assistance

*From Task Force 76 Public Affairs*  
LEYTE, Republic of Philippines (Navy News Service) — Sailors and Marines from the Forward Deployed Amphibious Ready Group (ARG) with elements of the 31st Marine Expeditionary Unit (MEU), Joint Task Force (JTF) Balikatan and USS Curtis Wilbur (DDG 54) joined with the Armed Forces of the Philippines (AFP) and a consortium of multinational relief organizations to begin delivery of supplies to the devastated area of Southern Leyte Feb. 19.

The Philippine island fell victim to a wide-sweeping mudslide Feb. 17. ARG and AFP forces have combined forces to provide humanitarian assistance and disaster relief to the victims.

The initial delivery contained five generators, 10 light sets on tripods, 100 shovels, 2,100 five-gallon water cans, 900 1.5-gallon water cans, 400 four-quart kettles, 2,000 blankets, Meals, Ready to Eat (MRE) and bottled water, according to relief officials.

Additional relief supplies will head into Tacloban for further distribution into the disaster area, including a pallet of water, a pallet of MREs, a pallet of shovels and miscellaneous supplies, five generators and a reverse-osmosis water purification system capable of purifying 800 gallons per hour, officials said.

“In a short time, the Sailors and Marines of the Forward Deployed ARG and 31st MEU have been able to make a tremendous impact,” said Capt. Mark E. Donahue, commodore, Amphibious Squadron 11, the Task Group commander of the Forward Deployed ARG. “We will continue to bring supplies ashore and do what we can to help the victims of this tragedy.”

Survivors of the mudslide have been directed to the nearby town of



*Saint Bernard, Republic of the Philippines (Feb. 19, 2006) - A CH-46E Sea Knight from the Flying Tigers of Marine Medium Helicopter Squadron 262 (HMM-262) makes an aerial assessment of the deadly Feb. 17 landslide during over-flight of the area. HMM-262 is embarked aboard the amphibious assault ship USS Essex (LHD 2). Essex along with the dock landing ship USS Harpers Ferry (LSD 49) are on station off the Philippine coast rendering relief and assistance to the victims of the landslide. Both are part of the Forward Deployed Amphibious Ready Group, the Navy's only forward-deployed amphibious force, homeported in Sasebo, Japan. U.S. Navy Photo by Photographer's Mate 1st Class Michael D. Kennedy*

Saint Bernard, which has become the staging center for U.S. aid deliveries. Numerous sorties by CH-46E Sea Knight helicopter from Marine Medium Helicopter Squadron (HMM) 262, “Flying Tigers” have been launched into Saint Bernard from USS Essex (LHD 2) and USS Harpers Ferry (LSD 49).

U.S. Marines immediately plunged into the relief effort, taking up shovels and working shoulder to shoulder with Filipino Marines and rescuers from Malaysia and Taiwan. About 200 are involved in the efforts and it is estimated that another 300 will be deployed to the area in the next few days.

Essex, USS Juneau (LPD 10), Harpers Ferry, Curtis Wilbur and 31st MEU arrived in Subic Bay Feb. 17 for the bilateral exercise Balikatan 06, but

were immediately called to assist in the relief efforts in Leyte. The exercise comes from a Filipino word meaning “shoulder to shoulder,” a theme that has become a visible reality as Filipino soldiers and U.S. forces work together in the search for and the immediate care of survivors.

“The work here will be an ongoing process, and we will use all of our assets to do all that we humanly can,” said Donahue. “We are ‘shoulder to shoulder’ in this and our hearts and minds are united in this effort.”

The Forward Deployed ARG is part of Task Force 76, the Navy’s only forward-deployed amphibious force, which is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.

# Seabee Ball Fun



Photo by Neng Dumlao, DG-21 Photo Lab

Photos by Niño Quijano, DG21 Photo Lab





## 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](http://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](mailto:bainj@nhyoko.med.navy.mil) or 370-4206.

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

*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-

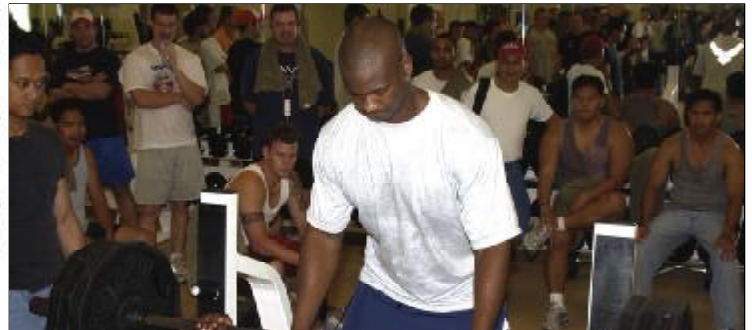


**LEAGUE STANDING SHEET**  
Results for Week No. 6 of 23 02/25/2006  
**DIEGO GARCIA MIXED LEAGUE 2006 - SEASON 3**

Pos	Tm#	Team	-----Handicap-----						
			Won	Lost	Pct	TotPins	Ave	Gm	Ser
1	14	P.A.T.	40.0	8.0	83.3	12712	706	762	2178
2	7	HARBOR OOPS	36.0	12.0	75.0	12591	699	782	2258
3	18	COOL RAVEN	34.0	14.0	70.8	12839	713	826	2237
4	4	PORT OPS SHERIFFS	32.0	16.0	66.7	12198	677	761	2065
5	5	DET WON	30.0	18.0	62.5	12338	685	738	2139
6	16	RULES OF ENGAGEMENT	30.0	18.0	62.5	11828	657	764	2191
7	15	USS CENTER	29.0	19.0	60.4	12368	687	758	2094
8	12	GUTTER DUSTERS	28.0	20.0	58.3	12096	672	722	2105
9	11	SPACE BALLS	26.0	22.0	54.2	12406	689	783	2178
10	1	SCRUBS	26.0	22.0	54.2	11995	666	751	2099
11	21	LUCKY STRIKES	25.0	23.0	52.1	11906	661	719	2057
12	10	STEW BURNERS	24.0	24.0	50.0	12572	698	781	2286
13	17	UNFORGIVEN	24.0	24.0	50.0	12077	670	756	2096
14	13	OCEA 1	22.0	26.0	45.8	12527	695	771	2174
15	8	TURTLES	22.0	26.0	45.8	11791	655	735	2093
16	20	PSN	20.0	28.0	41.7	9507	633	741	2118
17	6	C&W ALL STARS	18.0	30.0	37.5	12134	674	736	2099
18	22	OCEA 3	16.0	32.0	33.3	12059	669	765	2152
19	9	SOCKS MANDATORY	16.0	32.0	33.3	11747	652	726	2055
20	2	THE OLDIES	16.0	32.0	33.3	7886	657	695	2015
21	19	THE YOUNGBUCKS	12.0	36.0	25.0	9674	644	732	2053
22	3	GHOST ONE	0.0	24.0	0.0				

----- Year To Date High Scores -----

High Scr Game-Men	Score	High Scr Series-Men	Score
Bill Montgomery	221	Bill Montgomery	608
Mitchell Gibson	219	Lou Tremblay 3820	606
Rex Rojo	214	Rex Rojo	567
Jess Morales	214		
High Scr Game-Women	Score	High Scr Series-Women	Score
Lydia Domingo	183	Emy Alquizar	472
Rhonda Frasure	172	Un Hui Choe	429
Emy Alquizar	170	Rhonda Frasure	417
High Ind. Ave.-Men	Average	High Ind. Ave.-Women	Average
Bill Montgomery	183.33	Emy Alquizar	157.33
Ernie Casela	180.00	Loida Huertas	136.33
Rex Rojo	178.50	Un Hui Choe	135.17



## Bench Press Competition

Event held February 23.

### Female Middleweight

- 1st - Linda Varnell (MSC)
- 2nd - Ellen Serra (20 EBS)
- 3rd - Shannon Murray (BHC)

### Male Lightweight

- 1st - Arnold Sarmiento (DG21)
- 2nd - Jerome Ragadio (BHC)
- 3rd - Matt Warth (40 ECEF)

### Male Middleweight

- 1st - Justin Demers (40 EOSS)
- 2nd - Tim Pierce (20 EBS)

### Male Heavyweight

- 1st - Sina Ekundayo (MPS 2)
- 2nd - John Cartwright (AMMO)
- 3rd - Mark Leader (BIOT)

