

Volume 13, Number 29 U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

### PSD starts issue of new, smart identification card

By JOSN David Olson Naval Media Center

The Department of Defense has created a successor to the military identification card.

The common access card, or CAC, provides the same benefits of the present identification card while adding some new benefits.

PSD began issuing the card this week. These new cards will be issued as current ID cards expire or replacements become necessary.

Features of the new card include technology to provide access to a computer or workplace. The CAC features a secure integrated circuit chip, which acts in a manner similar to a mini-computer. Information is also stored in a magnetic stripe, similar to the bar codes found on each side of the card.

Some commands will use the card in dayto-day business to lessen delays and help workers do their jobs better. A CAC holder may log onto a computer, encrypt or encode e-mails and put an electronic signature on documents. The number of commands using the chip will increase over time.

Additional information found on the new card will include an electronic data interchange person identifier, public key infrastructure data and a meal entitlement code.

A personal identification number, must be used to add any information to the CAC after it has been issued. No additional data can be placed on a CAC without the servicemember's knowledge.

Another CAC security advantage is all permissions to various systems can be revoked if the cardholder is captured or missing in action.

The CAC is recognized as a Geneva Conventions ID card if the cardholder is an authorized service member.



July 25, 2003



# Increasing island security

# Auxiliary Security Force to focus on specialized training

By JOSN Adam Stapleton

Naval Media Center

The continued war on terrorism is in effect. American military bases are on a heightened security alert, and Diego Garcia is no exception.

The island's Auxiliary Security Force, or ASF, is doing its part by ensuring the safety and security of the island and its residents.

ASF is designed to supplement NSF's security force and is made up entirely of servicemembers from various detachments.

"The purpose of ASF is to augment the base's security forces during increased force protection conditions," said MA1 Harold Smalls, the operations chief in charge of ASF. "If we were to go to [force protection condition] Charlie or Delta, we would recall ASF personnel to bolster island security and maintain security watches and manpower."

Force protection conditions are determined by the amount of danger a base might be in and determines the amount of personnel needed to maintain proper security. Threat condition levels vary in severity from the least severe, Alpha and Bravo, to the most severe, Charlie and Delta.

Smalls has several plans for upgrading the training that prospective ASF members go through. He outlined what future ASF members can expect.

"We plan on restructuring the entire ASF academy and focusing on personal security tactics, anti-terrorism, perimeter setting and more formal firearms training."

Servicemembers already assigned to ASF will be introduced to these updated concepts and receive training during their monthly training sessions.

"The purpose of ASF is to augment the base's security forces during increased force protection conditions."

MA1 Harold Smalls

Smalls added the ultimate goal is to have ASF members trained efficiently and to perform whatever tasks NSF Security calls for.

Smalls said the next ASF academy, which begins this month, would be the first to undertake this revised system of training.

# **British security**

A closer look at a ROPO's job By JOSN Heather Schory

Naval Media Center

Royal Overseas Police Officers, or ROPOs, are one of the many lines of defense for Diego Garcia.

The ROPOs work at the British Indian Ocean Territory, or BIOT, Police Station and are responsible for maintaining peace on the island. They are also tasked with ensuring residents obey island laws.

ROPOs are British military servicemembers sworn in as civilian police officers, "so there are no issues with rank," said ROPO Three Andy Fearnly.

ROPOs have the same responsibility as civilian law enforcement officers in the United States and the United Kingdom.

ccording to ROPO Five Fiona McCulloch, performing duties as civilian police officers makes their job easier as rank doesn't become an issue.

"When a person is in trouble with the law, they are just a regular person," McCulloch said.

ROPOs perform many duties throughout a normal workday. They are responsible for ensuring the safety of residents while maintaining good order throughout the island. That includes responding to emergencies.

Also falling under the good order umbrella is the enforcement of local traffic laws.

"We are a proactive force," said McCulloch. "We are always seen patrolling around the island, ensuring the safety of everyone."

When asked what a typical day in a ROPO's life was, both McCulloch and Fearnly replied with the same answer: No two days are ever the same. You are never quite sure what the day will bring.

*"We are always seen patrolling around the island, ensuring the safety of everyone." ROPO Five, Fiona McCulloch* 

"One moment the phones could be ringing off the hook and you are responding to what seems like a million different calls at once, and the next moment everything seems to be at a standstill," said Fearnly.

#### **Tropical Times**

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## In Memoriam ...



A memorial service was held yesterday at the MOT for Michael J. Fleming of Sussex, United Kingdom. The 48-year-old Cable and Wireless general manager joined the company in 1972. He arrived on island in 1985 as earth station engineer after stops in Turkey, Saudi Arabia, London, Maldives and the West Indies. He is survived by his sisters-in-law, nephews, nieces and close friends residing in the United Kingdom and South Africa.

### Creating healthy work environment

Health Services Department

Not all of us get to enjoy the beautiful weather on Diego as part of our jobs. Many of the workers on Diego Garcia, including myself, spend a large part of their workday in front of a computer terminal. This type of work does present hazards to health. Repetitive strain injuries are often associated with intensive computer use. These injuries can be painful and sometimes permanently disabling.

Signs and symptoms associated with repetitive strain injuries include: pain, swelling or tenderness in the hand, wrist and forearm; numbness and tingling in the hand, and fingers, often during the night; weakness in the hand or difficulty grasping objects. Other complaints often associated with computer use involve visual symptoms such as eyestrain, burning, tearing, soreness, blurred vision and headache. Report these symptoms to your primary care provider.

Remember, it's easier to treat or reverse a problem if identified early rather than waiting until chronic or serious injury has occurred. Preventing them from occurring in the first place is even better.

There are three areas to consider in preventing these types of injuries: The equipment in use, your work environment and the work habits of the operator. What kind of monitor are you using? Good screen resolution is important. The more pixels, generally, the better the resolution. Monochrome monitors usually have better resolution than color monitors, so if the job doesn't require color, its better to use a monochrome monitor. Screen brightness and contrast should be adjusted so that character definition and resolution are maximized. The brightness of the screen should match the brightness of the room; this will help prevent screen reflections. Reflections on the screen decrease visibility of text by decreasing contrast. An antireflection screen can be placed over the display. If you use an antireflection screen, make sure the American Optometric Association has approved it. Dark characters on a light background are less affected by reflections.

Your desk should allow for adjustability in the keyboard height or a chair that can be easily adjusted to the height of your keyboard. You should be able to sit with your shoulders relaxed, upper arms at your side, and elbows bent with forearms, wrists and hands straight and parallel to the floor. You want to avoid bending the wrists, a key factor for repetitive strain injuries. Your monitor should be positioned so that the center of the screen is 10-20 degrees below your straight-ahead gaze, or so that the top of the screen is just below your eyes. Anything higher adversely affects your posture.

The documents and the screen should be the same distance from your eyes. Ideally, you should be using a document holder to place the documents at the same level as the screen, positioned the same distance as the screen, and fairly close to the monitor screen. This will reduce eyestrain by not having to refocus as you look back and forth between the two, less turning of the head and fewer changes in posture.

See "CPU Safety" page 4

#### **Community Updates**

- GMT for E-6 and below will be held at 3 p.m. Aug. 8 and 12 at the Island Room. CPO GMT will be at the CPO Club at 10 a.m. Aug. 26. Officer GMT will be at the Officer's Club at 3 p.m. Aug. 8. This month's topic is BIOT law and fraternization. All hands are required to attend.

- LCDR Ruth Goldberg, the NSF social worker, has moved her office to room 115 on the first floor of the administration building. Her new phone number is 370-4421.

- Catholic Mass will resume tomorrow. For more information contact the chapel at 370-4601.

Galley Menu July 26 - August 1						
Lunch Saturday Oven Fried Chicken Mashed Potatoes Speedline: Chicken Salad Sandwich	Dinner Beef Stew Italian Style Submarine	Wednesday         PHILIPPINE NIGHT           Chicken Cacciatore         PHILIPPINE NIGHT           Corned Beef w/Apple Glaze         Pork Adobo           Speedline:         Grilled Tuna & Cheese         Philippine Pancit				
Sunday Egg Drop Soup* Monte Cristo Sandwich Speedline: Pastrami Sandwich	Savory Baked Chicken Pork Chop Suey	Thursday         Cantonese Pork Spareribs       Stuffed Cabbage Roll         Open Face Turkey Sandwich*       Fried Chicken Nuggets         Speedline:       Gyros				
Monday Lemon Baked Fish Braised Beef Cubes Speedline: Grilled Reuben Sandwich	Pasta Primavera* Stuffed Beef Rolls	Friday         Baked Fish*       Chicken Fried Steak         Beef Stew*       Cheese Tortiglioni         Speedline:       BBQ Pork Sandwiches				
<b>Tuesday</b> Baked Lasagna Grilled Pork Chops <b>Speedline:</b> Egg Salad Sandwich	Oriental Pepper Steak* Tempura Fish*	*Heart healthy items. Reminder to CDF patrons: meal pass must be visually sighted at the sign-in desk. No smoking areas will be enforced. Due to unforseen circumstances, it may be necessary to provide substi- tutions for food items not in stock or to permit the use of perishables.				

#### CPU Safety from page 3

A swivel chair is recommended to reduce the need for excessive body twisting. The chair should also provide lower back support and preferably have five legs for greater stability. A footrest may be required to ensure that your feet are not dangling.

Lighting is also very important. The quality and distribution of light should be taken into consideration. When working, all objects in your field of view should have equal brightness. Bright lights or windows are often common offending sources that can cause discomfort. Use blinds or drapes to eliminate bright light from windows. If using desk lamps, avoid directing them at you or at your monitor, indirect lighting is best. Ideally, the brightness in the room should equal the brightness of the display screen. The bigger the difference between the two, the more visual discomfort you will experience and the more screen reflections you will have.

Even the best-designed workstation is not a cure-all. You should take short, frequent breaks and rotate your job tasks. A one-to-two minute stretch break is needed every half hour or so to give the tendons and muscles a much needed rest.



**Satellite support** ... Detachment 2, 22nd Space Operations Squadron, assisted with the launch of the Rainbow satellite July 17. The satellite will be used to introduce its Rainbow direct-to-home broadcast services to the contiguous United States. Detachment 2 was responsible for the on-orbit tracking of the satellite. The detachment is a part of the 50th Space Wing. The wing is headquartered at Schriever Air Force Base, Colorado Springs, Colo. *Photo courtesy of Detachment 2, 22nd Space Operation Squadron.* 

### **Church Services**

The Chapel in the Palms 370-4601

#### ROMAN CATHOLIC

Rosary and Devotion Sunday 8 a.m. Saturday 7 p.m. Catholic Lay-led Service Saturday 7:30 p.m. Sunday 8:30 a.m. Choir Practice Thursday 7 p.m. Saturday Confession 6 p.m. Scripture Study Thursday 6 p.m. <u>ISLAMIC</u> Jum'ha Daily 7:30 p.m.

<u>CHURCH OF JESUS CHRIST</u> <u>OF LATTER-DAY SAINTS</u> Sunday 8 a.m.

> <u>CHURCH OF CHRIST</u> Sunday Worship 10 a.m.

### The Chapel in the Palms 370-4601

PROTESTANT Sunday Bible Study 9:45 a.m. **Contemporary Service** Sunday 11 a.m. **Gospel** Service Sunday 1:30 p.m. Christian Fellowship Tuesday 7 p.m. Women's Bible Study Wednesday 7:30 p.m. **Chapel Choir Practice** Wednesday and Saturday 5 p.m. **Gospel Choir Practice** Wednesday 6:30 p.m. Thursday 5 p.m. Saturday 3 p.m. Video and Game Night Friday 7 p.m.

#### Iglesia ni Cristo

Tagalog Worship Service Thursday 5 a.m. and 7:30 p.m. English Worship Service Saturday 7:30 p.m. Tagalog Worship Service Sunday 5 a.m. For more information, contact the base chapel at 370-4601.

Camp Justice Chapel 370-4959

Table Talk Tuesday 7 p.m. Praise and Worship Celebration Wednesday 7 p.m. **Chapel Movie Night** Monday 7 p.m. **General Protestant Service** Sunday 9 a.m. Ladies Night Out Thursday 7 p.m. Sports Night Friday 7 p.m. **Corporate Prayer** Saturday 8 p.m. <u>ROMAN CATHOLIC</u> **Catholic Lay-led Service** Sunday 10:30 a.m. LUTHERAN/EPISCOPAL Worship Service Saturday 7 p.m.

#### Hindu Temple

Fellowship Service Thursday 7 p.m.

#### Sacred Heart of Jesus Chapel 370-2956

Daily Rosary 6:00 to 6:15 p.m. Theological Formation Weekdays 7 p.m. Evening Mass Weekdays 6:15 p.m. Saturday Mass 5:30 a.m. and 7 p.m. Sunday Mass 8:00 a.m. and 7 p.m. Friday Bible Study 7:30 p.m. Palmsville Mass Every First Friday 8:30 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.

### **Sports/Movies**



Sports Shorts with JO2 Scott New

Breathe in. Breathe out. Repeat. Now that your boys are in camp all is right in the world. Summer session is in full swing – let the juices flow.

I'm talking about football. In your face, smash mouth, hard-hitting football.

College's and small towns across the land are experiencing first-hand the

intensity of the game as NFL teams are holding training camps from Cheny, WA, home of the Eastern Washington Eagles, to Lake Buena Vista, FL, where the World Champion Tampa Bay Buccaneers practice at Disney's Wide World of Sports Complex.

First rookies report. Then come the veterans. Coaching staffs will pool together and work late into the early morning hours. Players will get injured. Many will get cut. But hey, that's why we have Arena Football, NFL Europe and the XFL.

I can dream right?

Recently, I've been contemplating a career in professional football. I could try

Main Outdoor Theater	Officer's Club		
Tonight at 8 p.m Head of State Tonight at 10 p.m	Tuesday at 7:30 p.m How to Lose a Guy in 10 Days Thursday at 8 p.m		
Friday After Next Tomorrow at 8 p.m Friday After Next	Dueces Wild		
Tomorrow at 10 p.m Basic	Tomorrow at 7 p.m		
Sunday at 8 p.m Basic	Tomorrow at 9 p.m Kate and Leopold		
Monday at 8 p.m Dueces Wild	Tuesday at 7:30 p.m Confessions of a Dangerous Mind		
Tuesday at 8 p.m Charlotte Gray Wednesday at 8 p.m	Wednesday at 7:30 p.m Undisputed		
Thursday at 8 p.m	Thursday at 7:30 p.m How to Lose a Guy in 10 Days		
Confessions of a Dangerous Mind	Each movie that plays at the MOT will be replayed the following morning at 11 in the Turner Club.		
<b>Deuces Wild</b> <i>starring Stephen Dorff and Brad Renfro</i> Two brothers, members of a Brooklyn street gang known as the Deuces, are determined to keep drugs out of the neighborhood. When the Vipers, another more vicious gang moves in, the Deuces will do anything it takes to stop them, even if that means dying.	<b>Confession's of a Dangerous Mind</b> <i>starring Sam Rockwell and Drew</i> <i>Barrymore</i> Based on Chuck Barris autobiography, this is the story about the fictional secret life of a "Gong Show" host and the time he spent as the CIA assassin "Sunny Sixkiller" who makes hits while under the guise of chaperoning the game show contestants who have won vacation prizes.		
Charlotte Gray starring Cate Blanchett and Billy Crudup During early World War II a young Scottish woman, who studied in France but now lives in London, is recruited to act as a courier for the French resistance. Her mission becomes personal when her fighter pilot lover is shot down and she decides to find out if he is still alive.	Undisputed starring Ving Rhames and Wesley Snipes A heavyweight boxing champ, accused, convicted and sent to prison for rape, discovers that he has competition when a fellow inmate sets up a prison boxing match to determine just who is the "undisputed" champion.		
Kate & Leopold starring Meg Ryan and Hugh Jackman An on-the- go marketing agency executive, trying to get over a failed personal relationship, is attracted to a chivalrous stranger who claims to be a duke from the 18th century brought forward in time through a mysterious portal by her brother.	<b>Basic</b> starring John Travolta and Connie Nielsen An ex-Army-Range turned-DEA agent is asked to lead an investigation into th circumstances surrounding the disappearance of a feared, and often hated, sergeant and several of his trainees, on what appears at first be a routine exercise in the jungles of Panama.		
The Mask starring Jim Carrey and Cameron Diaz Stanley, a mild- mannered bank clerk, is having a bad day. His fortune dramatically changes when he discovers an ancient mask that has the power to magnify the wearer's personality to super-human proportions. When Stanley puts on the mask, he becomes a cartoony, romantic wildman.	Head of State starring Chris Rock and Bernie Mac When a popular Democratic presidential candidate unexpectedly dies on the campaign trail, there is no one to take his place. Resigned to losing the race, the party puts an unknown Washington, D.C., alderman on the ticket just to take up space. No one ever expected his grassroots campaign to actually become a serious contender.		
How to Lose a Guy in 10 Days starring Kate Hudson and Matthew McConaughey A columnist for a woman's magazine proposes an article to cheer up a jilted girlfriend on how to get a guy to fall in love with her and lose him in ten days. The guy she picked has made a bet that he can get a girl to fall in love with him in ten days.	Friday After Next starring Ice Cube and Mike Epps After Craig and Day-Day finally move into their own crib, they get jobs at a local mall as unarmed security guards. When their house is robbed on Christmas Eve by a crook dressed as Santa, they team up once again to track the crook down.		
Stealing Harvard starring Jason Lee and Tom Green A middle-aged man's happy outlook degenerates to desperation when he is reminded by his sassy sister, of a promise he made years ago to pay for his niece's college education.	The information contained in this section is subject to change. For cur- rent movie information, check out the marquee at the MOT or call MWR at 370-2982.		

out next season for the World Champion Tampa Bay Storm, work on my timing, get up to speed and then you'll read about me – or see my beautiful face on ESPN as I lay another devastating tackle on a tiring Mike Vick trying to turn the corner. Yes, I'll be a Buccaneer. I've got size. Strength. I'm young enough, and have passion for the game. True I might not have mad skills, but I'll train.

And study (strengthen the mind). And eat healthy.

Train harder. Whatever it takes to be... ...the best I can be.

Like Ben Curtis. Don't know him? Well you should. If you are a betting man or woman you should have dropped a couple bucks on the 500-1 underdog from Ohio. The rookie ranked No. 396 in the world shocked everyone, even himself, as he hoisted the Claret Jug - capturing this year's British Open from Sandwich, England.

Speaking of underdogs...

How about those Royals? Not since George Brett's pine-tar incident has the city been this wound up over summer sports. Before the season started many Kansas City fans had wrote their team off as the Chiefs were busy wheeling-anddealing with the approaching NFL draft and those pesky Wizards were busy kicking their way to the top of the MLS Western Conference.

The Royals started out hot...I mean HOT. Running a record of 16-3 to start the season and leading the American League Central Division by seven games at the break gives us all hope. Hope for a new tomorrow - a new beginning.

As the military continues to spend millions of dollars for you and me to further our education there's other areas we can build on - like our bodies.

What better opportunity for physical development do you think you'll have than where you are right now?

None.

Whether you're a beginner or a novice (there's not too many other professional athletes here, besides myself) get out there and get physical. Take a look at the MWR Recreation Calendar. Participate in leagues. If individual sports are more your style than run, swim, bike, lift weights...

If you're like me – and have been cast as an underdog in the past – do something about it. Make that change. Diego Garcia

See "Sports Shorts" page 6

#### 6 Tropical Times July 25, 2003

### **Sports/Tides**

# Golfers test their skills at Coral Sands

By JOSN Michelle Robison Naval Media Center

Dennis Tagamori took first place for the men's low gross shooting a two-over-par 32 at this month's MWR Golf Tournament at the Coral Sands Golf Course and Country Club last weekend.

The two-day tournament began at 7:30 a.m. Saturday, with competitors teeing off at various times throughout the weekend.

Rounding out the men's low gross division were Ron Dizon in second with five-over-par and Guy Gutierrez and Caloy Cortez tied for third, with a final round of 36.

In the men's low net category, Barry Gawith and Rudy Rosales tied for first, swinging two under par. Roger Dayro and Randal Jones tied for second with one under par, and Adam Smith, Darryl Shaw, Eric David, Rick Patriarca, and Joseph Jacob all finished at even par.

For the women's low gross, Valarie Cernosek claimed the championship with an eight-over-par, Angi Custodio followed with a 15-over-par for second, and Tess Vengano seized third with 19-over-par.

Tess Dian took first for the Women's Low Net, swinging oneunder par. Cynthia Cabili took second with a score of 36, and Dori Viernes hit 16-over-par and claimed third.

The longest drives of the day went to Darryl Shaw for the men and Valarie Cernosek for the women.

Aaron Porczynski was closest to the pin for the men, and Tess Dian was closest for the women.

The Coral Sands Golf Course and Country Club hosts various tournaments each month featuring different formats such as doubles, one club and best ball. For more information on upcoming golf tournaments call the golf course at 370-4876.

#### **Sports Shorts** from page 5

is the perfect place to get started on that new you.

With hard work and a little bit of luck you can be the next Ben Curtis. That's what I'm banking on. See you in Tampa.

Oh, I almost forgot. I know there are many of you Kobe Bryant fans out there so I'll be good. For now - innocent until proven guilty. Much love to my boys out there in security.

Sports Shorts is an editorial column. The views and opinions expressed are those of JO2 Scott New and do not necessarily reflect those of the Naval Media Center or Navy Support Facility, Diego Garcia. If you would like to respond, e-mail the editor at newm@dg.navy.mil.

### This week in Naval history

1866 - Rank of Admiral created. David G. Farragut is appointed the first Admiral in the U.S. Navy.

1943 - Launching of USS Harmon (DE-72), first ship named for African-American.

#### July 31

1964 - All-nuclear task force with USS Long Beach, USS Enterprise, and USS Bainbridge leaves Norfolk, Va., to begin voyage, *Operation Sea Orbit*, to circle the globe without refueling.

## This week's tides July 26-Aug. 1

	<u>High</u>	Low	<u>High</u>	Low
Saturday	1:28 p.m.	7:21 a.m.		7:33 p.m.
Sunday	1:34 a.m.	8:03 a.m.	2:04 p.m.	8:15 p.m.
Monday	2:16 a.m.	8:39 a.m.	2:40 p.m.	8:57 p.m.
Tuesday	2:52 a.m.	9:15 a.m.	3:16 p.m.	9:33 p.m.
Wednesday	3:28 a.m.	9:45 a.m.	3:52 p.m.	10:03 p.m.
Thursday	4:04 a.m.	10:21 a.m.	3:52 p.m.	10:45 p.m.
Friday	4:04 a.m.	10:57 a.m.	5:04 p.m.	11:31 p.m.
Monday Tuesday Wednesday Thursday	2:16 a.m. 2:52 a.m. 3:28 a.m. 4:04 a.m.	8:39 a.m. 9:15 a.m. 9:45 a.m. 10:21 a.m.	2:40 p.m. 3:16 p.m. 3:52 p.m. 3:52 p.m.	8:57 p.m. 9:33 p.m. 10:03 p.m. 10:45 p.m.

DG's Sports

Roundup Bowling Golf Assoc. Average Rank Team Won/Lost 1 D' Power Breaker 124 / 20 757 DG Golf Hackers 2 Laban O Bawi 114/30 764 20.0 3 Pin Breaker 110/34 738 **PWD** Tigers 4 Scrubs 100/44 739 18.0 5 Sputtering Wild Swing Gutters 94 / 50 719 16.0 94 / 50 6 Spooks 718 19th Holers 690 7 Team Corona 84/60 12.0 696 8 Air Heads 80/64 Pinoy Sa Navy 9 Cable & Wireless 77/67 696 12.0 10 The Hammer 68/76 705 Pampanga Golfers 8.0 11 Mules 64/80 670 DG Belles 12 NSGD 53/91 675 13 Crazy Bowlers 50 / 70 676 4.014 Desiminators 50 / 70 716 TBD 2.0 15 Team Coors Ligh 42 / 102 677

All scores are as reported by the base gym. For more current information, contact the gym at 370-2791.