



NAVY MED NAVIGATOR

Headlining in world news...

The U.S. military buildup in the U.S. Central Command (CENTCOM) area of operation is continuing, with more than 100,000 troops now serving in the region, DoD officials said recently. The CENTCOM region sprawls from Kazakhstan to Kenya. The Navy has deployed the USS Constellation (CV 64) and USS Abraham Lincoln (CVN 72) carrier battle groups to the Central Command area of operations. They are currently in the Arabian Sea area and are part of Central Command's 5th Fleet. Each group has 8,500 to 10,000 Sailors aboard. The USS Harry S. Truman (CVN 75) carrier battle group is in the Mediterranean Sea as part of the 6th Fleet in the U.S. European Command area of operations. The USS Theodore Roosevelt (CVN 71) has finished training in the Caribbean and is transiting in support of the global war on terrorism, Navy officials said.

The Justice Department raised its terrorist threat assessment level to "orange" or high risk Friday, reflecting concerns among Bush administration officials that terrorists are planning an attack against U.S. interests at home and overseas as early as next week. Officials said the decision was based primarily on intelligence but some sources are also saying a key factor was an FBI hunt for a Pakistani man believed to have entered the U.S. illegally.

In Navy news...

A USS John L. Hall (FFG 32) Sailor died at Rodriguez Zambrano General Hospital in Manta, Ecuador, of injuries suffered while on liberty. Dead is Seaman Ariel Morataya, 21, a Los Angeles native who was an operations specialist aboard the ship. Morataya was the son of Erio and Gregoria Morataya, also of Los Angeles. Morataya was pronounced dead the morning of Feb. 4 at the hospital where he was transported by the local authorities after they found him unconscious and without identification in the outskirts of Manta. An investigation is underway into the circumstances surrounding the death.

In sports news...

Fuzzy Zoeller shot a 1-over 73 in the opening round of the Royal Caribbean Classic but was later disqualified when he hit three shots while filming a segment for a local television station. After he was finished with his round, Zoeller spent an hour giving golf instruction to a television reporter. When the cameraman said he wanted to film the ball being hit at full speed, Zoeller hit three balls off the No. 6 tee, deliberately putting them into the lake. PGA Tour officials saw Zoeller and disqualified him. Tour rules say competitors cannot practice on the course between rounds. Zoeller could not be reached for comment. He would have been in 36th place heading into the second round.

Liberty Call, Liberty Call

Comfort crew relaxes in Diego Garcia

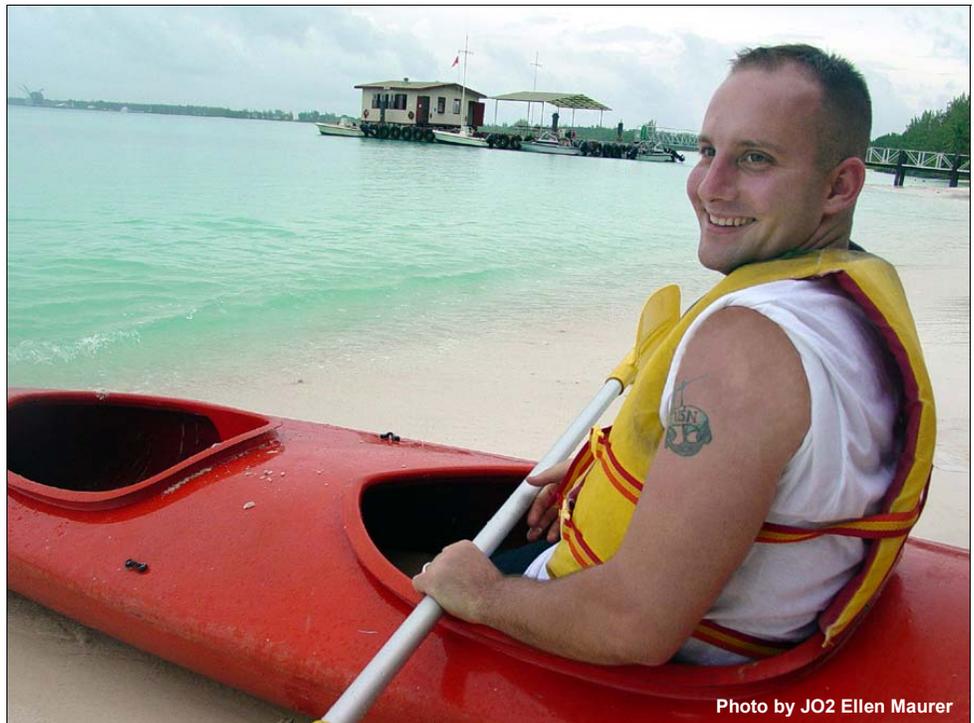


Photo by JO2 Ellen Maurer

Never one to shirk "sea time," *USNS Comfort* crewmember, HM2 Tony Mirarchi, got off the ship Saturday and into a different boat to enjoy a little time out on the water with friends while they enjoy liberty on Diego Garcia.

For the crewmembers aboard Navy hospital ship *USNS Comfort*, life is, pretty much, a beach these days. With their ship anchored off the coast of tropical island Diego Garcia until it pulled pier side yesterday, liberty is filled with fun in

the sun, sort of. After all, it is the island's rainy season. However, most *Comfort* crewmembers don't mind, because it keeps the temperature cooler. Besides, with all of the water activities available, most figure they're going to get wet anyway.

Check out what you might be missing...

More pictures of the island of Diego Garcia and find out more about MWR activities available to you.

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Find out what you might be forgetting...

Navy advancement exams are coming up. Are you prepared and how can you make sure?

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Watch what we're doing to stay focused...

How does the crew earn its liberty? Hard work! *Comfort* crew continue mission preparations.

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Diego Garcia's Upcoming Events

- Feb. 9 – Triathlon** at 9 a.m. at the Marina
- Feb. 9 – Soccer tournament** at 9:30 a.m. at the Marina
- Feb. 11 – 400m freestyle** at 5 p.m. at the pool
- Feb. 13 – UNO tournament** at 6 p.m. at the Coffee House
- Feb. 15 – Windsurfing class** at 1 p.m. at the Marina
- Feb. 15 – 3 on 3 woman's basketball** at 6 p.m. in the gym
- Feb. 16 – 5k Full Moon Platoon Run** at 8 p.m. at the base gym
- Feb. 17 – ½ marathon and 5k walk** at 7 a.m. at Camp Justice, Tent City
- Feb. 19 – DGYC Sailing Regatta** at 4:30 p.m. at the Marina
- Feb. 20 – Dart tourney** at 6 p.m. at the Sports Bar in the Turner Club
- Feb. 20 – Powerboat class** at 4:30 p.m. at the Marina
- Feb. 21 – Powerboat class** at 4:30 p.m. at the Marina
- Feb. 22 – Racquetball tourney** at 5 p.m. at the base gym
- Feb. 22 - 3 on 3 Woman's basketball** at 6 p.m. at the base gym



(Left) EM1 (SW) Steven Pate gives snorkeling on DG a try. (Right) HM3 Ryan Coit, HM2 Shawn McDonough, HM2 Tony Mirar-chi and HN Andrew Rogers get ready to go canoeing. (Bottom left) HM2 Leticia Corona (left) and HM3 Leiba Laue grab a bite to eat out in town.



BINGO Bonanza

Sunday, Feb. 9 at 3 p.m.
 Island Room/Half Time Sports Bar
 BINGO tickets are available at the following MWR outlets:
 Peacekeeper Inn, Diego Depot/DD South
 Cannon Point
 Officers Club
 CPO Club
 PAX Terminal Snack Bar

For the tournaments, you need to sign up at the gym. For everything else, you can just show up and participate. After all the runs and tournaments, you get a T-shirt just for finishing.

Don't forget to wear sunscreen!

Advancing to the next level

Are you ready to pick up your next pay grade on the upcoming test?

Liberty is a great, but so is advancing to your next pay grade.

Ever since *USNS Comfort* deployed a month ago, folks around the ship have been reminding each other to study for the upcoming advancement exams.

Now that *Comfort* is anchored off of Diego Garcia and Sailors are getting the chance to enjoy some liberty, studying for advancement should still be a priority.

Hopefully, everyone has the materials that they need to study. However, if you are looking for more resources, check out the Navy Advancement Center on-line at www.advancement.cnet.navy.mil.

On the website, you can even learn more about the actual exam and scoring process. There, you'll learn that Advancements are designed to provide opportunities for qualified enlisted personnel to progress to higher levels of responsibility and authority throughout their Navy careers.

They admit that it is true that your opportunity to advance depends on current and predicted future vacancies within your rating. But, it is equally true that the ability to advance depends upon how well you perform, what you have learned from your rating experiences, and your rating knowledge.

Advancement Manual (BUPERSINST 1430.16) governs the advancement process for petty officer pay grades E-4 through E-9. Pay grades E-4 through E-7 compete in Navy wide Advancement-in-Rate Examinations that are

administered to most candidates worldwide on the same day. Examinations are given according to a set schedule at locations and times that are announced in advance.

All exams have 200 questions, some of which will be based on occupational standards and others on professional military knowledge (PMK). The occupational/PMK ratios are 115/85 for E6, 135/65 for E5, and 150/50 for E4. The occupational questions will be presented first, with the PMK questions following.

The PMK questions will be identical for all candidates, across ratings, within pay grades. In other respects, guidance for 200 item exams will be the same as for the 150 item examinations; only the exam length will change. The bibs will continue to be exam specific. Time of administration will continue to be three hours.

The site also says the best way to study is to identify weaknesses. If you've taken the test before, look at your score sheet. Use the BIB to identify study materials and study the contents of the listed references. Improve professional performance. Many good performers who are now in senior pay grades were not advanced the first time they were eligible, but they continued to study, be top performers, and were eventually advanced.

To find out more about the Navy's enlisted advancement exams or to make sure you are prepared to take your upcoming test, log onto www.advancement.cnet.navy.mil.

Congratulations, Shipmate!



Cmdr. Terrence Dwyer was promoted to the rank of Capt. Feb. 2. Dwyer works in the Sickbay aboard *Comfort* and is regularly assigned to NNMC. Note: Lt. j.g. Jason Tucker (not pictured) was also promoted to the rank of Lt.

On-line link to learning leads to revolution in Navy training

By JO2 Edward Flynn
Naval Personnel Development Command Public Affairs

NORFOLK, Va. (NNS) -- Developing Sailors professionally and personally is now as easy as "point, click, and learn," thanks to Navy Knowledge Online (NKO). One of the many successful products of the Navy's Revolution in Training, Sailors now have the ability to instantly access and manage their careers through NKO, the Navy's knowledge management portal.

The delivery vehicle for the Chief of Naval Operations Adm. Vern Clark's initiative to revolutionize the Navy's training and education structure, NKO is a key component of the Naval Education and Training Command's integrated delivery system for lifelong learning initiatives, personal development and knowledge management. A dynamic, broad based delivery system, NKO is designed to support the growth and development of all Sailors.

The revolution is providing Sailors throughout the fleet with new educational tools and training opportunities to learn, lead, grow and excel.

Starting at accession and carrying throughout their entire Navy careers, Sailors will now

have instant access to the NKO Web site, connecting them with the information, expertise and opportunities required to support their professional and personal development.

NKO has more than 30,000 registered users since its debut last fall, providing them access to education and training opportunities in their respective occupational fields. Sailors utilizing NKO can engage in real time collaboration with peers, mentors and subject matter experts around the world.

Likewise, as Sailor continuums are created for every Navy occupation field, they will be posted to NKO, providing Sailors vital interaction with their professional and personal growth and development process. Several continuums will begin populating NKO by the end of 2003.

"This is going to allow Sailors to access what is most important to them; the information required to excel, both professionally and personally," said Commander, Naval Personnel Development Command Rear Adm. Kevin Moran. "It is going to allow Sailors to take maximum advantage of the tools and opportunities available to

them, no matter where they are stationed or deployed."

NKO has been specifically designed to be user friendly for Sailors throughout the fleet. With vital links to each Sailor's professional continuum, personal development programs, specific learning centers, and various Navy eLearning initiatives available through the Internet, Sailors will be able to maximize centralized resources.

"NKO is a great example of what the Navy's Revolution in Training is doing for our Sailors," said Master Chief Petty Officer of the Navy MCPON(SS/AW) Terry Scott. "This is going to give Sailors a single access point to all their professional and personal development milestones and the training and education resources that support their success. I strongly encourage Sailors to log on to this site, become familiar with it and use it to manage their careers."

To learn more about the Navy's Revolution in Training, visit Navy Knowledge Online, the portal to Navy education and learning at www.nko.navy.mil.

For related news, visit the Naval Personnel Development Command/Task Force EXCEL Navy NewsStand page at www.news.

Working hard, playing hard

Comfort Sailors continue to train

During another busy week aboard *USNS Comfort*, now pier side in Diego Garcia. The ship's flight deck crew, CBR Patient Decontamination Team and medical staff members performed more drills this past week, preparing for different patient care scenarios.



Liberty can be a wonderful thing

By Chaplain
(Lt. Cmdr.) Mark Koczak

Reality is a very hard concept for us to deal with on *USNS Comfort*. We have been anchored off an island of paradise for the last few days. Many of us have already experienced the food, the exchange and other places to hang out and relax. Some have had that experience and are now bored with our time here.

For the athletic minded, there is also so much to do. However, I am not one of those people.

My experience in my many port calls in my career has been very regulated; food, shopping and telephoning home. It is very irregular. Perhaps we can see the uniqueness of this wonderful and beautiful place.

Have you watched a sunset from shore?

Walked along the beach?
Watched the people go by?

Do you know about the different types of folks that live and work on the island?

Have you had a milkshake and looked at the Indian Ocean from the shore?

Or taken a book and read it by the side of the bay?

Can you see the miracle col-

ors of blue in the sea and describe them to someone else?

Have you written home on email or in a letter and told anyone what your thoughts and feeling are being here?

Our lives are about growing. This is who we are and helps us to find what we are going to be. No matter what age we are, we have a basic human need to experience life to its fullest.

Boredom, among Sailors, does not only happen when we are at sea. It is a morale killer during a port call, also.

Do something different everyday. Go out on liberty with different people. Take the time to watch this particular and unique world go by. We are a part of this world, this place, as long as we are here.

Enjoy it, rejoice in it.

Weekend Worship at Diego Garcia's Base Chapel

Roman Catholic Services

Sunday	Rosary	0800
	Mass	0830

Protestant Services

Sunday	Contemporary Service	1100
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(Comfort Protestant Gospel Choir will be singing)

Orthodox

Sunday	Divine Liturgy	0800
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All services are held in the base chapel between the NEX and the galley. All of us *Comfort* crew are invited to attend.

