

Tropical Times

Serving the Footprint of Freedom



Volume 16, Number 14

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

April 7, 2006



A Message from the Commanding Officer

Ladies and gentlemen of the Island team,

It's great to be back on the Island after being away for a few days working on the BOSC source selection process in Hawaii. I want to thank all involved for their time and effort to help ensure the Island will be in good hands for years to come.

As you all are aware, we have had to close the MWR funded internet stations at the Liberty Center, the Library and Hometown Connection. We worked hard to try and negotiate a fair and reasonable price for continued service with Cable and Wireless; however, we were unable reach an agreement. That said, we are currently working a number of options to bring service back to the Island at the earliest opportunity. In the interim, you can still utilize your workstation computers within the set guidelines for government computer usage, and we are opening a dedicated electronic learning center for active duty military members. It is located across from the former hometown connection space, and will be available from 0700-2300 daily beginning tomorrow morning (April 8). Again, I apologize for the inconvenience and we will keep you posted on our progress to rectify this problem.



We are still in a holding pattern for water sports and fishing. This is an issue that everyone wants to see resolved. The restrictions are in place for your safety and we hope to have the results back from our tests within 24 hours. I promise to lift the ban as quickly as possible and allow everyone to enjoy all available activities in a safe environment. Thanks for your patience.

Jake's Place is moving along for a June completion according to the Seabees. The deck is taking shape, as well as the supports for the roof. It is their goal to get it done before the detachment departs the island. Jake's Place will be awesome, and takes advantage of some of the best real estate on the Island!

Last but not least, I want to thank everyone who supported the Chagossian visit this week. This was a combined effort between the British Forces on Island, DG-21, NSF personnel and our tenants. I want to convey a special thanks to the 40th AEG and MSC for the tremendous effort to make this an unobtrusive and seamless evolution. Great job everyone!!

Have a fun and safe weekend. Hope to see you at the Tip to Tip Bike Ride.

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

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Ensign Caster

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INFORMATION HIGHWAY

Diego Garcia Gospel Choir

DGGC Debut Sunday!!!

"On One Accord"

April 23 at 1:30 p.m.

The Chapel in the Palms Downtown

with Guest Speaker:

Air Force Chaplain Clyde Dyson

Navy Ball Coins

If you attended the Navy Ball in October, stop by Lt. Bain's office in the Branch Health Clinic to pick up the commemorative Navy Ball coin.

Last Week for Tax Center

The Tax Center in the Legal Office will remain open until Friday, April 14 on a walk-in basis.

Get your Tax Statement (W-2) online at <https://mypay.dfas.mil/mypay.aspx>

Alcohol Self-assessment a Valuable Exercise

Sometimes it is difficult for those who are suffering from an alcohol or personal problem to verbalize what is going on. This may be particularly difficult if dealing with the compounding stress of deployment or isolation. During this stressful situation is where a screening tool is very helpful by creating a picture of how we are feeling and what kind of evaluation may be needed. It is not a diagnosis or a label and is totally anonymous.

The annual Alcohol and Mental Health self-assessment took place last Thursday,

April 6, and was a valuable exercise in identifying individual problems at an early stage. Research shows the effects of resolving mild problems and assessing the need for additional help before they occur. With that in mind, we must continue to be aware of any issues that may be affecting us or our jobs. It only takes a few minutes, to complete a self-assessment and find out where you stand. The National Alcohol Screening Day (NASD) sessions were a great success in allowing each of us insight into ourselves. I would like to thank everyone for your time and

effort in taking care of yourself this one day during the years making it a great achievement.

The Summary is available to you now at:

<http://www.mentalhealthscreening.org/downloads/reserved/military/index.aspx>

Please enter keyword "military" and password "screen" for access. If you are concerned about your alcohol use here on Diego Garcia, don't wait until it's too late. Contact FCC(SW) Keller at 370-3738 for a confidential consultation.

Energy Conservation Tips

From Lt. Gates

NSF Service Contract Manager

Eneract with Energy Facts:

- Contrary to popular belief, less energy is consumed when lights are turned on and off as you come and go than if a light is left on all the time. Use compact fluorescent light bulbs. They cost more than regular light bulbs (starting at \$5), but can use 75% less electricity, and last years longer. One compact fluorescent bulb can save you three times its cost in electricity.
- Turn your lights off when you leave your work center for an extended period of time.

- When your computer sleeps ("standby") the computer uses 1-6 watts, while the monitor uses next to nothing. A screensaver that shows any image on the screen doesn't save any energy at all — you save energy only if the monitor goes dark by going into standby mode. Of course, you can turn the monitor off at the switch too and then it uses zero watts.
- Laptop computers use about 15-45 watts.
- Cut loads of energy while doing the laundry. It's easy to cut your energy costs for laundry. About 80%-85% of the energy used for

washing clothes is used to heat the water. You can reduce this cost by using less water by washing full loads and using cooler water and cold-water detergents - switching the temperature setting from hot to warm cuts a load's energy use in half. You can reduce drying costs as well — clean the lint filter after every load to improve air circulation, and don't over-dry clothes. Use the cool-down cycle to allow clothes to finish drying with residual heat.

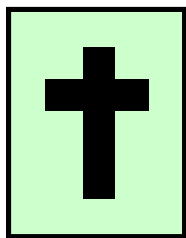
A special thanks to Chief Master Sergeant Gooch of the 40th ECEF/CEO for his help with energy conservation.

GALLEY MENU April 8 - 14

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	Split Pea Soup Turkey Chili Macaroni Grilled Pork Steak	Cream of Potato Soup Oriental Pepper Steak Grilled Reuben Sandwich		Pepper Pot Soup Scalloped Ham & Potatoes Hot & Spicy Chicken Wings	<i>"Mexican Night"</i> Mexican Onion Corn Soup Beef & Bean Tostadas Pork Chop Mexicana
Sunday	<i>"Brunch"</i> Chicken Rice Soup Minute Steak Cannonball Sandwich	Knickerbocker Soup Chopstick Tuna Hot & Spicy Chicken	Thursday	Chicken Rice Soup Beef Sukiyaki Honey Glazed Chicken Breast	Fish Chowder Swedish Meatballs Grilled Polish Sausage
Monday	Cream of Broccoli Soup Enchiladas Lemon Baked Fish	Zesty Bean Soup Swiss Steak Pork Chop Suey	Friday	Carrot Soup Ginger Pot Roast Blackened Fish	Egg Drop Soup Turkey Pot Pie Grilled Reuben Sandwich
Tuesday	Corn Chowder Chinese Stir Fry Potato Bar	Split Pea Soup Chipper Fish Turkey Fingers	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.		

Goals

Father Shuley
NSF Chapel of Faith



In our military life as well as our spiritual life, it is important to have goals. We can only develop a plan for personal and professional excellence if we know what we are

trying to accomplish.

The goals we have need not be lofty or difficult to achieve. At the same time they need to energize and empower us to seek the results we strive for.

It is hard to know the way if we don't know where we want to go. And you may ask "How do I know what I want to do? I'm only 19 years old!"

That's why it's good to have intermediate goals as well as long range goals. We don't always know the way, even when you're as old as me!

But if we set out on course at a certain speed and certain heading, we can adjust or correct along the way.

In other words, goals give us guidance

and direction, so we do not travel aimlessly. But they are not meant to restrict us or prevent us from growing.

It never hurts, even in your 20s, to ask "Where do I want to be a year from now?" Also it's good to ask yourself where you want to be 5, 10, 20 or 25 years from now.

Trust me, the time passes by much more quickly than you could ever imagine.

The Almighty has plans for each of us, but also gives us the opportunity to respond freely or not. That is why having goals can help us in our spiritual life.

Each person is unique and special, and so each person's goals should be personal and particular.

One person may want to go to college, another may want to remain in the service for 20 or 30 years, someone else may want to train for a particular competition, and so forth.

My intermediate goals change every time I go to a new assignment, every time I take on a new task, and every time I accept a new challenge.

However, my long range goals remain the same. To do the best I can, to be the best I can, and to help to make a difference in the world, in the military and

in my ministry.

May you be successful in the pursuit of your goals, and may our Lord assist you in the process.

Easter Season Services (Catholic Faith)

Penance Service

Seabreeze Chapel

April 11 at 7 p.m.

(Fr. Keith J. Shuley &
Fr. Manheim L. Abellana)

Holy Thursday Mass

Chapel in the Palms

April 13 at 7 p.m.

Good Friday

Chapel in the Palms

April 14

Stations of the Cross at 6 p.m.

Good Friday Service with Communion
at 7 p.m.

Easter Vigil Mass

Chapel in the Palms

April 15 at 8:15 p.m.

Blessing of Fire & Water

Extended Scripture Readings & Prayers

Easter Mass

Chapel in the Palms

April 16 at 8 a.m.

Diego Garcia Island Church Services

The Chapel in the Palms 370-4601

ROMAN CATHOLIC

Confession/Rosary/Novena

Saturday 7 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 Rehearsal

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

9:30 a.m.

Contemporary Protestant Worship

Sunday 10:30 a.m.

Gospel Service

Sunday 1:30 p.m.

Bible Study

Tuesday 7 p.m.

Bible Study

Wednesday 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.

Fellowship Time

Sunday 10 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Sunday Worship

1 p.m.

Hindu Temple

Seabreeze Village

Fellowship Service

Thursday 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Daily Rosary

5:45 p.m.

Theological Formation

Weekdays 7 p.m.

Sacred Heart of Jesus Chapel 370-2956

Evening Mass

Weekdays 6 p.m.

Saturday Mass

5:30 a.m. and 7 p.m.

Sunday Mass

8 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 the Port Operations and NMCB 4. Bravo Zulu and keep up the great work!

Port Operations



Name: HT2 Jeffrey C. Long
Hometown: Woodson, Texas
Job Title: Quality Assurance Evaluator
Time in Service: 3 Years 8 Months
Time on Island: 7 Months

What I like about my job: "I enjoy being a part of a team that is second to none. Taking part in operations such as LCM runs, crew boat runs, providing ship support services and all other harbor activities in support of the MSC Prepositioned ships, U.S. and our allied forces has been exciting and a fulfilling job."

NMCB 4



Name: BUCA Casey West
Hometown: Toledo, Ohio
Job Title: Construction Crewmember
Time in Service: 1 Year
Time on Island: 4 Months

What I like about my job: "I like working with concrete because it takes skill to make a nice finish. As for Diego Garcia, I like the softball league and the beach."

Antiterrorism: Air Travel Security (Part 1 of 2)

By MA1(SW) Sanders
NSF Security Department

Air travel in high-risk areas requires simple precautions to reduce the hazards of a terrorist assault. Plan for Air Travel Security.

- Get a threat briefing from your security officer, antiterrorism training officer, or force protection officer prior to traveling in a high-risk area. Your force protection officer will know which areas DOD considers a high-risk area.
- Before traveling, consult the DoD Foreign Clearance Guide to ensure you know and meet all requirements for travel to a particular country.
- Use military air or US flag carriers.
- Avoid scheduling through high-risk areas. If needed, use foreign flag airlines and/or indirect routings to avoid high-risk airports.
- Don't use rank or military address on tickets, travel documents, or hotel reservations.
- Window seats offer more protection since aisle seats are closer to movements up and down the aisle.
- Mid-cabin seats offer more protection since they are farther from hostile action near the cockpit and at the rear of the cabin.
- Seats at an emergency exit may provide an opportunity to escape.
- Use government quarters or contracted hotels if available.
- Don't discuss your military affiliation with anyone.
- Have proper, civilian identification to show airline and immigration officials.
- Use of a tourist passport, if you have one with necessary visas and if the country you are visiting allows it.
- If you use a tourist passport, place your official passport, military ID, travel orders, and related documents in your checked luggage, not in your wallet or briefcase.
- If you must carry these documents on your person, select a hiding place onboard the aircraft to "ditch" them in case of a hijacking.
- Don't carry classified documents unless they are mission-essential.

Luggage

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

Clothing

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

Ship's Store Corner

JUST ARRIVED
IPOD ACCESSORIES
TIMEX WATCHES

A FULL SELECTION OF IPODS HAVE
ARRIVED AND WILL BE AVAILABLE
THIS EVENING

GOLD AND SILVER LOVERS
SINGAPORE JEWELERS ARE
SCHEDULED TO BE ON ISLAND FROM
APRIL 8 - 28

SALE ITEMS:
UNSWEETENED TEA
SONY ACCESSORY BATTERY
BLUEBERRY POPTARTS
SNACK HAPI CHILI BITS
BLACK CHERRY GELATIN

SHOPPING CARTS

Customers are authorized to use carts to transport groceries from the Ship's Store to place of residence. We would greatly appreciate that you return them to the store.

Ship's Store Gift Certificates are now available. They are offered in \$10 increments and are available at the customer service counter.

Entertainment this Week

MWR Presents:

“DJ Jean Marc (R&B)”

Friday, April 7, Island Room, 8 p.m. - 1 a.m.

“Feedback Band”

Saturday, April 8, Camp Justice, 8 p.m. - 12:45 a.m.

“DJ Jean Marc (Variety)”

Saturday, April 8, Island Room, 8 p.m. - 1 a.m.

MWR events this Week

Saturday, April 8

Tip to Tip Bike Ride

Marina

Showtime: 8 a.m.

Saturday, April 8

Sailing Class

Marina

9 a.m.

Sunday, April 9

Sailing Class

Marina

9 a.m.

Wednesday, April 12

Full Moon Platoon

Fitness Center

8 p.m.

Thursday, April 13

Powerboat Class

Marina

4:30 p.m.

Friday, April 14

Powerboat Class

Marina

4:30 p.m.

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

Main Outdoor Theater

Friday at 8 p.m. -	Kiss Kiss, Bang Bang
Friday at 10 p.m. -	Gone in 60 Seconds
Saturday at 8 p.m. -	Gone in 60 Seconds
Saturday at 10 p.m. -	Fun with Dick & Jane
Sunday at 8 p.m. -	Fun with Dick & Jane
Monday at 8 p.m. -	Just Like Heaven
Tuesday at 8 p.m. -	Check MOT Marquee
Wednesday at 8 p.m. -	Check MOT Marquee
Thursday at 8 p.m. -	The Waterboy

Officers Club

Tuesday at 7:30 p.m. -	Shopgirl
Thursday at 7:30 p.m. -	Just Like Heaven

CPO Club

Saturday at 7 p.m. -	Stealth
Saturday at 9 p.m. -	Four Brothers
Tuesday at 7:30 p.m. -	The Waterboy
Wednesday at 7:30 p.m. -	Jarhead
Thursday at 7:30 p.m. -	Shopgirl

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. -	Hustle and Flow
Saturday at 7 p.m. -	Dark Water
Sunday at 7 p.m. -	Fun with Dick & Jane
Monday at 7 p.m. -	X-Men
Tuesday at 7 p.m. -	Herbie: Fully Loaded
Wednesday at 7 p.m. -	The Waterboy
Thursday at 7 p.m. -	

NBA

Saturday, April 8

Mavericks at Spurs (Live) 6 a.m. AFN SPORTS
Lakers at Suns (Live) 8:30 a.m. AFN SPORTS

Sunday, April 9

Heat at Wizards (Tape) 1 p.m. AFN SPORTS

Tuesday, April 11

Wizards at 76ers (Tape) 6 p.m. AFN SPORTS

Wednesday, April 12

Suns at Kings (Live) 8 a.m. AFN SPORTS

Thursday, April 13

Cavaliers at Pistons (Live) 6 a.m. AFN SPORTS
Wizards at Bucks (Tape) 5 p.m. AFN SPORTS

Friday, April 14

Knicks at Cavaliers, (Live) 6:15 a.m. AFN SPORTS



Various Sports

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

NASCAR (April 11)

Nextel Cup Series: Samsung/RadioShack 500, (Tape) Tuesday, 1 p.m. AFN SPORTS

MLB (April 8 & 12)

Dodgers at Phillies, (Live) Saturday, 5 a.m. AFN PACIFIC
Rockies at Padres, (Live) Sunday, 8 a.m. AFN SPORTS
Cardinals at Cubs, (Live) Monday, 6 a.m. AFN SPORTS
Brewers at Cardinals, (Live) Tuesday, 2 a.m. AFN SPORTS
Phillies at Braves, (Live) Tuesday, 5 a.m. AFN SPORTS
Royals at Yankees, (Live) Tuesday, 11 p.m. AFN SPORTS
Rockies at Diamondbacks, (Tape) Wednesday, 6 p.m. AFN SPORTS
Teams TDB, (Live) Wednesday, 11 p.m. AFN SPORTS

NHL (April 12)

Penguins at Flyers, (Live) Wednesday, 5 a.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 Grip firmly
6 Corleone's creator
10 Vein
14 Drying frame
15 Portent
16 Angelic symbol
17 Start fighting
18 Onlooker
20 One out?
22 Canned fish
23 Man of brass?
25 Pop singer Richie
26 Ship's officer
28 Radiant
30 ___ Arbor

31 Entrench oneself
33 Good judgment
37 Bonds
39 Israeli seaport
41 Carpe ___
42 Pens and needles
44 One of the electorate
46 Hawaiian adornment
47 Mideast prince
49 Sublet
51 Professional
54 Checked out the Web
56 Oklahoma Indian
58 Poor people
61 Muses

63 Lively old dance
64 Ancient Greek coin
65 Ceremonial dress
66 Lauder of cosmetics
67 Numerous
68 Liability
69 Old Wells Fargo
transport

Down

1 Lawsuit
2 Tall tales
3 Best Actor of 1974
4 Silver and gold
5 Supported
6 Puzzle

7 Strike caller
8 Zorro's marks
9 At home, but available
10 Tailed
11 Dine at home
12 Solitary
13 Edible mushroom
19 Threesomes
21 Unearthly
24 Sartorial specialists
26 Shows of support
27 Module
29 Pesky insect
32 Hand over
34 It's north of Cairo
35 Observed

36 Give off
38 In a languid manner
40 ___ firma
43 "In other words ..."
45 Safe places
48 Adenauer's
successor
50 Meal
51 Pool shot
52 Island off Venezuela
53 Novarro of silents
55 Not happy
57 Siouan Indian
59 Film director Nicolas
60 WWI German admiral
62 Wane

CREDO

Personal Growth Retreat

2- 5 May 2006

(Tuesday afternoon through Friday)

On board USNS Phillips



We're getting underway!

Call 370-4601 Now and join the fun!

Seats are limited.

CREDO Retreat Underway in May

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 three week's 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 May 2 and go as a group to the USNS Phillips. On Wednesday morning (May 3), the

ship will get underway and take us past some of the other islands in the Chagos Archipelago. We will return on Friday, May 5.

While on board, we will participate in a personal growth retreat. The retreat sessions will be led by Chaplain O'Bannon and Lt. 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!

Last Words:



Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Flying Dutchman

One superstition has it that any mariner who sees the ghost ship called the Flying Dutchman will die within the day. The tale of the Flying Dutchman trying to round the Cape of Good Hope against strong winds and never succeeding, then trying to make Cape Horn and failing there too, has been the most famous of maritime ghost stories for more 300 years. The cursed spectral ship sailing back and forth on its endless voyage, its ancient white-hair crew crying for help while hauling at her sail, inspired Samuel Taylor Coleridge to write his classic "The Rime of the Ancient Mariner," to name but one famous literary work. The real Flying Dutchman is supposed to have set sail in 1660.



The Seabees of NMCB 4 are going strong with the Jake's Place project. Last week, the team poured concrete footers to support the facility's new deck. See page 12 for an update on the project.

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

April 8, 1925 - First planned night landings on a carrier, USS Langley, by VF-1.

April 9, 1941 - Commissioning of USS North Carolina, which carried 9 16-inch guns.

April 10, 1966 - River Patrol Boats of River Patrol Force commenced operations on inland waters of South Vietnam.

April 11, 1970 - Launch of Apollo 13, commanded by Capt. James A. Lovell, Jr., USN. Former naval aviator Fred W. Haise, Jr. was the Lunar Module Pilot. While 200,000 miles from Earth there was an explosion on board which forced Apollo 13 to circle the moon without landing. Mission



duration was 5 days, 22 hours, and 54 minutes. Recovery was by HS-4 helicopters from USS Iwo Jima (LPH-2).

April 12, 1981 - First launching of re-useable Space Shuttle Columbia (STS-1) with all Navy crew. Capt. John W. Young, USN (Ret.) commanded, while Lt. Cmdr. Robert L. Crippen, USN was the pilot. Mission duration was 2 days, 6 hours, and 20 minutes. Sixteen of the shuttle's heat-shielding silicon tiles were lost and 148

damaged during reentry.

April 13, 1861 - Fort Sumter surrenders to Confederate forces.

April 14, 1989 - First Navy ship arrives on scene to assist in Exxon Valdez oil spill cleanup.

Tide Report

April 8 - 14

	High	Low	High	Low
Saturday	11:51 a.m.	5:46 a.m.	-----	6:14 p.m.
Sunday	12:06 a.m.	6:16 a.m.	12:26 p.m.	6:35 p.m.
Monday	12:34 a.m.	6:38 a.m.	12:54 p.m.	6:54 p.m.
Tuesday	12:59 a.m.	7:01 a.m.	1:19 p.m.	7:16 p.m.
Wednesday	1:23 a.m.	7:27 a.m.	1:40 p.m.	7:42 p.m.
Thursday	1:46 a.m.	7:54 p.m.	2:00 p.m.	8:08 p.m.
Friday	2:10 a.m.	8:22 a.m.	2:23 p.m.	8:34 p.m.

Answers to Last Week's Crossword:

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

This Week's Ship: MV PVT Franklin J. Phillips

MV PVT Franklin J. Phillips is one of Military Sealift Command's seventeen Container & Roll-on/Roll-off Ships and is part of the 36 ships in the Prepositioning Program.

Length: 755 feet, 5 inches

Beam: 90 feet

Draft: 32 feet, 10 inches

Displacement: 44,088 long tons

Speed: 16.4 knots

Squadron: Maritime Prepositioning Ship Squadron TWO



Source: Military Sealift Command file photo

The President of the United States takes pride in presenting the MEDAL OF HONOR posthumously to

PRIVATE FRANKLIN J. PHILLIPS
UNITED STATES MARINE CORPS

For service as set forth in the following CITATION:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty from 20 June 1900 to 16 July 1900. Private Phillips served in the presence of the enemy at the Battle of Peking, China. Assisting in the erection of barricades during the action, he was killed by the heavy enemy fire. By his courageous actions, indomitable spirit, and complete dedication to duty, Private Phillips reflected great credit upon himself and upheld the highest traditions of the Marine Corps and the United States Naval Service. He gallantly gave his life for his country.

(signed) William McKinley

Sailors Invited To Give Opinion On Navy Life

By Sharon Anderson
Chief of Naval Personnel Public Affairs
WASHINGTON (Navy News Service) — The Chief of Naval Personnel is sending letters to 16,000 randomly selected Sailors inviting them to participate in the 2006 Quality of Life (QOL) Survey.

The survey is used to collect data on personal issues that matter most to Sailors - shipboard life, housing, standards of living, community support, health care, and Sailor preparedness concerns.

"The Quality of Life Survey plays an integral role in our efforts to ensure that we have the right programs and policies in place to support our Sailors and their

families," said Vice Adm. J. C. Harvey Jr., Chief of Naval Personnel. "I need feedback from the deckplates to let me know how I can serve our Sailors and their families better."

The survey is 30 percent shorter than the 2002 QOL survey, the last time the survey was taken, and for the first time is being conducted on the Internet. Sailors are asked to request assistance from their chain of command if they need help in getting Web access. To complete the entire survey should take about 20-30 minutes. Participation is entirely voluntary and confidential.

"Despite the many demands on our

schedules, I ask each Sailor to take the time to respond to this survey, providing me the feedback to evaluate and improve quality of life," said Harvey.

Results of the 2002 survey are posted on the Navy Knowledge On-line Web site, www.nko.navy.mil. (Using an NKO account, go to "organizations", click on "Chief of Naval Personnel." On the left side, click "Strategic Planning and Analysis," then in the center of the page, under "Surveys," scroll to the bottom and click "View Surveys." Under "Surveys" click on "Navy Quality of Life Survey.") The 2006 results will be posted after analysis is completed.

Jake's Place Renovations Moving Along at a Steady Pace

By YNSR Joseph Ramos
NMCB 4 Administrative Assistant

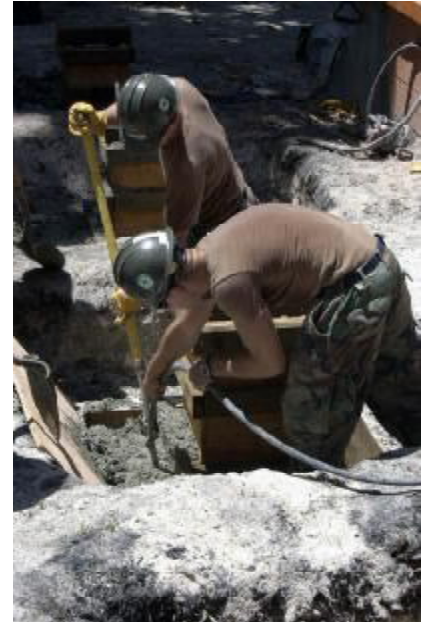
Nestled in the heart of Diego Garcia, surrounded by palm trees on either side with a magnificent view of the lagoon's crystal clear sparkling waters stands Jake's Place, formerly known as the Beach House. The morning sun begins its gentle claim against the backdrop of the horizon, slowly wrapping its rays around the footprint of freedom as the rumbling of construction equipment and the constant beat of pick axes pound the earth creating an almost harmonic tone.

This rhythmic tone invades the air as a new day arises for the NMCB 4 Seabees renovating Jake's Place. Against all the scenery stands the Project Supervisor/Crew Leader BU2(SCW) Isaac Recano who breaks the rhythm to inform his crew what is expected to be accomplished by the end of the day. He directs and guides his crewmembers with a keen understanding of his rate. As a true leader he learns new concepts, and adapts to the circumstances that are placed upon him as he explains, "Working on a project such as the Beach House renovation has its advantages, because it gives the crew and I a full spectrum of our rates from laying down tiles, to installing new A/C units and putting down footers which is something that I have never done before. It gives me the chance to learn something new while the younger crewmembers get their chance to tackle the aspects of their rates, providing an all around great experience of learning and understanding in our jobs."

The Beach House has been a part of Diego Garcia for many years undergoing little change since its conception, but has never been utilized to its true capability. "With the additions taking place within the Beach House, its true potential can be displayed in its full glory," states Mr. Ed Pinkens, MWR Deputy



Forms had to be designed and assembled by the Seabees.



Seabees pour footers to support the deck and roof.



After weeks of preparations, the concrete is poured into the fabricated forms for deck supports.

Director. "The property was just sitting inactive in the middle of the island; sure there were parties, but most were private. The facility was not being used to its full potential."

It was the vision of Mr. Dave Sullivan, MWR Director, to draw people to this site. He envisions the Beach House to be the place to go on Diego Garcia. "The place where people come together, eat good food, enjoy the beach and watch live bands perform," said Mr. Sullivan. "Just simply put — capture all the good qualities of Diego Garcia in a nutshell!" He adds, "Sort of like an island resort without the overnight stay."

Jake's Place is getting a much-needed facelift from the interior to the exterior, with the diligence and persistence of NMCB 4 Seabees. The Seabees were tasked with adding a 54 by 55-foot deck that wraps around the Beach House adding space for people to enjoy the scenery, and eat outside with food prepared in the new full-size restaurant-quality kitchen that is being built. The renovations also include a new 18 by 24-foot covered stage to protect the band from the elements. The metal roof will also extend over the new deck. The old kitchen area is being replaced with a new bar. The bathroom facilities are also getting a complete overhaul.

A new A/C unit is being installed to feed a gentle refreshing cool breeze to the bar and kitchen areas. The Seabee crew is also installing a water tank and jet pump to supply fresh, clean potable water to the bar and kitchen.

It's quite an assignment for the young group of mobile Seabees given the short time-frame they are on island. But when BU2(SCW) Recano was asked if he thinks the Seabees will be able to complete the project on time he stops causally, smiling modestly and replies, "Of course!" The project is slated to be finished by June 2.



LEAGUE STANDING SHEET

Results for Week No. 11 of 23 04/01/2006
DIEGO GARCIA MIXED LEAGUE 2006 - SEASON 3



Pos	Tm#	Team	Won	Lost	Pct	TotPins	-----Handicap-----		
							Ave	Gm	Ser
1	4	PORT OPS SHERIFFS	64.0	24.0	72.7	22589	684	774	2219
2	12	GUTTER DUSTERS	58.0	30.0	65.9	22992	696	789	2326
3	5	DET WON	58.0	30.0	65.9	22882	693	755	2223
4	16	RULES OF ENGAGEMENT	57.0	31.0	64.8	22318	676	803	2257
5	7	HARBOR OOPS	56.0	32.0	63.6	23183	702	821	2258
6	18	COOL RAVEN	56.0	32.0	63.6	22928	694	826	2237
7	14	P.A.T.	52.0	36.0	59.1	23175	702	762	2178
8	15	USS CENTER	51.0	37.0	58.0	22825	691	770	2253
9	11	SPACE BALLS	50.0	38.0	56.8	22685	687	783	2178
10	22	OCEA 3	48.0	40.0	54.5	22376	678	765	2192
11	21	LUCKY STRIKES	47.0	41.0	53.4	22206	672	757	2224
12	10	STEW BURNERS	45.0	43.0	51.1	22909	694	830	2286
13	17	UNFORGIVEN	44.0	44.0	50.0	22481	681	775	2271
14	13	OCEA 1	42.0	46.0	47.7	22623	685	771	2174
15	1	SCRUBS	42.0	46.0	47.7	22151	671	751	2106
16	8	TURTLES	42.0	46.0	47.7	21560	653	735	2093
17	6	C&W ALL STARS	40.0	48.0	45.5	22266	674	740	2158
18	20	PSN	34.0	54.0	38.6	19350	645	741	2118
19	9	SOCKS MANDATORY	30.0	58.0	34.1	21812	660	773	2163
20	2	THE OLDIES	30.0	58.0	34.1	15733	655	753	2070
21	19	THE YOUNGBUCKS	12.0	76.0	13.6	11480	637	732	2053
22	3	GHOST ONE	0.0	24.0	0.0				



Skeet Shoot Competition

(50 Targets)

Event held March 26.

Class A

1st – Sean Brock, Fuel Pol (47)

Class B

1st – Steve Hassstedt, AMC (43)

2nd – Dale Aki, PACAF (36)

3rd – Jonathan Buchanan, NSF (28)

Class C

1st – Orbie Butler, 28 EARS (35)

2nd – Daniel Smith, NMCB 4 (26)

3rd – Nikita Belikov, 40 ECF (21)

Beginners

1st – Blane Meadows, PWD (20)

2nd – David Harmon, Air Ops (18)

3rd – Richard Campbell, PWD (14)

2 Person Beach Volleyball Tournament

Event held April 2.

2nd - Ryan Monforte (DG21)

Jonathan Bañez

1st - Raf Ednave (DG21)

3rd - Chris Johnson (DG21)

Frank Asuncion

David Hastings (NSF)

The 108th Philippine Independence Day Committee (PIDC)

proudly presents...

"Kabayan Night - Hometown Night 3"

(A Musical-Variety Show)

Saturday, April 8

Filmau Club, Seabreeze Village

Cocktails – 7:30 p.m.

Program Commences – 8:30 p.m.

PIDC 2006 raffle drawing will be held during the show. Tickets are still on sale for \$1.00 each and will be sold at the gate throughout the program.

PIDC 2006 Raffle Prizes:
1st Prize – Sony Home Theater
2nd Prize – Sony 21" TV
3rd Prize – Diamondback Outlook Bike
 plus many more consolation prizes.

Formal presentation of the Bb. Pilipinas 2006 Candidates will be held during the program.

Open to all hands with or without tickets!

Captain's Cup



Captain's Cup Results

Tug O' War
1st – PWD
2nd – Air Ops
3rd – Security



Beach Volleyball
1st – Air Ops
2nd – Supply
3rd – Security



Izzy Dizzy
1st – Medical
2nd – Supply
3rd – Air Ops



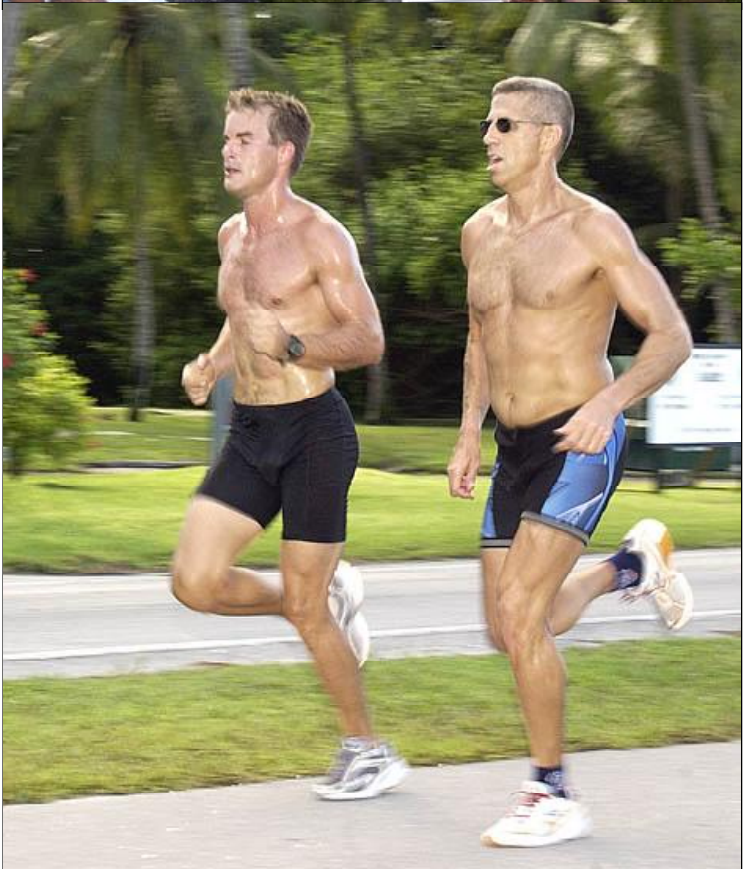
Water Relay
1st – Security
2nd – Air Ops
3rd – PWD



Dodgeball
1st – Medical
2nd – Security
3rd – Air Ops



Overall Standings
1st - Air Ops (38 points)
2nd - Security (32 points)
3rd - Medical (26 points)



Event held April 1.

(time in hh:mm:ss)

Women (29 & under)

1st - Andrea Jansen (40 AE) 1:01:22

Men (29 & under)

1st - Jon Schleyer (BIOT) 00:42:10

2nd - Josh Caldon (20 EBS) 00:57:44

3rd - Mike Estanislao (DG21) 00:58:20

Men (30 – 39)

1st - Russell Routon (PACAF) 00:53:34

2nd - Randy Nacanan (SJC) 00:53:45

3rd - Steve Hasstedt (AMC) 00:54:33

Men (40 – 49)

1st - Greg Bell (20 EBS) 00:42:10

2nd - Joe Dela Paz (DG21) 00:44:05

3rd - John Seeckts (NSF) 00:47:18

Men (50 & over)

1st - Rudy David (PSD) 00:57:15

Team

1st - Janet Bennett (PWD) 00:47:25

Pat Ligeralde

2nd - Raul Mangubat (PSD) 1:07:13

Victor Toribio (BHC)

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