

Tropical Times

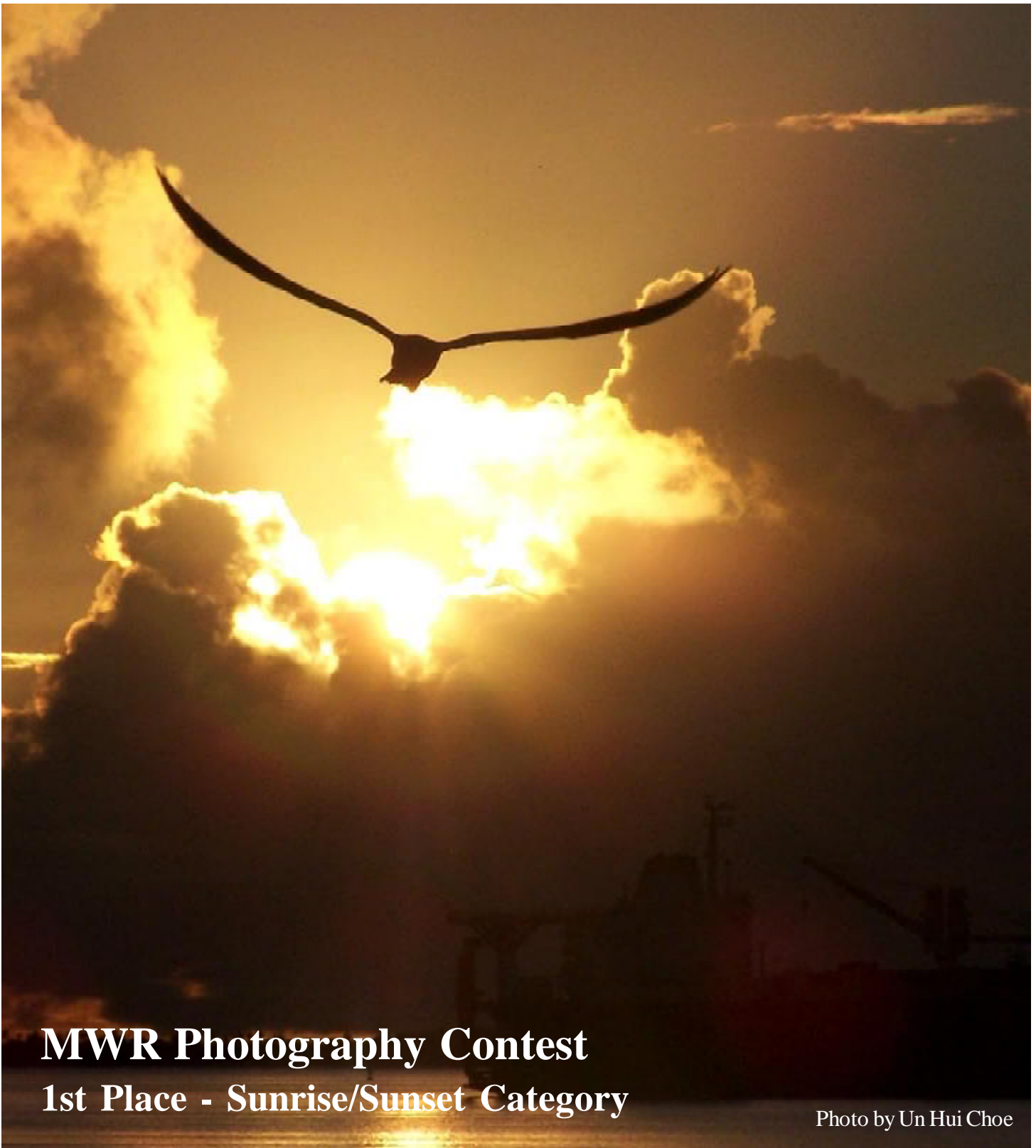
Serving the Footprint of Freedom



Volume 16, Number 17

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

April 28, 2006



MWR Photography Contest

1st Place - Sunrise/Sunset Category

Photo by Un Hui Choe

A Message from the Commanding Officer

Ladies and gentlemen of the Island Team,

First and foremost, I'd like to take this time to officially announce the Sailors of the Quarter for the First Quarter, Calendar Year 2006. The NSF Senior Sailor of the Quarter is AC1 Byron Sterling, Air Operations. Our Junior Sailor of the Quarter is ET2 Rishona Headon-Brown, Air Operations and MASA Rodney Elliot from Security wraps up the list as the Bluejacket of the Quarter.

Congratulations to these outstanding Sailors.

Thank you to everyone who participated in today's Beach Clean-up. Your efforts will make a lasting impression on the Island and ensure we maintain this important habitat for the many species of rare wildlife.

As another month comes to an end, I'm heading off island once again. I'll be briefing Commander, U.S. Naval Forces Japan and the other five base COs on the tremendous work you have all done here on Diego Garcia. Please know how proud I am of each and everyone on the Island team! Thank you and be safe.



Monday is May 1, and that marks the start of Asian Pacific American Heritage Month. Starting in 1979, the President proclaimed May as a national observance to commemorate the contributions and achievements of Asian Pacific Americans. This year's theme is "Dreams and Challenges for Asian Pacific Americans." Throughout the month, the Tropical Times will highlight various Asian Pacific Americans and their

contributions to the military and civilian sectors. Take time this month to thank a shipmate of Asian Pacific Heritage for their service to our country. On that note, I would like to personally thank the many wonderful and talented friends from the Philippine Islands for the support you provide for us here on Diego Garcia. You make the Island a better place – Thank you!

One final note: good luck to everyone participating in the Physical Readiness Test this coming week.

Have a great weekend! Keep charging — I'll see you when I return!

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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INFORMATION HIGHWAY

Combined Dining Facility Rules

Food items should not be removed from the Combined Dining Facility. NSF CDF cannot allow fruit or any other food items to be taken out. Consume all you desire while enjoying your dining experience.

All personnel who have Rations in Kind chow passes issued by PSD must show them to the cashier prior to signing in to eat.

Those who would like to request picnic rations must do so 72 hours in advance.

Ongoing Birth Month Recall

If your birthday is in May, you are due for the Birth Month Recall Program (BMR). The BMR Program ensures that our medical readiness remains at a C-1 status.

Please report to Preventive Medicine on any Monday, Tuesday or Wednesday between 1 and 3 p.m.

Report with your medical record so that it can be screened for the most current physical, immunizations, HIV test and any other surveillance programs.

Tattooing on Diego Garcia

By HM1 D.A. Seymour
Preventive Medicine Technician BHC

Tattooing has become a large part of the culture of almost all societies, yet tattooing has been around for nearly as long as humans have walked the earth.

There are many reasons why people choose to have a tattoo including cultural reasons, expressing individuality, indicating membership to a particular group, or just to make a statement. It has been well documented that many people have been known to get tattoos as an impulsive act and without

consideration of the risks associated with the process.

The most significant risks associated with tattoos is exposure to blood borne pathogens (e.g.: HIV, Hepatitis B (HBV), Hepatitis C (HCV)) which are transmitted by instruments that are not properly sterilized or disinfected and may be used inappropriately between clients.

Tattooing can also involve health risks, and like any other injury is subject to infection and disease, such as excessive redness, tenderness, prolonged bleeding, pus, change in

skin color around the tattoo or keloid which is an overgrowth of scar tissue.

Tattooing is not authorized on any military installation, and all active duty personnel are subject to the UCMJ and Navy Uniform Regulations. A tattoo cannot be located on any area of the body that is prejudicial to good military order or which can bring discredit upon the Naval services (NAVADMIN 110/06).

If you are considering getting a tattoo, always make sure that it is being done safely, within the military guidelines and from a licensed professional/establishment.



Congratulations to all the teams that participated in this year's "Crews Into Shape." Each team set out to make a

goal of either losing or gaining weight, or to just maintain. Each member was responsible for tracking water intake, fruits and vegetable servings and daily exercise. This year we had a total of 52 participants with an overall weight loss of 101 lbs. The first place team was "The Love Handles" from Security with a point tally of 93 out of a possible 100. In

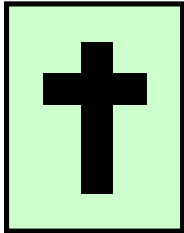
second place, "The Junior Officers" from the Wardroom had a total of 89 points, and finishing in third place "The Lady Bugs" from Medical tallied up a total of 88.5 points. Congratulations to everyone who participated and reached their goals. Team leaders can come to medical to pick up their T-shirts. Please contact HM1 Foster, extension 4234.

GALLEY MENU *April 29 - May 5*

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	New England Fish Chowder Irish Loin of Pork White Bean Chicken Chili	Knickerbocker Soup Open Faced Turkey Sandwich Teriyaki Beef Strips		Velvet Corn Soup Barbecued Beef Cubes Honey Glazed Cornish Hen	<i>"Italian Night"</i> Minestrone Soup Cheese Rigatoni Marinara Baked Italian Sausage
Sunday	<i>"Brunch"</i> Beef Noodle Soup Minute Steak Ravioli Casserole	Egg Drop Soup Pork Adobo Fried/Baked Fish	Thursday	Chicken Gumbo Baked Fish Roast Fresh Ham	Navy Bean Soup Honey Lemon Chicken Breast Veal Paprika Steak
Monday	French Onion Soup Shish Kebab Turkey Divan	Beef Rice Soup Pasta Bar Yankee Pot Roast	Friday	<i>"CINCO DE MAYO"</i> Spanish Soup Beef Fajitas Fiesta Chicken	Tomato Bouillon Turkey a la King Hot Roast Beef & Cheese Roll-Up
Tuesday	Split Pea Soup Chicken & Italian Vegetable Pasta Smothered Steak w/Onions	Cream of Broccoli Soup Blackened Fish Teriyaki Pork Steak	<i>Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.</i>		

Are rules meant for everyone else?

Father Shuley
NSF Chapel of Faith



Just the other day I walked past a person who was in a lively conversation with a couple of other folks, and was blocking the door.

The person was many pay grades junior to me. When I explained that I was going in that direction, their response was "I know that!"

Well then, I thought to myself, if you are aware of my intent, why not let me pass? Shortly after the first incident, I went a little way further and observed a person who was grounding out one cigarette and lighting another.

Yes, they were right under a "No smoking" sign. I said to myself, "I give up."

Here I was thinking that maybe I

was harboring ill will towards a junior person who may not have even known better, and here was a much older person doing something equally unprofessional.

Do rules really exist to annoy us, to bother us, to take away our individuality? Are those who hold to rules, customs and courtesies, and military discipline and bearing stifling the creativity of our service members?

We really do get held to a higher standard in the military, and we do things that make sense in the context of our own culture.

Out in town after leaving the base or the ship, I understand that people are not going to show the same dignity and tact that I am used to seeing from my fellow service members.

But that is why I will often shop at the exchange or the commissary, or buy gasoline on base. There is something nice about working with

people who understand our lifestyle and do things the way we do them.

One of the little courtesies that I really appreciated in the fleet was getting the right of way on ladders and in passageways at sea over those who were junior, and yielding the right of way to those who were senior. It made for orderly and easy movement in the tight spaces.

Granted, I am looking at little things that 99% of the people will ignore, like no smoking signs, and giving other folks the right of way, but these things are part of what makes military life special.

We have rules we can count on. Simple things we do to make our lives a little easier. In military life, the way we conduct our business is more than just a matter of someone's opinion. We have our Core Values of Honor, Courage and Commitment.

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 Supply Department and British Forces. Bravo Zulu and keep up the great work!

Supply Department



Name: CS2(SW) Gregory Palmer
Hometown: Lansing, Michigan
Job Title: BEQ QAE

Time in Service: 18 Years

Time on Island: 7 Months

What I like about my job: "What I enjoy most about my job is working along with the civilian contractors"

British Forces



Name: CPL "Fez" McLennan
Hometown: Gosport, England
Job Title: Vehicle Mechanic

Time in Service: 15 Years

Time on Island: 6 Months

What I like about my job: "I like being left alone to get on with my job, and I love turning spanners. And I like working overtime at my special place... The Brit Club."

Antiterrorism: General Security Checklist

By MA1(SW) Sanders
NSF Security Department

Protect personal information

- Instruct family and associates not to give strangers information about you or your family.
- Avoid giving unnecessary personal details to anyone.
- Don't give out information about family travel plans or security measures and procedures.

Maintain healthy suspicion

- Be alert to strangers who are on

government property for no apparent reason.

- Report suspicious persons loitering near your home or office; provide a complete description of the person and/or vehicle to police.

Don't be an easy target

- Vary daily routines, such as departure times and routes to and from work, to avoid habitual patterns.

- Refuse to meet with strangers outside your work place.

Use a security network

- Tell associates or family of your destination and expected time of arrival when leaving office or home.

Minimize exposure

- Don't open doors to strangers.
- Try to stay in protected areas whenever possible.

Be prepared

- Memorize key phone numbers — office, home, police, security, etc.
- If overseas, learn and practice key phrases in the local language, such as "I need a policeman, doctor," etc.



The search is on for the...

"2006 Ms. Philippines (Bb. Pilipinas) Diego Garcia"

The Candidates:

Sherill Christine Abello...Visayan Association
Emeleen Lontoc.....Pinoy sa Navy
Vanessa Sy.....Bicolanos Association
Ma. Margarita Borja.....SJC-JLI JV
Christine Pieper.....Ulo ng Apo Association

Schedule of events:

1st Canvassing – 13 May 2006, 8:00PM,
Filmau Club
2nd Canvassing – 27 May 2006, 8:00PM,
Filmau Club
Coronation Night – 03 June 2006, 8:30 PM
Island Room, Turner Club

Support your favorite candidate. Tickets are now on sale.

There will be a raffle drawing during the 2nd Canvassing.

Tickets bought during the 1st Canvassing will be included in the drawing.

Raffle Prizes:

1st Prize - Panasonic Mini Component System
2nd Prize - 14" Sony Wega TV
3rd Prize- Panasonic Inverter Microwave Oven
& Many more consolation prizes.

Proceeds will be utilized for the 2006 PID Celebrations

Ship's Store Corner

AVAILABLE NOW

Remote Control Cars

SALE ITEMS

Various Lunch Meat

Hot dogs

Snicker's Cookies

Instant Noodles

Ruffles Potato Chips

BIKE ORDERS

If you would like to special order a bike, you may do so at the Customer Service Desk. A bicycle catalog with prices is available to make your selection. Special order bikes take about 3 months for shipment to Diego Garcia.

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

They are offered in \$10 increments and can be purchased at the customer service counter.

Entertainment this Week

MWR Presents:

“Feedback Band”

Friday, April 28, Island Room, 8 p.m. - 1 a.m.

“DJ Jean Marc (Hip Hop/Reggae)”

Friday, April 28, Camp Justice, 9 p.m. - 12:30 a.m.

“Feedback Band”

Saturday, April 29, Island Room, 8 p.m. - 1 a.m.

MWR events this Week

Friday, April 28

5K Fun Run
Fitness Center
6 p.m.

Saturday, April 29

Flag Football Tournament
Fleet Recreation Area
3 p.m.
Continues Sunday at 9 a.m.

Sunday, April 30

Skeet Shoot
Skeet Range
8 a.m.

Sunday, April 30

Windsurfing Regatta
Marina
1 p.m.

Monday, May 1

Off Road Bike Race
Jake’s Place
5 p.m.

Thursday, May 4

Spades Tournament
Island Room
6 p.m.

Main Outdoor Theater

Friday at 8 p.m. -	The Cave
Friday at 10 p.m. -	Transporter 2
Saturday at 8 p.m. -	Transporter 2
Saturday at 10 p.m. -	Sleepwalkers
Sunday at 8 p.m. -	Sleepwalkers
Monday at 8 p.m. -	Lord of War
Tuesday at 8 p.m. -	Check MOT Marquee
Wednesday at 8 p.m. -	Check MOT Marquee
Thursday at 8 p.m. -	The Matador

Officers Club

Tuesday at 7:30 p.m. -	Syriana
Thursday at 7:30 p.m. -	Lord of War

CPO Club

Saturday at 7 p.m. -	Land of the Dead
Saturday at 9 p.m. -	Deuce Bigelow: European Gigolo
Tuesday at 7:30 p.m. -	The Matador
Wednesday at 7:30 p.m. -	Tristan & Isolde
Thursday at 7:30 p.m. -	Syriana

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. -	The Perfect Man
Saturday at 7 p.m. -	The Chronicles of Riddick
Sunday at 7 p.m. -	Deuce Bigelow: European Gigolo
Monday at 7 p.m. -	Rumor Has It
Tuesday at 7 p.m. -	The Big Easy
Wednesday at 7 p.m. -	The Matador
Thursday at 7 p.m. -	Tristan & Isolde

NBA

NBA Playoffs

Saturday, April 29

Cavaliers at Wizards (Live) 6 a.m. AFN SPORTS
Suns at Lakers (Live) 8:30 a.m. AFN SPORTS
Spurs at Kings (Tape) 1 p.m. AFN SPORTS



Sunday, April 30

Pistons at Bucks (Live) 6 a.m. AFN SPORTS
Clippers at Nuggets (Live) 8:30 a.m. AFN SPORTS
Heat at Bulls (Tape) 11 p.m. AFN SPORTS

Monday, May 1

Suns at Lakers (Live) 1:30 a.m. AFN SPORTS
Cavaliers at Wizards (Live) 5 a.m. AFN SPORTS

Various Sports

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

NASCAR (May 1)

Nextel Cup Series: Aaron’s 499, (Tape) Monday,
1 p.m. AFN SPORTS

Boxing (May 5)

Latin Warriors: Sergio Mora vs. Archak Termeliksetian, (Tape)
Friday, 1 p.m. AFN SPORTS
Latin Warriors: Sergio Mora vs. Archak Termeliksetian, (Tape)
Friday, 11:30 p.m. AFN SPORTS

MLB (April 29, 30 & May 2, 4)

White Sox at Angels, (Live) Saturday, 8 a.m. AFN PACIFIC
Pirates at Phillies, (Tape) Sunday, 5 p.m. AFN SPORTS
White Sox at Indians, (Live) Tuesday, 10 p.m. AFN SPORTS
Teams TBD, (Tape) Thursday, 7 p.m. AFN SPORTS
Teams TBD, (Live) Thursday, 11 p.m. AFN SPORTS

Weekly Crossword

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20						21			22					
23					24			25						
			26				27		28				29	30
31	32	33			34			35		36				
37				38					39			40		
41			42			43					44			
45					46		47			48				
		49				50		51				52	53	54
55	56						57			58				
59							60			61				
62							63					64		
65							66					67		

Across

1 Short race
5 Lhasa __
9 Tanker trouble
14 Peak
15 Make a rhythmic sound
16 Baseball Hall-of-Famer Banks
17 Disgusting
19 Lariat
20 Pianist Claudio
21 Challenged
23 Whole number
25 Echolocation device
26 Acting jobs
28 Get back
31 Time __ half

34 Hairless
36 Presto's opposite
37 First person in France
38 Foolishness
40 Bill's partner
41 Mrs. Trump
43 A deadly sin
44 Quaker colonist
45 Kierkegaard's nationality
47 Country in East Africa
49 Theatrical performer
51 Most lifelike
55 Most intense
58 "Jefferson in Paris" star

59 Off the leash
60 Ponder well
62 Orbital point
63 Ancient inscription
64 Actress in "The King And I"
65 Flat-topped hills
66 Safecracker
67 Vicinity
Down
1 __ Lama
2 Morsel for a squirrel
3 Bright
4 Ancient Greek courtesan
5 Notices
6 Breed
7 Japanese wrestling

8 Signs
9 In a calm manner
10 Foreshadow
11 Mesmerized
12 Food label word
13 Indication of opportunity
18 "Notre-Dame de Paris" author
22 Rocky pinnacle
24 Island north of Montecristo
27 Hardly strutted
29 Lay __ the line
30 Hands-together time
31 Surrounded by
32 Astronomical sighting

33 "Chain Reaction" singer
35 Amusing
38 Stronghold
39 Actress Daly
42 Capital of Cyprus
44 Klutz
46 Greedy feeder
48 An American abroad
50 Take another shot
52 Young swimmer
53 Cubic meter
54 Caesar's land
55 Culbertson coup
56 Hit the sauce
57 "Leaving Las Vegas" actress
61 Opp. of Pos.

Coping with Unresolved Grief

Source: Navy OneSource Website
(Ceridian Corporation)

Most people occasionally experience losses that they can't mourn in traditional ways. When this happens, you may feel the painful emotion that experts call "unresolved grief."

You may experience unresolved grief when someone you love has a personality change because of an illness such as Alzheimer's disease or a stroke. Or you may experience it when you have lost touch with someone who is important to you, such as a former spouse or partner, or a family member who is missing in action in combat. You can also experience unresolved grief when someone close to you dies, and you are not able to move past the grief after a period of more than two years. Unresolved loss can make each new loss more difficult and can trigger unexpectedly deep emotions. It's important not to push your feelings aside, and give yourself permission to grieve. As painful as it may be, you will emerge a stronger person.

Coping with unresolved grief often means living with many uncertainties and without the kinds of support you might have if someone had recently died. One key to moving forward despite all the "ifs" is acknowledging your loss while remaining open to any encouraging possibilities that may still exist.

Common causes of unresolved grief

Unresolved grief is sometimes called "incomplete" or "unfinished" grief because it may never seem to end. Often it involves many uncertainties about whether you will see someone again, or be able to have the same kind of relationship that you once did. The following are some examples of situations that may cause unresolved grief:

- Living far from the place where you grew up, and seeing close friends or family members rarely, if at all
- Growing apart from someone who used to be an important part of your life, such as a friend, sibling, or former spouse or partner
- Having a friend or relative who has a physical or mental illness or an addiction that has brought about a personality change

- Having a child whom you put up for adoption
- Having strong ties to a person who has disappeared, such as someone who was kidnapped, ran away, or who is missing in action in combat
- Having a spouse or partner who is physically present but who has "dropped out" emotionally (for example, by spending most of the time at the office or by having an affair)
- Having grandchildren you have never seen or haven't seen in years because of tensions in the family
- Having a child leave home for college or to embark on a career
- Spending less time with or discontinuing traditions with a friend who moves away, gets married, or has a child
- Dealing with changes in your physical or mental abilities resulting from injury, illness, or aging

Having had one of these experiences doesn't necessarily mean that you feel unresolved grief, because grief has less to do with your experiences than with how you feel about them. Many divorced people feel more relief than sadness that they no longer see their former spouses. And some people who live far from where they grew up thrive in a new setting, while others grieve for the people or places they left behind. But if you feel sad for reasons you can't explain, and have lost an important emotional bond, you may still be grieving for that loss.

Why unresolved grief is different from other kinds of grief

Unresolved grief differs from other kinds of grief in a number of ways. One of these is that it may be harder to recognize. When someone we love dies, most of us go through several or more stages of grief. These may include:

- shock
- disbelief
- anger
- guilt
- sadness
- acceptance

We may feel these emotions at different times, or at the same time, as we struggle to accept the reality of a death. We have funerals and family gatherings that help us to deal with the loss. Eventually, we

find a way to move forward without the person we loved.

Unresolved grief is less clear-cut. It may develop more gradually and last longer than other kinds of grief. In early adulthood, for example, you may enjoy the challenges of building a new life in a city or country far from where you grew up, and feel sure that someday you'll earn enough money to go home often. As you get older, you may miss the people you left behind more than you expected, and find that you can't afford to visit. You may feel sad during holidays or when you get letters from relatives in distant places, and wonder if you'll ever see them again. You may feel that you have "lost" an entire community, and have trouble talking about your feelings with people who know little about the place where you were born.

Pauline Boss, a therapist and expert on unresolved grief, calls such losses "ambiguous losses," because you aren't sure of what you have lost. You don't know whether you'll be able to go back to the place where you grew up, reconcile with an estranged sibling, or meet the child you gave up for adoption.

In her book *Ambiguous Loss: Learning to Live with Unresolved Grief* (Harvard University Press, 1999), Boss says that situations like these can be difficult to cope with for a number of reasons:

- *You may become emotionally "stuck."* Because ambiguous losses involve uncertainty, you may feel unsure of how to respond to them, and consequently, may act as if nothing has changed, even if everything has changed.
- *You may not be able to redefine an important relationship.* If you never know what to expect from someone, such as a spouse or partner who abuses alcohol, you can't readjust your ideas about your relationship to fit the new reality. Instead, you may cling to the hope that things will return to the way they used to be.
- *You may lack the comforts of mourning rituals.* Because nobody has died, you can't mourn for your loss at a funeral or burial, and you may have no other rituals to substitute for these.

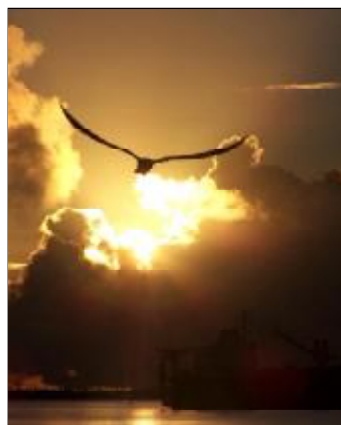
Continued, see Coping with Grief on page 18.

Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Mayday

Mayday is the distress call for voice radio, for vessels and people in serious trouble at sea. The term was made official by an international telecommunications conference in 1948, and is an anglicizing of the French "m'aidez," (help me).



Un Hui Choe, Community Bank, captured this seabird in flight against the morning sunrise over the lagoon. The photograph was chosen as First Place in the Sunrise/Sunset Category by the judges in the MWR Photography Contest. Check out pages 14 and 15 for more winning photos.

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 29, 1898 - U.S. warships engage Spanish gunboats and shore batteries at Cienfuegos, Cuba.

April 30, 1975 - Saigon falls to North Vietnamese forces.

May 1, 1980 - 11 Navy ships begin operations assisting Coast Guard in rescuing Cuban refugees fleeing Cuba in overcrowded boats.

May 2, 1975 - US Navy departs Vietnamese waters at end of evacuation.



May 3, 1898 - Marines land at Cavite, Philippines, and raise U.S. flag.

May 4, 1961 - Pilot Cmdr. Malcolm D. Ross, USNR, and medical observer Lt. Cmdr. Victor A. Prather, Jr., ascended in two hours to over 110,000 feet in Strato-Lab 5, a 411-foot hydrogen filled balloon launched from the deck of USS Antietam. This was the highest altitude

attained by man in an open gondola. Tragically, Prather drowned during the recovery.

May 5, 1944 - USS Comfort is commissioned in San Pedro, CA; first ship to be manned jointly by Army and Navy personnel.

Tide Report

April 29 - May 5

	High	Low	High	Low
Saturday	2:32 a.m.	8:46 a.m.	2:58 p.m.	9:02 p.m.
Sunday	3:04 a.m.	9:18 a.m.	3:29 p.m.	9:32 p.m.
Monday	3:36 a.m.	9:51 a.m.	3:58 p.m.	10:02 p.m.
Tuesday	4:04 a.m.	10:25 a.m.	4:26 p.m.	10:34 p.m.
Wednesday	4:35 a.m.	11:03 a.m.	5:04 p.m.	11:14 p.m.
Thursday	5:14 a.m.	11:48 a.m.	6:10 p.m.	-----
Friday	6:12 a.m.	12:20 a.m.	10:22 p.m.	12:58 p.m.

Answers to Last Week's Crossword:

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

Gospel Choir Debuts

Story and photo by JOSN E. Jayce Fabrizio
Naval Media Center

The Diego Garcia Gospel Choir put on their debut performance last Sunday in the Chapel in the Palms.

The choir is comprised of six committed Sailors who have been practicing for their debut performance for about a month according to Petty Officer 2nd Class Latarsha J. Rucker, Supply Clerk for the Military Sealift Command.

During their debut, the choir performed several songs throughout the Sunday Gospel Service to an impassioned crowd, humming and clapping along with the choir.

“The songs were different every time they sang,” said Petty Officer 2nd Class Arkenshia D. Deveaux, a Hospital Corpsman at the Branch Health Clinic. “You could really feel it when they sang.”

The choir performs a variety of tasks during the Gospel Service such as assisting as ushers, passing the



The DG Gospel Choir performs during the Sunday Gospel Service.

donation plate and lifting their voices in song for fellow worshippers.

“Some people are blessed by music,” said Rucker. “We prepare people’s hearts to hear God’s word.”

Rucker started the choir to help bring people together in song. “With so many ethnicities on Diego, I feel like everyone has something to contribute,” said Rucker. “We can learn from each other.”

The Diego Garcia Gospel choir is still in its infancy, and currently has plans to perform their services at least once a month, said Rucker. The choir welcomes anyone who can sing, or play an instrument no matter what religion they practice. The Choir is all about praising God through song.

The DG Modeler's Club



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

FREE Tennis Lessons

Can't score on the tennis court? Then here's your chance to get into the swing of things. MWR offers FREE tennis lessons Monday through Saturday from 4:30 to 6:30 p.m. at the courts located across from the Fitness Center. All you have to do is sign up by calling the Fitness Center at extension 2835, and then show up for your appointment.



LEAGUE STANDING SHEET
Results for Week No. 14 of 23 04/22/2006
DIEGO GARCIA MIXED LEAGUE 2006 - SEASON 3



Pos	Tm#	Team	Won	Lost	Pct	-----Handicap-----			
						TotPins	Ave	Gm	Ser
1	5	DET WON	80.0	32.0	71.4	29149	694	755	2223
2	18	COOL RAVEN	74.0	38.0	66.1	29205	695	826	2237
3	4	PORT OPS SHERIFFS	72.0	40.0	64.3	28669	682	774	2230
4	16	RULES OF ENGAGEMENT	71.0	41.0	63.4	28403	676	803	2257
5	7	HARBOR OOPS	70.0	42.0	62.5	29542	703	821	2258
6	12	GUTTER DUSTERS	70.0	42.0	62.5	29181	694	789	2326
7	10	STEW BURNERS	65.0	47.0	58.0	29128	693	830	2286
8	11	SPACE BALLS	64.0	48.0	57.1	28809	685	783	2178
9	22	OCEA 3	64.0	48.0	57.1	28567	680	765	2192
10	15	USS CENTER	63.0	49.0	56.3	28818	686	770	2253
11	17	UNFORGIVEN	62.0	50.0	55.4	28558	679	775	2271
12	14	P.A.T.	56.0	56.0	50.0	29006	690	762	2178
13	1	SCRUBS	56.0	56.0	50.0	28220	671	751	2155
14	21	LUCKY STRIKES	55.0	57.0	49.1	26202	671	757	2224
15	20	PSN	54.0	58.0	48.2	25568	655	745	2118
16	13	OCEA 1	52.0	60.0	46.4	29001	690	786	2174
17	8	TURTLES	52.0	60.0	46.4	27335	650	735	2093
18	6	C&W ALL STARS	46.0	66.0	41.1	28461	677	740	2158
19	9	SOCKS MANDATORY	38.0	74.0	33.9	25761	660	773	2163
20	2	THE OLDIES	38.0	74.0	33.9	21802	660	753	2096
21	19	THE YOUNGBUCKS	20.0	92.0	17.9	15502	645	732	2122
22	3	GHOST ONE	0.0	0.0	0.0				

10K Run Race

Run held April 20.

(Time in hh:mm:ss)

Men (29 & under)

1st - Ben Metcalf (MSC) 00:41:58

2nd - John Schleyer (BIOT) 00:41:59

3rd - Hartley Simmons (RM) 00:42:50

Men (30 - 39)

1st - James Agcon (DG21) 00:44:16

2nd - Colins Jhumper (BIOT) 00:44:57

3rd - Norman Fabros (DG21) 00:45:52

Men (40 - 49)

1st - Greg Bell (28 EARS) 00:42:13

2nd - Jojo Eugenio (DG21) 00:46:02

3rd - Isabelo Aballa (DG21) 00:49:38

Men (50 & above)

1st - Patrick Patriarca (DG21)

00:48:45

2nd - Dennis Simmons (Williams)

00:50:40

3rd - Larry Godek (Obregon) 00:51:30

Women (29 & under)

1st - Mel Fowler (BIOT) 00:55:23

2nd - Tamara Ficsher (28 EARS)

00:55:31

3rd - Theresa Gray (EMXS) 01:00:56

Women (30 - 39)

1st - Holly Turner (BIOT) 00:51:42

2nd - Janet Bennett (PWD) 00:54:38

3rd - Andrea Jensen (AEG) 00:55:32

Women (40 - 49)

1st - Margaret Webb (BHC) 01:18:58

FREE Golf Lessons



MWR now offers FREE Golf Lessons from Monday through Saturday from 4:30 - 6:30 p.m. For an appointment, call the Fitness Center at 370-2835.

40K Bike Ride

Event held April 22
(Time in hh:mm:ss)

**Overall Finisher
(Male & Female)**

Joe dela Paz (DG21) 00:59:06

Sarah Lenhoff (ROICC) 01:09:33

**MWR Sailing
Regatta**

Event held April 25

1st - Chris Reiblien (MSC)
2nd - Roel Miranda (NSF)
3rd - Tim Hugill (C&W)

MWR Golf Tournament

Tournament held April 25

**Men Low Gross**

1st - Richard Soriano (PWD) 29
2nd - Paul Velado (DG21) 37
3rd - Brian Laakaniemi (BHC) 37

Men Low Net

1st - Mitch Carlson (DG21) 28
2nd - Roger Dayro (DG21) 28
3rd - Scott Flowers (AF) 29

Ladies Low Gross

1st - Angie Custodio (SJC) 46
2nd - Dory Viernes (DG21) 47
3rd - Lynn Robbins (TAD) 59

Ladies Low Net

1st - Mel Fowler (BIOT) 35
2nd - Cheryl Stelter (AF) 58
3rd - Vera de Vera (DG21) 59

Closest to the Pin

Albert Isais (PWD)
Angie Custodio (SJC)

Longest Drive

Albert Isais (PWD)
Lynn Robbins (TAD)

Nutrition Makes a Stand in Navy Fitness

By Journalist 2nd Class Amie Hunt
Navy Personnel Command
Communications Office

MILLINGTON, Tenn. (Navy News Service) — With the spring Physical Readiness Test cycle, the Navy is ensuring Sailors are aware of not only the fitness of healthy living, but diet as well.

The Navy has registered dietitians throughout the fleet to assist with healthy meal planning, weight loss counseling and other nutrition needs. In many cases, Sailors can also visit their command's Health Promotion Department to obtain nutritional information and assistance.

"Nutrition has recently become a more popular topic in the Navy as two-thirds of the U.S. population is overweight," said Lt. Cmdr. James McGowan, a registered dietitian who serves as the Navy's Nutrition Program Manager. "Poor eating habits and a sedentary lifestyle can lead to excess body weight, which can affect their military career with physical fitness

assessment failures and, ultimately, administrative separations."

According to McGowan, many people believe that wellness equals physical fitness. In addition to exercise, however, knowledge of good nutrition, quitting tobacco, avoiding abuse of drugs and alcohol, and keeping mental health play important roles in the 'whole person.' Daily consumption and daily exercise are primary factors.

"By balancing our intake of healthy foods with exercise, it will be a little easier to move towards wellness," said McGowan.

The Navy has instituted a number of new programs to help Sailors achieve a culture of wellness. Naval Supply Systems Command (NAVSUP) has created a healthy menu for galleys, which offers many lower fat and baked foods items. The Navy also offers the ShipShape program, which Sailors can attend before they exceed body fat standards.

"(ShipShape is) specifically designed to provide active-duty personnel with basic information on

nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain an acceptable body weight within Navy standards," said McGowan.

Sailors in the Fitness Enhancement program (FEP) are required to complete the Nutrition and Weight Control Self-Study Guide. The nine-chapter guide allows Sailors to complete a chapter each week and then have the command fitness leader review it and provide recommendations. The focus is to change behaviors from unhealthy to healthier, from large portions to smaller ones, from lack of exercise to increased activity.

Commands interested in starting a ShipShape program can go to the Navy Environmental Health Center (NEHC) site at www-nehc.med.navy.mil/hp/shipshape/index.htm.

The self-study guide is available to anyone and can be found online at www.npc.navy.mil/CommandSupport/PhysicalReadiness/Nutrition, along with other health and nutrition resources.

MWR Photography Contest Results

The results from the Photography Contest continue this week with the top three in the following categories: Sunrise/Sunset, Action, Animals/Wildlife and Sports. The Negative Film Category winning photographs along with the Honorable Mention photographs from all categories will be posted in the Tropical Times next week. A final reminder: if you haven't picked up your T-shirt for entering, stop by the NSF MWR office.

Sunrise/Sunset Category



2nd Place - Rafael Vargas, USAF 20th EBS



3rd Place - Tracina Reagan, USAF

Action Category



1st Place - Shane Smith, 22 SOPS, Det. 2



2nd Place - Niño Quijano, DG21



3rd Place - Michael Harber, NSF XO

Animals/Wildlife Category

Sports Category



1st Place - Michael Harber, NSF XO



1st Place - Niño Quijano, DG21



2nd Place - Elizabeth Del Pilar, PACAF



2nd Place - John Richardson, USAF 40th ESFF



3rd Place - Margaret Webb, Branch Health Clinic



3rd Place - Margaret Webb, Branch Health Clinic

This Week's Ship: MV CAPT Steven L. Bennett



MV CAPT Steven L. Bennett (T-AK 4296) is one of Military Sealift Command's (MSC) six Container Ships and is part of the 36 ships in the Prepositioning Program.

Length: 687 feet

Beam: 100 feet

Draft: 38 feet, 1 inch

Displacement: 52,878 long tons

Speed: 18.3 knots

Squadron: Maritime Prepositioning Ship Squadron TWO

MSC container ships are self-sustaining, meaning they have cranes that allow them to load and off-load themselves. This is an asset in ports with primitive, undeveloped or battle-damaged harbors.



Steven Bennett entered the Air Force in 1968, and earned his pilot wings at Webb AFB, Texas. In 1970, he completed the B-52 bomber training course at Castle AFB, CA. He then transitioned to become a Forward Air Controller (FAC), and graduated from the FAC and fighter training courses at Cannon AFB, New Mexico, before reporting to Vietnam in early 1972. He had only been in combat for three months before his Medal of Honor mission and had also won the Air Medal with three oak leaf clusters. Capt. Bennett was posthumously awarded the Medal of Honor. President Gerald Ford presented the decoration to Capt. Bennett's wife at the Blair House on August 8, 1974.

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

CAPTAIN STEVEN L. BENNETT
UNITED STATES AIR FORCE

20th Tactical Air Support Squadron, Pacific Air Forces.

Place and date of action: Quang Tri, Republic of Vietnam, 29 June 1972.

For service as set forth in the following

CITATION:

Capt. Bennett was the pilot of a light aircraft flying an artillery adjustment mission along a heavily defended segment of route structure. A large concentration of enemy troops was massing for an attack on a friendly unit. Capt. Bennett requested tactical air support, but was advised that none was available. He also requested artillery support, but this too was denied due to the close proximity of friendly troops to the target. Capt. Bennett was determined to aid the endangered unit and elected to strafe the hostile positions. After four such passes, the enemy force began to retreat. Capt. Bennett continued to attack, but, as he completed his fifth strafing pass, his aircraft was struck by a surface-to-air missile, which severely damaged the left engine and the left main landing gear. As fire spread in the left engine, Capt. Bennett realized that recovery at a friendly airfield was impossible. He instructed his observer to prepare for an ejection, but was informed by the observer that his parachute had been shredded by the force of the impacting missile. Although Capt. Bennett had a good parachute, he knew that if he ejected, the observer would have no chance of survival. With complete disregard for his own life, Capt. Bennett elected to ditch the aircraft into the Gulf of Tonkin, even though he realized that a pilot of this type aircraft had never survived a ditching. The ensuing impact upon the water caused the aircraft to cartwheel and severely damaged the front cockpit, making escape for Capt. Bennett impossible. The observer successfully made his way out of the aircraft and was rescued. Capt. Bennett's unparalleled concern for his companion, extraordinary heroism and intrepidity above and beyond the call of duty, at the cost of his life, were in keeping with the highest traditions of the military service and reflect great credit upon himself and the U.S. Air Force.

(signed) GERALD R. FORD

CREDO

Personal Growth Retreat

2- 5 May 2006

(Tuesday afternoon through Friday)

On board USNS Phillips

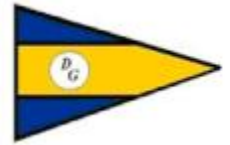


We're getting underway!

Call 370-4601 Now and join the fun!

Seats are limited.

The DG
Yacht Club



welcomes

new members! No prior

sailing experience necessary!

Meetings are held on the first

Wednesday of every month at

5 p.m. Come by for food and

fun!

Plantation Fee Increase

**Effective May 1, 2006 the fee
to enter the Plantation will
increase from \$1 to \$2.**



Drinking Water Notice

This is to inform the public that the water from the tap (distribution water faucets) exceeds the maximum contaminant level requirements for TRIHALOMETHANE and is therefore strictly NOT SUITABLE FOR DRINKING PURPOSES.

Drinking Water (Potable Water) is regularly distributed in: white water tanks situated close to your barracks, 5-gallon bottled water coolers in offices and other areas, and hydro-pneumatic tanks located in all clubs and dining facilities.

For more information, please call the NSF Environmental Office at 370-4540.



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 meeting is on Friday, May 12 at 7 p.m.
Location: Chapel Fellowship Room**

Everyone is invited. We will explore the night skies after the meeting.

Coping with Grief, *continued from page 9.*

· *Your loss may result from a reality that makes other people uncomfortable.* Sometimes, a loss can involve a subject people close to you would prefer not to talk about, such as war, divorce, or mental illness. If so, they may withdraw at a time when you need support.

· *You may become worn out by coping with uncertainty.* Ambiguous losses may go on indefinitely, and you may become physically or emotionally exhausted by the strain of living with uncertainty, especially if you have little support from others.

One of the most difficult aspects of coping with unresolved grief is that while “normal” grief tends to become less painful with time, unresolved grief may get worse. For this reason, it’s important to learn to cope with your grief before it starts to interfere with your work or ability to have loving relationships with others.

Tips on coping with your loss

Coping with unresolved grief often involves learning to live with uncertainty. You can’t usually “solve” the problem, as you could others, by setting goals or working hard, because you aren’t in control of the situation. Your grief results from a loss that you may not be able to undo. If you can’t control what has happened, you can control what you do about it. Here are some tips.

· *Accept the uncertainties of your situation.* Jumping to conclusions about what will or won’t happen may keep you from exploring options that could make your grief easier to manage.

· *Learn all you can about the kind of loss you’ve experienced.* Read books and articles, do research at libraries, search the Internet, and talk to someone who’s been through something similar. Gathering information will give you a better sense of what is — or isn’t — possible in your situation.

· *Be honest when expressing your feelings.* Cry if you’re sad. Express anger when you feel it.

· *Ask for help.* You may find that you need additional support during certain times, such as holidays. Loved ones who want to help can sometimes be afraid to broach the subject of loss because they don’t know what to say. Asking them to simply be there and to listen lets them know how to help and can provide them with a sense of relief.

· *Talk to people about your loss.* If the loss is so painful that it’s hard to talk about, you might begin by bringing up a few details to your best friend or closest relative. You might say, “I feel a little sad when you talk about your son’s graduation, because I had a daughter I gave up for adoption years ago, and I wonder if she’s graduating this year, too.” Or talk about some of the things you miss about your loved one, or about some of your favorite memories of that person.

· *Write about your loss.* Some people find it easier to write about painful feelings. Try writing an unsent letter to someone who is no longer part of your life (such as a former spouse or partner or child who was put up for adoption). Poetry and journals can also help to put feelings into words.

· *Make time for enjoyable activities that you can control.* Unresolved grief can make you feel powerless at times, because you may not be able control its outcome. So it’s important to make time regularly for rewarding activities that you can control, such as a job that you enjoy, a stimulating hobby, exercising, or volunteer work that lets you contribute to your community.

· *Hope for the best, but remember that it’s normal sometimes to imagine the worst.* Allowing yourself to hope for the best can help you stay optimistic. In a situation that involves a lot of uncertainty, however, it’s natural to feel more hopeful on some days than others.

· *Get help if you feel overwhelmed.* It’s normal to have ups and downs when coping with unresolved grief. But it’s important to get help if your emotions are interfering with your work or with your relationships with the people you love. A member of the clergy or a therapist or other counselor may be able to suggest ways to deal with your loss, or may help you find a support group for people who have had a similar experience and know what you’re going through. Online support groups are also becoming a common way of communicating with others who have experienced a loss. Your employee resource or employee assistance program can connect you with resources within your community and provide information on unresolved grief.

· *Find a way to honor what you have lost.* Letting go doesn’t mean forgetting. Honoring what you have lost is a way of acknowledging its importance to you. Depending on the nature of the loss, you might say a prayer, light a candle, hold a memorial service, make a donation in your loved one’s name, help others who are going through a similar loss or help others to prevent such a loss from happening to them, make a scrapbook devoted to memories of happier times. If you’re grieving for the city or country where you grew up, you might put up framed maps or photos or share some of its traditions with friends or neighbors. If a loved one is changing because of an illness, help care for him.

Living with unresolved grief is never easy, especially when it may go on for a long time. The key to staying strong is finding a balance between mourning for your loss and remaining optimistic about the future. If you can do this, you can keep moving forward despite all the uncertainties that you face.

Fleet and Family Support Office
services are a benefit free to all service
members; single or married, including
activated Reservists, retirees, and
Department of Defense civilians in
overseas locations.

For more information contact
Lt. Narro at 370-4421.