

# Tropical Times

*Serving the Footprint of Freedom*



Volume 16, Number 18

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

May 5, 2006





## Phishing Scams

If your e-mail inbox is anything like mine, I'm sure you have daily messages from people claiming to be presidents of foreign countries offering to wire millions of dollars to your bank account. It's just one common example of what's known as an e-mail phishing scam. Some of these scams are not so obvious, because they may disguise themselves as one of our well-known banking institutions, the Defense Finance and Accounting Service, or the Thrift Savings Plan. Sometimes these e-mails even link to



websites that are nearly carbon copies of the real sites we are used to seeing. Remember, legitimate financial institutions never ask for personal information or account numbers via

email, and if you are at all suspicious about the subject or content of an email don't open it. Just delete it!

MCPON Terry D. Scott

Master Chief Petty Officer of the Navy



### *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

### REMINDER: Bicycle Helmets Mandatory Island-Wide

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

### New a la carte menu

The Officers' Club introduces a new "a la carte menu" effective May 5.

### Pontoon Boat Trips

The Marina's pontoon boat is now available for lagoon trips. Sign up at the Marina. Trips will be offered from 9:30-11:30 a.m. and 2:30-4:30 p.m. Tuesday, Thursday and Saturday. This service is offered FREE of charge!

## From the SARP: What Effect Does Alcohol Have On Weight Loss

Submitted by Branch Health Clinic

**Question:** What effect does beer and wine have on weight loss?

**Answer:** Besides the additional calories (about 150 calories per 12 ounces of beer or about 100 calories per 5 ounce glass of wine), you should also consider the tranquilizing effects of these fine spirits. They make us feel calm and sometimes contented, which is contrary to how you might want to feel before exercising. I can't imagine going to the gym or outdoors for a run after two beers. So, if you consider this a deterrent to getting fit... I guess, yes it does affect weight loss.



**12 ounces of regular beer**  
(150 calories)



**5 ounces of wine**  
(100 calories)



**1.5 ounces of 80-proof distilled spirits**  
(100 calories)

**This limit is based on differences between the sexes in both weight and metabolism.**

But generally speaking, beer and wine don't influence weight loss differently than that of any other food or beverage... they are just another form of calories. Just remember that one gram of alcohol has 7 calories compared to one gram of carbohydrate or protein, which has 4 calories per gram. By volume,

alcohol has almost twice as many calories as carbohydrates and protein. The carbohydrates in one 12 ounces beer are about the same as one slice of bread. So if you are trying to cut back on total calories, decreasing alcohol consumption can be a great place to start.

### Get in touch with Navy One Source today!



Navy One Source offers a variety of services through their award-winning web site. Everything from advice on how to deal with work-related issues to child care and parenting lessons to grief counseling following the loss of a loved one. Navy One Source is available at no cost to you.

Best of all, it is available any time of day, wherever you are.

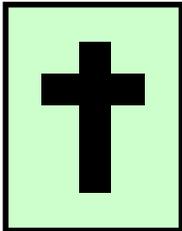
Online: [www.navyonesource.com](http://www.navyonesource.com) User ID: Navy, Password: Sailor

## GALLEY MENU *May 6 - 12*

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	Chicken Noodle Soup Cold Cut Sandwiches Baked Beans	Carrot Soup Beef & Broccoli Casserole Buffalo Chicken		Beef Rice Soup Baked Tuna Noodle Casserole BBQ Pork Spareribs	<i>"British Night"</i> Mulligatawny Soup Turkey Curry London Broiled Beef
Sunday	<i>"Brunch"</i> Egg Drop Soup Chili Macaroni Chicken Filet Sandwich	Pepper Pot Soup Stuffed Cabbage Rolls Tempura Fish	Thursday	Egg Drop Soup Yakisoba Stuffed Cabbage Rolls	Pepper Pot Soup Baked Knockwurst w/Sauerkraut Creole Chicken
Monday	French Onion Soup Egg Foo Young Mexican Pepper Steak	Tomato Bouillon Braised Beef Cubes Chicken Parmesan	Friday	Velvet Corn Soup Swiss Steak Fried/Baked Fish	Split Pea Soup Beannie Wennies Grilled Salisbury Steak
Tuesday	Turkey Vegetable Soup Italian Veal Steak Hot & Spicy Chicken Wings	Cream of Potato Soup Cajun Baked Fish Pork Chop Mexicana	<p><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></p>		

# What makes me think I'm so funny?

Father Shuley  
NSF Chapel of Faith



A couple of events over the last couple of weeks got me thinking about practical jokes, humor and how I decide what things are funny.

Many years ago, as a freshman in college, still 17 years old for the first half of the first semester, I thought a number of the practical jokes I played on people were funny.

I mocked an unpopular classmate by giving him a rather mean spirited "gag gift" which left him humiliated. It didn't give me any particular joy, but everyone wanted him to receive it, and somebody had to be the one to do the deed.

I used to leave holy cards outside people's doors, and run away. I used to drop one shoe late at night, to

disturb my rather jittery downstairs neighbor. Then I wait about 20 minutes, knowing that he was literally waiting for the other shoe to drop. Sometimes he would come upstairs and ask me when it was going to happen, and I would laugh at his expense.

But the Good Lord has a sense of humor, and he taught me a good lesson, just shortly after my 18th birthday, during that first semester.

I came home after having a couple of beers with the guys. In those days the drinking age was 18. I was so proud to be able to drink a beer legally. So they knew that they would be able to get me back.

There was a whole Christmas Nativity, manger, baby, donkeys, Mary and Joseph, the three Kings, and several burning candles in my room, all set up nicely, when I got back.

The building had a number of

serious fire hazards in it, as it was very old, and the first thing I thought about was, "we are going to burn down the seminary."

The second thing I thought about was that I knew I had locked my door, so someone had to use a Master Key to get into my room.

I was not very mature about the whole thing, and made a lot of complaints. But it got the intended point across to a very young college freshman. It ended my career in practical jokes, and I grew in my respect for other people.

"What makes me think I'm so funny?"

We may think something we have done is hilarious, and other people may think so as well.

But things are not always received in the same way that they are intended. Something to think about, and thanks for your support!

## 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 PWD and AMC. Bravo Zulu and keep up the great work!

### Air Mobility Command



**Name:** A1C Lacie Meeks  
**Hometown:** Abilene, Texas  
**Job Title:** AMC Controller  
**Time in Service:** 2 Years, 1 Month  
**Time on Island:** 4 Months

**What I like about my job:** "I like the vast learning experiences I receive at all possible locations. Ensuring quality aircrew rest, providing support to keep the missions moving, and tracking the arrival and departure of cargo and personnel during this tour have all made me more poised and focused on operations and have helped me become more proficient."

### Public Works Department



**Name:** BU1 Shawn Poff  
**Hometown:** Irvington, Alabama  
**Job Title:** LPO, Self-Help Builder Shop  
**Time in Service:** 14 Years, 9 Months

**Time on Island:** 3 1/2 Months

**What I like about my job:** "I like being able to directly see how the projects completed at Self-Help benefit others."

## Antiterrorism: Force Protection Measures

By MA1(SW) Sanders  
NSF Security Department

Force Protection Conditions (FPCONs) are a system of protective measures used by DoD installations and organizations to guard against and deter terrorist attack.

Senior commanders assign FPCONs for their region. Any commander may raise FPCONs and tighten security measures based on local conditions.

- FPCON-Normal is the basic security posture when there is no known threat.
- FPCON-Alpha provides increased security readiness against nonspecific threats
- FPCON-Bravo and Charlie provide incrementally greater

security measures and have greater impact on unit activities.

- FPCON-Delta is a full alert status used when an attack has occurred or is believed to be imminent.

Higher FPCONs can impose delays and inconveniences on routine unit activities.

These include more detailed vehicle inspections, 100% ID checks, gate closures, use of barriers, and extra guard duty for troops.

Random Antiterrorism Measures (RAMs) are the random use of various security measures normally employed at higher FPCONs in order to rehearse procedures, heighten unit awareness, and frustrate terrorist planning. This is how a

DOD unit or installation can apply the principle of unpredictability.

You can support your unit security program by cooperating with these security measures. Don't give guard personnel a hard time. Be patient. Be extra alert for threats.



## B.I.O.T. POLICE NOTICES



### Vehicle Access around Ballpark Road

There are black and yellow barriers placed across three entrances to Ballpark Road from 5 p.m. every evening until 8 a.m. the following morning. These barriers denote that Ballpark Road is closed between these times for the safety of personnel using the road for recreational purposes. The three entrances mentioned above are:

- at the entrance to the water plant
- after the entrance to the NSF Sewage works
- prior to the start of the mile and a half start line near the Tennis Courts

Starting Monday, May 8, 2006, there will be traffic signs placed on these barriers detailing the fact that the roads are closed for vehicle access between 1700 and 0800 daily. These are traffic signs and should be obeyed. Anyone found driving vehicles between these barriers during the times stated will be issued with a Fixed Penalty Notice for £100.

### No Parking Signs

There are numerous 'No Parking' signs placed around the Downtown area. If you

park your vehicle in the vicinity of the NO PARKING signs, you are liable to be issued with a Fixed Penalty Notice for £25. The best method to avoid a Fixed Penalty Notice for a parking violation is to park your vehicle in a designated parking lot. If you are in any doubt as to where the parking signs apply, do not park there. Use a parking lot and save your hard earned cash. If for any reason you feel aggrieved at the issue of a Fixed Penalty Notice for a parking violation, feel free to state your case at the BIOT Police Station.

## Ship's Store Corner

### Sale Sale Sale

The Ship's Store will be having a sale from 4 May to 8 May.

### New Items

Wireless Headphones  
Desktop Speakers

### Ship's Store Hours

On May 13 the Ship's Store will open at 7 a.m. and close at 6 p.m. due to an Annex 11 function.

### SHIP'S STORE GIFT CERTIFICATES

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

### 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.

## Entertainment this Week

MWR Presents:

### “Feedback Band”

Friday, May 5, Island Room, 8 p.m. - 1 a.m.

### “DJ Jasper (Requests)”

Friday, May 5, Camp Justice, 8 p.m. - 12 a.m.

### “Feedback Band”

Saturday, May 6, Island Room, 8 p.m. - 1 a.m.

## MWR events this Week

Friday, May 5

**Sailing Class**

**Marina**

**5:30 p.m.**

Saturday, May 6

**Sailing Class**

**Marina**

**9 a.m.**

Sunday, May 7

**Sailing Class**

**Marina**

**9 a.m.**

Sunday, May 7

**15K POW/MIA Run Race**

**Fitness Center**

**Showtime: 6:30 a.m.**

**Starts: 7 a.m.**

Wednesday, May 10

**9 Ball Pool Tournament**

**Island Room**

**6 p.m.**

Friday, May 12

**Full Moon Platoon**

**Fitness Center**

**8 p.m.**

## Main Outdoor Theater

Friday at 8 p.m. -	Syriana
Friday at 10 p.m. -	Rumor Has It
Saturday at 8 p.m. -	Rumor Has It
Saturday at 10 p.m. -	Tristan & Isolde
Sunday at 8 p.m. -	Tristan & Isolde
Monday at 8 p.m. -	Firefox
Tuesday at 8 p.m. -	Check MOT Marquee
Wednesday at 8 p.m. -	Check MOT Marquee
Thursday at 8 p.m. -	Glory Road

## Officers Club

Tuesday at 7:30 p.m. -	Last Holiday
Thursday at 7:30 p.m. -	Firefox

## CPO Club

Saturday at 7 p.m. -	The Big Easy
Saturday at 9 p.m. -	The Abyss
Tuesday at 7:30 p.m. -	Glory Road
Wednesday at 7:30 p.m. -	Coach Carter
Thursday at 7:30 p.m. -	Last Holiday

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. -	House of Wax
Saturday at 7 p.m. -	Lord of War
Sunday at 7 p.m. -	The Abyss
Monday at 7 p.m. -	When a Stranger Calls
Tuesday at 7 p.m. -	Blade: Trinity
Wednesday at 7 p.m. -	Glory Road
Thursday at 7 p.m. -	Coach Carter

## NBA

### NBA Playoffs

**Saturday, May 6**

First Round: Game 6 (if necessary)

Teams TBD (Live) 5:30 a.m. AFN SPORTS

First Round: Game Six (if necessary)

Teams TBD (Live) 8 a.m. AFN SPORTS

First Round: Game 6 (if necessary)

Teams TBD (Tape) 1 p.m. AFN SPORTS

First Round: Game 6 (if necessary)

Teams TBD (Tape) 5 p.m. AFN SPORTS

**Sunday, May 7**

First Round: Game 7 (if necessary) (Live) 6 a.m. AFN SPORTS

First Round: Game 7 (if necessary) (Live) 8:30 a.m. AFN SPORTS

First Round: Game 7 (if necessary) (Live) 11 p.m. AFN SPORTS



## Various Sports

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

### NASCAR (May 7)

Nextel Cup Series: Crown Royal 400, (Tape) Sunday, 1 p.m. AFN SPORTS

### Boxing (May 7 & 9)

DANGER ZONE: “The Golden Boy” vs. “El Matador,” (Tape) Sunday, 6 p.m. AFN SPORTS

DANGER ZONE: “The Golden Boy” vs. “El Matador,” (Tape) Tuesday, 11 p.m. AFN SPORTS

### MLB (May 6, 10 & 11)

Giants at Phillies, (Live) Saturday, 5 a.m. AFN PACIFIC

Rockies at Cardinals, (Live) Wednesday, 11 p.m. AFN SPORTS

Teams TBD, (Tape) Thursday, 10:30 p.m. AFN SPORTS

### PGA Tour (May 8)

Wachovia Championship: Final Round, (Tape) Monday, 1 p.m. AFN SPORTS

## Weekly Crossword

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21			22		23				
		24					25		26					
27	28						29	30						
31					32	33				34		35	36	37
38			39	40					41					
42						43						44		
			45		46				47	48	49			
50	51	52						53	54					
55						56		57					58	59
60						61		62			63			
64						65					66			
67						68					69			

**Across**

1 Easy gait  
6 Metric mass unit  
10 Circle segments  
14 Synthetic fabric  
15 "Little Caesar" role  
16 Cabbage-shaped decoration  
17 Fainthearted  
18 Help with a heist  
19 Engine conduit  
20 Newspaper chiefs  
22 Broke away  
24 Poncho relative  
26 Kingdom of Tereus  
27 Aquarium acquisitions

29 Pine exudation  
31 Nabokov novel  
32 Drawn tight  
34 Amazing magician  
38 Wiry-coated dog  
42 Nail smoother  
43 Capital of Schleswig-Holstein  
44 Waikiki welcome  
45 Correct  
47 Aquatic mammals  
50 Abstruse  
53 Sighted  
55 Modifications  
57 Faultless  
60 Legal wrong  
61 Amateur mag.

63 Concede  
64 \_\_\_ about (lawyer's phrase)  
65 Essayist's alias  
66 Untrue  
67 Be dependent  
68 Bellow  
69 Writer Nin

**Down**

1 Comic Johnson  
2 Virgin  
3 In error  
4 Tarry  
5 "Bewitched" role  
6 Take a hold of  
7 Poke fun at

8 Mavens  
9 Polyphonic pieces  
10 Bright star in Eridanus  
11 Valerie Harper TV role  
12 Trig. function  
13 Shoe material  
21 Dreadlocks wearer  
23 Cricket sound  
25 Like an encyclopedist  
27 "A \_\_\_ of Two Cities"  
28 Dutch cheese  
30 Suffix with disk  
33 Egyptian symbol of life

35 Where Alexandria is  
36 Does and bucks  
37 Eye part  
39 Knightly excursions?  
40 Resting  
41 Steal away  
46 Coot  
48 Albania's capital  
49 Nonstick material  
50 Thespian  
51 Geneva's river  
52 Christmas song  
54 Bit of asparagus  
56 Fodder storage site  
58 "\_\_\_ fan tutte"  
59 Pairs  
62 Actress Peeples

## Misconduct hurts U.S. bilateral relationship

USFJ Public Affairs Office

YOKOTA AIR BASE, Japan — In January, a number of highly publicized criminal incidents involving U.S. service members in Japan caused renewed calls from the Japanese public for military leaders to act to reduce misconduct.

Although crime rates of U.S. military members serving in Japan are comparable to that of Japanese society, U.S.-related incidents frequently cause anger toward the U.S. presence in Japan.

“Every incident of misconduct by U.S. personnel in Japan has the potential to damage the important U.S.-Japan Alliance,” said U.S. Ambassador to Japan, J. Thomas Schieffer. “In Japan, as is true throughout the world, crimes by foreigners have great news value. Media coverage can amplify the damage and fuel negative generalizations about Americans. What’s particularly tragic is when the misbehavior of a very, very few people then reflects poorly on the vast majority of other Americans who are serving with great honor and purpose.”

Recognizing the impact of misconduct, Lt. Gen. Bruce A. Wright, commander of U.S. Forces, Japan, and five top-ranking U.S. military commanders for American

personnel in Japan jointly issued USFJ Policy Letter 1 in March.

The policy reaffirms the standard of unwavering professionalism for American service members, civilians and their families serving in Japan. It is a concrete reminder of the emphasis the chain of command leadership in USFJ has placed on this issue over the past year, thus helping reduce the already low crime rates among US forces personnel even further.

It also directs a range of actions to stem future incidents of criminal misconduct. “It is very important that we continually educate Marines, Sailors, Soldiers, Airmen, family members and SOFA-status civilian employees about the effects of their actions to the bilateral relationship we enjoy today with Japan,” said Lt. Gen. Wright. “Our standard of unwavering professionalism and Policy Letter No.1 are there to help us all achieve the goal of being good neighbors and friends to our Japanese hosts.”

When a service member, family member or civilian DoD employee commits an act of misconduct, the result can complicate the mission of U.S. forces to support the U.S. Japan alliance.

“Whenever misconduct occurs it makes all our jobs harder—yours, mine

and everyone else’s,” Schieffer said.

“That is why we constantly have to do our best to be good neighbors and good citizens. Besides, it is the right thing to do and we all want America to stand for what is right in the world.”

Despite the news coverage highlighting the misconduct of a few U.S. service members, most of the tens of thousands of Americans stationed in Japan demonstrate a strong commitment to their mission, both in or out of uniform.

“Americans serving in U.S. Forces in Japan are doing an important mission by ensuring peace and stability in the Asia Pacific region,” Schieffer said. “As I visit installations in Japan, I am continually impressed by the professionalism and enthusiasm of the men and women I meet.

Every American who travels abroad represents America at all times — day or night — traveling on official business or for pleasure. This is true everywhere. I hope Americans will make it their personal mission to make a good impression for America. So I would want Americans to know that their positive behavior really matters, and also that most Americans by far do make a great impression on our overseas friends and allies.”

## Navy Spells Out Policy on Tattoos, Body Art, Piercings

By JOCS (SW/AW) Bill Houlihan

*Navy Personnel Command Communications*

The Chief of Navy Personnel, Vice Adm. John C. Harvey, Jr., released a message April 21, clarifying the Navy’s regulations regarding tattoos, body art and/or mutilations and dental ornamentation.

The message underscores Navy policy that already prohibits any body art deemed prejudicial to good order, discipline and morale or of a nature to bring discredit upon the naval service.

Four criteria have been issued to commanders to assist them in determining whether a tattoo, body art or brand should be permitted: content, location, size and whether the item is required for cosmetic purposes.

Navy policy stipulates that any tattoo/body art/brand that is obscene, sexually explicit or advocates discrimination of any sort is prohibited. Administrative

separation could result for personnel disregarding this guidance.

“This is directly tied to the public appearance of our personnel,” said Rear Adm. Gerry Talbot, Director, Military Personnel Plans and Policy Division, Chief of Naval Personnel. “How we look in uniform, how we represent our Navy and our nation should be something we consider on a daily basis, on duty or off.”

Location is as important as the content of the tattoo. Tattoos/body art/brands cannot be visible through the white uniform and cannot be on the head, face, neck or scalp regions. Items on the lower arm can be no larger than the wearer’s hand, fingers closed.

The message also points out Navy policy restricting intentional mutilation of any sort. This is defined as radical alteration of the body, head, face or skin for the purpose of an abnormal appearance.

Dental ornamentation; the use of gold, platinum or other veneers or caps used for decorative purposes is also prohibited.

Waivers for pre-existing conditions will be considered on a case-by-case basis by local commanders. They have discretion to determine whether removal is required, but items may be waived if they are not prejudicial to good order, discipline and morale.

Even if body art/tattoos/branding/mutilation occurred prior to the Navy’s original guidance released in January 2003, commanders still have the option to recommend separation if medical authorities determine removal is not feasible.

“It is important to clarify our policy to ensure everyone understands the criteria,” said Talbot.

Amplification on this policy, waiver applications and waiver eligibility can be found in NAVADMIN 110/06.

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

This week's term is:

### Tar, Jack Tar

Tar, a slang term for a Sailor, has been in use since at least 1676. The term "Jack tar" was used by the 1780s. Early Sailors wore overalls and broad-brimmed hats made of tar-impregnated fabric called tarpaulin cloth. The hats, and the Sailors who wore them, were called tarpaulins, which may have been shortened to tars.



(top photo) The Seabee marina project started by NMCB 74 begins to take shape. Photo by JO1 Margallis.

(bottom photo) Captain Birklund attends the ribbon-cutting ceremony officially opening the new Marina Facility. The Seabees of NMCB 4 completed the project. Photo by Randy Belz, 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 [margallisd@dg.navy.mil](mailto:margallisd@dg.navy.mil). Photo credit will be given if published in the Tropical Times.

## This Week in Naval History

Source: Naval Historical Center

**May 6, 1916** - First ship-to-shore radio telephone voice conversation from USS New Hampshire off Virginia Capes to SECNAV Josephus Daniels in Washington, DC

**May 7, 1942** - Carrier aircraft sink Japanese carrier Shoho during Battle of Coral Sea

**May 8, 1945** - VE - Day, Germany's unconditional surrender to the Allies

**May 9, 1926** - LCDR Richard Byrd and Chief Machinist Mate Floyd Bennett make first flight over North Pole; both



receive Congressional Medal of Honor.

**May 10, 1960** - USS Triton (SSRN-586) completes submerged circumnavigation of world in 84 days following many of the routes taken by Magellan and cruising 46,000 miles.

**May 11, 1898** - Sailors and Marines from USS Marblehead cut trans-oceanic cable near Cienfuegos, Cuba, isolating Cuba from Spain.

**May 12, 1780** - Fall of Charleston, SC; three Continental Navy frigates (Boston, Providence, and Ranger) captured; and one American frigate (Queen of France) sunk to prevent capture.

## Tide Report

### May 6 -12

	High	Low	High	Low
Saturday	9:20 a.m.	2:38 a.m.	10:06 p.m.	4:02 p.m.
Sunday	10:52 a.m.	4:23 a.m.	11:03 p.m.	5:32 p.m.
Monday	11:35 a.m.	5:19 a.m.	11:42 p.m.	5:51 p.m.
Tuesday	12:10 p.m.	5:53 a.m.	-----	6:12 p.m.
Wednesday	12:16 a.m.	6:25 a.m.	12:39 p.m.	6:38 p.m.
Thursday	12:46 a.m.	6:57 a.m.	1:06 p.m.	7:08 p.m.
Friday	1:15 a.m.	7:30 a.m.	1:35 p.m.	7:38 p.m.

### Answers to Last Week's Crossword:

1 D	2 A	3 S	4 H	5 A	6 P	7 S	8 O	9 S	10 P	11 I	12 L	13 L
14 A	15 D	16 E	17 R	18 H	19 R	20 A	21 C	22 T	23 I	24 E	25 S	26 R
27 S	28 R	29 I	30 N	31 A	32 N	33 D	34 B	35 D	36 L	37 M	38 F	39 T
40 O	41 I	42 N	43 E	44 P	45 D	46 A	47 K	48 Y	49 A	50 R	51 R	52 E
53 S	54 T	55 S	56 T	57 S	58 N	59 L	60 T	61 N	62 A	63 R	64 K	65 M
66 Y	67 A	68 R	69 E	70 A	71 S	72 S	73 I	74 S	75 S	76 A	77 S	78 S

## New Marina Facility Open for Business

By YNSR Joseph Ramos  
NMCB 4 Administrative Assistant

A mix of officers and enlisted Sailors wait in anticipation for the ribbon to be cut during a ceremony for the newly constructed Marina building. Captain Birklund, NSF Commanding Officer walks towards the flashes of cameras that fill the scene, while his entourage stands behind him.

As a saltwater breeze fills the air, the Seabees of NMCB 4 marvel at their accomplishment, but remain within their nonchalant character with their arms crossed. They are taking an unusual break from their strenuous work ethic. Captain Birklund shakes hands with the Project Supervisor BU1(SCW) Eladio Amezcuita and the Crew Leader BU3(AW) Michael Hoffman, in appreciation, admiration and total regard for the effort in completing the project not only without incident and efficiency, but also ahead of schedule. It's a true



*Captain Birklund thanks BU1 Ramises Mamhot for his contributions to the Marina facility project. Photo by Randy Belz, DG21 Photo Lab.*

achievement with two genuine leaders that guided their crewmembers through each task one step at a time with an exceptional eye for attention to detail, which was the underlying theme of the Marina Project.

The Marina Project was turned over on December 16, 2005 to NMCB 4 Seabees and completed on

April 27. On April 28, approximately a month ahead of schedule, the Marina facility opened with a ribbon cutting ceremony. Constructed with a total of 889 manned days, the Marina facility overlooks the lagoon next to the old yacht club, and has replaced the old out of date trailer that served as the place to rent boats and purchase fishing items.

The Marina facility houses a sailboat storage locker that can store up to 12 sailboats and canoes. It also contains two new classrooms that provide an excellent area to learn and achieve a license for sailing and power boating. The entrance area of the building provides a new shop area to purchase equipment, and rent boats, canoes or fishing gear.

Thanks to all of the Seabees that worked hard on the project with their pure dedication. Their efforts have contributed to increased morale so that we may all go and enjoy the beauty of the island. So take a day off from your busy schedule to enjoy some fishing, waterskiing, boating, or sailing on the blue sparkling lagoon.



*The Marina Project Seabee Crew takes a break for a group photo. Photo by Randy Belz, DG21 Photo Lab.*



**LEAGUE STANDING SHEET**  
Results for Week No. 15 of 23 04/29/2006  
**DIEGO GARCIA MIXED LEAGUE 2006 - SEASON 3**



Pos	Tm#	Team	-----Handicap-----						
			Won	Lost	Pct	TotPins	Ave	Gm	Ser
1	5	DET WON	86.0	34.0	71.7	31302	695	762	2223
2	18	COOL RAVEN	82.0	38.0	68.3	31216	693	826	2237
3	7	HARBOR OOPS	77.0	43.0	64.2	31737	705	821	2258
4	4	PORT OPS SHERIFFS	74.0	46.0	61.7	30722	682	774	2230
5	12	GUTTER DUSTERS	72.0	48.0	60.0	31264	694	789	2326
6	11	SPACE BALLS	72.0	48.0	60.0	30847	685	783	2178
7	15	USS CENTER	71.0	49.0	59.2	31076	690	780	2258
8	16	RULES OF ENGAGEMENT	71.0	49.0	59.2	30215	671	803	2257
9	22	OCEA 3	68.0	52.0	56.7	30602	680	765	2192
10	10	STEW BURNERS	65.0	55.0	54.2	31185	693	830	2286
11	17	UNFORGIVEN	62.0	58.0	51.7	30505	677	775	2271
12	21	LUCKY STRIKES	61.0	59.0	50.8	28408	676	764	2224
13	14	P.A.T.	60.0	60.0	50.0	31021	689	762	2178
14	1	SCRUBS	58.0	62.0	48.3	30108	669	751	2155
15	8	TURTLES	58.0	62.0	48.3	29321	651	735	2093
16	20	PSN	55.0	65.0	45.8	27671	658	745	2118
17	13	OCEA 1	54.0	66.0	45.0	30952	687	786	2174
18	6	C&W ALL STARS	48.0	72.0	40.0	30595	679	740	2158
19	9	SOCKS MANDATORY	44.0	76.0	36.7	27883	663	786	2163
20	2	THE OLDIES	44.0	76.0	36.7	23766	660	753	2096
21	19	THE YOUNGBUCKS	20.0	100.0	16.7	15502	645	732	2122
22	3	GHOST ONE	0.0	0.0	0.0				

### Skeet Shoot Tournament

Event held April 30



#### Class A

1st - Bill Corke (DG21) 42

#### Class B

1st - Jonathan Payne (GEODSS) 42

2nd - Dale Aki (PACAF) 40

3rd - Dave Mound (BIOT) 38

#### Class C

1st - Orbie Butler (EARS) 36

2nd - Bruce Chatfield (GEODSS) 33

3rd - Chad Longmire (EARS) 28

#### Beginners

1st - Mark Kotch (EMXS) 31

2nd - Jon Schleyer (BIOT) 29

3rd - Martin Ranalli (PWD) 28

### 3 on 3 Basketball Tournament

Event held April 27



**1st** – William Evans (AF)

Antonio Mitchell

Corey Richardson

**2nd** – Frederick Mabry (PACAF)

David Taylor

Jerry King

**3rd** – Robert Swain (EMXS)

Maclin Williams

Duade Pressley

### 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.

## Off-road Bike Race

Race held May 1  
(time in hh:mm:ss)

### Women (29 & under)

- 1st - Sarah Lenhoff (ROICC) 00:43:52
- 2nd - Charissa Delion (EARS) 00:57:03
- 3rd - Emma Foulds (BIOT) 01:04:56

### Women (30 – 39)

- 1st - Shannon Murray (BHC) 00:55:55

### Men (29 & under)

- 1st - Martin Ranalli (PWD) 00:34:10
- 2nd - Jon Schleyer (BIOT) 00:34:33
- 3rd - Antonio Caserta (EMXS) 00:41:22

### Men (30 – 39)

- 1st - Ramon Pedrajeta (DG21) 00:37:14
- 2nd - Sha Ballard (AMC) 00:39:25
- 3rd - D.W. Abrams (PACAF) 00:39:30

### Men (40 – 49)

- 1st - Bernie Garcia (DG21) 00:37:43
- 2nd - Jojo Eugenio (DG21) 00:38:05
- 3rd - Willy Ogaya (DG21) 00:42:09

### Men (50 and above)

- 1st - Jim Spang (BENNETT) 00:39:41
- 2nd - Patrick Patrira (DG21) 00:43:09
- 3rd - Lemuel Gan (DG21) 00:45:39



## 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.

## Negative Film Category



1st Place - Cesar Cabugao, DG21

Honorable Mention: Negative Film Category -  
Shane Smith, 22 SOPS, Det. 2

2nd Place - Glenn Lopera, DG21

Honorable Mention: Nature/Scenery Category -  
Heather Stierley, Weapons Department

3rd Place - Glenn Lopera, DG21

Honorable Mention: Macro Category -  
Jon Schleyer, BIOT



Honorable Mention: Animals/Wildlife Category -  
Jon Schleyer, BIOT



Honorable Mention: People/On the Job  
Category - Nestor Guzman, Environmental



Honorable Mention: Sports Category -  
Richard Soriano, Public Works Department



Honorable Mention: Action Category -  
Robert Farmer, USAF



Honorable Mention: Underwater Category -  
Jon Schleyer, BIOT



Honorable Mention: Sunrise/Sunset Category -  
Redon Dumlao, DG21 Annex 20

# Captain's Cup

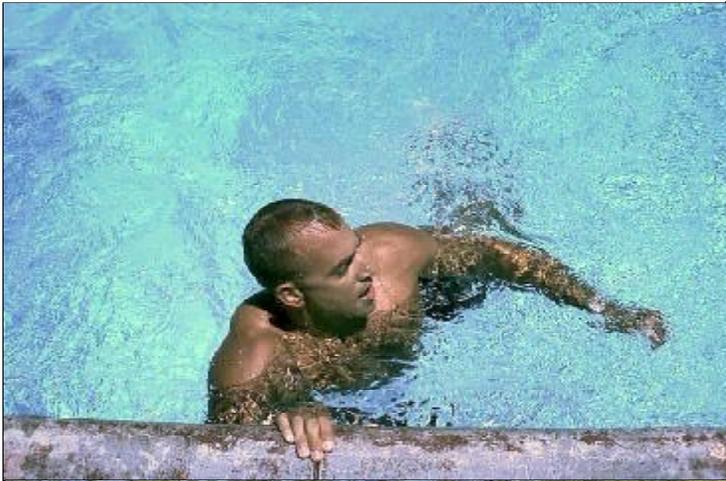
## Medical Staff Captures Captain's Cup in April

The crew from Air Operations hosted the most recent Captain's Cup Competition on Thursday, April 27. This month's events included Beach

Volleyball, Fire Hose Relay, 3 Point Shoot-Out, Triathlon and the ever popular Dodgeball. Public Works and Weapons were tied at 26 points going into

Dodgeball with just 2 points separating them from Medical at 24. In the end, Medical shifted into high gear conquering the competition in Dodgeball

and placing first overall in points to take home the Captain's Cup once again.



## Volleyball

- 1st – Medical
- 2nd – Air Force
- 3rd – PWD

## Fire Hose Relay

- 1st – PWD
- 2nd – Weapons
- 3rd – Security

## 3 Point Shoot-Out

- 1st – Weapons
- 2nd – Supply
- 3rd – Air Force

## Triathlon

- 1st – Medical
- 2nd – PWD
- 3rd – Weapons

## Dodgeball

- 1st – Medical
- 2nd – Air Force
- 3rd – Weapons

## Overall

- 1st – Medical (34 points)
- 2nd – Weapons (32 points)
- 3rd – PWD (28 points)



## Mother's Day – USA Sunday May 14th 2006

Anna M. Jarvis (1864-1948) is credited with originating America's Mother's Day holiday. She never married and was extremely attached to her mother, Mrs. Anna Reese Jarvis, who died in Philadelphia in May 1905.

Two years after her mother's death (1907) Anna Jarvis began a letter-writing campaign to gain the support of influential ministers, businessmen and congressmen in declaring a national Mother's Day holiday.

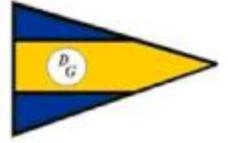


**CABLE & WIRELESS**

To help you make Mother's Day special, Cable & Wireless is reducing its phonecard charges on Saturday 13th and Sunday 14th May 2006.

– Contact C&W for more information –

The DG  
Yacht Club



welcomes

new members! No prior

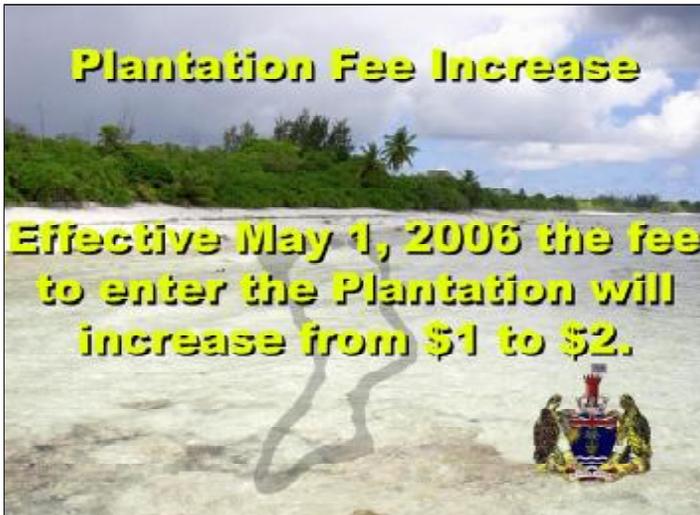
sailing experience necessary!

Meetings are held on the first

Wednesday of every month at

5 p.m. Come by for food and

fun!



### 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](mailto: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.