

Issue 29

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NAF EL CENTRO

SANDPAPER



NAF El Centro CO Relieved

By CNRSW Public Affairs Office

Commander, Navy Region Southwest, Rear Adm. Dixon R. Smith, relieved Capt. Devon Jones, commanding officer of the Naval Air Facility in El Centro, CA, due to loss of faith and confidence in his ability to command, Monday July 1, 2013. Cdr. Erik Franzen, the Executive Officer at the Installation, has temporarily assumed the duties as commanding officer until a decision can be made on a successor to the commanding officer's position. Capt. Jones will be assigned to Commander, Naval Air Forces until the outcome of this issue is resolved.

The Navy expects its leaders to provide principled and highly ethical leadership, stressing discipline, accountability, and the importance of treating shipmates with dignity and respect. It is of paramount importance to the Navy that even the appearance of impropriety by leadership is unacceptable, and all personnel must conduct themselves in a manner beyond reproach.

The Navy is a diverse and agile force exemplifying the highest standards of service to our nation, at home and abroad, at sea and ashore. In keeping with these high standards, the Navy remains committed to maintaining these standards at all times. ❖

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WWW.FACEBOOK.COM/NAFEC

ACTING COMMANDING OFFICER

Leadership Change – In with the Old

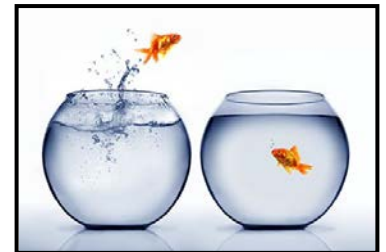
As many of you may now know there has been a transition with respect to leadership here on base. Last week, CAPT Jones was relieved of command by RADM Smith. The transition has begun and I have been assigned the duties as the Acting Commanding Officer of the installation.

We will continue to execute the mission “To Support the Combat Training and Readiness of the Warfighter”. I trust in everyone and know that you will all do the best job that you can.

There are many books on the topic of change, “Who Moved My Cheese”, “Our Iceberg is Melting, Changing and Succeeding Under Any Conditions” and “Switch: How to Change Things When Change is Hard” are but a few. When change occurs it often brings anxiety and stress. The change we are experiencing is no different.

To combat this stress and anxiety remember that your job description has not changed, the base has not changed and the weather has not changed. There are many things that have remained constant. The only thing that has changed is the commanding officer. As of right now the change is “In with the Old”, as I will be the Acting Commanding Officer for the foreseeable future. As such I ask that you continue to operate as you have so successfully during my time here as the executive officer.

I would like us all to focus on the Navy core values of “Honor, Courage and Commitment”, and also on treating each other with dignity and respect. Last, I am asking you to do the right thing even when nobody is looking. ❖



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

COMMAND MASTER CHIEF



Sexual assault prevention is still our number one Sailor priority. Now that we have completed the Sexual Assault and Prevention Stand Down, we must continue to focus our efforts on completely eliminating this from our Navy. One is too many! As you may have noticed, we now have a watch in the BEQ (4012) which is primarily focused on being a deterrent for sexual assaults but is also there for any other need that may arise. Additionally, we have designated Resident Advisors who can be contacted at any time for any issues in the BEQ (i.e. Maintenance issues). You should contact them prior to contacting the staff at Bldg 401. Their names are listed below:

ATCS Bradley	Room: 255	(757) 575-8428
ACCS Stokes	Room: 130	(858) 775-3092
ADC Fuller	Room: 339	(619) 203-5302
AO1 Millard	Room: 140	(425) 314-8837
AO1 McClure	Room: 248	(619) 504-3731

SAPR Contact #'s: MA1 (SW/AW) Barns: 760-540-1053 (Duty Phone)

Victim Advocate on Duty: 760-644-2913 (Duty Phone)

Is PTS dead? Yes and no. The term is going away but the process has improved and the name has been changed from PTS to "Waypoint Re-Enlistment". The process has changed in that it will no longer take into account PFA scores, E6 Sailors will be given an Auto Confirm approval on the first look. The process will be divided into 3 categories "3-2-1". Phase 3 (13-10 months prior to EAOS) Sailors have the option to request re-enlistment in rate, conversion to another rating, or SELRES. Phase 2 (9-6 months prior to EAOS) Sailors have the option to convert to another rating or SELRES, and Phase 1 (5-3 months prior to EAOS) Sailors have the option for SELRES only. More emphasis will be placed on skills (NEC's) vice ratings and each month the NPC website will publish the rating status with the new terminology "Open = Undermanned, Balanced = Manned, and Competitive = Overmanned". Finally by the end of this year a Sailor portal will be available for Sailors to log in and see their record and application status as well as a feedback function to improve the system.

Welcome aboard NC1 Samarion! ❖

- CMC

All-volunteer force celebrates 40th anniversary

By The American Forces Press Service

WASHINGTON, July 2, 2013 - In a letter issued yesterday to the men and women of the armed forces, the nation's top two military officers and senior enlisted member marked the 40th anniversary of the all-volunteer force.

The letter -- signed by Army Gen. Martin E. Dempsey, Chairman of the Joint Chiefs of Staff; Navy Adm. James A. Winnefeld Jr., Vice Chairman of the Joint Chiefs; and Marine Corps Sgt. Maj. Bryan B. Battaglia, Senior Enlisted Advisor to the Chairman -- reads as follows:

"Since the Nation's founding, our sons and daughters have volunteered to leave the everyday comforts of their homes, their neighborhoods, and their families to join and serve a cause greater than themselves. They have joined a profession bound by honor, sacrifice, bravery, and -- in many cases -- danger. They serve a greater purpose -- protecting and defending the Constitution of the United States.

On 1 July 1973, the United States instituted the All-Volunteer Force. Those who choose to wear the cloth of our Nation do so with a great sense of pride and allegiance. To volunteer speaks volumes to the character, patriotism, and commitment of America's most precious resource -- our men and women who serve.

As we commemorate the 40th Anniversary of the All-Volunteer Force, we would like to pass our heartfelt appreciation to all those who have served and are serving in the United States Armed Forces. You are America's strength -- you honor our past, and you preserve our future.

Well done, Warriors -- thank you for your service! " ❖



The New NC1 is HERE!!!

By Kristopher Haugh



The Command Career Counselor's office is no longer vacant. Effective 01July13 NC1(AW/SW) Amberly M. Samarion has taken over the program and is standing by to help you out with any and all of your career related questions.

Samarion is coming to us from NAS Le Moore, VFA-113. She has been in the Navy for 13 years and has also served at Pearl Harbor and NAS Fallon. She started off her Navy career as an AO. IYAOYAS!!!

"I want Sailors to have the necessary tools for them to be able to make an informed decision about their careers" Samarion said.



New programs such as CNAV can be a little confusing at first. Most people understand PTS, but the new program, as the CMC mentioned last month, has several new changes. NC1 will help you navigate those changes.

Additionally she wants to see you succeed in college and is standing by to assist Sailors in figuring out the best way to get their degree.

"I am four classes away from my Bachelor's Degree in Social Sciences and I have an Associate of Science Degree in Criminology," she said. "I know what it takes to achieve your academic goals."

Getting a degree can get you promoted she added. "A Bachelor's Degree is worth four points and an Associate's Degree is worth two points on the rating exam."

Sailors should visit her office in 214 to pick up their "Checklist for Success" and get a brief on how to make their Navy career the best it can be.

Samarion has a son and a daughter, which you will probably see around the CYP in the afternoons.

If you need her help, just call x2329 or swing by the office, she is here to help you succeed. ❖

*** BREAKING CCC NEWS ***

Sailors with a SEAOS of December 2013 through June 2014: No change, member is already in the application window and will continue the legacy process. (NAVADMIN 150/13 paragraph 3.f.) Note: If your Sailor received a DFI letter disregard, due to member still being under the legacy process. We are restoring the correct codes for the Sailors that had AIR's and ACV's.

The Sailors that had no status but had a DFI in NES, is going back to "Blanks" in NES.

If you have any questions feel free to contact NC1 Samarion at x2329 or the CWay Help Desk at (901)874-2102, DSN 882-2102 or email them at career_waypoints@navy.mil.

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



Warning: Contents Under Pressure—A Study in 1-2 Peter. The warning labels are everywhere—on propane tanks, chemical containers, aerosol cans, pressure cookers, and soda bottles. These everyday items are just one misstep or mishap away from exploding, doing significant damage to everything and everyone around. They must be treated with care. Have you ever thought that human beings should come with a similar warning label? We often feel the constant pressures of life (financial, emotional, relational, etc.). Some of us are just one step away from exploding, doing damage to ourselves and everyone around us. There is a certain amount of care that must be taken. In this preaching series, we will examine the instructions that the Apostle Peter gives to Christians living under the significant pressures of persecution. His advice will be relevant resource for all of us who want to stay calm, cool, and collected while living under the pressures of life we experience each and every day. This series will begin 21 July. ❖

Schedule of Events:

- **Adult Bible Study**—All base personnel (military, civilian, contract personnel and retirees) 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**— Our Women's Bible Study has concluded their current study and will be taking a short break for the rest of the summer. They will resume their regular schedule in August/September. 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.

Box of Chocolates By Chaplain Smith

"Life is like a box of chocolates. You never know what you're going to get." If you've seen the movie, *Forrest Gump*, you may recall this sage advice given to Forrest Gump by his mother before she died.

I've been thinking about the wisdom of these words recently. Do you think what she said is true? I'm not so sure. Here's why...

When I was growing up, my grandma always sent us a large box of Russell Stover's chocolate for Christmas. What I loved about this brand of chocolate is that it came with a guide printed on the inside cover. By using the guide, it was relatively easy for me to choose my favorite pieces (solids, nuts, mint, and peanut butter) and avoid the pieces that were less than appealing to my palette (coconut, caramels, and creams).

The tradition of receiving boxes of chocolate continued after I got married. My in-laws now send my wife and me a box of Esther Price chocolates for Christmas. The only drawback is that this candy company does not include a candy key for easy reference. It's been a bit of a guessing game. But while I often chose poorly early on in our marriage, I've found time to be a great teacher. Experience has taught me the difference between the chocolate covered pecans (awesome) and the opera creams (whatever that is!).

I think this may be an accurate picture of life. If utilized, guiding principles and experience can offer us the best that our box of chocolate (our life) has to offer. For example, guiding principles like the following often provide us the best chance of avoiding the negative outcomes and getting what we want out of life instead...

- Do unto others as you would have them to unto you.
- Nothing good happens after midnight.
- Don't drink and drive.
- Put garbage in and get garbage out.
- Forgiveness is the best medicine.
- Blessed are the peacemakers.
- The only thing that overcomes hard luck is hard work.

And, if we ever find ourselves in uncharted territory where a reliable guide is not available, we can often trust our past experience to lead the way. For example...

- How is this situation similar to other circumstances I've faced?
- What happened to me the last time I made a similar decision?
- Do I want that to happen again?
- What could I do differently this time that would provide a better result?

Life is like a box of chocolates. While it's true that there's never a guarantee exactly what our life will offer us, the fact is that we can make the best of what we've been given. Life doesn't have to be a complete surprise. Abiding by a few basic guiding principles and learning from our experience, we can have the pleasure of biting down on bonbons, the best this life has to offer, instead of nibbling on orange nougat, chewing on life's leftovers that no one else really wants. ❖



IN THE SPOTLIGHT



Celebrating
**WORLD RED CROSS
 DAY HEROES**
in our community

A Sailor onboard NAF El Centro was formally recognized during the American Red Cross Imperial Valley Service Center 's annual fundraiser Wednesday, May 8, 2013.

AME2 Robert C. Shavlay, assigned to VFA-122 Detachment El Centro played a critical role in the relief operations for Hurricane Sandy.

Taking personal leave, Shavlay travelled to New Jersey where he contacted the Southern Shore Chapter of the American Red Cross. He was assigned to a transportation group responsible for moving supplies into the affected area, unloading them and returning to the supply depot to reload.

He was also assigned to assist in setting up berthing facilities at local school gymnasiums and distributing food to the displaced population.

Recognized early on for his leadership abilities, he was asked to join the incident management team at the Red Cross HQ where he joined the logistics group and helped manage the organization and distribution of donated supplies.



"He made no mention of his efforts," said Senior Chief Julian Bradley, the senior enlisted advisor for VFA-122 Detachment El Centro "It would have gone un-noticed if not for the command receiving a letter from the Red Cross detailing his efforts," Bradley added.

In addition to the Red Cross Hero award, Shavlay was awarded a Navy Achievement Medal by VFA-122 Detachment El Centro. The hours he volunteered were instrumental in him receiving a Bronze President's Volunteer Service Award. ❖

The 2-1-1

By LT "Secret Steve" Kireta



DISASTER PREPAREDNESS

For those of you who lived in San Diego prior to El Centro, you may be familiar with a service called 2-1-1. It is a 3 digit dialing code, similar to 9-1-1, which is available to help disseminate non-emergency information to the community. It is a free service that is provided by the county and is always being updated. Though not specifically intended for military families it does have a wealth of information including military veteran information for those getting ready for retirement. All information that is available through the phone is also available online at <http://211imperial.org/>.

While the site is still in development, the county is excited to announce that 2-1-1 Imperial has already begun to provide health, social, community, and disaster information and referrals to individuals and families in Imperial County.

Through 2-1-1's, free, 24/7, and confidential phone service staffed with highly trained Client Service Representatives, and the 2-1-1 searchable online database, 2-1-1 Imperial will support your agency or organization by connecting individuals to your critical resources and services in the most efficient and appropriate way.

2-1-1 Imperial is dedicated to becoming your valuable partner and, together, discovering ways to meet the needs of your community! ❖

MONTHLY DET LOADING					
MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT	
JUNE	4	1	864	48	
JULY	3	0	181	22	

**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

The one trip trick: 50 pounds of groceries and living on the 5th floor



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).

Getting out of the kitchen when you can't take the heat....or the fire!

Condensed from a Naval Safety Center Message

We haven't reported a kitchen fire for a while, but you remember the drill: making French fries, phone rings, cook gets distracted, pan of grease flames up, cook grabs pan, dumps flaming grease on floor, curtains and/or self. These mishaps led to numerous variations on the theme of "how I fricasseed my own gizzard."

But you can't keep a good hazard down, and the results are never amusing. Just ask the e-4 who was in his apartment, cooking dinner, when he noticed a lidded pot of oil start to smoke.

This seems o.k. it hadn't caught fire, and if it had, he had the lid handy. He also had some oven mitts, which he wore while carrying the pot outside.

"Attempting to cool it down faster," the report explained, "he removed the lid." presto! The oil instantly caught fire, splashed onto the sailor's arms and hands, and torched off his shirt, which he took off and used to smother the flames.

For the record, a piece of your own clothing that is already on fire probably isn't the ideal choice for smothering a fire, but he was beyond the careful-reasoning stage at this point, so we'll let that go.

He suffered burns on 9 percent of body, a few that were second degree. He spent two days in a hospital and two weeks on light duty. ❖



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. ❖

FURLOUGH IMPACTS ON DOD PASSPORT AND VISA REQUESTS

U.S. ARMY HEADQUARTERS SERVICES, LOGISTICS SERVICES WASHINGTON/TRAVEL SERVICES DIVISION, DOD PASSPORT AND VISA OFFICE

The Department of Defense passport and visa office will have reduced staffing between 8 July and 30 September 2013.

To minimize the impacts of the furlough on travelers the DoD passport and visa office will curtail activities only on Fridays during the furlough period and full service support will be available Monday through Thursday.

Passport/visa agents are encouraged to ensure visa requests are submitted with ample time for processing through the required embassy. The summer months are the prime travel season and many embassies experience a high volume of requests during this time. Agents and travelers are reminded that direct contact with an embassy is prohibited without prior approval of the director, DoD passport and visa office.

The DoD passport and visa office recently relocated from crystal city (2530 Crystal Drive, Arlington, VA 22202) to Fort Belvoir (9301 Chapek Drive, Bldg. 1458, Fort Belvoir, VA 22060). To maximize processing time, send your visa applications directly to the following address:

Logistics Services Washington/Travel Services Division
9301 Chapek Road, Bldg. 1458
Fort Belvoir, VA 22060

If you require additional information or assistance, please contact the customer service branch at (703) 545-0003/0004 or email at usarmy.pentagon.hqda.mbx.lsw-passport-visa-customer-service@mail.mil. ❖

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 another a sneak preview here at NAF El Centro. Patrons were invited to come see "Pacific Rim" Sunday, July 7, 2013. The movie began at 1900 and the concessions stands opened at 1800.

Tickets had to be picked up in advance and were available at the Liberty Center for all MWR Patrons. A waiting list was standing by in the event that all of the tickets were handed out.

This was a 3D movie so patrons had to bring their 3D glasses with them. Glasses were also available for sale for \$1.00 each.

Stay tuned for the next sneak peak and enjoy this awesome opportunity!!! ❖



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!

Unaccompanied Sailors living in 4012, not including the Geo Bach's, will be able to pick up a seasonal pool pass starting Monday. The pool passes are at Bldg 401 and you need to see Kim. These passes are the result of a partnership between the command, the Thrift Store and MWR. If Sailors have questions they can speak to the CMC at x2437. Until then, Sailor's may still use the pools by checking in at the pool and checking their name off of the list. ❖



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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Mary Kmetz

E-MAIL: mkmetz@vinu.edu

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

Furloughs begin at NAF El Centro

By Kristopher Haugh



In a memorandum for Department of the Navy Civilian Employees, dated February 11, 2013, Secretary of the Navy, Ray Maybus indicated that furloughs were possible.

“The Department of the Navy’s civilian workforce is an incredibly talented and integral part of the Navy and Marine Corps team. Whether you are developing new weaponry for the next generation of warfighter, helping to operate and maintain our far-flung bases and stations, fixing ships or aircraft, pressing forward on auditability targets, helping Wounded Warriors heal and transition, or performing countless other critical tasks, you are vital to our mission. Our Sailors and Marines could not have responded to and sustained the brutal operational tempo of the last decade of war without the support of each and every one of you.

Budget pressures have already imposed a pay freeze on the non-uniformed members of our team, now in its third year, and most recently, a civilian hiring freeze. Now unless Congress acts, two pending budgetary actions will force the Department to consider the possibility of employee furloughs. “

Congress was unable to act and furloughs went into effect for the Department of the Navy July 8, 2013.

Department of the Navy civilian employees were informed via letters that they would face 11 days of furlough time over the next three months. This equates to a loss of one day each week.

Approximately 650,000 Department of Defense employees are affected by the furlough with 200,000 coming from the Department of the Navy, according to Pentagon statistics.

On board NAF El Centro, department heads will manage the furlough times of their employees. Monday and Friday are the most likely days people will be off work.

Based on a salary and time formula provided by the CNRSW PAO, the Imperial Valley will see a potential economic impact of \$283,800 through lost income from personnel at the facility.

At this time there are no plans to continue the furlough into the new fiscal year which starts October 1, 2013.

For specific information or assistance, employees are encouraged to contact their local human resources office. ❖

Additional information for Department of Defense employees including frequently asked questions is available at the links below.

- [SECDEF Memo, Dated 14-May-2013, Furloughs](#)
(For a direct link to the original document on Defense.gov, [click here.](#))
- [DOD Administrative Furlough FAQs \(Updated 02-May-2013\)](#)
- [DOD NAF Furlough FAQs \(Updated 13-Mar-2013\)](#)
- [SECDEF Memo, Dated 20-Feb-2013, Preparations for Potential Sequestration on March 1 and Furlough Notifications](#)

Father's Day Celebrated at the CYP

The most important influence in my childhood was my father. - DeForest Kelley

Fathers and children set sail on a spectacular journey here at the Child and Youth Program on Friday, June 14, 2013. In honor of Father's Day this month we held "Father's of the Caribbean Lunch" as well as the "Father's Day Tea Party" on the Child Daycare side.

Pirate talk was in the air on the Youth side, and it was not uncommon to see the fathers and children alike donning eye patches, black hats, vests, and various-colored bandanas.

Everyone gathered at the long and round tables covered with red tablecloths to take part in the feast. Barbeque Chicken was the main course, along with sides of soft corn muffins, sausages, green salad, and pineapples served. To wash down the hearty meal, the crew sipped on fruit punch served in goblets suitable for a king. Silverware was not provided as we wanted everyone to use their hands as if they were real pirates.

One family, in particular, surprised their father by keeping the celebration a secret for a week. On the morning of, Adonis Samarion, traveled with his wife and two children to the CYP under the impression they were coming to swap out the books for our Summer Reading Program.

Once the family arrived, Samarion's children held his hands as they walked into the building, and he was greeted with the pleasant surprise of food (which he added the chicken was, "pretty darn good") and pirate apparel waiting for him and the other fathers. "This party worked out perfectly for us since he has school this coming weekend," said his wife, Amberly.

Toddlers and Preschoolers made sure their fathers were recognized as well by holding a tea party. Mothers were also invited if fathers were absent or unable to attend.

Parents stopped in for delicious cupcakes and brownies with fruit punch served to them in tea cups by their children. The youth also prepared special photo frames wrapped up in colorful tissue paper to present to their dads as a gift.

After the party and gift giving, everyone conversed or spent a little quality time with the little ones before leaving. ❖



Families feast "Pirate Style at the CYP"



The Franzen Family Pirates chow down on some delicious chicken!

We Must Solve Sexual Assault Together

By Mike Stevens, Master Chief Petty Officer of the Navy

Growing up, I never wore a seatbelt. In fact, my dad told me that I had a better chance at surviving a car accident by being thrown from the car rather than being strapped into my seat! When I joined the Navy 30 years ago, I didn't wear a seatbelt. I figured the advice that my dad gave me had to be true. It wasn't until I sat through numerous training sessions filled with facts, statistics and illustrations showing the deadly impact of not wearing a seatbelt that I changed my mind. Today, I don't put my key in the ignition of my car without first buckling up.

This seatbelt story came to the forefront of my mind as I sat in the crowd during the Navy's Sexual Assault Prevention and Response stand down. I believe that one stand down will not rid our service of sexual assaults. I'd go further and tell you that one mandatory general military training session will not stop sexual assaults. It will take many training sessions to make an impact on this hideous crime that goes against our core values. Sexual assault prevention should be talked about every single day.

It is daily honest and frank conversations about sexual assault prevention that will make a huge impact on our Sailors, allowing us to continue to Zero In on Excellence.

It is setting the standard, building trust and creating an open environment where respectful, professional discussion takes place about this serious problem that will make an impact on our ability to remain mission ready and focused. I call all of us to arms to eradicate sexual assault. I believe that together there is nothing that we cannot accomplish. ❖



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?

"Make No Bones About It, Arthritis is the Visitor That Never Leaves!"

Part I Osteoarthritis

By: Nadine Henley, LT, MC(FS), USN



Overview: What is arthritis?

Arthritis is inflammation causing joint pain & stiffness, destroying joints, bones & connective tissues; can interfere with normal physical movements. Osteoarthritis (normal wear & tear) & Rheumatoid Arthritis (autoimmune disorder) are the most common types. Since no cure exists for either type, most treatment is directed toward improving daily life by reducing symptoms.

How is Osteoarthritis different from Rheumatoid Arthritis?

Osteoarthritis (OA): In this most common type of arthritis in which cartilage connecting bones at a joint erodes and results in bone-against-bone wearing. The smooth covering on the ends of the bones is damaged, causing inflammation. Most often occurs in a weight bearing joint.

Rheumatoid (RA): Inflammation of the synovial membrane of a joint occurs due to an autoimmune disorder & can cause loss of bone. Can occur in any joint.

What is Osteoarthritis?

- Chronic condition causing wear & tear on the connecting tissue at a joint.
- Breakdown of connecting tissues resulting in bone rubbing against bone, pain, swelling, stiffness & loss of joint movement.
- Most painful in weight bearing joints, such as knee, hip and spine where bone spurs can develop at the edge of the joint; less painful in non-weight bearing joints, such as shoulder, elbow & wrist.

What causes Osteoarthritis? Is there a cure?

- With 27 million Americans having OA, it is the more common type.
- Neither the actual cause nor a cure is known.
- Though OA is not inevitable, contributing factors or common risk factors include normal aging, overuse, obesity, genetics, muscle weakness & injury.

What are the most common signs & symptoms of Osteoarthritis?

- Joint sore after overuse or lack of use.
- Joint stiff after lack of use that goes away quickly once active again.
- Joint stiff in the morning for less than 30 minutes.
- Joint pain from weakened muscles due to lack of use.
- Joint pain & weakness causing deteriorating coordination, walking, posture.
- Most common in joints of hips, knees, low back (weight bearing joints) & in neck, base of thumb, finger joints, big toe (non-weight bearing joints).

What are the main tools a doctor uses to diagnose Osteoarthritis?

- Medical history.
- Physical examination.
- X-rays.
- Joint aspiration.

How is Osteoarthritis treated?

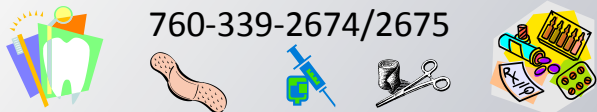
- Control pain & other symptoms through medications.
- Exercise.
- Therapy (physical & occupational).
- Improved healthiness of lifestyle through exercise and weight control.
- Manage depression & stress.
- Avoid injury to joints.
- Properly balance relaxation & activity. ❖



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

NMCS D EFMP Coordinator:

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

UNITED HEALTH CARE Representatives are also waiting on standby to help you out. Please see Mrs. Liz Crewdson and Mrs. Shannon Franzen for updates on your healthcare. Stop by BLDG 523, Naval Branch Health Clinic for assistance. For EFMP (Exceptional Family Member Program), please see or contact: HM2 Manson. ❖

Urgent Issues: Please contact our DUTY CREW, we are available 24 hours, 7 days a week. Petty Officer of the Watch can be reached at (619) 804- 1520, and Chief of the Day at (619) 804- 1037.

Medical Records Requests: Due to our desire to provide the utmost service to our patients and accuracy of all medical entries/ records, we would like to inform the patients that we now require 30 days or more for Record Request (Retirement and Separations to include Request for Records for Dependents). This will allow our Medical Records PO to gather all referral paper work from providers in the civilian sector, compile and review all notes prior to release. For any concerns or questions, contact HM2 Espinoza at (760) 339- 2677.

Individual Medical Readiness: Please ensure that you are up to date with your Physical Health Assessments, Vaccinations, Blood work, etc. For Immunizations, see HM1 Burns or HM2 (sel) Espinoza. For any questions regarding your command's Unit Readiness, Contact our IMR representative, HM2 Ducut at (760) 339-2680.

Physicals: Please ensure that you make the necessary appointments (Audiograms, Driver's Physical, Respirator Physical, Eye exam, etc). It is your responsibility to stay on top of your requirements. Contact HM2 Ducut/ HM2 Espinoza/ HM3 Rivera at x 2634.

Translation Services Program: Naval Medical Center San Diego (NMCS D) is responsible for ensuring patients with Limited English Proficiency (LEP) and/or American Sign Language (ASL) needs are afforded language assistance (NAVMECEN SDIEGOINST 6320.101). NMCS D offers contracted LEP/ASL services. If you need LEP/ASL translation services, please contact the Patient Relations Department. POC is HM2 Adriell Gonzales or Ms. Jen Joyce at Patient Relations, 532-6418. ❖

DENTAL SERVICES: Dental Team will be here from San Diego from 22-26 July 2013. Please stop by the NBHC Medical Bldg. 523 for assistance. If you are nearing your Annual Dental Exam date, please stop by and see us. Having any dental work (e.g. fillings/ operative, oral surgery, braces/Orthodontics,) other Dental Exam does not count as it is a different procedure. It will also impede any process/ request to reenlist, deploy, school, etc. ❖

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. ❖

Emergencies: Ensure you contact your Primary Care Manager after your visit to an Emergency Department (civilian or military). For our troops in San Diego area, kindly utilize NMC San Diego for emergency needs. We still see an increase of civilian Emergency Department usages, and this is still costing us tremendous amount of money. ❖

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. ❖

The Desert Beat

BY LTjg. Kmetz, SECO

DECAL DEMISE

As of 1 July 2013, vehicle decals (DD form 2220) are no longer a requirement for access to Navy installations. All vehicles entering on a Navy installation must continue to be licensed, registered, inspected, and insured in accordance with state and local laws. Rental vehicles are considered privately owned vehicles for purposes of base entry and access control. The vehicle rental contract will suffice as proper licensing, registration, and proof of insurance for base access. Military personnel permanently assigned to a CNRSW installation for 60 or more calendar days per year, who operate a motor vehicle registered in a state other than the state where the installation is located, will register their vehicles every two years at the installation to which they are assigned permanent duty.

In addition to presenting a valid identification card, vehicle registration, proof of insurance, and driver's license, personnel will be required to provide documentation demonstrating compliance with the host states emission requirements. ALL PERSONNEL (military, civilian employees, contractors and guests) must carry documentation in the vehicle at all times and present such documentation upon demand during random traffic enforcement stops, failure to do so may affect your base driving privileges.

Motorcycle operators safety requirements, barment control and enforcement of state licensing, registration, insurance, and safety requirements will be enforced through random vehicle inspections and routine traffic enforcement. Failure to adhere to all requirements will result in denial of installation access and could result in disciplinary action.

Decals may be removed 1 July or may be left on vehicles until expiration if frequent access to installations requiring decals is necessary. If you have any questions please contact the NAF El Centro Security Department (760) 339-2525. ❖

REMINDER !! Driving and texting or talking on a cell phone without a hands free device is not authorized onboard NAF El Centro/. Do not tempt fate and try this. Pull over, chat and then start driving again. Security will be looking for distracted drivers.

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. ❖



A Helping Hand - American Red Cross Blood Drive

By Chaplain Smith

In January 2012, five sailors from NAFEC participated in the Battle of the Badges blood drive event sponsored by the American Red Cross at the Fairfield Inn and Suites in El Centro. We were certainly pleased with the turnout, especially with the short notice that was given.

Consideration was soon given to the possibility of having a blood drive on base, which was followed by a conversation with the area blood drive coordinator, Carina Kagan, of the American Red Cross. With her encouragement and the approval of the Command, plans were set in motion for a blood drive scheduled for Wednesday, 26 June.

Keeping in character with what we have come to appreciate about our military and civilian personnel here at NAFEC, the response was extremely positive. We were thrilled to have 38 confirmed registrations, with several walk-in volunteers coming in throughout the day.

Because not everyone who volunteered was actually able to do so (new tattoos, travel restrictions, low blood iron, etc.), our grand total was 36 units of blood.

The feedback that we have received from the American Red Cross has been very encouraging. This is what they have had to say...

- *"Thank you...for the wonderfully cool venue and friendly, professionals that came in to donate. We don't often serve such wonderful people in such a lovely spot so we were all grateful."*
- *"Please share the good news with all your Sailors...they really need to know how awesome the NAF family is..."*

I would like to add my appreciation to every volunteer who made this event such a success. With your continued support, we look forward to even greater success at the Battle of the Badges blood drive in January/February 2014. ❖

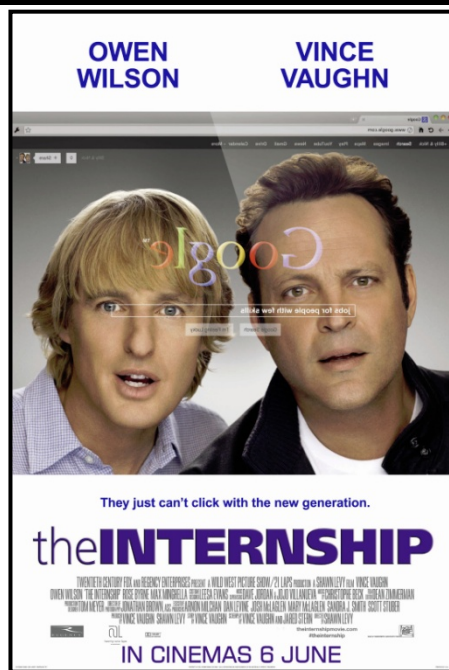


With all of the beds filled, American Red Cross personnel take blood from volunteers who represented every segment of our base's community.



Date Night

with ABFC(Ret.) Marc Willis
 ----- A Movie Review -----



Movie Title: The Internship

Players: Vince Vaughn, Owen Wilson, Rose Byrne, Max Minghella, Aasif Mandvi

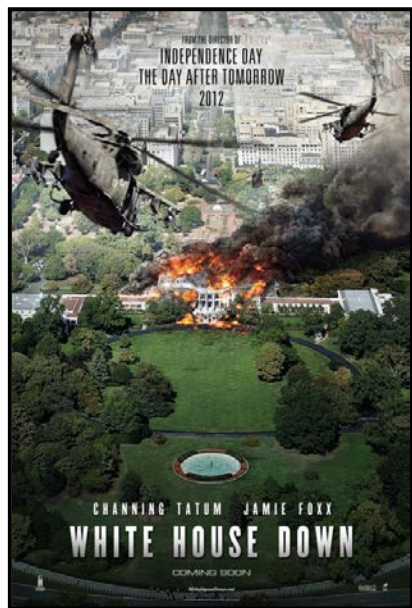
Genres: Comedy

Rating: PG-13

Surprisingly the month of June has not presented the weekly blockbuster I would have liked. *Man of Steel* and *Now You See Me* notwithstanding. Luckily for you all Vince Vaughn decided to drop a film on us. This night brought my sensational wife and me together for the opening of *The Internship*. This film is based on seasoned salesman finding themselves in the rat race once more after their employer un-expectedly shuts down his company.

In an effort to find a more fulfilling career Billy (Vince Vaughn) and Nick (Owen Wilson) apply for internships at Google. Competing with applicants half their age isn't their only disadvantage as most of the applicants are highly educated and perceived to be the best of the best. In fact Graham (Max Minghella) takes a moment to remind them every chance he gets. Graham also happens to be their chief rival and competition for securing the sought after internship.

The Internship has multiple storylines with loads of laughter; each sharing equal screen time that prevents one from dominating. Of them all the most significant is the development of Billy and Nick's group. The group pulled an *all nighter* in a club that resulted in Yo-Yo (Tobit Raphael) splitting his time between an ATM and men's room; a night together that saw them come together. Misfits they are, however, through trial and tribulation they triumph. With that being said, I rate this film three and a half anchors out of five. ❖



Movie Title: White House Down

Players: Channing Tatum, Jamie Foxx, James Woods, Maggie Gyllenhaal, Jason Clarke

Genres: Action, Drama, Thriller

Rating: PG-13



Finally, a movie I had really been looking forward to seeing. However, *White House Down* seemed a bit déjà vu. Gerard Butler's *Olympus Has Fallen* had a similar plot, one of which I truly enjoyed. So would this picture provide me the same results? Sure the idea of the White House being invaded, overrun and destroyed from within is highly implausible, especially twice in one year; it still makes for one heck of a story.

There are differences between the two hits. *White House Down* isn't only focused on the takeover but the relationship between father and daughter. Cale (Channing Tatum) and Emily (Joey King) have a strained relationship as he'd disappointed her more than once. In an attempt to win her over he finagles a tour of the White House that President Sawyer (Jamie Foxx) happens by and spontaneously engages. Also Cale interviews for a Secret Service job surprisingly with an old flame, Finnerty (Maggie Gyllenhaal).

The action begins with a bang as a bomb explodes in the U.S. Capitol Building. A teaser as the real action begins when Cale and President Sawyer hook up and begin their trek to safety. At times the action seems over the top but that only adds to the film's allure. The magnitude in which the terrorist employ to complete their mission is immense and farfetched yet it still leaves the audience with a feeling of anxiety. In the end, Cale secures his daughter's love as well as a job. With that being said, I rate this film three and a half anchors out of five. ❖

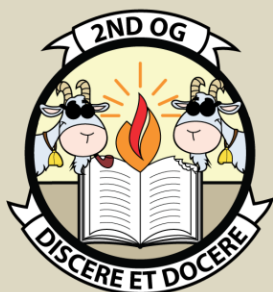


WHAT WAS GOING ON...

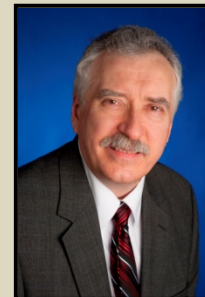
In July during the 1970's - NAFEC Sandpaper

July 04, 1975 – Army Program Completed Early: The U.S. Army airdrop program, High Level Container Airdrop System, has been completed, in phase, as of 23 June 75. ❖

July 11, 1975 – Summer Heat Good and Bad: Well it's that time of year again when we here at Naval Air Facility El Centro are experiencing the Imperial Valley's "Balmy Summer Weather" – in which the temperature can easily get as high as 110 degrees Fahrenheit and above. ❖

**LOCAL HISTORY BY TWO OLD GOATS*****“¿Por qué no se puede librar de toda esta chatarra vieja?”***

A history lesson by Dr. Peter Skirbunt, 2OG Mentor and DeCA Historian



Dr. Skirbunt

This question was asked of generations of historians and archivists at the Archives of the [west] Indies in Seville, Spain, from 1623 to 1985.

Among their holdings were records of the Spanish Admiralty in the new world. The records were difficult to read, even for native Spaniards and others fluent in Spanish, because they had been written in a highly-stylized, obsolete script, seldom used after the 17th century. During those 362 years, a handful of people browsed through the Admiralty's records, so every year people asked the archivists *“¿Por qué no se puede librar de toda esta chatarra vieja?”*

Then in 1985, Eugene Lyons, a research historian who was familiar with the obscure script, went through the records page by page. It took him 10 days, but he found what he wanted: the names of certain islands in the keys had changed since the 1620s.

He took this information straight to his employer: American treasure-hunter Mel Fisher.

Thanks to Lyons' research – and to all those archivists and historians who had preserved the records for more than three centuries – Fisher realized he was looking for an old Spanish wreck near the wrong islands. In fact, he was 100 miles off. But now, he was able to locate the Nuestra Senora de Atocha, a treasure galleon sunk in the Florida Keys during a hurricane in 1622.

He not only found it, he recovered hundreds of millions of dollars worth of Spanish silver and gold ingots, coins, and artifacts. You can see many of them at his museum in Key West, Florida.

Nobody asks the archivists and historians at the Archives of the Indies *“¿Por qué no se puede librar de toda esta chatarra vieja?”* anymore, because the question has been answered.

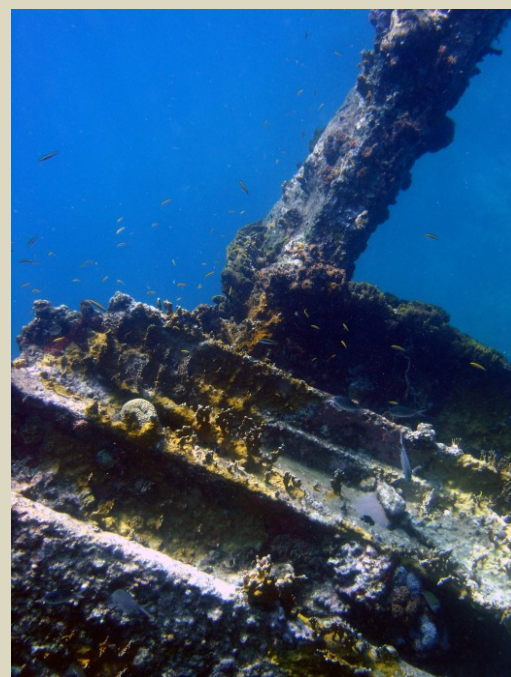
The answer is *“Debido a la gente como Mel Fisher.”* That is, “Because of people like Mel Fisher!”

The question? In English, it was “Why don't you throw away all this old junk?”

Moral: Historians, archivists, and librarians do not save records only for themselves, nor do they save only those things that seem important today! They save them for people who might not even be born yet... so when the day comes that someone wants or needs those very records, the records will be there!

Commissary records will not, unfortunately, help us locate sunken treasure. But there are other types of treasure to be found... knowledge, in the form of interviews, congressional documents, reports, and testimony; periodicals; photographs and negatives; audio or video tapes; and memorabilia. And keep in mind knowledge is power, and can help defend the commissary benefit.

So before suggesting a historian toss all his records away, keep in mind they're not his (or hers), anyway... and keep in mind the people who found the Nuestra Senora de Atocha! ❖



Part of the Nuestra Senora de Atocha wreck

Summertime grilling made easy

By Sallie Cauthers, DeCA marketing and mass communications specialist



Your commissary has everything you need for an outdoor barbecue party, and that's good news with July 4 coming up fast.

"The Fourth of July holiday is right around the corner, and we've got the best meat and veggies for your cookout," said Michelle Frost, DeCA's chief of promotions and marketing. "Be sure to go to your commissary before you leave on vacation as well, because we've got lots of items that you can take along for snacks."

DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries in July to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store manager to verify when they will be offering these sales events.

- Overseas Service Corporation is sponsoring **Patriot Perks**, a sales event that says "thanks" to military families and rewards them for shopping at their local commissary from June 27 to July 24. Patriot Perks will feature special pricing on dozens of products highlighted on in-store displays as well as on www.patriotperksforyou.com. Customers who spend \$25 on designated sale items are eligible for discounts or free coupons for activities on their military base. This program is offered only stateside including Alaska and Hawaii.
- 7UP and Mott's present **Refresh Win and Ride, the Harley Davidson Giveaway** from June 27 to July 10. Five motorcycles will be given away through a drawing held Sept. 1. Look for the displays to register in your commissaries worldwide.
- The Kellogg Company is featuring a **Triple Play Program**. Specified Kellogg's product packages offered worldwide will carry "on-pack" chances to win regular season baseball tickets and a grand prize offer for a trip to the World Series. Look for displays from June 27 to July 24.
- **Our Colors Never Run** is a Webco promotional event that runs June 27-July 24. Look for Webco displays with high-value coupons. There will be T-shirt giveaways at all commissaries.
- **Hostess Twinkies** should be back in our commissaries by the end of July. Your commissary will also be carrying all of Hostess "sweet cake" products with Twinkies front and center!

"Remember to play safe, ride safe and enjoy your summertime fun this July!" Frost said. "With our July lineup, it is worth the trip to your commissary to purchase all your picnic and barbeque party ingredients." ❖

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. ❖

ENVIRONMENTAL DIVISION

U.S Navy and Marines work with the Bureau of Land Management to Find Solutions and Practice Environmental Stewardship

By Robert Powell

In June of 2013, the Marines initiated a project to increase operational capability on the 1940's era Holtville Carrier Landing Strip (Carrier Strip) on Naval Air Facility El Centro (NAFEC) managed land in the East Mesa desert. The plan was for Marine Wing Support Squadron 374 to clear extensive 6-7 foot tall creosote vegetation on the Carrier Strip using heavy equipment to allow the safe landing of rotary wing aircraft. NAFEC's Public Works, Environmental Division staff provided the needed environmental support.\

A primary task after the vegetation clearing was to determine where to dispose of the approximately 150 creosote bushes. The area surrounding the Carrier Strip is valuable habitat for a myriad of wildlife species including the Flat-tailed horned lizard which is considered a sensitive species. Disturbance by heavy equipment moving excavated brush into the surrounding desert had the potential to negatively impact this sensitive desert habitat.

NAFEC Environmental Division staff worked with the Bureau of Land Management to offer salvaged brush to Pattern Energy Group, owners of the Ocotillo Wind Farm Project. Pattern Energy Group is working on restoring approximately 400 acres of disturbed desert habitat associated with the wind farm. Since desert vegetation is hard to obtain, Pattern Energy Group happily accepted the offer.

With the Navy providing the necessary environmental monitoring, the Marines cleared the brush from the Carrier Strip using heavy equipment and loaded the brush onto trailers provided by Helix Environmental Planning Inc., the environmental contractor for the Ocotillo Wind Farm Project. The brush was then transported to the Ocotillo Wind Farm restoration site. ❖



A front end loader from Marine Wing Support Squadron 374 clears brush from the old runway

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.

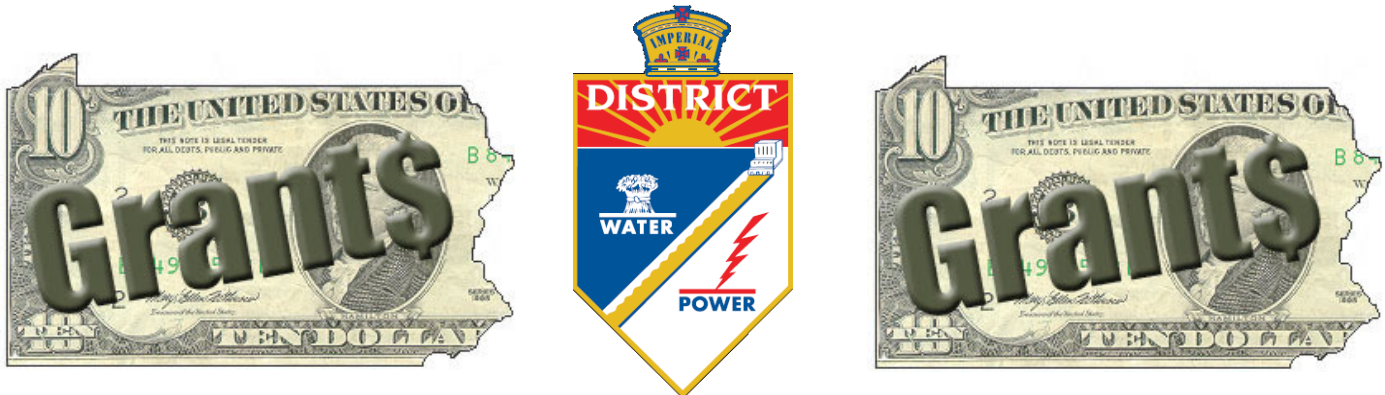
Informational Workshops

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, Room 127
NOTE: ALL FLEET AND FAMILY CLASSES WILL BE HELD
ON THURSDAYS!!!

JULY 11th	
RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
JULY 18th	
GOAL SETTING	1300-1400
ASSISTANCE W/ HOME PORT CHANGES	1400-1500
JULY 25th	
BUDGET CLASSES	1300-1400

NAF El Centro has a new Part-Time Clinical Counselor by the name of Mr. Larry Wilson. Mr. Wilson will be on board NAF El Centro starting Monday, 01 Jul 13, 0730-1600. Mr. Wilson will be providing counseling services the 1st 3 Mondays of the month. Mr. Larry Wilson is a Licensed Clinical Social Worker (LCSW) and, as such, will be providing Individual, Marriage Counseling and referral services to Active Duty, Retired, Activated Reservist, and their family members. Mr. Wilson comes to El Centro with many years of experience helping Military Families face the challenges of day-to-day life. Before going on to his second career as a Social Worker, Mr. Wilson served in the US Navy for over 20 years retiring as an SCPO. He is also a veteran of NAF El Centro, serving with the Crash Fire Department for 3 years during the early days of his Navy career. Mr. Wilson office will be located in bldg 401 at the Welcome Center. Please stop by, introduce yourself and give him a warm welcoming. ❖

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



AOC Irvin congratulates AO1 Coachman on her re-enlistment



NAF El Centro CYP Preschool class moving their bodies, learning right and left as they dance and follow the instructions to *Cha Cha Slidin*.



An F-35B from MCAS Yuma visits NAFEC for touch and go's



Fed Fire helps the Brits celebrate a successful mission

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:

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. ❖



Erroneous transactions impacting TSP and OASDI Deductions

By Marcia A. R. Hawkins, Director, Civilian Pay Functional Area



A system error has been identified in the Defense Civilian Pay System (DCPS) that may have an impact to your payroll account over the last four pay periods. The error could potentially impact Thrift Savings Plan (TSP) and/or Old Age, Survivors and Disability Insurance (OASDI) contributions made during this pay period. Adjustments to these contributions are identified on your current leave and earning statement (LES).

The system change was implemented on March 29, 2013, which caused OASDI to potentially over collect or erroneously refund from your most recent pay. TSP contributions, including TSP catch-up and TSP Roth, may also have been erroneously refunded.

A system fix will be made in the payroll system that will be implemented on the next pay period and will cause adjustments to your payroll account that will be reflected on your LES and in your net pay.

TSP is a voluntary contribution. If your TSP account was impacted, a missed contribution letter will be sent to you by your servicing payroll office to the address of record. The missed contribution letter gives you an opportunity to make up the contributions that were erroneously missed and/or refunded to you during the impacted pay period. The letter will give you options on how to make up the missed contribution and how long you have to make a decision on whether or not you would like to make up the contributions.

If your OASDI account was impacted, the system fix will cause adjustments to your OASDI deduction. The OASDI deduction will automatically refund any over collections and will automatically collect any of the erroneous refunds that may have occurred. If you have any questions, please contact the Civilian Pay Customer Care Center at 1-800-538-9043 (Indianapolis) or 1-800-729-3277 (Cleveland) between 7:30 a.m. to 4:30 p.m., Eastern Standard Time, Monday through Friday. ❖

Reserved parking for Gold Star Families

By Kristopher Haugh

Driving around the base, one might notice the appearance of five new parking spaces. Visitors to the NEX, Commissary, Medical, Fleet/Family Services and the Chapel can see one of these new markers and might wonder what is up. These are reserved parking spots for Gold Star Families.

Historically, mothers of fallen service members began calling themselves "Gold Star Mothers" during the First World War. To honor them, the United States began observing Gold Star Mothers Day on the last Sunday of September, every year, since 1936.

In 1967, Congress standardized the service banners and established the Gold Star lapel pins to issue to immediate family members of service members killed in combat, including those who have committed suicide in theater. The Next of Kin pin signifies a service-related death or suicide during active duty other than combat. Also as part of these initiatives, Army Family Morale Welfare and Recreation (FMWR) established Survivors Outreach Services (SOS) in October 2008. In 2010, Congress designated December 18 as Gold Star Wives Day.

"Navy Installations Command is dedicated to delivering on the promise of taking care of its own by providing support to surviving families of our fallen Active Duty military members. Though the family members have lost a loved one while serving our nation, we want our Gold Star Family members to know we (the Navy) are still here to support them," said Vice Adm. William French, commander, Navy Installations Command.

The Gold Star program was established in order to deliver on the promise of taking care of and providing support services to the spouses, children, parents, and siblings of fallen Active Duty Soldiers, Sailors, Airmen, and Marines for as long as they desire.

The parents, siblings, spouses, and children of fallen Active Duty military members who served honorably during a time of war are eligible for this program. This membership covers all wars dating back to World War I.

The Gold Star Families Program provides family members of our fallen Active Duty military members easy and unescorted access to support services (i.e. Fleet Family Service Centers), commissaries, and Navy installations. Family members will be able to attend on base ceremonies and events without having to pre-arrange on base escort assistance. ❖



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.



WELCOME SUMMER

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

AUGUST
 BEACH
 BIKES
 CAMPING
 CARNIVAL
 COOKOUTS
 FIREFLIES
 FIREWORKS
 FISHING
 FLIPFLOPS

FUN
 HULA HOOPS
 ICE CREAM
 JULY
 JUMPROPE
 JUNE
 MOVIES
 PARADES
 PARTIES
 PICNICS
 POOL

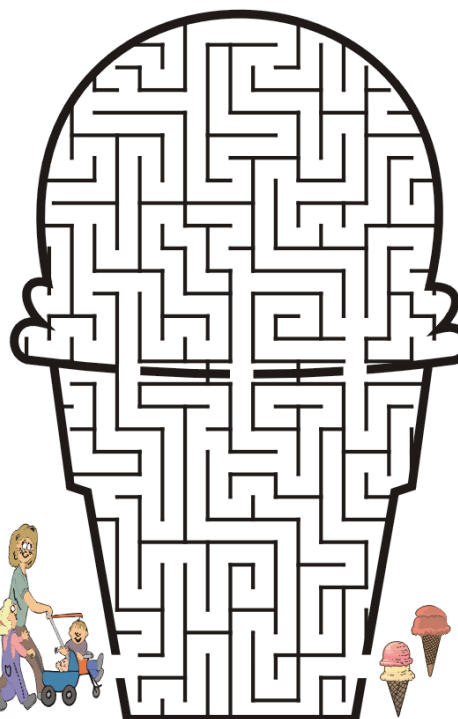
POPSICLES
 ROLLERCOASTER
 SANDALS
 SPLASH
 SPRINKLER
 SNOWCONES
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 THEME PARK
 VACATION

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SUDOKU

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

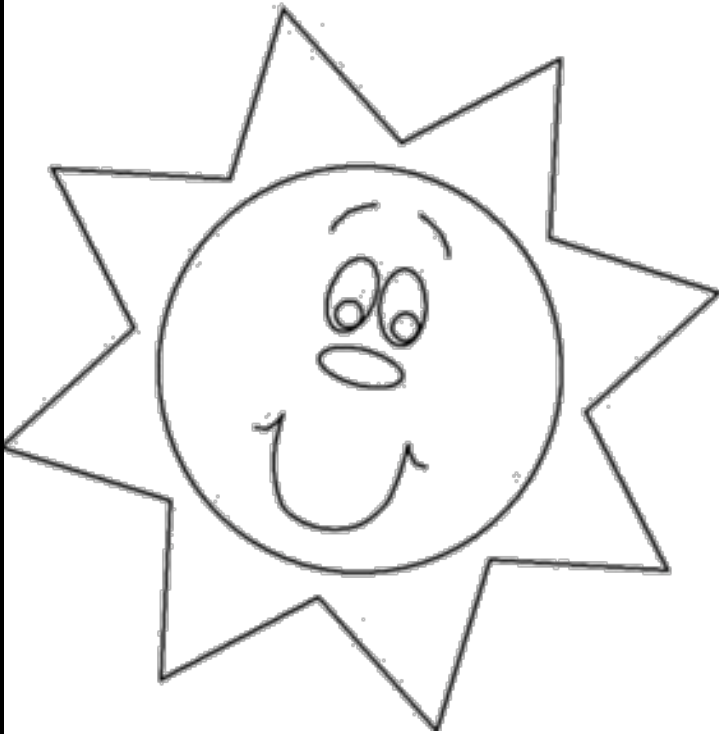
MAZE



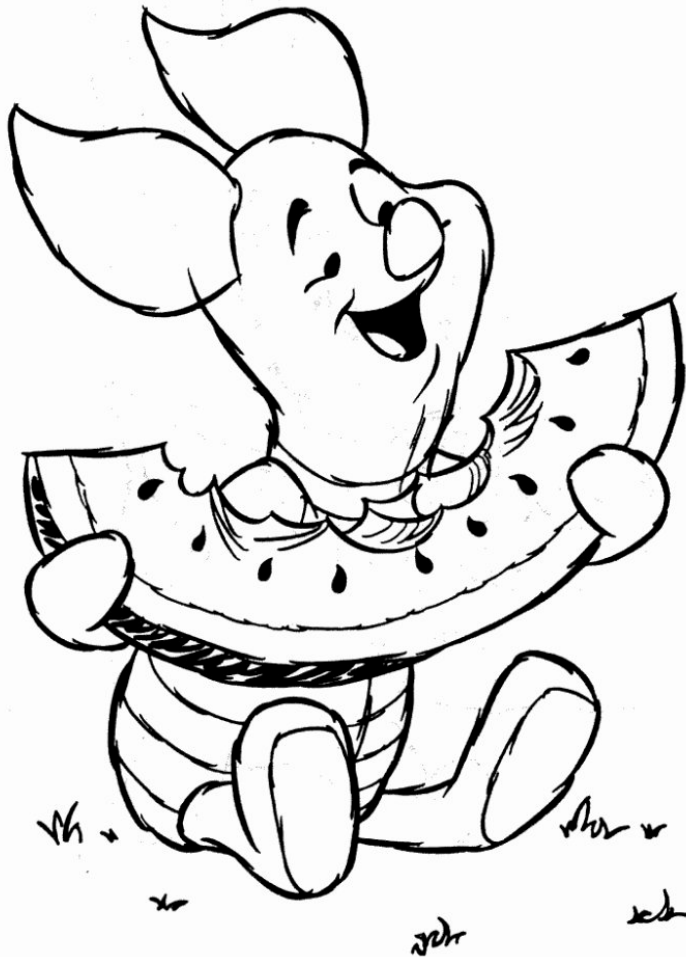
KID ZONE

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SUN



www.coloring-pages-kids.com



Windows 7 Upgrade on NMCI Computers

By ITC(SW/AW) Sean Kingston, NAFEC N6

If your computer has already been upgraded to WIN7, please disregard this article. For everyone else, please read and take a moment to consider what will be happening soon.

The Navy has directed HP/NMCI to upgrade the Operating System (OS) of all compatible NMCI workstations from WIN XP to WIN7 by December 31, 2013. This upgrade will take place via either Tech Refresh or an automated 10 "Flight/Step" process called "In Place Load (IPL)". We have very little control over when a machine will enter the IPL schedule which puts the onus on you, the customer, to take the necessary precautions to protect your critical data. The data which you deem to be irreplaceable needs to be backed up to CD, DVD or an external hard drive.

Below is the Win 7 process, once you receive the pop-up notification you will need to log off at the end of the work day and leave your work station powered ON.

Make sure you complete a full back up of data prior to or during Flight 3!

Win 7 IPL process

Flights 10-8: The system scans seats to confirm their eligibility

Flight 7: Users receive their first daily notice about the Win 7 IPL via an automated pop-up in an Internet Explorer browser.

Beginning with Flight 7 and through Flight 1, users will receive a daily pop-up notification on their computers to ensure users are aware of where they are in the process. NOTE: Users who do not log off their computers at the end of each workday may not receive each Flight notice.

Flight 3: Seats are locked in for the upgrade process

Flight 2: When users receive the Flight 2 notification, they should log off their seat at the end of the workday. However, they should not reboot, turn off, or disconnect their seat from the NMCI network after they receive the Flight 2 notification.

Flight 1: IPL begins starting with a decryption phase and completing with a Win 7 deployment phase.

After IPL completes, it may take several days for the Win 7 versions of all applications to be repushed to the seat. A successful Win 7 IPL is one in which Win 7 is installed, user data is available and Win 7 versions of applications have been installed.

Users should report all computer issues to their CTR within three days of the Win 7 IPL. After the first three days, users should call the NMCI Service Desk (866-843-6624) for assistance. ❖



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:
Jimmie Collins @ 760-339-2261 or
jimmie.collins@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

*****Bar Tender*** NA-7405-03 \$9.28/hour**



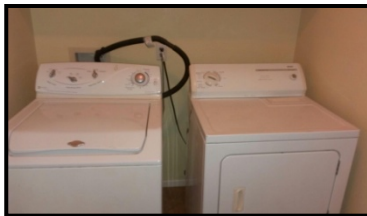
What's available? Stop by the MWR Main Office (Bldg 318) to see all current and continuous vacancy announcements. You can also call the Human Resources Office at (760) 339-2475.

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!! Mismatched set washer and gas dryer. \$400 OBO for both. Willing to sell separately.



Contact Amberly at 559-362-5929 for more information.

FOR SALE!!
PUT YOUR AD HERE!
CONTACT [W ELCN PAO SANDPAPER GS@NAVY.MIL](mailto:w_e_l_c_n_p_a_o_s_a_n_d_p_a_p_e_r_g_s@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 / 619-804-1520
 FFSC--1-800-273-8255
 Suicide/Crisis Center Hotline--1-800-342-9647
 SAPR--760-540-1053
 Victim Advocate Duty Phone--760-644-2913

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

Operating Hours

NEX:

M-F 0900-1800
 Sat 0900-1700
 Sun Closed
 Holidays Special
 760-339-2342

JET MART:

M-F 0700-2000
 Sat, Sun 0900-2000
 Holiday 0900-1800
 760-339-2670

COMMISSARY:

Tu-Sa 0900-1830
 Sun, Mon Closed
 760-339-2558

THRIFT STORE:

M & W 0900-1200

ITT (TICKET OFFICE):

M-F 0800-1100, 1530-1900
 Sat 1200-1600
 Sun/Holidays closed
 760-339-2559

CYBER CAFÉ/LIB CENTER:

M-F 0700-1100, 1530-1900
 Sat 1200-1900
 Sun 1230-1800
 Holidays 0800-1500
 760-339-2559

MOVIE THEATER:

Fri, Sat, Sun 1700-2300
 (Based on movie schedule)
 760-339-6015

NAVY FITNESS CENTER

M-F 0600-2100
 Sat 0900-1700
 Sun/Holidays 1000-1700
 760-339-2488/2489

DESERT LANES BOWLING & HOT STUFF PIZZA

M-Su 1000-2200

Certified Navy Child Development Home Providers:

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