

Tropical Times

Serving the Footprint of Freedom



Volume 16, Number 52

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

January 5, 2007



*DG starts the
New Year with a bang!*

A Message from the Commanding Officer

Team Diego,

Happy New Year to everyone!

Before commenting on the events for 2007 I want to take a moment to talk about the past few weeks on Diego Garcia. There were many moving events that brought the entire DG community together to celebrate and have fun. All these were done tastefully and safely. For that I would like to thank:



You, the 'DG Family.' I saw many instances of people coming together to make sure we all made the most of what's available to us here. Everyone knows it can be difficult, even depressing, to be away from friends and family during the holiday season. But by maintaining a sense of community and looking out for each other you succeeded in filling the season with some holiday spirit and you did that safely. Good on you!

The Morale, Welfare and Recreation Department. A huge BRAVO ZULU to the MWR team led by Dave Sullivan and Ed Pickens. Jean Marc Leste, Reino Rumeral, and Boyet Eugenio put together a line-up of activities, parties and assorted contests that would rival any base or command anywhere on the globe and included something for everyone. Beginning with the Thanksgiving Fun Run, then jumping into high gear with the Christmas contests and reduced prices (some free) on many services, and culminating with the New Year's Eve island-wide party (including the first fireworks display on DG in more than a decade) the holidays were filled with many things that kept everyone busy and not idle enough to miss home more than was bearable.

After this morning's NSF Quarters/Deglam we'll have one more weekend before getting 'back-to-business-mode' full time. We're hosting a handful of visitors this month, including Commander Naval Forces Japan and his staff. On top of that, I imagine many of us may need to get back to the gym and track after all the holiday feasting.

Once again, Happy Year, and let's start the new year in the best possible fashion – by showing the visitors this month that we work even harder than we play!

Sincerely, and very respectfully,
Captain Dougherty

Tropical Times		
United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory		
Commanding Officer Capt. Patrick Dougherty	Executive Officer Cmdr. Darrel Engwell	Command Master Chief CMDMCM(SW) Brad Renollet
Reporter/Photographer/Layout & Design: Mass Communication Specialist Christopher Joy / Mass Communication Specialist Jonathen Davis		
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Information Highway

W2s on MyPay

Tax statements for 2006 available on myPay as follows:

- Retiree 1099R: available online Dec. 15 NOW AVAILABLE
- Annuitant 1099R: available online Dec. 18 NOW AVAILABLE
- Army, Navy, and Air Force Reserve W2: available online Jan. 2
- Marine Corps Active Duty and Reserves W2: available online Jan. 5
- Civilian W2: available online Jan. 9
- Savings Deposit 1099INT: available online Jan. 19
- Army, Navy and Air Force Active Duty W2: available online Jan. 22

Television and Radio Outage

ALL Naval Media Center TV and Radio Signals are scheduled to go off-air on Wednesday, Jan. 10th, starting at (approx.) 9 a.m.

Scheduled maintenance will include a power loss at all NMC facilities. The outage is scheduled to last all day.

Stress and Depression

Submitted by Branch Health Clinic

What Causes Depression?

There is not just one cause of depression. It is a complex disease that can occur as a result of a multitude of different factors, including biology, emotional and environmental influences. For some, depression occurs due to a loss of a loved one, a change in one's life, or after being diagnosed with a serious medical disease. For others, depression just happened, possibly due to a family history of the disorder. Whatever has generated the disease, the feeling of sadness is a truly personal feeling. What makes one person feel sad may not affect another person.

The holiday season for most people is a fun time of the year filled with parties, celebrations and social gatherings with family and friends. For many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.

Typical sources of holiday depression include: stress, fatigue, unrealistic expectations, over-commercialization, financial stress, and the inability to be with one's family and friends.

Balancing the demands of shopping, parties, family obligations, and house guests may contribute to feelings of being overwhelmed and increased tension. People who do not view themselves as depressed may develop stress responses, such as: headaches, excessive drinking, over-eating, and insomnia. Others may experience post-holiday sadness after New Year's/January 1st. This can result from built-up expectations, disappointments from the previous year, coupled with stress and fatigue.

There is absolute proof that people suffering from depression have changes in their brains compared to people who do not suffer from depression. The hippocampus, a small part of the brain that is vital to the storage of memories, is 9%-13% smaller in women with a history of depression than in those who've never been depressed.

What scientists don't yet know is why the hippocampus is smaller. Investigators have found that cortisol (a stress hormone that is important to the normal function of the hippocampus) is produced in excess in depressed people.

They believe that cortisol has a toxic or poisonous effect on the hippocampus. It's also possible that depressed people are simply born with a smaller hippocampus and are therefore inclined to suffer from depression.

What is stress?

Stress is simply a fact of nature — forces from the outside world affecting the individual. The individual responds to stress in ways that affect the individual as well as their environment. Hence, all living creatures are in a constant interchange with their surroundings, both physically and behaviorally. This interplay of forces, or energy, is of course present in the relationships between all matter in the universe, whether it is living or not living. However, there are critical differences in how different living creatures relate to their environment. These differences have far-reaching consequences for survival. Because of the overabundance of stress in our modern lives, we usually think of stress as a negative

experience, but from a biological point of view, stress can be a neutral, negative, or positive experience.

A brief history of stress

A key to the understanding of the negative aspects of stress is the concept of *milieu intérieur* (the internal environment of the body), which was first advanced by the great French physiologist, Claude Bernard. In this concept, he described the principles of dynamic equilibrium. In dynamic equilibrium, constancy, a steady state in the internal bodily environment, is essential to survival. Therefore, external changes in the environment or external forces that change the internal balance must be reacted to and compensated for if the organism is to survive. Examples of such external forces include temperature, oxygen concentration in the air, the expenditure of energy, and the presence of predators. In addition, diseases were also stressors that threatened the constancy of the *milieu intérieur*.

A neurologist, Walter Cannon, coined the term homeostasis to further define the dynamic equilibrium that Bernard had described. He also was the first to recognize that stressors could be emotional as well as physical. Through his experiments, he demonstrated the "fight or flight" response that man and other animals share when threatened. Further, Cannon traced these reactions to the release of powerful neurotransmitters from a part of the adrenal gland, the medulla. The adrenal medulla secretes two neurotransmitters, epinephrine (also called adrenaline) and norepinephrine, in the response to stress. The release of these neurotransmitters leads to the physiologic effects seen in the fight or flight response, e.g., a rapid heart rate, increased alertness, etc.

Hans Selye, another early scientist who studied stress, extended Cannon's observations. He included, as part of the body's stress response system, the pituitary gland, a small gland at the base of the brain. He described the control by this gland of the secretion of hormones (example; cortisol) that are important in the physiological response to stress by the other part of the adrenal gland known as the cortex.

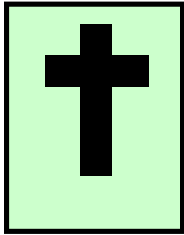
In his experiments, Selye induced stress in rats in a variety of ways. He found typical and constant psychological and physical responses to the adverse situations that were imposed on the rats. In rats exposed to constant stress, he observed enlargement of the adrenal glands, gastrointestinal ulcers, and a wasting away of the immune system. He called these responses to stress the general adaptation or stress syndrome.

He discovered that these processes, which were healthy, appropriate adjustments and normal for the organism in warding off stress, could become much like illnesses. That is, the adaptive processes, if they were excessive, could damage the body.

see STRESS, page 8

Bravo Zulu to Diego Garcia!

By Lt. Cmdr. Keith J. Shuley
Command Chaplain



For those who weren't here several months ago, I would like to repeat one of my favorite quotes, from one of the greatest sports reporters of all time.

Howard Cosell changed the paradigm of sports broadcasting and gave it a credibility and professionalism that was reserved to hard news, prior to his work in sports.

He used to say "give credit where credit is due." He would make it a point to recognize the hard work or the achievements of athletes, when they performed at a level of excellence.

It changed the way people looked

at the competitors on the field or in the arena.

In the spirit of giving credit where credit is due, I would extend my thanks and appreciation to all the people of our Diego Garcia community who were responsible for the great events and social activities of the holiday season.

The decorations in the chapel, outside the ship store, next to the NSF Command Post, and around the area were all outstanding.

The music in the chapel and the music provided by the entertainers on the island was a wonderful tribute to a special time of the year.

The parties at the clubs and the gatherings around the community really made a difference for all of us. Our Diego Garcia family has a lot to be proud of after this holiday season.

We had some really great MWR events, and even when the weather didn't exactly cooperate, it didn't keep anyone away.

There is no place that I would have rather been this past holiday season, and the great activities made the days and nights fun and rewarding.

I have been in a number of different places in my career, and the holiday season here rivals the celebration anywhere.

You name the location. Be it the Med, Oki, the Middle East, the High Seas, East Coast or West Coast, it doesn't get better than this.

Be assured of my prayers and best wishes for you and yours throughout 2007. And when I depart sometime in the next couple of months, be certain that I take a little bit of DG with me.

Diego Garcia Church Services

The Chapel in the Palms 370-4601	The Chapel in the Palms 370-4601	Sacred Heart of Jesus Chapel 370-2956	Sacred Heart of Jesus Chapel 370-2956
<u>ROMAN CATHOLIC</u>	<u>PROTESTANT</u>	Daily Rosary 5:45 p.m.	Evening Mass Weekdays 6 p.m.
Confession/Rosary/Novena Saturday 7 p.m. Sunday 7:30 a.m.	Sunday Bible Study 9:15 a.m.	Theological Formation Weekdays 7 p.m.	Saturday Mass 5:30 a.m. and 7 p.m.
Catholic Mass Saturday 7:30 p.m. Sunday 9 a.m. Monday-Friday 11:30 a.m.	Contemporary Protestant Worship Sunday 10:30 a.m.	Hindu Temple	Sunday Mass 8 a.m. and 7 p.m.
Choir Rehearsal Thursday 7 p.m.	Gospel Service Sunday 1:30 p.m.	<i>Seabreeze Village</i> Fellowship Service Thursday 7 p.m.	Friday Bible Study 7 p.m.
Note: Confession is also done by appointment.	Latter Day Saints 1 p.m.	Iglesia ni Cristo	*Confession After Mass
<u>ISLAMIC</u> Jum'ha Daily 7:30 p.m.	Bible Study Tuesday 7 p.m.	English Worship Service Thursday 5 a.m.	Palmville Village Mass Every First Friday 7:30 p.m.
<u>CHURCH OF CHRIST</u> Sunday Worship 10 a.m.	Bible Study Wednesday 7 p.m.	Tagalog Worship Service Thursday 8 p.m.	Prayer Meeting Wednesday 8 p.m.
		English Worship Service Saturday 8 p.m.	Christian's Den
		Tagalog Worship Service Sunday 5 a.m.	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 and civilian 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 Supply and PACAF. Bravo Zulu and Keep up the great work!

Supply



Name: CS2(SW)
Stephanie Hilliard
Hometown: Savannah, Tennessee
Time in Service: 7 years
Time on Island: 3 months

What I like about my job:
"Opportunity to do different things."

PACAF



Name: SrA Peter B. Borges
Hometown: Scotia, California

Time in Service: 4 1/2 years
Time on Island: 9 months

What I like about my job:
"I like the fact that I get the opportunity to work in sync with other military branches in the unique setting of Diego Garcia."

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		
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48					49		50			51				
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57	58	59			60		61			62				63
64				65					66		67			
68						69					70			
71						72					73			

Across

- 1 Exile site for Napoleon
- 5 Barley beards
- 9 Out on ____
- 14 Boxer Spinks
- 15 Exactly
- 16 Chocolate source
- 17 Opera's Te Kanawa
- 18 One with an inside track
- 20 Berate
- 22 Woman of distinction
- 23 "Handy" man
- 24 Particles in electrolysis
- 26 "The King and I" country
- 28 Below, for Byron
- 30 Drinks greedily
- 34 Jekyll's alter ego
- 37 Arguable
- 39 Man of Steel portrayer
- 40 Boat propeller
- 41 Spy's byword
- 43 Follow relentlessly
- 44 Role for Charlie Chaplin
- 46 Gambling game
- 47 "____ Nagila"
- 48 More tense
- 50 Lowest operatic voice
- 52 Go for a dip
- 54 Soprano Maria
- 57 Lecturer, briefly
- 60 Asian desert
- 62 "____ Without a Cause"
- 64 Family gathering place
- 67 Deceive
- 68 Monkeys' taboos
- 69 France's Cote d'____
- 70 Letters on a B-52
- 71 Adorn with droplets
- 72 Gambler's woe
- 73 Animal skin
- Down**
- 1 Antlered animals
- 2 Olympus alternative
- 3 Element number 5
- 4 Dye type
- 5 Cash dispenser
- 6 "Peanuts" character
- 7 Zilch
- 8 Cherry leftovers
- 9 Be in a cast
- 10 Sixties TV western
- 11 "____ See Clearly Now"
- 12 Damsel
- 13 Gaunt
- 19 Flowery garlands
- 21 Buck's mate
- 25 Identify
- 27 Askew
- 29 Biblical mountain
- 31 Mother of Helen of Troy
- 32 Ukrainian city
- 33 Big name in computer games
- 34 Table d'____
- 35 36 inches
- 36 Aerodynamic force
- 38 Bulldoglike
- 41 Gush forth
- 42 ____ Nostra
- 45 Put out of order
- 47 Stayed out of sight
- 49 Diana of "The Avengers"
- 51 Camera type
- 53 Fable ending
- 55 Bad treatment
- 56 Calyx component
- 57 Commoner
- 58 Rend
- 59 "Ars Amatoria" poet
- 61 Classic clown
- 63 Hit the road
- 65 Australian state: Abbr.
- 66 "____ Doubtfire"

Return and Reunion Classes Helpful to Returning Military

*Lt. Danyell Brenner
Fleet and Family Support Office*

A great deal of attention is paid to the separation side of military deployment, when military personnel leave families and partners for overseas operations. We can understand the worry and the feelings of loss and loneliness a military deployment can bring to a family. But the return and reunion with families and partners can be just as stressful. The difficulties and strains of return can be surprising and sometimes painfully disappointing to military families.

Couples who have been separated by military deployment often look forward to a service member's return as a time of happiness, a chance to get back to "normal" life. Lovers and spouses miss each other and look forward to time together. Children look forward to having a missing parent back at home. The absent service member looks forward to a joyful reunion and the comforts of home. But mixed in with those feelings of excitement and anticipation are also some perfectly normal worries and resentments. Husbands and wives worry that their spouse has changed, that there will be new strains in the relationship. Both partners may dread giving up the independence that being apart has allowed them, and may resent what they imagine as the freedom the other has enjoyed during deployment. While everyone looks forward happily to getting back together, they may also feel some anger at having been separated in the first place. This is a feeling that children sometimes express very openly. Reunions can be especially challenging if the deployment was longer or more dangerous than usual, or if communicating back home was more difficult than expected.

What can make return from deployment an unhappy and stressful time is the mismatch between high expectations and the reality of family life, and the need to change and fit into new family roles and routines. It helps to communicate the details of the return plan, and to keep your partner updated on any changes to the schedule. Plan something special for each other. The returning service member might bring gifts for those at home. The partner at home might plan a welcome-back meal or some other celebration. Be ready to be understanding and for-

giving if the reality of the reunion doesn't match your plans and hopes.

The Fleet and Family Support Office provide Return and Reunion classes to Commandants and service members as a way to help prepare them for their return home. Topics such as Homecoming for Families, Children and Single Sailors are covered in Return and Reunion classes. Here are some of the suggestions made in classes.

Be prepared for exhaustion, jet lag and change in time zone, and unpredictability and changes in the return schedule. Be prepared, too, for reactions to the return that aren't what either or both of you may have expected. The partner at home may have planned a joyful welcome, for example, with banners, gifts, or favorite foods, only to find the service member too exhausted to notice. A gift from overseas may not be received with the appreciation the returning service member expected. Babies and young children may pull away from or cry at the returning parent's efforts to hold and hug them. It takes time for young children to get to know a parent again after a long absence.

Make a conscious effort to make only positive comments about any changes you notice when you get home. Try to keep this up for at least the first two days. Look for positive changes, such as how your children have grown and matured, new skills they have learned, or household improvements your spouse has managed. Tell family members that you are proud of them. Show your appreciation for the extra work your spouse has taken on while you were away, handling all of the household responsibilities alone. Don't criticize the ways your partner is handling these added tasks, even if it's very different from how you would do

it. Talk about who will do what now that you're both home. The service member should make a gradual effort to resume his or her role as an engaged parent.

Expect that your children might not welcome you back immediately with smiles and hugs. Very young children may see you as a stranger at first and be shy or even scared of you. Be patient as they take the time to get to know you and accept you as a parent again. Older children may be angry at you for being away so long, at least at first. Teenagers may hold back as a way to try on new independence. Try to remember that these are all natural responses for children at different ages.

Husbands and wives often report feeling like strangers to each other in the first hours and days of return, especially after long deployments. Couples sometimes have problems, too, with different expectations about how they'll spend these first few days. A service member looking forward to an escape from the rigid routine of deployment, for example, might not react well to a spouse's tightly scheduled plans for the first few days after return. The partner at home may be eager or reluctant to give up some of the decision-making roles.

Make time for your family. Hold off on visits to relatives and limit time with friends until you've settled into a comfortable routine at home. Take time to talk with your spouse or partner. After a long absence, you need to get to know each other again. You've both had new experiences that may have changed your priorities and your ideas about roles in the marriage and the family. Talking now can help you lay the foundation for a

see REUNION, page 8

*Come learn how to improve your marriage
or develop skills to find a good spouse*

The Marriage Enrichment Workshop



Every Wednesday at the Chapel

11:15 a.m. to 11:45 a.m.

Open to ALL HANDS



STRESS from page 2

Here then is the beginning of an understanding of why stress, really overstress, can be harmful, and why the word stress has earned such a bad name.

There is now evidence that points to abnormal stress responses as being involved in causing various diseases or conditions. These include anxiety disorders, depression, high blood pressure, and cardiovascular disease, certain gastrointestinal diseases, some cancers, and even the process of aging itself. Stress also seems to increase the frequency and severity of migraine headaches, episodes of asthma, and fluctuations of blood sugar in diabetics.

Conclusions about the effects of stress

Some particular kinds of stress seem to be even more detrimental than other types.

That is, some types of stress can actually lead to diseases. For example, stresses that are unpredictable and uncontrollable seem to be the greatest culprits. On the other hand, stresses with which we can cope and master are not necessarily bad. In fact, we can learn from these stresses, predict their recurrence, and develop action plans to reduce or avoid them in the future.

In this way, some stresses can actually trigger new personality growth and biologically induced adaptive (healthy adjustment) changes. Indeed, much of psychotherapy is empirically (guided by practical experience rather than theory) based upon this concept. As a matter of fact, many therapists are unaware of the biological processes (mechanisms) that form the basis of their work.

Uncontrollable, unpredictable, and constant stress has far-reaching

consequences on our physical and mental health. Stress can begin in the womb and recur throughout life. One of the abnormal consequences of stress is a learned helplessness that leads to the hopelessness and helplessness of clinical depression, but, in addition, many illnesses, such as chronic anxiety states, high blood pressure, heart disease, and addictive disorders, to name a few, also seem to be influenced by chronic or overwhelming stress.

Nature, however, has provided us with wonderful mechanisms to cope with stressors through the HPA axis and the locus coeruleus/sympathetic nervous system. Furthermore, research has shown us the biological mechanisms that explain what we all intuitively know is true—which is, that too much stress, particularly when we cannot predict it or control its recurrence, is harmful to our health.

REUNION from page 8

newly strengthened relationship. Expect that intimacy and sexual relations may be awkward at first. Go slowly. Your time apart really has made you strangers to each other in many ways. Make an effort to be patient and charming, much as you did when you were first dating.

Take time to understand how the family has changed while you've been gone. Spend time alone with each member of your

family. Think of things to do with your children that you each enjoy and that will give you time to talk and have fun together in a relaxed way. Watch your spending. It can be tempting to celebrate your return with dinners out or special gifts. Be careful not to get into debt trouble that could take you months or even years to repay. Time together and attention to each other's needs is far more valuable than anything you can buy and you won't have to face the credit card bill next month.

NAVY / MARINE CORPS Planning to Conserve Energy



Military bases have a high success rate for their energy conservation plans because of their knowledge of where to conserve energy and how to accomplish their conservation goals. Like military bases, municipalities must know where their highest energy costs are located. A thorough analysis of current energy consumption must be done to determine where to begin conservation efforts. Once this is done, a plan of action must be drawn up with measurable goals. Throughout the life of the plan, it is useful to measure progress continuously so that inefficient projects can be replaced by more efficient ones. Also, through continual monitoring of the plan, the completion of successful projects can be recognized and the savings realized. All of us can make this happen.

(For more info: contact *ENI(SW) Campano*, ENERCON MGR, at 370-4525.)

Ship's Store Corner

Sale

The Ship's Store will have a sale the weekend of Jan. 13/14. Various items will be on sale!

Ship's Store Closure

As a reminder, the Ship's Store will be closed on Jan. 15th in observance of Martin Luther King's Birthday. Plan your shopping accordingly.

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 back to the Ship's Store.

Entertainment this Week

MWR Presents:

"DJ John Green"

Friday, January 5, Jake's Place, 8 p.m.

"DJ Jean Marc"

Friday, January 5, Island Room, 8 p.m.

"Mixed Up Band"

Saturday, January 6, Island Room, 8 p.m.

"DJ Jean Marc"

Saturday, January 6, Jake's Place, 8 p.m.

MWR Events this Week

Friday, January 5

**3-Point
Shootout
Fitness Center
5 p.m.**

Saturday, January 6

**Donkey Gate
and Bike Ride
Marina
8 a.m.**

Sunday, January 7

**MWR
Sailing regatta
Marina
12:30 p.m.**

Sunday, January 7

**2 Person Beach
Volleyball Tourney
Jake's Place
1 p.m.**

Monday, January 8

**Off Road
Bike Race
Jake's Place
5 p.m.**

Tuesday, January 9

**9-Ball Pool
Tournament
Island Room
6 p.m.**

Main Outdoor Theater

Friday at 8 p.m. -	How to Eat Fried Worms
Friday at 10 p.m. -	Beerfest
Saturday at 8 p.m. -	Beerfest
Saturday at 10 p.m. -	Snakes on a Plane
Sunday 8 p.m. -	Snakes on a Plane
Monday at 10 p.m. -	Material Girls
Tuesday at 8 p.m. -	Invincible
Wednesday at 8 p.m. -	Idlewild
Thursday at 8 p.m. -	School of Scoundrels

Hometown Connections



THE FOLLOWING FACILITIES
OFFER FREE HIGH-SPEED
INTERNET AND WEBCAMERAS TO
BROWSE THE INTERNET AND
COMMUNICATE WITH FAMILY AND
FRIENDS.

Liberty Center

8 a.m. - 10 p.m. Monday - Friday
8 a.m. - 10 p.m. Saturday & Sunday
8 a.m. - 10 p.m. Holidays

Hometown Connection (Turner Club)

8 a.m. - 10 p.m. Monday - Friday
8 a.m. - 10 p.m. Saturday & Sunday
8 a.m. - 10 p.m. Holidays

Library

1 p.m. - 9 p.m. Monday-Sunday



GALLEY MENU *January 6 - January 12*

Saturday	<u>Lunch</u>	<u>Dinner</u>	Wednesday	<u>Lunch</u>	<u>Dinner</u>
	Chicken Noodle Soup Pasta Bar Cajun Roast Beef / Au Jus	Pepper Pot Soup Pepper Steak Kalluah Pork / Mushroom Gravy		Beef Rice Soup Broccoli Quiche London Broiled Beef / Natural Gravy	"MEXICAN NIGHT" Mexican Onion Corn Soup Enchiladas Tostadas / Salsa
Sunday	BRUNCH Old Fashioned Bean Soup Minute Steak Mexican Pork Chops	Turkey Vegetable Soup Baked Tuna & Noodles Teriyaki Chicken	Thursday	Cream of Broccoli Soup Baked Salmon Steak / Tartar Sauce Potato Bar	Chicken Noodles Soup Stuffed Green Peppers Turkey Nuggets
Monday	Tomato Bouillon Lemon Baked Fish / Tartar Sauce Hungarian Goulash	Egg Drop Soup Tamale Pie (Turkey) Cantonese Pork Spare ribs	Friday	Minestrone Soup Lime Chicken Soft Tacos / Salsa Sukiyaki	Texas Tortilla Soup New England Boiled Dinner Chicken A La King
Tuesday	Onion Soup Hot Spicy Chicken Wings Boiled Spaghetti w/ Zesty Meat Sauce	Lentil Vegetable Soup Fish Florentine Beef Stir-Fry	<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>		

Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

Mayday

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).



Diego Garcia celebrated New Years at the Brit Club and Marina on Sunday evening. There was a magnificent fireworks show at the crack of midnight to commemorate the start of 2007. This is the first firework show in the past 10 years on the island.

**(Photo by
MCSN Jonathen E. Davis)**

Want to share your favorite photo or two with the Island Team? Submit your photos with some information about the photo to MCSN Davis at davisje@dg.navy.mil. Photo credit will be given if published in the Tropical Times.

This Week in Naval History

Source: Naval Historical Center

January 6, 1916 - First enlisted flight training class at Pensacola, FL.

January 7, 1960 - Launch of first fully-guided flight of Polaris missile at Cape Canaveral (flew 900 miles).

January 8, 1847 - Battle of San Gabriel (Navy, Marines, Army defeat Mexicans in CA).



January 9, 1918 - Establishment of Naval Overseas Transportation Service to carry cargo during WWI.

January 10, 1917 - Navy places first production order for aerial photographic equipment.

January 11, 1944 - Aircraft from USS Block Island make first aircraft rocket attack on German submarine.

January 12, 1953 - Landings tested on board USS Antietam, first angled deck carrier.

Join the DG Color Guard
Color Guard is about showing pride in your country, representing your command and the uniform that stands for freedom.
Contact CMDCM Renollet
RenolletB@dg.navy.mil



Answers to Last Week's Crossword:

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

Newly promoted **Lt. Danyell L. Brenner**





Shark Sighting!



Photo submitted by TMCM(SW/AW) Michael R. Vimislikmr

TMCM(SW/AW) Michael R. Vimislikmr was walking along the beach before sunset on Tuesday and saw this small shark cruising back and forth in the shallows. Was the shark perhaps staying away from larger predators in deeper waters?

Catching the Big One



Photo submitted by HMCS(SW/AW) Mike Brizzee

From left to right: Edsar Ramirez, HMCS(SW/AW) Mike Brizzee, Senior Airmen Jeff Seals and Kris Morich caught and released a Sailfish on their fishing trip during the holiday break. To go on a fishing trip just like those in the picture, the Marina offers \$75-for-four-hour boat trips to go deep-sea fishing. The price can be divided by how many people go on the trip.

Poet's Corner

Minds Eyes

By YNSA Joseph Ramos

Cool breeze
Knees shake against
The chills...
Eyes search for a place to escape
No means...
My words bare no strength in idle ears
For they're fragile...
Crash!!!
Glass breaks amongst the background,
People gasp
Silence....
People laugh
They seem to find amusement in my speech
As if my accent embodied my intelligence,
It's Irreverent
For a man without truth is therefore ignorant,
So I plan my escape from this place where knees shake
And words break
Against the cool breeze,
Understand...?
Witness the sharp sting of neglect,
See the struggle that bathes my world,
Witness me walk
Head hung low
Eyes glare the ground,
Carrying the weight of the world on my shoulders...
Words scream,
A mere whisper,
Against the piercing pain...
Paces get closer,
While I'm heading in a bare direction,
Observe the nights,
Eyes open,
Tears swell,
A waterfall
Gently splashes beside my face,
Hot shower
Washes the pain,
Feel the drops trickle down,
I sit curled,
Vision of the past swirl and settle,
Eyes closed...
See me
Fly Fly
And escape into my minds eye....

If you would like to contribute writing and/or artwork, email davisje@dg.navy.mil to have your personal work in the newspaper.