



Issue 28

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NAF EL CENTRO

SANDPAPER



My 2013 Military Spouse of the Year Experience

By Liz Crewdson

Military Spouse Magazine was founded in 2003 by Babette Maxwell. Her vision was to give support, share her experiences and tell stories of the accomplishments and disappointments of other military spouses and their families. In 2006 the magazine realized a need to recognize military spouse's for all their accomplishments. Over the years the awardee pool has grown to recognize all uniformed branches of service including the US Coast Guard in 2013.

I had the honor of being nominated as a candidate for "Military Spouse of the Year" by another Navy spouse during our last tour of duty with the USS Anchorage. After my nomination, my husband had a permanent change of station to NAF El Centro which in turn changed my nominating category to Base/Installation. To my excitement and disbelief I was awarded NAF El Centro Installation Military Spouse of the Year 2013!

On May 9 and 10, 2013 all the awardees were invited to the Military Spouse of the Year Luncheon at Fort Myers Virginia and the inaugural Military Spouse Summit in Washington DC. May 10 Military Spouse Appreciation day was the perfect day to be with this wonderful group of spouses from all the uniformed services. I sat with all the other base installation winners and what an amazing group of passionate women! We all share the same goal and desire to care for our military families and ensure the burden they bear is eased in whatever way possible.

During the Military Spouse Summit we had the privilege of meeting Admiral James Winnefeld Jr. Vice Chairman of the Joint Chief of Staff who was followed in by our surprise keynote speaker.....Mrs. Jill Biden, Dr. Biden, or Second Lady; so many names for a great lady. She spoke of being a military parent something I can relate to, as three of our six children are in the armed forces.

The event was extremely informative. Experts were assembled to answer questions about our Military Spouse of the Year Role, how to network and military spouse employment.

This was a once in a lifetime experience from which I have grown and learned so much. I am grateful for the personal recognition however the most important message from this whole process is how the military families are highlighted for both their accomplishments and more importantly the challenges they face and how they can be solved. So, to all the ladies and gentlemen who give of themselves in countless hours to make sure our military families are taken care of, I give you a BIG Thank You. ❖

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WWW.FACEBOOK.COM/NAFEC

COMMAND MASTER CHIEF



Congratulations to all of our Sailors who have recently advanced to the next higher paygrade. Your hard work has paid off.

NAF El Centro

AC2 Le

NAF El Centro Security

MA1 Dutton

MA2 Reckmann

MA3 Ruelas

MA3 Vassell

NMC Det El Centro

AO1 Heeney

AZ1 Wallace

AO3 Morales

VFA 122 Det El Centro

LS2 Budyack

AD2 Dillon

ATO2 James

AO2 McDonald

ATO3 Burrows

AM3 Case

AE3 Curtis

AE3 Gonzalez

AE3 Hajney

ATO3 Hall

AE3 Hartmann

AE3 Howze

AZ3 Moore

AME3 Muhire

PR3 Ordonez

ATO3 Peterman

YN3 Shaw

Sexual Assault prevention is still our number one Sailor priority. One is too many! If you have been watching the news lately this epidemic that we have in our military has the attention of our President as well as congress. They want to know what we are doing to eradicate this problem. In the next month we will be instituting additional prevention measures as well as follow on training. Bottom line is we all need to look out for our Shipmates!

Has anyone heard of the Career navigation (CNAV) program? This program is designed to put more control of your career in your hands. It will replace the PTS system currently used for rating conversions and re-enlistments. This program also gives the local chain of command more control in the approval authority for your re-enlistment.

Speaking of Career programs, NC1 Samarion will be arriving at the beginning of July. I have spoken with her and she is doing everything she can to get up to speed on this new program.

As Memorial Day has come and gone we have entered the 100 days of summer. Many of us will be taking well deserved time off to spend with our family and friends. Please, drive, ride, boat, and swim safely, we want everyone to have a great time and return without injury.

Lastly, as we have now entered the warm season, hydrate, hydrate, hydrate, hydrate!! ❖

- CMC

Finding Help during the Federal Furlough



Navy Federal Credit Union is just one of the Federal Credit Unions offering some relief for DOD employees who are being furloughed. They will suspend loan payments for up to 3 months and credit card payments for 1 month during the furlough period. You will have to contact them and provide a copy of the furlough message from Secretary of Defense.

The link below is a consolidated list of all the Federal Credit Unions with specific links to their furlough assistance pages. ❖

<http://www.nafcu.org/furloughassistance/>



National Association of Federal Credit Unions
Your Direct Connection to Education, Advocacy & Advancement

Base decals being eliminated

By Kristopher Haugh



Effective July, 1, 2013, base decals on vehicles will no longer be required on vehicles according to NAVADMIN 146/13 and NAVSHORE 01/13.

The elimination of the use of Navy vehicle decals for vehicle registration, in order to access Navy installations, was directed by the Assistant Secretary of the Navy – Energy, Installations and Environment (ASN EI&E) in a memorandum dated March 18, 2011.

The Vehicle Decal Program registration process provided a simple way for base security to verify the vehicle had been properly registered with the state, confirm the driver had adequate liability insurance, and confirm the driver was authorized to operate the vehicle.

Some have viewed the decal as a credentialing system for base access. Credentialing for base access has always been based on individuals having proper identification, such as a Department of Defense-issued identification card.

Eliminating the vehicle decal requirement will improve security posture by providing electronic credentialing and/or increased scrutiny in the manual verification of an authorized credential or identification card.

The new policy will result in cost savings and a reduction in administrative tasks. The savings realized with the new policy will be diverted to critical anti-terrorism and force protection programs. This policy was designed before sequestration and is not part of that cost-cutting measure.

Vehicle decal elimination at Navy installations aligns with the base access policies in current use at U.S. Army, U.S. Air Force and U.S. Marine Corps facilities. There will be greater uniformity in how the procedures are executed.

Elimination of the vehicle decal requirement does not eliminate the requirement for an individual to properly register and insure their vehicle, and if needed, have them smog checked. Personnel will still provide all of their information to Pass and ID.

“If you already have stickers, you are in the system,” said Senior Chief David Ehekircher, the Security Department’s Leading Chief Petty Officer. But if you get a new vehicle, you will have to come in and provide the new information, he added.

Parking and visitor control will continue to be managed at the local level with regional guidance.

If you have questions of how you might be impacted please contact Pass and ID at 760-339-2524. ❖

Department of Defense extends TRDP contract

By Joe Montoya of Delta Dental

The TRICARE Management Activity (TMA) of the Department of Defense has extended the current TRICARE Retiree Dental Program (TRDP) contract - which runs from October 1, 2012 through September 30, 2013 - to continue through December 31, 2013.

The contract extension brings no change in premiums or scope of benefits. However, the annual maximum for enrollees in the Enhanced program will be increased to \$1,500 for this period. Those in the Basic program will see their maximum increase to \$1,250. And, although the maximums are being INCREASED for the extended period, enrollees will NOT be asked to pay a higher deductible. These changes were implemented April 1. If you had already reached your maximum for the year, please have your dentist resubmit your claim(s) that were not made due to exceeding the maximum.

Delta Dental also will serve as administrator of the new five-year TRDP contract, which will begin January 1, 2014.

The TRDP, authorized by Congress as part of the National Defense Authorization Act for fiscal year 1997, offers affordable dental benefits as a voluntary option to the nation's 5 million-plus Uniformed Services retirees and their family members. With current enrollment of more than 1.3 million, the TRDP is the nation's largest voluntary, all-enrollee-paid dental programs.

The TRDP will continue as a worldwide, combined fee-for-service/preferred provider program that offers enrollees access to any licensed dentist in all 50 states, plus the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands, Canada and overseas. ❖





Career Navigator Program - CNAV

By Kristopher Haugh



Sailors here on the base take note, Perform to Serve is out and a new career management tool is in. The new buzz word is CNAV and this is not just a relabeling, this is a complete program overhaul.

"Career Navigator will change how we do business-placing you, our Sailors, at the helm as you choose your course between reenlistment, conversion, or transition. Career Navigator will help you make informed decisions about the opportunities available specifically to you and your career goals by providing career tools so you can get involved and personally research your career options," said Vice Adm. Scott Van Buskirk, Chief of Naval Personnel, in a statement May 1, 2013.

NCCM (SW/AW) Eugene E Grenier, Center for Personal and Professional Development, Dam Neck, Virginia Beach, VA created a Power Point presentation for the Chiefs which mentioned these five critical take-aways for Sailors:

- **You tell the Navy what you want to do (to stay or separate) starting one month earlier.** All Sailors will continue to indicate their intentions to reenlist or separate with their career counselor. This check-in will happen 13 months in advance, one month earlier than before. Sailors can still change their minds after this initial check-in, and we encourage them to let their career counselors know if they've made a change as soon as possible
- **For most rates, make E6 and you can reenlist.** All eligible and command-approved E-6 Sailors will be approved for reenlistment on their first application
- **All Sailors will know sooner.** Approximately 75% of Sailors requesting reenlistment will receive approval on their first application and all Sailors will know at least 10 months from the end of their contract whether they will be able to reenlist in their current rate. For most Sailors E5 and below who are command-approved to reenlist, you will have approval on your first request, within approximately 30 days
- **You will know your options in time to make plans.** The new reenlistment process is aligned with your orders negotiation window so you have more time to ask for orders you want. If you are not able to reenlist in rate you will have the opportunity to convert to a different rate or transition to the Reserve Component and get an answer in enough time to make informed plans
- **Immediate confirmations coming soon.** In the near future, as the IT system is updated, most Sailors and their commands will receive confirmation immediately upon application submittal resulting in no wait period. Sailors in ratings that have special requirements can expect to see confirmation within approximately 30 days

Sailors really need to pay heed to the changes as the new 3-2-1 process means that your options decrease as your time runs out. During the first four looks, you get three options: Re-enlist in rate, convert to a new rate or go Reserves. The next four looks give you two options: Re-enlist in rate or go Reserve. Your last look gives you one option and that is only for the reserves.

The program is in effect now. Check NAVADMIN 149/13, ask your Chief or go see your Career Counselor. ❖



Please let us know when we make factual errors so we can get the right word out there!

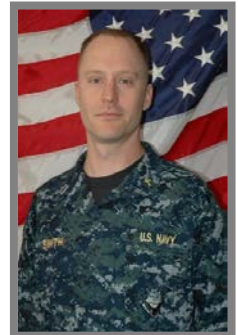
Free Anti-virus Software Available

Navy Information Operations Command (NIOC) Norfolk has put together a brochure that lists ways Navy's Sailors, civilian employees and contractors can protect their computers, both at home and at work. The brochure and free anti-virus software are available to all [Sailors, DoD civilians and contractors](#). Only those at a .mil computer and using their Common Access Card (CAC) can download this software via file transfer protocol to their computer. However, once downloaded, the software can be saved to a compact disk and installed in home computers. NIOC Norfolk also suggests [CERT's Home Computer Security](#) website as a good source for home-cyber safety tips. ❖

<https://infosec.nmci.navy.mil/main/>

The Wellspring - Chapel News

Battles of the Bible: Strategies for Victorious Living. Those of us who have joined the ranks of Jesus' disciples have done so desiring to live victoriously as we fight the good fight of faith. We want to succeed in the battle to overcome sin and to live our lives before God with honor, courage, and commitment. Doing so, however, requires strategies that will bring us success. To this end, in this new preaching series, we will be studying various battle accounts in the Bible, discerning the military strategies that brought God's people victory or defeat, and applying the spiritual principles that are applicable to our lives today. Sermon titles will include *Divide and Conquer*, *Tactical Retreat*, *Strategic Superiority*, *Military Advisement*, *Peace Accords*, *Unconditional Surrender*, and *The Final Battle*. This series will continue through June 2013. ❖



Schedule of Events:

- **Adult Bible Study**—All military, civilian, and contract personnel are invited to join us each Wednesday from 1630-1730 at the Community Center (Bldg. 364). We continue our video series this month entitled *NOOMA*. In each of these brief videos (10-15 minute), Pastor Rob Bell presents a message that is powerful, probing, and provocative regarding Christian life and practice, often raising as many questions as he answers, allowing plenty of time and opportunity for group discussion and interaction. Snacks and refreshments are provided.
- **Women's Bible Study**— All women (military, retired, civilian) are invited to join our Women's Bible Study. This group meets every Wednesday at 1800 on base at Tammy Smith's house (3345B Gila Bend). They are currently studying *Be Decisive: Taking a Stand for Truth* by Warren Wiersbe, a study in the book of Jeremiah. For more information, please contact Tammy at tammysmith365@yahoo.com.
- **Protestant Worship Service**—Sunday @ 0900 – Nursery (4 and under) and Sunday school (ages 5-12) available.
- **Catholic Worship Service**— Catholic Mass is currently postponed due to the recent retirement of our Catholic priest. Please contact Chaplain Smith at jared.n.smith@navy.mil or x2290 for information on Catholic services available in the El Centro area.

To Give or Not to Give *By Chaplain Smith*

"To give or not to give?"—that is definitely the question.

An American Red Cross Blood Drive will be held at the NAF El Centro Community Center on Wednesday 26 June, from 0900-1500. And the question that we all have to ask ourselves is whether or not we will give. If you are the average red-blooded American, there's a good chance that you have some reservations regarding your participation, especially if you've never donated blood before.

Below I would like to offer you three reasons why you might want to consider choosing to give blood at the American Red Cross Blood Drive at NAF El Centro this year...

#1. Giving is the Greatest Gift of All.

The American Red Cross estimates that someone in the United States is in need of blood every 5 seconds, requiring an estimated 44,000 donations per day. Every donation, then, is obviously significant, especially when we consider that 1 pint of blood has the capability of saving up to 3 lives. Of all of the COMREL activities that we can and do participate in as a military installation in support of our local community, giving blood may be one of the most important, giving the gift of life to those in need.

#2. Giving Back

The American Red Cross has had a long standing history of support for the United States armed forces dating back to the Spanish American War. This organization and its volunteers have supported our military in a variety of ways at home, on deployment, and in theater. During Operation Iraqi Freedom alone, they handled more than 295,000 emergency messages, distributed more than 200,000 comfort kits, 72,000 calling cards, and 56,000 boxes of personal care items to our troops. During their history of service, several volunteers have been decorated and others have died. Giving blood is a great way to give back to an organization that has given so much to us.

#3. Those Who Give Shall Receive.

Giving blood can be a slightly uncomfortable experience, but it is well worth it! The benefits received include...

- **Free Food**—Enjoy assorted snacks and beverages after your donation, including NACHOS!!
- **COMREL Hours**—Every military member will receive a letter of appreciation from the American Red Cross acknowledging the time he or she contributed to this event.
- **Satisfaction**—There is no greater gift that we can receive than knowing we helped to save a life!

To give or not to give? That is the question. But maybe the better question is this—"If we can give, why wouldn't we?" If you're eligible to give blood at the American Red Cross Blood Drive at NAF El Centro, please choose to give!

For more information, please see the related article in this edition of the Sandpaper. Thank you! ❖



IN THE SPOTLIGHT



Congratulations to our newest Petty Officers! BZ Shipmates, you have done well!



AE3 Jonathan Curtis
 AE3 William Gonzalez
 AE3 Breanne Hajney
 AE3 Nicholas Hartmann
 AE3 Tya Howze
 AM3 Trenton Case
 AM3 Olivier Muhire
 AO3 Amarilis Moralesflores
 ATO3 Matthew Burrows
 ATO3 Raquel Hall
 ATO3 Andrea Peterman
 AZ3 Charles Moore
 HM3 Victoria Nieblas
 MA3 Andrew Ruelas
 MA3 Oronde Vassell
 PR3 Daniriondo Ordonez
 YN3 Morgan Shaw



AC2 Hoang Le
 AC2 Jeremy Steffens
 AD3 Kyle Dillon
 AO2 Norkita McDonald
 ATO2 Michael James
 HM2 Sherwinmarkgil Mata
 HM2 Francisco Espinoza
 LS2 Jason Budyach
 MA2 Jordan Reckmann



AO1 Ryan Heeny
 AZ1 Stephanie Wallace
 MA1 Kenneth Dutton Jr.



Insecticide Treatment to Control Asian Citrus Psyllid

From Environmental Staff Report

In late January, the Asian Citrus Psyllid (ACP), an exotic insect which is known to vector the potentially devastating citrus disease, huanglongbing (HLB), or "citrus greening disease", was detected in a trap located on a lemon tree at the NAFEC RV Park. On 7 February 2013, California Department of Fish and Agriculture pest control technicians treated the tree with two insecticides, Merit 2F (imidacloprid) a systemic insecticide, and Tempo SC Ultra (cyfluthrin), a pyrethroid contact insecticide. Both of these materials are registered with the U.S EPA for this use, and neither presents any hazard to the public after the material has dried. ❖



MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MAY	9	3	2025	80
JUNE	4	1	864	48



**Numbers subject to change based on availability of hangar space and time of squadron det request.

COOL TIPS

Sometimes we find a better way to do something and sometimes we see a easier way to get the job done. If you have a helpful tip on how to do something please send it to us. Everyone can use a helping hand! Send your tips to:

W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

Use a spring from an old pen to keep your charger from bending, and breaking



Summary of Mishaps 1000 Ways to Hurt Yourself



WELCOME TO THE LATEST EDITION OF THE SUMMARY OF MISHAPS, ANOTHER CHAPTER IN OUR ONGOING SAGA OF SITUATIONAL AWARENESS (LOSS OF), COMMON SENSE (LACK OF), AND COMPLACENCY (NO LACK OF).

A Little Bit of History and a Lot of Hurt!

Condensed from a Naval Safety Center Message

AN E-3 AVIATION STRUCTURAL MECHANIC AND A COUPLE OF FRIENDS HIKED TO WHAT THE MISHAP REPORT DESCRIBED AS "A WELL-KNOWN LOCAL WATERFALL WITH THE INTENT TO BASE JUMP INTO A POOL OF WATER AT BASE OF WATERFALL."

AS YOU PROBABLY KNOW, BASE JUMPING IS AN EXTREMELY HIGH-RISK ACTIVITY IN WHICH YOU LEAP FROM FIXED OBJECTS, DEPLOYING (ORIGINALLY) A PARACHUTE TO BREAK YOUR FALL. THE ACRONYM "BASE" STANDS FOR BUILDINGS, ANTENNAS, SPANS (BRIDGES), AND EARTH (CLIFFS). THE E-3 WAS THEORETICALLY CHECKING THAT LAST BLOCK, EXCEPT THE ENSUING REPORT DOESN'T MENTION A PARACHUTE, SO I GUESS SHE WAS JUST JUMPING OFF, AIMING FOR THE POOL BELOW.

BEFORE WE LEAVE THE TOPIC OF BASE JUMPING, YOU MIGHT BE INTERESTED TO KNOW THAT THE FIRST RECORDED INSTANCE OF THE ACTIVITY, ACCORDING TO WIKIPEDIA, WAS IN 1912, WHEN A TAILOR NAMED FRANZ REICHELTL JUMPED FROM THE FIRST DECK OF THE EIFFEL TOWER TO (UNSUCCESSFULLY) TEST AN INVENTION HE CALLED THE "COAT PARACHUTE."

"IT WAS HIS FIRST EVER ATTEMPT WITH THE PARACHUTE," WIKIPEDIA ADDS, "AND HE HAD TOLD THE AUTHORITIES IN ADVANCE HE WOULD TEST IT FIRST WITH A DUMMY." (NOTE TO SELF: FIGHT URGE TO WRITE "BUT HE DID USE A DUMMY," MUSTN'T MAKE FUN OF THE DECEASED).

TIDBIT #2 IS THAT IN NOVEMBER 1975, THE FIRST PERSON TO PARACHUTE OFF THE CANADIAN NATIONAL TOWER IN TORONTO WAS A MEMBER OF THE CONSTRUCTION CREW NAMED BILL EUSTACE. HE LIVED. DIDN'T HAVE A JOB AFTERWARD, BUT HE WAS AROUND TO LOOK FOR ANOTHER ONE.

BACK TO THE E-3. HER FRIENDS, WHICH THE REPORT NOW REFERS TO AS "DIVERS," EXPLAINED TO HER THE RIGHT WAY TO HIT THE WATER. DURING HER JUMP, THE REPORT SAYS, "SHE BECAME NERVOUS." AND IN A PAINFUL EXAMPLE OF A SELF-FULFILLING PROPHECY, SHE GOT FLUSTERED AND HIT THE WATER OUT OF POSITION. "IMPACT WITH THE WATER AT HIGH VELOCITY RESULTED IN DEEP CONTUSIONS IN MULTIPLE AREAS ON BOTH LEGS," THE REPORT SAID. ONE WEEK OF LIMPDU ENSUED. ❖



Contact Information: <http://www.public.navy.mil/bupers-npc/support/nadap/Pages/DEFY.aspx>

Program Manager: HN3 Victoria Nieblas
 Email: victoria.nieblas@med.navy.mil
 Phone: (760)339-2674

Free Summer Camp

The DEFY team has scheduled a free summer camp for children ages 9 to 12 to be held off base from August 4-9, 2013.

The program teaches leadership, teamwork skills, goal-setting, drug awareness, deglamorization of “gang mentality” and builds self-esteem.

There is absolutely no cost to parents for this program. Food, lodging, transportation, admission, everything is provided by the program.

If you are interested in having your child or children attend this event contact HN Victoria Nieblas at 760-339-2674 or Victoria.nieblas@med.navy.mil.

There will be a parent orientation on August 3, 2013 at 1700 in building 4015. ❖

Volunteers Needed

The DEFY team is accepting applications to be a volunteer in the two-phase program that seeks to empower children with life-enhancing skills and abilities.

The team is looking for a Training Coordinator, Health Care Supervisor, Public Affairs Liaison, Administrative Assistant, Mentor Coordinator, Workshop/Special Events Coordinator, Camp Photographer and Mentors.

Drug Education for Youth is a Department of Defense sponsored organization. Military member who are part of the program are authorized TAD orders to attend the summer camp.

If you are interested in participating in this program, contact HN Victoria Nieblas at 760-339-2674 or Victoria.nieblas@med.navy.mil. ❖

Thrift Store Sale

The base's Thrift Store is scheduled to have a giant sale June 17, and June 19, 0900 to 1200. Additionally the store will be open, in the afternoon on June 17, 1530 to 1800.

The Thrift Store is located in building 110, just off the roundabout and across from Admin, building 214.

All untagged clothing is just \$1.00 per bag and untagged shoes are \$1.00 per pair for adult sizes and just 50¢ per pair for children's sizes.

There are a number of other great deals on merchandise throughout the store. Stock up on all of your clothing needs and look for that unique treasure as the Thrift Store hosts another great sale. ❖



Morale, Welfare and Recreation



Want to know what is going on and what cool things there are to do? Need to know what free movies are playing? Here is a helpful link!

<http://navylifesw.com/elcentro/>

MWR held a sneak preview of "Man of Steel" Saturday, June 8, 8:00 pm at the NAF El Centro Base Theater.

Despite a broken air conditioning system, MWR, Public Works and Air Operations teamed up and invented a unique way of cooling the theater.

More than 200 patrons attended the special showing which featured an opening message from Michelle Obama and Dr. Jill Biden.

If you are looking for an inexpensive way to beat the heat, visit the movies on base. You will save money, have a good experience and stay relatively cool! ❖



Stop in at the Liberty Center to sign up for some fun (open to active duty only). Check out the MWR Outlook for a full list of events!

A little knowledge and a few precautionary measures can enormously increase your chances getting through an earthquake - or any other type of hazard. The keys are education and preparing in advance. The earthquake safety tips will not make you an expert. However, they could make a life-saving difference if you find yourself in an earthquake situation.

<http://geology.com/articles/earthquake-safety.shtml> ❖



NAF El Centro's Desert Eagle Squadron

Base Program Coordinator: AO2 Ashten Pins
E-Mail: ashten.pins@navy.mil
Phone 760-339-2606



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FOR MORE INFORMATION:

Mary Kmetz

E-MAIL: mkmetz@vinu.edu

CALL FOR AN APPOINTMENT TODAY! 760-339-2986 or 619-437-0411

STAY COOL BEAT THE HEAT

By Rodney Sims



1. Drink cool water. Anyone working in a hot environment should drink cool water in small amounts frequently--one cup every 20 minutes. Employers should make water available. Avoid alcohol, coffee, tea and caffeinated soft drinks, which cause dehydration.
2. Dress appropriately. Wear lightweight, light-colored, loose-fitting clothing and change clothing if it gets completely saturated. Use sunscreen and wear a hat when working outdoors. Avoid getting sunburn.
3. Work in ventilated areas. All workplaces should have good general ventilation as well as spot cooling in work areas of high heat production. Good airflow increases evaporation of sweat, which cools the skin.
4. Work less, rest more. Supervisors should assign a lighter workload and longer rest periods during days of intense heat. Short, frequent work-rest cycles are best. Alternate work and rest periods with longer rest periods in a cooler area, and schedule heavy work for cooler parts of the day.
5. Ask how workers are feeling. Supervisors should monitor workplace temperature and humidity and check workers' responses to heat at least hourly. Allow a large margin of safety for workers. Be alert to early signs of heat-related illness and allow workers to stop their work for a rest break if they become extremely uncomfortable.
6. Know the signs and take prompt action. Employees and employers should learn to spot the signs of heat stroke, which can be fatal. Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness flushed face, hot, dry skin or has stopped sweating.
7. Train first-aid workers. First-aid workers should be able to recognize and treat the signs of heat stress. First aid workers should also be able to recognize the signs and symptoms of heat exhaustion, heat cramps and other heat-related illness. Be sure that all workers know who is trained to give first aid.
8. Reduce work for anyone at risk. Employers should use common sense when determining fitness for work in hot environments. Lack of acclimatization, age, obesity, poor conditioning, pregnancy, inadequate rest, previous heat injuries, certain medical conditions and medications are some factors that increase susceptibility to heat stress.
9. Check with your doctor. Certain medical conditions such as heart conditions and diabetes, and some medications can increase the risk of injury from heat exposure. Employees with medical conditions or those who take medications should ask their doctors before working in hot environments.
10. Watch out for other hazards. Use common sense and monitor other environmental hazards that often accompany hot weather. ❖

At the CYP...

By Joanna Lopez



Children treat Mothers to a Spa Day at the CYP

By Sarah Barton

No gift to your mother can ever equal her gift to you - life- Anonymous

Some may be surprised to learn that Mother’s Day began right here in the United States. It’s a day in which we honor those who have cared for us, kissed away the hurts, and maybe even provided a listening ear on a day that did not go so well.

Here at the Child Youth Program, we wanted to do our part to thank the mothers. On the tenth of May, it busy day for some of the school-age children and teens, but for their mothers, it was special surprise. Moms were invited to the Heaven Sent Spa held here at the center. “The day before the event, the children fully prepared themselves by taking part in a reflexology class for the hands and feet. At the spa day event, they put their knowledge to use by treating their mothers to a relaxing hand, arm, and foot massage. Along with that, the mothers were given towels, sliced cucumbers to put over their eyes, and a lotion of their choice,” said Velinda Cruz, who helped put the event together.



Luke and Sawyer Franzen give Mom a foot bath at the Spa Day at the CYP.



Mia Jackson works on her Mom’s feet during Spa Day at the CYP.

Refreshments were also a main treat at the spa. Cruz added, “Moms sipped on fruity slushees served in martini glasses and munched on crackers, hummus, Boursin cheese, and an assortment of fruits and vegetables. After soaking their feet in a foot bath, their toenails were painted, and spa music was playing in the background.”

To top it all off, afterwards, the mothers were presented with two gifts. One was a book full of coupons-good for jokes, stories, cries, songs, dancing, big hugs, shouts, and funny faces. The other gift was a booklet crafted by the youth that told about their mother’s favorite color, food, activities, and the qualities that made them special.

On the Child Daycare side, the younger children made sure their mothers did not go unnoticed. To participate in on all of the fun, the CDC held the Ice Cream Social. Mothers stopped by to enjoy a serving of Vanilla ice cream and their choice of yummy toppings.

Dads, don’t think we will be leaving you out. In the upcoming month of June, we will be holding an event to celebrate the fathers here at the CYP. Stay tuned for the news celebrating Father’s Day! ❖



The Pre-School Class sang “You are my sunshine” while hanging yellow ribbons at the base’s POW/MIA memorial prior to Memorial Day.

The Fleet Family and Child Program announces sponsorship of the Summer Food Service Program. Due to security, a limited number of meals will be made available to all children who are 18 years of age and younger at no cost on a first come, first served basis. Starting June 17 and ending Aug. 23, breakfast will be served M-F from 0800-0830 and lunch from 1130-1230. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Call 760-339-2560 for more information. ❖

JOE'S SPORTS SMACK TALK



Congratulations to the Shot Callers for winning the 2013 Captain's Cup Softball Championship and completing the season with a perfect record of 9-0.

On behalf of MWR I want to personally thank each and every one of you who made this season a highly enjoyable and most entertaining success.

Captain's Cup Bowling League starts on 17 June, and if you think you have what it takes to compete with the high rollers, please do not hesitate, get your rosters in before the deadline. ♦

RAPIDS Self Service

Do you need an 1172-2, Email Update, or to Update Contact Information?

***Save Time -- Do These Actions Yourself Using the
RAPIDS Self Service (RSS) Website!***

Just visit https://www.dmdc.osd.mil/self_service to get started.

You Can Use this Self-Service Website if:

1. You are a Sponsor.
2. You have a CAC.
3. You use a CAC-enabled personal computer.

MEDICAL CORNER

What's Up, Navy Doc?

**"Pneumonia
Don't let it drag you down – You can breathe a
sigh of relief!"**

Bv: Nadine Henlev. LT. MC(FS). USN

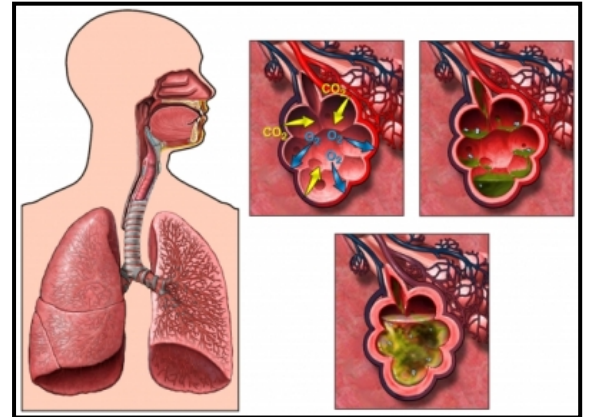


What is pneumonia? Pneumonia is an infection of the lungs. Pneumonia is most commonly caused by a bacteria or a virus. A person can get pneumonia by itself but it is more likely to happen after a person suffers a cold or the flu. It can also occur as a complication of a viral illness like the chickenpox. If a person gets pneumonia in daily life, it is called "community-acquired pneumonia." However, if a person gets pneumonia when hospitalized or in a nursing home, it is called "healthcare-associated pneumonia." The specific causes of pneumonia are different with each of the above types of pneumonia. The seriousness can range from mild to life-threatening. If you have any questions or concerns, do not hesitate to contact your doctor.

What are the symptoms of pneumonia?

- Cough, often with mucus production. This mucus can be a variety of colors – from green to yellow to blood-tinged.
- Fever.
- Feeling short of breath or breathing fast.
- Chills.
- Fast heart burn.
- Feeling tired, weak or fatigued.
- Nausea and vomiting.
- Older adults might not have all of the above symptoms.

Usually the symptoms of pneumonia that are caused by *bacteria* will come on quickly, while the symptoms of pneumonia caused by a *virus* might come on more slowly.



What are the risk factors for pneumonia?

- **Age:** People older than 65 are at risk because they tend to have medical conditions that put them more at risk for developing pneumonia. Also, very young children are at risk because their immune systems are not fully developed yet.
- **Certain medical conditions:** Chronic illnesses like heart disease, lung diseases (COPD, emphysema), immune-deficient patients (HIV/AIDS, patients on chemotherapy or immunosuppressant drugs).
- **Smoking** – The body's natural defense mechanisms are weakened in patients who smoke.

What is the treatment for pneumonia?

The treatment for pneumonia really depends on what is causing it. If the pneumonia is caused by *bacteria*, your physician might give you antibiotics. However, if the pneumonia is caused by a *virus*, antibiotics cannot be used because they are ineffective against viruses. Short of going to the doctor, what can you do at home to feel better?

- Get plenty of rest and sleep.
- Drink lots of liquids.
- Do not smoke. Smoking can make the symptoms worse and can decrease the healing time.
- For the cough, over-the-counter cough medicines might be helpful. If you have any questions about which one you can take, talk to your physician first.

How can pneumonia be prevented?

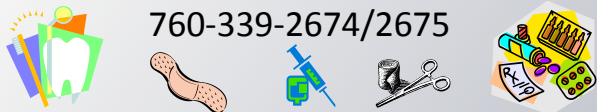
- To decrease your risk of getting pneumonia, try to avoid people who have a cold or the flu. The more you are in contact with them, the more likely it is that you will catch what they have.
- Wash your hands frequently to prevent the spread of bacteria and viruses.
- For older adults and those with certain medical issues (heart or lung problems), the pneumococcal vaccine might be an option. It might not prevent you from getting pneumonia but it can make the symptoms less severe.

Tip of the Month: When ya get pneumonia, you just don't feel like livin'. Look above at the advice that's been givin'. Hopefully, you won't be down for long; keep restin' to keep you strong. ❖

CLINIC INFO

By: HM2(FMF/SW) Menguita, R.
Branch Health Clinic, NAF El Centro

760-339-2674/2675



Branch Medical Clinic NAF El Centro is enrolling new patients.

The following are eligible to enroll:

- Active Duty Military Members
- Dependents – Up to Age 64
- Dependent Children – Age 4+
- Retired Military Members – Up to Age 64

To sign up stop by the clinic Monday – Friday from 0730-1600, or call our main number: (760) 339-2674. If you have questions, contact Ms. Wanda Vaughn at (760) 339-2674.

OUR OFFICE IS ONLINE!



You can:

- ❖ Visit your doctor through a web visit
- ❖ Get your lab results
- ❖ Schedule your next appointment
- ❖ Refill your medications

It is so easy to get started!!!!!!

Provide our front desk with your e-mail address and your PCM (Primary Care Manager) or visit us at our website at: www.RelayHealth.com. You may also send your information to HM2(FMF/SW) Menguita at: Recille.menguita@med.navy.mil

Exceptional Family Member Program (EMFP)



EMFP Regional Coordinator:

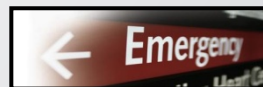
Ms. Jenny Turner jenny.turner@med.navy.mil

NMCSDFMFP Coordinator:

HM3 Ivan R. Perez ivan.perez@med.navy.mil

HMC(AW/SW)BELL SAYS: " LET THIS NEW YEAR SEASON BE YOUR JUMPSTART TO A CULTURE OF FITNESS. MY OLD FRIEND MICHAEL JACKSON USED TO SAY, "DON'T STOP TIL YOU GET ENOUGH". I PITY DA FOOL WHO WAITS TILL THE LAST MINUTE! "

Emergency Department



Are you considering going to the Emergency Department (formerly Emergency Room)? If so, we highly recommend that you call the Duty Crew first for proper triage .Our Duty Crew is available, 24 hours, 7 days a week at the following contact numbers. POOW (619) 804- 1520, COD (619) 804-1037. Our Hospital Corpsmen are always on duty with a Provider. If it is something we can take care of, we see you the clinic as soon as possible. If Duty deems necessary, then you may go to the Emergency Department.

After visiting the ER, please ensure to call TRIWEST so you can get proper authorization.

It is imperative that this is done within the first 24 hours so you do not end up with the bill. TRIWEST can be reached at: 1- 888- 874- 9378. Option 1 is for Providers/ Health Care workers. Please choose Option 2 for BENEFICIARIES (you, the patient). The automated answering service will ask if you are having an urgent Mental Health Issue, say no. It will then prompt you to say or enter or your sponsor's Social Security Number. Then it will ask for your Date of Birth. Enter as prescribed. Choose Authorization/ Referrals Option (option 2). You will need AUTHORIZATION per se for going to the ER after hours, so this is where you would speak to a TRIWEST Representative. They will ask you a series of questions. Please provide details as needed.

Going to the ER (without getting proper authorization from TRIWEST within 24 hours of visit) will cost you enormous amount of money. Please utilize us; we are here to serve you. Again, please call our Duty Crew, or contact the Base Chief of the Day or Security to obtain our numbers. If in doubt, our Duty phone numbers are also posted at the front of our Clinic. ❖

DENTAL SERVICES: CAPT Grisham and his crew will be here 24- 28 September 2012. Please stop by after lunch as they are driving from San Diego. Ensure your Dental Classification is up to date. Class 1 and 2 are acceptable, Class 3 and 4 are non-deployable classes and affect your unit's readiness. Stop by to get your Annual Exam done. ❖

DID YOU KNOW? Only a Military Dental Officer can clear a spouse/ family member for Overseas screening. If the patient is being seen by a civilian Dentist in the network, they still need to be screened by a Military Dentist to clear them. This has something to do with the level or standard of care that we receive overseas, as well as coverage and payments. ❖

REFILLS*REFILLS*REFILLS*

Please be informed that Branch Health Clinic El Centro is unable to provide prescription refills. Please call the phone number listed on your pill bottle (619) 532- 8400 and follow the prompts. (Pick up your medication at any of the Naval Pharmacy Locations, or have it mailed to you between 7-10 business days). Ensure you have enough medication and as always, please plan ahead. Thank you. ❖



NAVY MEDICINE
World Class Care...Anytime, Anywhere

The Desert Beat

BY MASN Oronde Vassell

Be Aware of the Vapor

If you thought drinking was all one had to do to feel a “buzz,” well you haven’t heard about the Vaportini. Released in December, Restaurateur Julie Palmer came up with the idea after visiting a friend in Helsinki. The \$35 Vaportini acts in a manner similar to a traditional vaporizer, heating and releasing intoxicating vapors which are breathed through a straw after being heated by a candle to 140 Fahrenheit.

Bypassing the digestive system, the Vaportini causes alcohol to be ingested directly to the bloodstream through the lungs, potentially causing dangerous levels of intoxication - especially if abused. Robert Walker of the University of Kentucky Center on Drugs and Alcohol Research at the time to the New York Times stated, “When you inhale alcohol right into the lung tissue, that gets drawn right into the blood supply immediately, so it's a very rapid onset of the intoxicating effect, and so has obviously very high abuse potential.” The quick absorption and shock of the Vaportini puts consumer’s brain at greater risk of permanently damaging their brain, which in long term develops addiction and sufferings from alcohol poisoning or worse death.

So we know the risks involved with Vaportini. What are the limitations?

Behavioral biologists [Dennis Thombs](#) and [Scott Walters](#), who study alcohol abuse at the University of North Texas, say scientists haven't examined alcohol inhalation in humans yet, so they don't know if the Vaportini poses any extra risks. As motorists we need to be informed or reminded the effects of DUI and DWI.

Driving under influence (DUI) or driving while intoxicated/impaired (DWI) is an offence committed when a driver operates a vehicle after the consumption of alcohol or drugs or other intoxicants. Increased alcohol levels in the driver's blood lead to diminished mental and motor reactions which, in turn, reduce the driver's ability to control the vehicle. This significantly increases the risk of the driver committing errors of judgment and often results in accidents causing severe injuries and even death.

Growing up in a society influenced by a constant evolution of new ideas and advancements, we as human beings have an understanding that with every action there is a reaction. In context with alcohol and drug abuse; with every consumption or influence to the body there will always be a negative reaction; that in most cases, lead to fatal long-term results. Make the right decision, be informed and think long term. ❖

DID YOU KNOW?

A DUI/ARI could cost you an anchor.
Earn rank—not a reputation.



On Base Catholic Services

By Chaplain Smith

It is with regret that I must announce that Catholic services at NAF El Centro will be postponed through FY13. Due to the current budget crisis, the contract for this position has been cut. It is difficult to tell if or when the contract will be renewed.

We would encourage you to take full advantage of the Catholic services available in our community. Please find more detailed information below. If you have any questions or concerns, please contact me at x2290 or jared.n.smith@navy.mil. I look forward to assisting you in any way that I can.

Local Catholic Churches in the Imperial Valley

St. Mary and Our Lady of Guadalupe in El Centro

St. Margaret Mary and Sacred Heart in Brawley

St. Anthony's in Imperial

Our Lady of Guadalupe in Calexico

St. Joseph's in Holtville

The closest on to the base is St. Mary's on La Brucherie. Here is the website for that one:

www.stmaryec.org. ❖



VACATION BIBLE SCHOOL



The NAF El Centro Religious Ministry Team is pleased to announce details for Vacation Bible School this year. If you have any questions or concerns, please contact Chaplain Smith at x2290 or jared.n.smith@navy.mil.

WHO: All NAF El Centro children ages 5-12

WHAT: Vacation Bible School

WHERE: Christ Community Church (590 W. Orange, El Centro)

WHEN: 07-11 July (Sunday-Thursday) from 6:00-8:30 p.m.

WHY: Food, Fun, Fellowship, and Faith!

Registration for this event is FREE! However, a registration form is required for participation. Registration forms are available Monday-Thursday at the Community Center from 0730-1600. Forms may also be downloaded at the Christ Community Church website (http://www.ccciv.org/11246/ministry/ministry_id/341980/V-B-S). Please click on the link at the bottom left hand side of the page to download. Completed forms are due to Chaplain Smith (NOT to Christ Community Church) no later than Sunday, 30 June.

Chaplain Smith and his wife, Tammy, are pleased to serve as chaperones for our group each day as they participate in various activities, including games, snacks, crafts, and a Bible lesson. Parents will be asked to provide transportation to and from the event each day. Carpooling is encouraged. ❖

Date Night

with ABFC(Ret.) Marc Willis

----- A Movie Review -----



Movie Title: Star Trek – Into Darkness

Players: Chris Pine, Zachary Quinto, Simon Pegg, Zoe Saldana, Benedict Cumberbatch

Genres: Action, Adventure, Sci-Fi

Rating: PG-13

It took a little coaxing to get my beautiful wife to accompany me this night. Popcorn just wasn't enough of a bribe so I had to throw in a Diet Coke. I wouldn't call myself a *Trekkie* however I am a big enough fan to have seen every movie rendition. *Into Darkness* introduces or rather re-introduces Khan Noonien Singh (Benedict Cumberbatch), the genetically-bred superman that single handily wages war against the Federation, more specifically the U.S.S. Enterprise.

From beginning to end *Into Darkness* is full of action, some good, some bad and some farfetched. But hey, this is space travel and beyond. In between the action Captain James T. Kirk (Chris Pine) loses command but never a sense of who he is. He remains the legendary Captain James T. Kirk as he takes space exploration to another level. In saving the worlds and themselves, Kirk and Spock (Zachary Quinto) realize that their relationship is much deeper than Captain and First Officer; they realized that they were actually friends.

As mentioned earlier, this film is full of action. For the action junkie this is very much welcomed. The storyline though rudimentary gives just enough character to satisfy the basic fan. Conversely, hardcore *Trekkies* may be less than impressed and downright offended. Overlooking the depth and or reality this film lacks, even for sci-fi, and *Into Darkness* delivers exactly what it should; two hours of action packed irrelevancy. With that said, I rate this film, three anchors out of five. ❖



Movie Title: Fast and Furious 6

Players: Vin Diesel, Paul Walker, Dwayne Johnson, Jordana Brewster, Michelle Rodriguez, Tyrese Gibson, Sung Kang, Gal Gadot, Chris 'Ludacris' Bridges

Genres: Action, Crime, Thriller

Rating: PG-13

It was a little easier to convince the lovely wife to join me in viewing Fast & Furious 6 than Star Trek. She's a big fan of the cast, you know Vin, Paul and Dwayne; the storyline was of no concern. As you all may or may not know, I am a fan of the storyline or rather the Fast & Furious franchise; May 24th was marked on my calendar. So at 12:01am we were properly seated with goodies in hand. Yes a private viewing; just us and 250 of our closest friends.

Well wouldn't you know, Hobbs (Dwayne Johnson) is in need of help from the crew he vowed to track down and incarcerate. Actually he did track down Dom (Vin Diesel) and enlisted his and his crew's help in corralling a super efficient criminal enterprise that features Letty (Michelle Rodriguez) as their lead driver. The group's success; get this, depends on elaborate planning and precise driving.

Shaw (Luke Evans) proves to be a worthy villain always one step ahead of the game. His team basically is a mirror image of Dom's; a carbon copy according to Roman (Tyrese Gibson). Both teams, as expected, talents are displayed on the streets of London as Letty and the gangs let loose. And the cars, well the cars although not as prevalent as in previous films are still elements to the franchise and this film. The other and more significant elements are those provided by Dom, Brian, Mia, Letty, etc. With that said, I rate this film four anchors out of five. ❖



WHAT WAS GOING ON...

In December during the 1970's - NAFEC Sandpaper

June 29, 1973 –Contest Winners are Announced:

Denny Meadows, civilian employee with the Industrial Shops Fabric Division, has been selected the winner in the contest for "Best Design for National Parachute Test Range" insignia. ❖



LOCAL HISTORY BY TWO OLD GOATS

No, they are not digging up Jimmy Hoffa's body, nor are they seeking buried treasure. These contractors are in the process of removing old heating oil tanks from around the base.

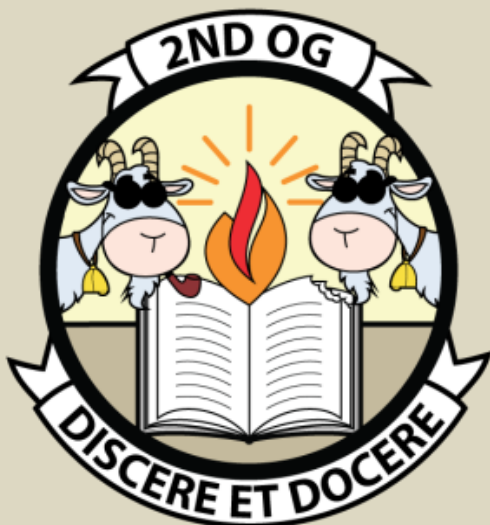
Apparently around the year 1944 approximately 200 of these tanks were installed near buildings around the base in order to hold heating oil for the adjacent structures.

These tanks were constructed of reinforced concrete and lined with a protective coating to make them able to store liquids.



Steel pipes went from the tanks to what would have been a heating unit in the buildings.

Why not use steel? Because of the war effort, steel was in short supply and the arid conditions out here favored this construction technique.



This is an example of what a heater may have looked like. While this picture is of an army heating unit from World War II, military construction was similar across the services. ❖



Scholarship program helps students pay for college

By Kevin Robinson, DeCA public affairs specialist

More than \$1 million in financial assistance will go to 670 students, considered to be among the nation's best and brightest, thanks to this year's Scholarships for Military Children program.

Since its start in 2001, the Scholarships for Military Children program has awarded \$1,500 scholarships to 7,412 children of active duty, Guard and Reserve, and retired service members worldwide.

The Defense Commissary Agency participates in the program by accepting applications of eligible children and submitting their packages to Scholarship Managers, a national, nonprofit, scholarship management services organization.

Stores celebrate the achievements of their local selections with a ceremony in the commissary. These ceremonies create a lot of excitement for the military community as they acknowledge the achievements of their recipients, said DeCA Deputy Director Michael J. Dowling.

"When you think about these young men and women, they are the best of the best," Dowling said. "According to Scholarship Managers, there were 4,675 people who applied, and 670 who will receive a scholarship. Doing the math, they represent the top 15 percent. This means they're exceptional."

"Many of them are high school valedictorians," he said. "This \$1,500 scholarship helps them move forward in their pursuit of higher education."

Commissary vendors, manufacturers, brokers, suppliers and the general public fund the program through donations. And, all donations are applied solely to funding the scholarships, said Jim Weiskopf, vice president of Fisher House Foundation, a nonprofit organization that assists family members with temporary lodging when they visit hospitalized service members.

"We want to thank those companies that have supported this very special quality of life program every year since 2001," said Weiskopf, whose organization underwrites the cost of administering the scholarship program. "I also want to thank the store directors. They do so much more than sell groceries. They are integral parts of their local communities."

During the selection process, Scholarship Managers reviews the applicants' grade-point averages, their extracurricular and volunteer activities, and their essays on an assigned topic.

Two of this year's 670 scholarship recipients, Kathryn Barisano and Matthew Schneck, spoke to an audience of commissary employees and industry members at the DeCA scholarship luncheon April 25. The luncheon was held during the two-day 2013 DeCA and American Logistics Association Commissary Roundtable event in Richmond, Va.

Barisano, the daughter of a retired soldier, is a senior at Thomas Dale High School in Chester, Va. She is a member of both the National Honor Society and Latin Honor Society, and as the captain of both her school's varsity field hockey and soccer teams, earned all district, all region, and Metro honors in both sports. Barisano will attend James Madison University in the fall.

Schneck, also the son of a retired soldier, is a senior at Prince George High School in Prince George, Va., where he has a 4.88 GPA and is ranked No. 1 in his class of 410 students. He has also earned varsity letters in volleyball, track and field, and soccer. Schneck received the William and Mary Leadership Award and is president of the Virginia Student Council Association. He will attend Virginia Commonwealth University in the fall, where he plans to major in biomedical engineering; he is in a program that guarantees his acceptance into the university's School of Medicine upon his graduation.

This year's essay topic was on the applicant's most-admired presidential first lady. Barisano wrote her essay on Laura Bush, and Schneck penned his on Eleanor Roosevelt. The three most popular topics among the scholarship recipients were Roosevelt, with 224 essays; 105 for Betty Ford, and 75 for current first lady Michelle Obama.

For information about the 2014 program, check the website, <http://www.militaryscholar.org>, in December. To see a list of this year's recipients, go to the website and click "2013 Scholarship Winners Announced." ❖

Summer reading program starts

By Candyce Zavala

The summer reading program, You Travel We Read, encourages children to read during their summer vacation. Children of all ages can come to the CYP, pick out a book and fill out a reading log. The more you read, the more prizes you will receive! Books are available for all ages including adults, and they can win prizes too! For more information on this program, contact Miss Velinda at the CYP, 760-339-2560. ❖

LA MIGRA MONTHLY

Sharing the border with the British

By The Border Patrol Border Community Liaison



The morning of May 30th five members of the British military got to observe El Centro Border Patrol Station agents hard at work. With their final week of training at NAF El Centro completed, the pilots had a little down time where they were able to participate in a Border Patrol station tour, border tour ride along and meet with our sector command staff.

The morning started with a welcome brief from the sector chief and command staff where they were presented with El Centro Sector challenge coin. Following the official welcome, the pilots were then given an overview of sector operations, statistics and shown a few high action videos featuring activity from our area of operation. Next was a tour the El Centro Station. At the station, the tour highlighted the armory where we discussed the many different types of lethal and less lethal options that are available for agents to check out and use in the field along with other law enforcement equipment. Also shown was the camera room which is manned 24 hours a day by station agents. The Remote Video Surveillance System cameras scan the station's area of operation. The pilots were able to watch as a group of illegal aliens were tracked on camera and agents in the field were directed to their position. Following the camera room, they toured the station's temporary detention and processing area. They learned the manner for processing, prosecuting and returning the aliens after they have been arrested.

The remainder of the day was spent on a sector border tour. The tour began once we reached Mt. Signal road and Highway 98. At this stop, they were shown a drag road and given a demonstration on the different techniques aliens use to evade apprehensions. They continued down to the United States/Mexico border where they were able to watch cross border activity in progress. A group of five illegal aliens had just been pushed back south by Border Patrol agents and were walking in the foothills of Mt. Signal. They were also Mexican guides visible on the side mountain who had presumably been guiding the group north before the Border Patrol agents had detected them. The Mexican military was patrolling around in a Humvee on the southside of the International border with numerous patrol agents patrolling on the northside of the International border. As the situation dissipated we continued along the border eastbound showing the pilots the forms of tactical infrastructure, cameras and different operational challenges we face as the terrain turns from desert landscapes to agricultural field and the All American canal to urban operations. The finale of the trip was a drive through downtown Calexico, viewing the challenges of working the port of entry and in a congested urban setting.

It was an honor to host the tour with the British and we wish them luck and a safe return from their upcoming deployment in Afghanistan. ❖

Economic Development Opportunities from IID

Apply for Grants to Grow Your Business

2012 Request for Proposals – Local Entity Competitive Mitigation Program

IID is currently accepting applications for grants of up to \$400,000 to promote economic development within the Imperial Valley. You could use these funds to start a business, invest in your existing business, provide community services, renovate your facility or purchase business equipment. Everyone in the Imperial Valley is eligible and encouraged to apply.

This year, IID will award more than 3 million under this program. It is intended to offset socioeconomic impacts resulting from land following implemented by the district within the IID water service territory in furtherance of the QSA and related agreements. The 2012 competitive program provides mitigation for following years 2008-09, 2009-10 and 2010-11.

Detailed information is available by visiting our website:

www.iid.com/localentity

Proposal submission deadline is August 30, 2013 at 5 p.m.

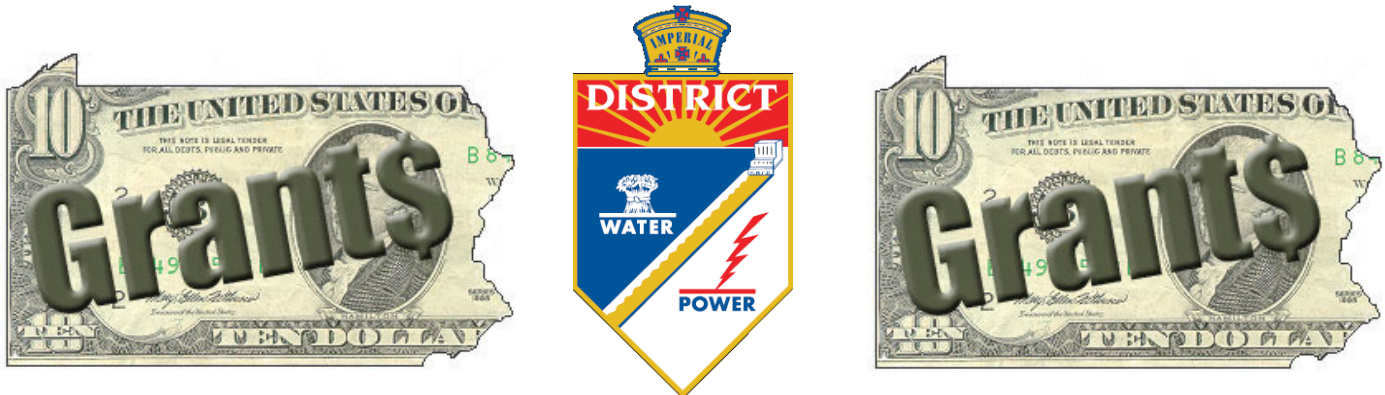
Informational Workshops

The following informational workshops are scheduled to assist applicants in completing the RFP package:

- **Thursday, June 13, 2013** • **Thursday, June 20, 2013** • **Thursday, July 18, 2013**

All workshops are from 10 a.m to noon at the

William R. Condit Auditorium, 1285 Broadway, El Centro.





**NAVAL AIR FACILITY EL CENTRO'S
"FLEET AND FAMILY SUPPORT"
QUARTERLY CLASS SCHEDULES**

FLEET AND FAMILY (MRS. PAT BRAXTON)
760-339-2242

**CLASSES WILL BE HELD IN BLDG 214 (FLEET AND FAMILY OFFICE)
NOTE: ALL FLEET AND FAMILY CLASSES WILL BE HELD ON
THURSDAYS!!!**



JUNE 13th		
RESUME WRITING		1300-1400
WINNING INTERVIEW TECHNIQUES		1400-1500
JUNE 20th		
GOAL SETTING		1300-1400
ASSISTANCE W/ HOME PORT CHANGES		1400-1500
JUNE 27th		
BUDGET CLASSES		1300-1400



NAF EL CENTRO

***Pinterest** Night and Space A Travel*

All branches- spouses, active, retired & reservewelcome

Come and Enjoy learning about how you can travel via our very own Space A travel accomdations! Please Bring your favortite Pinterest DIY craft, food *(Rated G) items to share with the group. Bring instructions to share as well

Guest speaker:

Tammy Porath from Fleet & Family

Date: July 11,2013 Time and location: 6:30pm- 8:30pm NAF El Centro Bld 4015

****Any questions and RSVP along with your Pinterest and or food item please email: lcrewatson2011@gmail.com * reminder if visiting from off base please have proper ID for base access**

*** If not a pinterest person please bring your favorite "anything" that you like to do,collect and want to share.**

*****Child Care : rsvp with ME: childs age, first/last name and how many children. If children do not attend our CYP; COPY OF IMMUNIZATION RECORDED NEEDED.**

We will also have resourses from Fleet& Family, United Health Care, available for you!! ❖

RECENT EVENTS

IN THE PEARL OF THE DESERT



CDR Franzen reads a proclamation about the Battle of Midway over the new Giant Voice system.



May 23, 2013 - In a sign of friendship, respect and solidarity, the British Flag is flown at half mast at NAF El Centro for fallen soldier, Soldier Lee Rigby who was killed in the streets of Woolrich on May 22, 2013.



Congratulations to AO2 Torricellas on your re-enlistment.



Liz Crewdson, NAFEC's Military Spouse of the Year for 2013 poses with Dr. Jill Biden.



Youth at the CYP sing "You are my sunshine" as the conclusion of their graduation ceremony.

HOW TO GET NMCI HELP:

(866) 843-6624

SANDPAPER CONTACT INFO:

E-MAIL:

W ELCN PAO SANDPAPER GS@NAVY.MIL



CREDO



CREDO Marriage Enrichment Retreats are still the best kept secret in the Navy! If you are looking for an opportunity to invest in your relationship with your spouse, there's no better place to go than the beautiful Town and Country Resort in San Diego. Did I mention that it is FREE!

DATES:

- 14-16 June
- 12-14 July
- 09-11 August
- 13-15 September

1. SCHEDULE: Friday at 1800 until Sunday at 1200. Sessions are Friday night (2 hours), Saturday morning (4 hours), Saturday evening (2 hours), and Sunday morning (3.5 hours). Saturday afternoon is set aside for couples to enjoy the local area/attractions on their own.

2. ELIGIBILITY: Active duty and activated reservists ONLY.

3. AMENITIES: FREE lodging, parking, and meals (Friday snacks; Saturday breakfast, lunch, and dinner; and Sunday breakfast). Participants must provide their own transportation to and from San Diego and arrange for child care as needed. Given the nature and purpose of the retreat, children are not permitted to attend sessions or occupy hotel rooms.

4. CONTENT: Couples will learn how to maintain or improve their relationship and better handle the inevitable conflicts that come with marriage. There is no pressure to change as each couple incorporates what information and tools work best for them. A variety of practical and engaging teaching methods are used. All content is non-religious.

5. REGISTRATION--Registration opens THREE months prior to the retreat date. Please contact Chaplain Smith at jared.n.smith@navy.mil or x2290 to complete the registration process. Registration is now online and only takes minutes to complete. Retreats tend to fill up quickly so be sure to register at the earliest possible date. (Please note that no cost TAD orders are required for E-6 and below.)

If you have any questions, please contact Chaplain Smith. ❖



Parent/Child Bowling League a big hit on base Chimichanga's first, J.Gals second

By Janie Yocupicio

NAF El CENTRO, Desert Lanes for the first time formed a Parent and Child Bowling League, consisting of 13 teams. It gave Parents and Children a chance to bond while striving to beat all the other teams in some friendly competitive bowling. Throughout the 5 weeks of the tournament, the Children showed their excitement and eagerness to bowl and the satisfaction of receiving a little sticker when they bowled a spare or a strike. Even though we see everyone as a winner for having fun and participating, taking the title of 1st place for this tournament was team Chimichanga, Hiram Alcala and Israel Yocupicio and the runner-up was team J. Gals, Mia Jackson and Lauren Jackson. We plan to form this league again in the fall and hope to see old and new faces to experience all the fun in bowling. ❖



BYOB...Bring Your Own Blood!!

By Chaplain Smith

We are pleased to announce that an American Red Cross Blood Drive will be held at the NAFEC Community Center (bldg. 364) on Wednesday, 26 June, from 0900-1500. All NAFEC military and civilian employees, dependents, etc. (as well as other DoD employees and retirees with base access) are invited and encouraged to participate.

As you well know, the American Red Cross strongly supports both our military and our local communities, especially in times of crisis. Giving blood is a wonderful way for us to support this service organization and to serve our fellow citizens as we literally give them the gift of life. Every blood donation has the potential of saving up to 3 lives! Our goal is to provide 40 pints of blood (equal to 50-60 donors).

While walk-in appointments will be accepted throughout the day, making an appointment is much preferred. The appointment process will assist in keeping wait times as short as possible. There are 2-3 time slots available every 20 minutes beginning at 0900 (i.e. 0900, 0920, 0940, 1000, etc.) and ending at 1500. Appointments will be made on a "first come, first serve" basis. To register, simply respond to Chaplain Smith (jared.n.smith@navy.mil) with the following information...

NAME:
EMAIL:
PHONE:
DONATION TIME:
BLOOD TYPE (if known):



The American Red Cross Blood Drive is another opportunity for NAFEC to set the standard when it comes to service to our community. Together we can make yet another positive contribution to our community!

As you consider making a blood donation, please reference the eligibility requirements found at the American Red Cross blood donation website--
<http://www.redcrossblood.org/donating-blood/eligibility-requirements/eligibility-criteria-topic>.

If you are unable to donate for one reason or another, please consider recruiting a family member or friend to participate in your place.

If you have any other questions or concerns, please let us know. We'll be sure to keep you up-to-date as Donation Day (D-Day) approaches. ❖

Benefits of Donating

It feels great to donate!

You get free juice and delicious Keebler® cookies.

It's something you can spare – most people have blood to spare... yet, there is still not enough to go around.

You will help ensure blood is on the shelf when needed – most people don't think they'll ever need blood, but many do.

You will be someone's hero – in fact, you could help save more than one life with just one donation.



Notable Notes!!!



The ATM has been relocated to the NEX/Commissary/Liberty Center Complex. It is located next to the Red Box out front of the NEX entrance.

FUN STUFF IN SAN DIEGO:

Looking for something to do on your next trip over the mountains? Check out the following link from MWR. Events are open for active duty, reservists and retirees.

<http://navylifesw.com/sandiego/about/nltw>

Putting you "Ballers" on notice! 1100-1230 Monday-Thursday daily basketball pick-up games held in the Sports Center. Bring your game, not just your shoes.

A reminder

Do not plug U/A USB devices into your NMCI computer

This includes smart phones. Your account will be **locked** out and that is bad.

Take a Vacation.

E N A L P R I A B L I M P
 E G A I R R A C D U E K I T E
 N V D R U N G Y P Y S S U R R E Y
 W R L A C E L S C Y C I B
 E A I C H E A S G D
 L O D H L A K D
 E B E T E R D G A T T O M
 V E E R D E A U T T O T
 A T A H A O E E D O U O E T
 T A Y I G X H T T N E O P T R N O N
 O K S L S P E D C T P E O K G O C L P C O S
 R S L S K I E S L A E O K G O C L P C O S
 J E S H U T T L E A E O K G O C L P C O S
 D K C A B E S R O H C I O W T C L L B Y X
 H T E T U H C A R R A P E L R E J E B X
 V O E N A L P O R D Y H G R A H P Y
 T R U C K W A H S U B W A Y T T L G
 T A O B V O S U B W A Y T T L G
 S H I P E O S U B W A Y T T L G
 C J D E O S U B W A Y T T L G

AIRPLANE
 AUTO
 BALLOON
 BICYCLE
 BLIMP
 BOAT
 BUS
 CANOE
 CARRIAGE
 CHARIOT

DOG SLED
 ELEVATOR
 ESCALATOR
 FEET
 GLIDER
 HELICOPTER
 HORSEBACK
 HYDROPLANE
 JET PLANE
 KITE

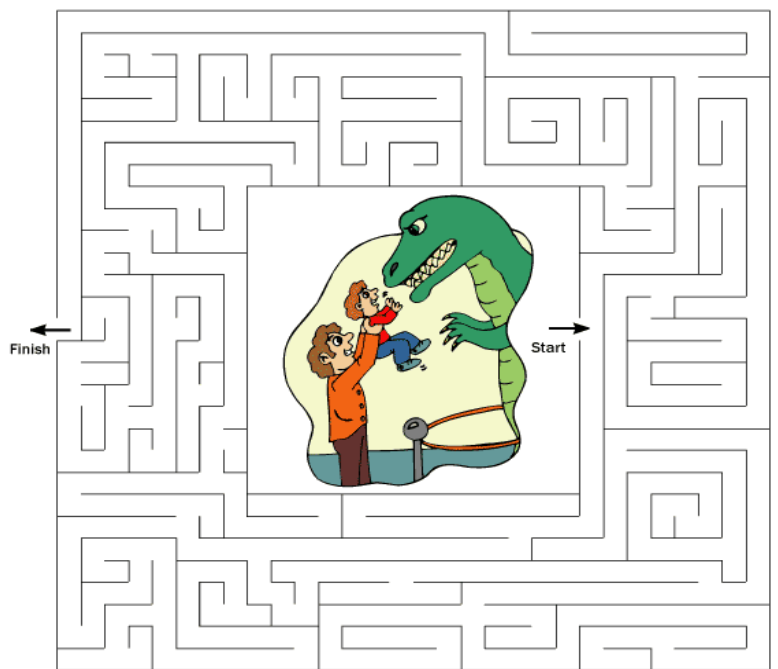
MOPED
 MOTORCYCLE
 PARACHUTE
 RICKSHAW
 ROCKET
 RUN
 SHIP
 SHUTTLE
 SKATE
 SKATEBOARD

SKIES
 SLEIGH
 STAGECOACH
 SUBWAY
 SURREY
 SWIM
 TRAIN
 TRUCK
 WAGON
 YACHT

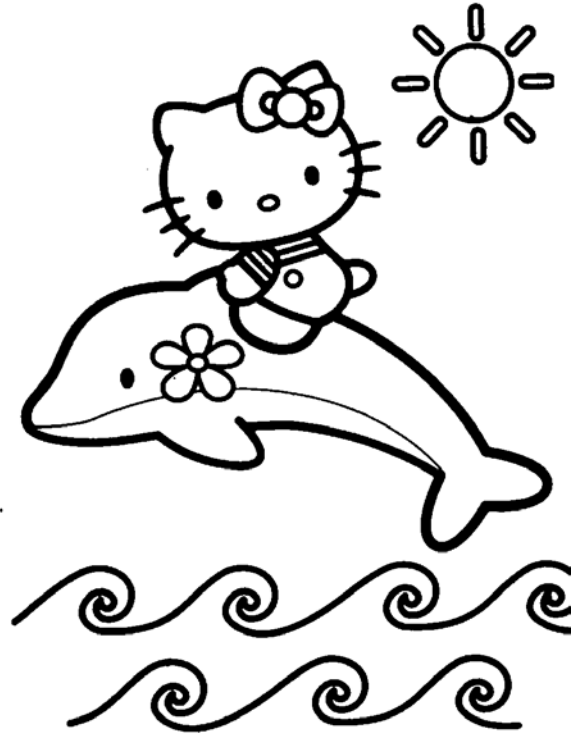
SUDOKU

	3			1		7	
6			8				2
	1		4		5		
	7			2		4	
2			9				6
	4		3			1	
		5		3		4	
1				6			5
	2		1				3

MAZE



KID ZONE



#1
DAD

HOUSEHOLDS GOODS SUMMER PEAK MOVING SEASON

15 May – 15 Jul 2013

WHAT DOES THAT MEAN TO ME?

Approximately 65% of all Department of Defense household goods moves occur between 15 May – 1 Aug. What can you do to ensure a smooth move? **PLAN!**

With the decline in moving companies' capacity and Department of Defense budget cuts, the sooner you start working with the local Personal Property Office the greater your chance of getting the desired pack out date.

DON'T WAIT until a week or two before the desired pack out date to complete the process in www.move.mil, enter all your data and paperwork now. For Navy information on getting started with the move process, go to www.navsup.navy.mil/household.

Another tip is to organize your house and belongings. Go through all your rooms and boxes from the last move to make sure you still need the items. If it hasn't been worn or used in the last year, do you still need it? Sort your items by the type of shipment: household shipment; unaccompanied baggage, if authorized; professional gear and what is going in your suitcase or car. By sorting you may find out what needs to be sold, donated or disposed of. Keep in mind, if you exceed your authorized weight allowance it can be EXPENSIVE!

Household goods terms and what they mean:

- Household shipment is your main shipment: furniture, dishes, washer/dryer, BBQ grill, outdoor furniture, children's play furniture, majority of your clothes, etc.
- Unaccompanied baggage, if authorized: this is the small shipment of items that you will need to survive until your big household good shipment arrives. This is normally only authorized with overseas orders. Items to include would be enough kitchen ware/dishes to use daily (not your china), crib, clothes, some uniforms, some DVD's not your entire library, etc.
- Professional gear: Professional books and equipment includes Household goods in a member's possession needed for the performance of official duties at the next or a later destination.
 - ❖ Service members items could be: work manuals, awards, specialty work uniforms (Band uniforms, navy divers, flight suits, helmets, chaplain's vestments and other specialized apparel), reference materials, instruments, tools, and equipment peculiar to technicians, mechanics.
 - ❖ Spouse: may be authorized for a licensed profession, i.e. doctor, dentist, lawyer or community support activities at the next or a later destination, example would be a command Ombudsman. Any other profession may be considered if the appropriate documentation can be provided. Selling Avon or Pamper Chef does not count as licensed profession.
 - Excluded from PBP&E - commercial products for sale/resale used in conducting business, sports equipment, and office, household, or shop fixtures or furniture (such as bookcases, study/computer desks, file cabinets, and racks) of any kind even though it may be used in conjunction with PBP&E. ❖

CSD has new numbers!

The customer Support Detachment has some new numbers.

Please note the following changes:

ID card section - 760-339-2623/2417

Military Personnel Supervisor / ESO (760)339-2473

Transfers - 760-339-2473

Receipts / Separations - 760-339-2474

CLASSIFIEDS

JOB POSTINGS

FREE SERVICES: Would you like to be more prepared if a disaster, natural or manmade were to occur? You can be prepared for the unexpected. **Join the Imperial Valley Ready Group** to get items such as 72 Hour Kits, food storage and emergency items. For more information email LT Marcie Wilde at marcie@wildeforce.com.

CAR/VAN POOLS

If you commute from San Diego to NAF El Centro, please contact:
Tom Holman at 760-339-2533 or
thomas.g.holman@navy.mil

If you commute from Yuma to NAF El Centro, please contact:
Eric Rube at 760-339-2265 or
eric.rube@navy.mil

FOR SALE!! 1980 CJ-5 Jeep. 258 inline six, brand new exhaust from manifold back, polyethylene gas tank and polyurethane bushings throughout suspension. \$5000 OBO. Contact ABFCS Deaton @ 858-232-1717



FOR SALE: 2009 Suzuki Boulevard 800cc - \$6,400 OBO



Excellent condition, 9,394 miles; dealer extended warranty until Sept 2013. Phone Michel at 760-344-0235 or e-mail at micheljcde@aol.com.

FOR SALE: 1990 Bronco 4x4
\$3500
Contact Tom at 760-630-5115



MWR Jobs



What's available? Stop by the MWR Main Office (Bldg 318) to see all current and continuous vacancy announcements. You can also call the Human Resources Office at (760) 339-2475.

HOW TO APPLY: Submit a NAF application or resume to the NAF Human Resources Office, Building 3210, Anchors Catering and Conference Center, Naval Base, San Diego, 2375 Recreation Way, San Diego, California 92136-5518 or fax to (619) 556-9537. Resumes and applications may also be submitted via email to mwr.hr.dept@mwrsw.com. Submitted applications and resumes will be retained for 90 days. For more information, visit our website at <http://mwrtoday.com/sandiego/about/jobs/>. Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖



NEX

****Flex Position**** We are looking for a flex position 20 hours, minimum, for the Jetmart. To apply go to www.mynavyexchange.com and click on the "work for us" tab and follow the directions. Good Luck!

FOR SALE!!
PUT YOUR AD HERE!
CONTACT W ELCN PAO SANDPAPER GS@NAVY.MIL

JOB Links for Employment

- Federal Jobs: <http://www.usajobs.gov>
- DoD Jobs: <http://www.militaryconnection.com/dod.asp>
- Employment Development Department's California Jobs: <http://www.caljobs.ca.gov/>
- Imperial County Jobs: <http://imperialcountyjobs.org/>
- Energy Conservation: <http://www.tetrattech.com>
- HOUSING/ Contract ALUTHIQ: <http://www.aluthiq.com>
- AOC: <http://aocwins.com/>
- HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
- JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
- MWR: <http://navylifesw.com/sandiego/about/jobs/>
- NMCI: <http://h10134.www1.hp.com/services/>
- SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

Am I Hydrated? Urine Color Chart

1
GOOD

2

3

4

5

6

7

8
BAD

HELPFUL NUMBERS

Chaplain's Office--760-339-2290
 Chaplain (after hours)--847-714-3743
 Drug and Alcohol Advisor--760-339-2603
 Medical Emergency Room--911
 NAFEC Medical--619-804-1037 (COD)/619-804-1520 (POOW)
 Fleet and Family Services--1-800-273-8255
 Suicide and Crisis Center Hotline--1-800-342-9647

CO Suggestion Box Locations

Jet Mart
 AOC Bldg
 NGIS Bldg 401
 Weapons
 Liberty Center



Road Runner

NEX El Centro

"If you can't find it, WE CAN GET IT!!!"

We'll make it easy...

1. Let us know what you're looking for.
2. We'll find it for you.
3. We'll contact you when item(s) are ready for pick-up.

Please contact us at
 760-339-2342
 or see one of our friendly
 NEX associates for details.

Thank you for supporting your NEX

COMING EVENTS

June 15

Yuma River Tubing Trip
 Sign Up by June 13th
 Liberty Center \$30
 Call x2559 more info

June 16

Father's Day Special Movie
 NAFEC Movie Theater
 1500
 See schedule at Liberty Center
 for specific movie

June 19-20

Mission Nutrition
 CYP Multipurpose room
 0730 - 1600
 Contact Anna for details
 760-352-2252

Summer

\$1 Bowling for Kids
 Desert Lanes Bowling Center
 1100 -1500
 One game and one shoe rental
 for per child per day
 For more info contact:
 760-339-2575



Certified Navy Child Development Home Providers:

1. Melissa Barnes
480-319-4870
2. Amber Johnson
760-592-4344
3. Heather Ewing
760-592-4199