



Issue 30

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NAF EL CENTRO

SANDPAPER



Fed Feeds Families Food Drive: Accepting All Challengers

By Chaplain Smith

The Fed Feeds Families Food Drive has been a great success at NAF El Centro, raising 5900 lbs. in 2011 and 21,500 lbs. in 2012. When it comes to per capita contributions, our NAFEC team is hard to beat!

As we approached Fed Feeds Families 2013, one of our questions was how we might best capitalize on our success and to continue to increase giving to this worthy cause. With the Imperial Valley Food Bank already down 500,000 lbs. in donations this year, the need is definitely greater than NAFEC can meet alone. The answer was to challenge other DoD participants in the Imperial Valley, adding a little extra incentive for everyone involved. In this friendly competition, there would be no losers—only winners—especially the Imperial Valley Food Bank and all of the 20,000 families they serve each month.

We are excited to have Border Patrol accept our charity challenge!

The “Green Machine” and “Big Blue” are now squaring off to determine who will be the reigning FFF champion in 2013. The rules are simple. Whoever raises the most food per capita wins. And the winner will receive both bragging rights and the right to hold the title belt for the year. Yes, there is a UFC-style belt that will go to the victor!

So, in the words of the new film *2 Guns*—“Are you properly incentivized now?” If so, I would like to invite you to join me in this challenge. Let’s show Border Patrol what the “Global Force for Good” can do!

Here’s what you need to know...

First, you can participate by placing non-perishable food items in one of the donation barrels located at the Commissary, CYP, Weapons, Public Works, Strike, etc. If you cannot find a donation bin, you can always bring your donation to the Community Center. All non-perishable food donations will be accepted. However, please note that there is always a significant need for high protein items such as tuna fish, peanut butter, canned meats, beans, etc.

Second, you can participate by making a financial donation to the Religious Offering Fund. Donations can be given to either Chaplain Smith or RP1 Kirby at the chapel office located in the Community Center during normal operating hours (0730-1600 Sunday-Thursdays). Although cash will be accepted, checks are preferred. Checks should be made out to “Religious Offering Fund”. All financial donations will count 5 lbs. for every \$1, so they add up quickly! Remember to tell us your department so we can give credit where it is due.

The food drive will end 31 August. See the poster on page 10!! ❖

Inside This Issue

- 02 CO Corner
- 03 CMC Corner
- 04 Remove Magazines
- 05 Chapel News
- 06 Spot Light/Easy Pin
- 07 Cool tips/Safety
- 08 DEFY/Thrift Store
- 09 MWR /Lib. Center
- 09 USNL Sea Cadets
- 10 UFC Poster
- 11 CYP
- 12 No Decision /RAPIDS
- 13 Medical Corner
- 14 Clinic Information
- 15 Desert Beat
- 16 Catholics/Support Events
- 17 Movie Night
- 18 History
- 19 Commissary
- 20 Advancement Trng
- 21 Use MWR Programs
- 22 FFSC / Pinterest
- 23 Recent Event Photos
- 24 CREDO/Relief Act
- 25 SAVE Awards
- 26 Puzzles
- 27 Kids Zone
- 28 Retroactive Benefits
- 29 Classifieds/Jobs
- 30 Useful Information/Help



WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER

More Changes

Last month I touched on the changes regarding Command leadership, this month I would like to discuss more change. There are a number of improvement projects that are still in work and you will soon see some of those changes.

NEX Renovation – This will be a project to combine the Jet Mart and Main stores. The NEX will be renovated and will include upgrades such as a food court (Subway will relocate), a walk-in refrigerated area, a new entrance and more. The project should start sometime late this year with the expectation to be complete before the New Year.

“Proudly We Serve Starbucks” Kiosk – This project will bring a Starbucks kiosk to our Liberty Center. Funding is being secured, the plans have been drawn and approved and we are awaiting a construction start date.

Gym Expansion – The gym will be expanded to increase floor space with an addition to the south side of the existing gym.

CYP Curbside Drop-Off/Pick-Up – The parking curb in front of the CYP has been painted and we will allow short duration drop-off and pick-up for families at the CYP.

These projects bring some more quality of life improvements to our “Pearl of the Desert” and I hope you are able to enjoy them all soon. ❖



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



Have you heard about the Navy's initiative to reduce administrative distractions (RAD)? As we have all seen over the past year the military has had to reduce spending, and cut back in many areas.

The new website launched July 1, and the effort is underway to get direct input from Sailors on how the Fleet can streamline or eliminate administrative processes to allow more time to focus on mission readiness. This website provides all ranks, active, Reserve and Navy civilians with a platform to voice their concerns about administrative tasks, procedures, instructions and training, and propose solutions to fix these issues.

Data collection via the RAD website is phase one of the multi-phase approach to streamline or eliminate administrative processes in the fleet and is slated for completion July 31. In phase two, the collected data will be analyzed and the team will make proposals to the "owner" of the administrative program for automation, elimination, reduction or other action by August 30. Phase three will be the action phase, allowing execution of the reduction measures and will wrap up Sept. 30.

Please visit the RAD website and provide your inputs: <http://navyrad.ideascale.com/>

Are you ready for the petty officer advancement exams? If you haven't started studying, you need to ASAP. September is just around the corner.

Stay safe this summer and "Keep What You've Earned"

During the summer months, the number of accidents and alcohol incidents increase significantly—but you can help prevent that trend from continuing. As part of the the Navy's "Keep What You've Earned" campaign and "Live to Play, Play to Live" summer safety campaign, we're asking Sailors to pledge to drink responsibly this summer to be safe, stay on track with your career, and keep what you've earned.

Take the pledge here: <http://www.surveymonkey.com/s/drinkresponsibly>

Shipmates, Thank you for all you do and for doing so with a smile and professionalism, I am proud to serve you!

And now, for something special...

Congratulations to NAF El Centro's CPO Selectee's. Your hard work and dedication has been rewarded with the most significant achievement within the enlisted ranks. Your leadership and the Sailors that you have led have culminated in your advancement to chief petty officer, now the hard work begins. ❖ - CMC



From left to right:
 MAC (SEL) Timothy Stroupe
 RPC (SEL) Justin Kirby
 AOC (SEL) Barret Stadel

Military Exchanges Remove 891 Magazines from Stores

By Cheryl Pellerin, American Forces Press Service



WASHINGTON, July 30, 2013 - The Army and Air Force Exchange Service is permanently removing 891 magazines from its stock, an assortment that includes The Saturday Evening Post, SpongeBob Comics, the Home Buyers Guide, Playboy and many others.

AAFES officials said they want to reduce space for the magazine product category in exchange stores by 33 percent beginning tomorrow. The additional exchange floor and shelf space will be given to products and services such as electronics, whose demand is increasing, officials said.

"According to the Audit Bureau of Circulations, digital magazines continue to expand their presence in the industry," Army Lt. Col. Antwan C. Williams, AAFES public affairs chief, said in a statement. "Like their civilian counterparts, exchange shoppers' increased reliance on digital devices to access content virtually has resulted in a sustained decrease in demand for printed magazines."

Consistent with its mission to provide quality merchandise and services to its customers at competitively low prices and to generate earnings which provide a dividend to support morale, welfare and recreation programs, Williams said, AAFES is adjusting its stock assortment to align offerings with industry counterparts.

Retailers have seen a sustained decrease in demand for printed magazines, and sales of all magazines at exchange facilities fell 18.3 percent from 2011 to 2012, AAFES officials said.

Among the 891 magazines that AAFES exchanges no longer will sell are some adult titles, including Playboy, Penthouse, American Curves, and Tattoo. Along with other magazine sales, sales of adult sophisticate titles at AAFES stores have declined 86 percent since 1998.

"The decision to no longer stock the material is a business decision driven by the time, money and energy required to facilitate buying habits, combined with decreasing demand," Williams said.

"Magazine sales are on a sustained downward trajectory due to the proliferation of digital delivery," he added, "and the exchange, as a government entity, is operating in a fiscally constrained environment that requires it to shrink expenses while growing sales and earnings." ❖

Upcoming Imperial Market Days

<http://business.elcentrochamber.com/events/calendar>

October 19 & 26, 2013

November 23, 2013

December 7, 2013

January 25, 2014

February 22, 2014

March 22, 2014

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 continue through September. ❖

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 are currently studying a video series on the book of Revelation (“Explaining All of the Scary Stuff in Revelation”). Beverages and snacks provided.
- **Women’s Bible Study**— A new women’s Bible study starts soon. They will be reading “Bad Girls of the Bible and What We Can Learn From Them.” All women, active duty, spouses, retirees, and civilians, are welcome to participate. The group meets Wednesdays from 6:30 pm to 8:00 pm at Tammy Smith’s house, 3345B Gila Bend Dr. The 1st meeting is Sept. 11, and cost of the book is \$12. Unfortunately there is no childcare available. Please contact Tammy at tammysmith365@yahoo.com to join.
- **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.

Chaplain Confidentiality By Chaplain Smith

According to a June 2013 article entitled “Confidentiality with Chaplains: Sailors Hold the Key,” a recent poll on Navy Personnel Command’s website reported that 63 percent of 5,049 respondents did not believe that what they say to a chaplain is confidential and 65 percent of 2,895 respondents believe that Navy chaplains are required to report certain matters to the command.

As a result, Chief of Chaplains Rear Adm. Mark Tidd is making a targeted effort to increase awareness among military personnel within the Navy, Marine Corps, and Coast Guard of their right to confidential communications with a Navy chaplain.

According to SECNAV Instruction 1730.9: Confidential Communications to Chaplains, established 07 February, 2008, the facts about chaplain confidentiality are as follows...

- Confidentiality is held for all communication that are not intended to be disclosed to a third party, including all crimes that might be subject to investigation by civilian and/or military authorities. Authority to release this information belongs only to the counselee and not to the chaplain.
- Confidentiality extends to all oral and written communication, including letters and electronic media.
- Confidentiality extends beyond the end of the counseling relationship and beyond the death of the person making the disclosure.
- Confidentiality is the right of all counselees, regardless of religious faith, if any.
- Commanders are required to honor and support the confidential relationship between service personnel and Navy chaplains.
- Actions inconsistent with this policy may result in administrative and/or disciplinary action. Consequences may include the loss of chaplain credentials, and/or action under applicable provisions of the Uniform Code of Military Justice or the Military Personnel Manual.
- Anyone authorized to utilize chaplain services is covered by this policy.

If you have any questions about the issue of confidential communication to chaplains, please contact me at your convenience at x2290 or jared.n.smith@navy.mil. And please remember that your communications will always be held in the strictest confidence. ❖



IN THE SPOTLIGHT



CONGRATULATIONS NEX TEAM
*On your selection as the 2012 Bingham Award
 First Runner Up!*



Easy ATM PIN? Bad idea

Edward Olander. Fleet and Family Support Center. NBSD

WASHINGTON - Is your ATM PIN something easy to remember, such as your birth year or 9999?

If so, it's time to change it. Thieves are able to unlock more than 25 percent of PIN-protected accounts by trying just 20 combinations out of a possible 10,000, according to a DataGenetics study.

Some systems lock an account if someone makes too many wrong guesses, according to a Bankrate story. But if a thief can guess the PIN in just a few tries because it's "1234," they can clean out an account.

Other bad numbers are those associated with famous movies, such as "2001" or "0070" for James Bond. A book title like "1984" is a bad idea, too.

The best PINs are random numbers with no special significance. Even though they're hard to remember, it could be worth it if a hacker attacks. DataGenetics found the least-used PIN is "8068." However, hackers can read, too, so use caution when picking a PIN.

According to DataGenetics, the top 10 most-used PIN numbers are: **1234, 1111, 0000, 1212, 7777, 1004, 2000, 4444, 2222, 6969.**

How strong is YOUR pin???? ❖



MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
JULY	5	0	206	23
AUGUST	9	0	794	69



**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

Take pictures of friends holding items you've lent them with your iPhone, so you will remember down the road.



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).

Risk does not get a furlough!

Condensed from a Naval Safety Center Message

To our usual slate of the Friday funnies and the not-so-funnies, we're being forced to add a third: the Furlough Funnies. In other words, there is no summary of mishaps this week, due to the "you-know-what."

I considered making the message 20 percent less humorous. I had even signed up for a seminar entitled, "The fine line between clever and stupid," but I decided that I didn't want to go down that road.

I suppose the furlough means a 20% less chance of an on-duty mishap for those civilians who are being told to take a hike once a week, unless they get in a hurry doing something dangerous, and then the odds start to increase again. Anyway, balancing out this theoretical plus is the resounding negative that the furlough means a 20% increase in the chance of a mishap while tackling the honeydew list.

The fact is that there's no furlough for risk-management skills. ❖



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: Back to School Sale!



All untagged clothing just \$1 per bag

Lots of other items on sale – priced as marked:

Baby items, Furniture, Sporting goods, Exercise equipment, Games, etc.

Great prices!

Uniforms (active duty only) \$1 per item!

Monday, Aug 12 & Wednesday, Aug 14

0900-1300

Special Evening hours

Tuesday, Aug 13, 1530-1800

Base Thrift Store is located in Bldg 110 across from the Admin Bldg (214)



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 proudly hosted another SNEAK PREVIEW this past weekend. The new Disney movie, Planes - 3D, was shown Saturday, August 3, 7:00 pm to a sellout crowd. The Concession stand opened at 6 pm to feed the masses before the movie started. Limited seating was available and a ticket was required to gain entry. Tickets were available from the Liberty Center the week before with priority going to our active duty members.



The Liberty Center staff is hard at work bringing you the best in benefits! ❖



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



"Vincennes University -at NAF El Centro"

Now has a page on



Become a fan today! You'll find our next term schedule, office hours, contact info, CLEP/DSST list, links to resources, and more! With VU there are No Book Fees, NO EXCUSES! Jump Start your Education TODAY with VU!!! SEE THE VINCENNES UNIVERSITY SITE DIRECTOR

FOR MORE INFORMATION:

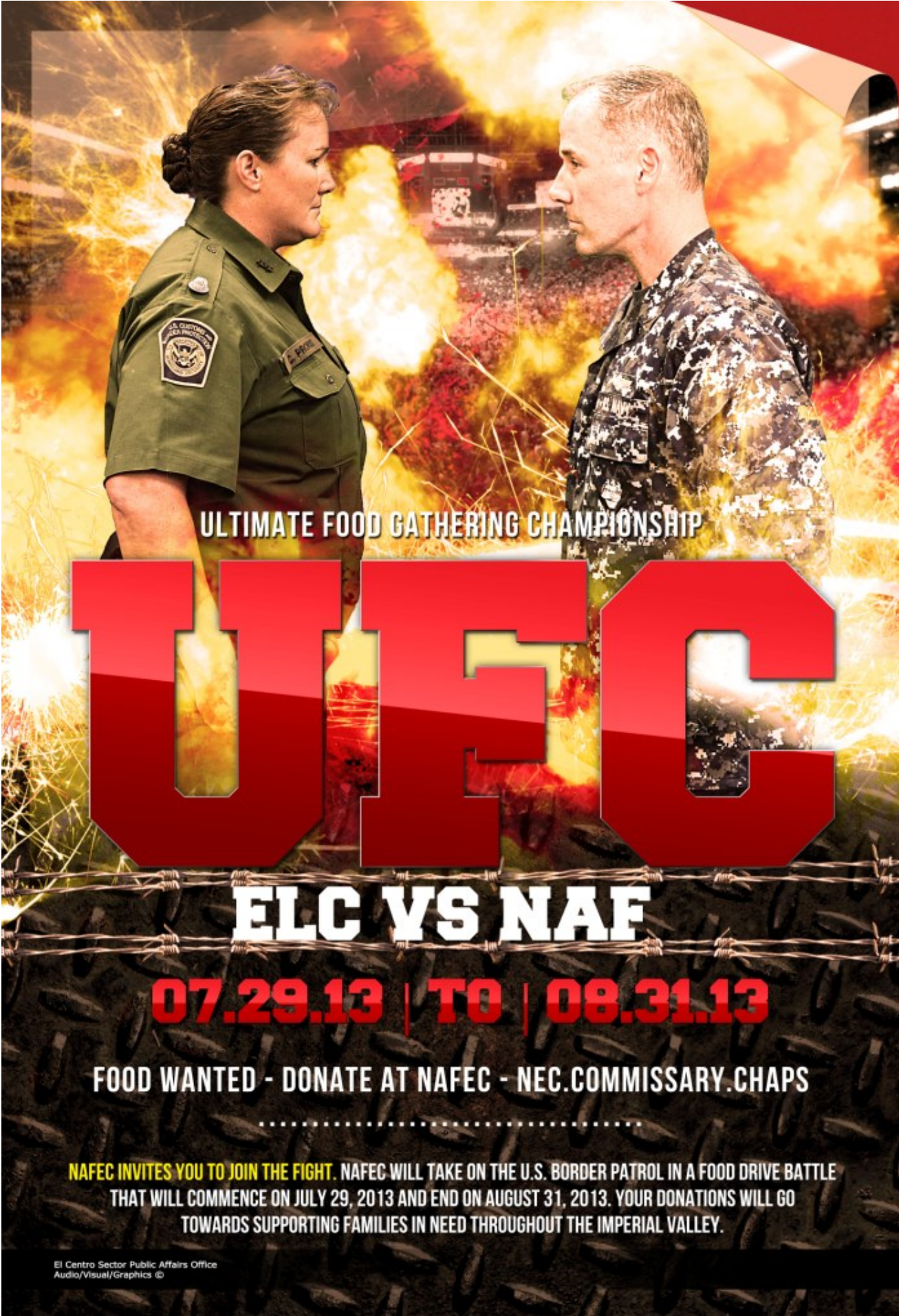
Mr. John Salinas

E-MAIL: jsalinas@vinu.edu

CALL FOR AN APPOINTMENT TODAY! 760-339-2986

Fall 1 start date 26AUG13

Fall 2 start date 21OCT13



ULTIMATE FOOD GATHERING CHAMPIONSHIP

WJEC

ELC VS NAF

07.29.13 | TO | 08.31.13

FOOD WANTED - DONATE AT NAFEC - NEC.COMMISSARY.CHAPS

NAFEC INVITES YOU TO JOIN THE FIGHT. NAFEC WILL TAKE ON THE U.S. BORDER PATROL IN A FOOD DRIVE BATTLE THAT WILL COMMENCE ON JULY 29, 2013 AND END ON AUGUST 31, 2013. YOUR DONATIONS WILL GO TOWARDS SUPPORTING FAMILIES IN NEED THROUGHOUT THE IMPERIAL VALLEY.

At the CYP...

By Sarah Barton



This past month was very busy for everyone at the Child and Youth Center.

The fourth of July came and went, but the week after, one festivity caused quite a stir. On July 8, members of the Missoula Children's Theatre returned to set up for the play, "Blackbeard, the Pirate," which took place on July 12. On the first day our school aged children began preparing and practicing hard for the upcoming production. Over the next few days they also participated in three different workshops that included everything from theatrical makeup to the art of acting.

On show day about 120 people attended the event. Some of our famous actors that played important roles included Conor Dee, Lindsay Franzen, Mia Ratliff, Makayla Hebert, Julissa Molina, Samantha Chase, Maurice Walker, Abigail Leal, along with many others.

"Through a play like this, children learned the value of hard work and new skills. They also developed confidence throughout the residency. The children were so proud of their accomplishment," said Velinda Cruz, the individual who spearheaded this special event.

But the children did not just stop there. On July 31, the children showed off their talents yet again by hosting *The Talent Show* here at the CYP. Some of acts included, *Teen Beach Movie*. Cian Dee hammed it up by playing, "Elvis," while the little girls swooned around him.

Caleb Shirley played drums, and the *Jaguars*, our Kajukenbo students, demonstrated a few martial arts moves. Some of the other children lit up the room by tying glow sticks around their necks and dancing to "Dynamite," by Taio Cruz. To wrap up the event, a few of the staff members and those who helped put the event together, participated in "Gangnam Style." The DJ for this event was our very own cook, Serina Bonillas.

During the talent show, "You could really see the joy in the children's faces," Cruz added.

The CYP thanks all of those who came to the events and watched the children during these special moments. ❖



No Decisions Yet on Cutting Furlough Days, Official Says

By Jim Garamone, American Forces Press Service

WASHINGTON, July 30, 2013 - Despite media reports that say Defense Department civilians may face up to five fewer furlough days, "no decisions have been made at this time," a Pentagon spokesman said today.

More than 640,000 civilian employees are being furloughed one day a week for 11 weeks, Navy Lt. Cmdr. Nate Christensen said. These unpaid days are in response to the Budget Control Act of 2011, which mandated significant cuts in the fiscal 2013 defense budget.

The furloughs began July 8. Most employees now have taken four unpaid days, or will have by the end of the week. Christensen said DOD leaders did not "take these actions lightly, or in a matter-of-fact fashion."

Defense Secretary Chuck Hagel reluctantly made the decision to furlough the civilian workforce, which will save around \$2 billion this fiscal year. "He recognizes the significant hardship this places on DoD civilians and their families," Christensen said.

The guiding principal behind the furlough "was the preservation of the readiness of the force to accomplish the department's mission to ensure our national security," the commander said. The Defense Department applied furloughs as consistently as possible across the department, he added.

When Hagel announced at a May 14 town hall meeting for civilian employees that officials had been able to reduce the originally expected number of furlough days from 22 to 11, he promised a continued effort to reduce the number further, but he emphasized that he could not promise such an outcome.

"I won't promise that," he said. "You deserve fair, honest, direct conversation about this, and I'm not going to be cute with you at all. This is where we are. We'll continue to look at it, [and] we'll continue to do everything we can." ❖



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?

"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 Rheumatoid Arthritis?

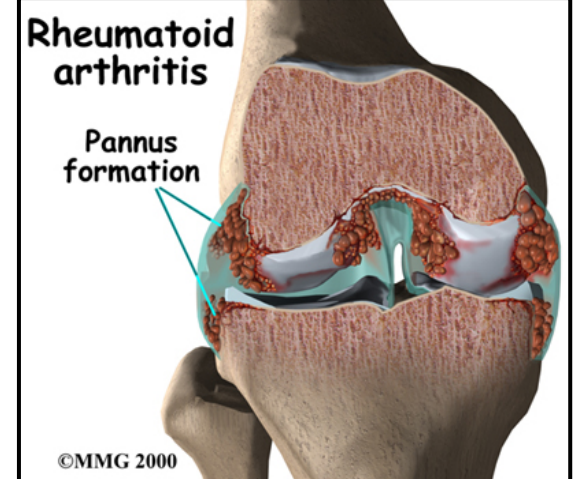
- Inflammatory & autoimmune disease throughout body but affecting joints mainly.
- Instead of protecting it, body's immune system attacks body's tissues by generating chemical substances that destroy a joint's surface, with fluid building up, causing swelling in joint's lining & pain.
- Attacks any joint (including the spine), weightbearing & non-weightbearing.
- Affecting about 1% of all adult Americans, risk for women is 3 times that of men. Occurs most often between ages 30 to 60 years, usually later in men's lives.
- Some people experience both flare & remission periods.

What causes Rheumatoid Arthritis? Is there a cure?

- Actual cause unknown, though scientists agree it must be a combination of genetic & environmental factors.
- Being a chronic (long-lasting) disease, there is no cure for RA.

What are the most common signs and symptoms of Rheumatoid Arthritis?

- Can vary with the person but may include joints feeling warm to touch, pain, decreased range of motion, inflammation, swelling (even when joint not used).
- Signs & symptoms can change daily.
- Since RA is symmetrical (equal to both sides), corresponding joints on both sides of the body will be affected.
- Since RA is systemic (throughout body), may produce fatigue, anemia, appetite loss & low-grade fever.
- Can produce disability & deforming lumps of tissue under skin around joints.



What are the main tools a doctor uses to diagnose Rheumatoid Arthritis?

- Medical history & physical examination.
- Look for joint swelling, warmth & limited motion, as well as lumps under skin.
- Ask about fatigue & generalized stiff feelings.
- Blood tests to check for antibodies, inflammation & other signs.
- X-rays to identify any erosion of joint edges or cartilage.

How is Rheumatoid Arthritis treated?

- The earlier the diagnosis and the more aggressive the treatment, the better the chances for remission.
- Medications:
 1. Nonsteroidal anti-inflammatory drugs and corticosteroids: Try to relieve symptoms and reduce inflammation.
 2. Disease-modifying antirheumatic drugs and biologic agents: Try to change underlying disease or cause remission.
- Regular, moderate physical activity can reduce body fat & weight, decrease fatigue, build stronger muscles & bones, increase stamina, flexibility, and energy & improve well-being generally. ❖

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

The Master-at-Arms rating started out in the post-American Revolutionary War on board the ships of the United States' early Navy. Taking on many customs and traditions of the Royal Navy, the existence of the rating did not take effect until the Naval Act of 1 July 1797. A previous Act of 27 March 1794 authorized the same, but was allowed to expire. This act was known as the Congressional Act to provide for a Naval Armament, and authorized the President of the United States "to provide four ships of 44 guns and two ships of 36 guns each, to be employed on each ship various officers, marines and petty officers under the command of a commissioned officer as the Captain."

"And be it further enacted, that there shall be employed, in each of the said ships, the following warrant officers, who shall be appointed by the President of the United States, to wit: One sailing-master, one purser, one boatswain, one gunner, one sail-maker, one carpenter, and eight midshipmen; and the following petty officers, who shall be appointed by the captains of the ships, respectively, in which they are to be employed, viz: two master's mates, one captain's clerk, two boatswain's mates, one coxswain, one sail-maker's mate, two gunner's mates, one yeoman of the gun room, nine quarter-gunners, (and for the four larger ships two additional quarter-gunners,) two carpenter's mates, one armorer, one steward, one cooper, one master-at-arms, and one cook."

The call for a naval armament, and the change of the United States' isolationism was in direct response to the hostile acts of the Barbary States' pirates. Because of this Congressional Act, the MA rating is recognized as one of the "oldest" ratings still existing in today's modern U.S. Navy. According to the Naval History and Heritage Command, the MA rating was officially established in 1797, disestablished in 1921, only to be re-established by the Chief of Naval Personnel on 1 August 1973, thereby making that date "August 1st" as the official birthday of the modern U.S. Navy Master-at-Arms. ❖

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. ❖



Contribute to the Support of Local Events

By: Maria King

Soap Box time! Ok I heard the groans but really, it's not too bad. Last week I talked about things that you could do to try and stay safe and make your event experience a good one. But this week I wanted to turn the tables and ask you to help support the future of your local events. I am not talking about purely financial support through monetary contribution but genuine support that can take multiple forms.

When I talk about "local events", I am not talking about professional concerts where, in addition to the enormous ticket prices, the ticket company also rakes in huge ticket fees. I am talking about your community events, fund raisers, county and state fairs and local festivals; events that depend on your participation and money to survive. I am concerned about the pressure the economy is placing these events. More and more long-running events are shuttering their gates because the economics are not working in their favor. It is these events that I am asking you to help support. As I have said so many times, events are the life blood of a community. We have already lost our main streets and downtowns as places to gather with our community, if we lose our community events, we will have lost something precious that we might never get back. So this week make a point of attending some local events to show your support. Big and small events held in your community are all looking to survive another year. Try to find a street fair and patronize the merchants, attend a free movie night and make a donation or go to a fair in your area which has been going on, in many cases, for over 100 years to help insure that it's around for another 100 years.

Support and contributions can come in many different forms. If money is also an issue for you in these tough times, please consider volunteering. Many events in the US have over 1000 volunteers. That's right over 1000; this years' US Open boasted over 5000. There is always room for one more. If the events had to pay for the services that volunteers contribute, they could never do it. So volunteering is a great way to show your local events that you want to see them around for generations to come.

Whatever your contribution is, please be sure to make it special. Recruit friends and family and make it an event within an event. As always, if the events I have listed here are geographically impossible for you to attend, please use the search box above to find something fun and rewarding to do this week. By helping out your favorite local events, you are making it possible for your own children and grandchildren to have the opportunity to enjoy them the same way that you have been enjoying them all these years. ❖

Date Night

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



Movie Title: Grown Ups 2

Players: Adam Sandler, Kevin James, Chris Rock, David Spade, Salma Hayek

Genres: Comedy

Rating: PG-13

Being that I am not a fan of Adam Sandler I was forced to view this film and buy the popcorn my persuasive wife and I shared. I have not seen the initial *Grown Ups* so I will not be able to compare the two. However, I promise to be as objective as possible in writing this review. With a star studded ensemble *Grown Ups 2* had high expectations when factoring in the huge box office success the first film experienced.

Grown Ups 2 actually picks up with Lenny (Adam Sandler) having transplanted the family across country to call New England their home. Many of you have seen the trailer that has Lenny awakening to a deer in his bedroom. This actually is the opening scene; however, the deer has more than just the one cameo. There are a few other cameos in the film but you'll have to see them for yourself.

After the deer in the bedroom scene there were plenty of other laugh out loud scenes throughout to keep the audience, specifically me, interested. Officer Fluzoo (Shaquille O'Neal) should never be allowed near a pool again. *Grown Ups 2* for all of its comedy was able to make a distinction between the recent generation's rationales (earn vs. entitle). Whether this was done intentionally is irrelevant the storyline was better than expected. This in no way means that I am now on the Adam Sandler bandwagon, just to be clear. With that being said, I rate this film three and a half anchors out of five. ❖



Movie Title: Wolverine

Players: Hugh Jackson, Tao Okamoto, Rila Fukushima, Hiroyuki Sanada, Svetlana Khodchenkova

Genres: Action, Adventure, Fantasy

Rating: PG-13

Can you believe it has been four years since we've seen Wolverine? The two words he articulated in *X-Men: First Class* doesn't exactly qualify as an appearance. In fact Wolverine was uncredited in that film. For those of you that had been waiting, the wait is now over as Logan/Wolverine (Hugh Jackman) take on new challenges and relationships while dealing with his demons.

Logan/Wolverine actually Logan, as he disassociated himself from Wolverine has taken to living the life of a hermit. That is until his one and only friend, an 800 pound grizzly bear, is killed by hunters. This incident brings out the Wolverine in Logan. Once unleashed Wolverine is at his best, whether it's taking on yakuza, ninjas or a super samurai he doesn't disappoint.



In discovering Wolverine again Logan learns to deal with the demons that haunt him. He's aided by his new love interest Mariko (Tao Okamoto) and bodyguard Yukio (Rila Fukushima). The storyline is intriguing as the true villain is concealed through the deception and action of others. Viper (Svetlana Khodchenkova) heads the deception group but in the end is just another pawn in the game.

With any superhero/action movie there has to be action. Wolverine doesn't disappoint in this category. The mere fact that ninjas and samurais are the wolverine's adversaries excites most but toss in ruthless killers from a yakuza faction and you've got a serious foundation for some serious fighting. With that being said, I rate this film four out of five anchors. ❖



WHAT WAS GOING ON...

In July during the 1970's - NAFEC Sandpaper

August 24, 1973 – Storm Causes \$15,000 Damage at NAF; \$25,000 Loss to NARF

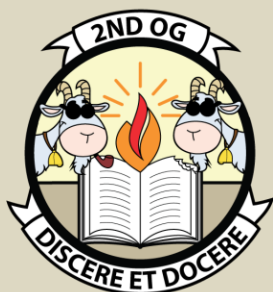
Camera: The storm, with lightening, thunder and gales as strong as 69 m.p.h., commenced about 10 p.m. Sunday night, with power outage occurring at 10:40 p.m. and lasting about four hours. ❖

August 17, 1973 – 2 Miramar Pilots Safe As F-4 Crashes at NAF: Two Navy aviators ejected safely and escaped injury Tuesday night when the landing gear of their F-4 Phantom jet collapsed as they were taking off. ❖

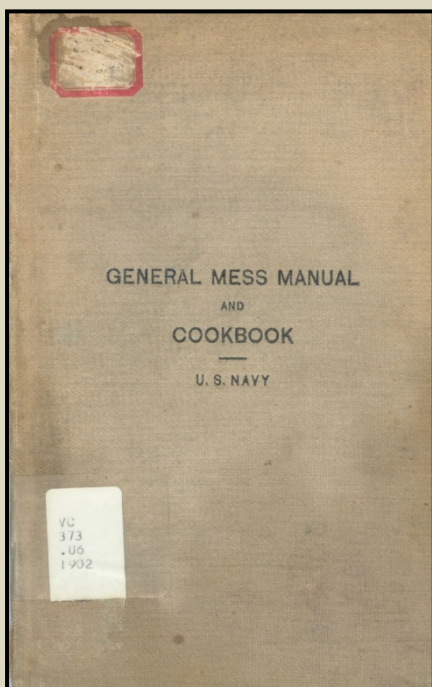


2012-2015

"Our Flag Was Still There"

**LOCAL HISTORY BY TWO OLD GOATS****Let's Eat!!!**

August seems to be a good time to picnic or spend time with family and friends. Maybe not outside in El Centro's blast furnace heat, but nonetheless young can find cool places to entertain friends. Below are a number of recipes from the 1902 "General Mess Manual and Cook Book for Use Onboard Vessels of the United States Navy." By the way...we hope you have a lot of friends...



RECIPES.

NOTE. - The following recipes have been deduced from a series of experiments made with articles of the Navy ration. Only such as can be easily followed with the usual facilities found on board ship are given. Where time and space will permit more elaborate dishes may be prepared, but it is here the aim to aid inexperienced cooks in the proper preparation of the stores supplied by the Government.

The quantities of the ingredients given in all recipes are those required for one hundred men.

SOUPS.

BEAN SOUP WITH SALT PORK.

Soak 5 gallons of beans in fresh water and 80 pounds of salt pork in fresh or salt water over night. Put the beans in a copper and let them come to a boil, then add 15 pounds of the pork. Continue boiling until the pork is tender, then remove. In a separate copper boil the rest of the pork until tender. When bean soup is done, season with pepper. Cut up 6 pounds of stale bread, brown it on a pan in the oven and add to the soup, stirring it in.

(NOTE.-One gallon of the stock from the copper in which pork is boiled may be added to the soup.)

FRANKFURTERS AND SAUERKRAUT.

Boil 60 pounds of frankfurters for 15 minutes. Wash 7 gallons of sauerkraut in cold water and place in covered pot with 1 gallon of water, adding 2 pounds of dried apples and 1 pound of beef dripping. Boil for thirty minutes and season with pepper.

BOILED BACON (OR PORK) WITH CABBAGE.

Clean and cut in quarters 25 heads of cabbage and put in cold water to soak. Place 75 pounds of bacon in the copper (rind up) and allow it to cook for an hour and a half, then add the cabbage and allow the whole to cook for an hour and a half longer. Then remove the bacon, and the cabbage as soon as it is tender.

(NOTE. - One teaspoonful of bicarbonate of soda added to any boiled vegetables will make them more tender.) ❖

DeCA begins Internet-ordering, curbside pickup test at Lee

By Rick Brink, DeCA public affairs officer for Central and East areas

FORT LEE, Va. – It's called "CLICK2GO," and Fort Lee, Va., commissary shoppers will be the first to buy groceries online and pick them up at the store curbside when it starts Wednesday, July 10.

The Defense Commissary Agency is testing a new Internet-ordering and curbside pickup service at Fort Lee as it seeks to provide what commissary customers want and as it keeps pace with evolving shopping trends without driving up operating costs, according to Joseph H. Jeu, DeCA director and CEO.



"Throughout its history, the commissary benefit has adapted to meet its customers' needs, and we must not ignore the increasing use of online and smart phone technologies – what's called e-commerce and m-commerce – as ways to provide the commissary benefit of the 21st century," Jeu said.

CLICK2GO is a straightforward process. Authorized commissary shoppers access the system from DeCA's website. Customers may select from a wide variety of commissary products offered online based on the store's stock assortment; they shop online, check out and select an available pickup time. Customers go to the commissary curbside location at the designated pick-up time, and pick up and pay for the products they ordered.

CLICK2GO is being tested at Fort Lee first, followed later this year at two other stores – the commissaries at Travis Air Force Base, Calif., and Offutt Air Force Base, Neb., to iron out any operational glitches before the service is offered on a wider basis.

"We're looking at everything from customers' expectations to our ability to deliver such a service efficiently and effectively," Jeu said. "This is all part of our commitment to understand our customers and deliver a 21st century commissary benefit."

Shoppers may access the agency's website for detailed information about the program, but briefly, here is how it works:

- An authorized commissary customer logs on to DeCA's website, www.commissaries.com, any time day or night, authenticates his or her identity, and then chooses from among nearly 21,000 items. It's the full assortment of grocery, or center-store items, and a refined assortment of the top-selling, random-weight items, such as fresh meat, deli and bakery items, and fresh seafood. As the customer shops online, the virtual shopping basket is updated to reflect the items and prices.
- At checkout, the customer selects a designated pickup time presented by the system. The pick-up time is at least four hours from the order time.
- Once the order has been received at the commissary, a fulfillment worker will gather the items the customer has chosen in accordance to the scheduled pickup time. The items will be kept in a temperature-appropriate holding area and loaded into the customer's vehicle upon arrival.
- The customer pays for the groceries at curbside – without having to leave the vehicle. The accepted forms of payment are credit card, debit card that processes like credit, and DeCA gift cards.
- While customers may order at any time, the days to pick up their orders are limited to weekdays, not weekends, during the store's normal hours of operation.

With the test, DeCA will assess e-commerce and evaluate customer usage, cost and impact on overall store operations, and customer service, said Tracie Russ, director of DeCA's business development directorate, which heads the test. DeCA will not charge a service fee for this benefit during the first year but may charge a fee in the future.

"Determining all the nuances and costs of this way to provide the commissary benefit are major goals of our test," Russ said. "During the test we'll be learning and adapting as we go along – engaging our customers to help shape the military's 21st century commissary benefit." ❖



Recently, reports have come in that the Walgreens in El Centro has a Navy Federal Credit Union ATM. This is excellent news for those who do not want to travel to Yuma or San Diego.



ADVANCEMENT TRAINING

Are you prepared...

NWAE are just
around the corner:

1st class-September 5th

2nd class-September 12th

3rd class-September 19th

Current exam model

Rating-specific PMK

150

25

Study, study, study

**How to prepare for and take the
Navy Wide Advancement Examination (NWAE)**



Thursday, 8 August 2013

Security classroom-0630

Bldg 4015-1000 and 1500

MWR Officials Urge Furloughed Civilians to Tap Program

By Donna Miles, American Forces Press Service



WASHINGTON, July 30, 2013 - With furloughs now in full swing and many Defense Department civilian employees finding themselves with more time on their hands but less money in their pockets, morale, welfare and recreation officials are encouraging them to check out some of the programs offered right where they work.

Every military service provides fitness, recreational and educational services, often at no charge or for significantly less than one might pay just outside an installation's gates, Ed Miles, DOD's MWR policy director, told American Forces Press Service.

The underlying goal of the MWR program is to give military members and their families, as well as military retirees, a safe, affordable outlet to reduce stress and build physical, mental and emotional strength and resilience, Miles explained.

"We have a direct impact on the readiness and retention and resilience of the troops," he said. "Without a healthy and fit force, there could be national security implications."

So whenever possible, the services extend their morale, welfare and recreational offerings to DOD civilian employees, whom they recognize as essential contributors to their missions, Miles said.

"Wherever we have capacity to accommodate them, we encourage civilians to use these programs," he said. "That's not only during sequestration. We welcome them all the time."

It's too soon to tell if the civilian workforce is taking greater advantage of MWR facilities and programs since sequestration kicked in, but Miles said he's expecting an uptick.

"It wouldn't surprise me to see usage go up -- not just because the rates are lower, but because making use of these facilities is so convenient," he said.

A common access card gives DOD civilian employees access to free or low-cost use of base fitness centers, swimming pools, libraries, movie theaters, bowling alleys, clubs, arts-and-craft centers, auto repair shops, golf courses, campgrounds, shooting ranges, beaches and marinas.

Depending on the location, DOD civilians also can rent camping, boating, snorkeling, skiing and other outdoor gear at their base outdoor recreation office. They can visit the installation tickets and tours office to buy discount tickets to civilian movie theaters, theme parks and travel and tour packages.

Some civilian employees may not realize they're also qualified to rent the recreational campgrounds, cabins, cottages, trailers and trailer or recreational vehicle parks with hook-ups found on many military installations.

For the most part, a civilian or military identification card provides access to services and programs not just where the member works, but also at other installations, even those of another service, Miles said.

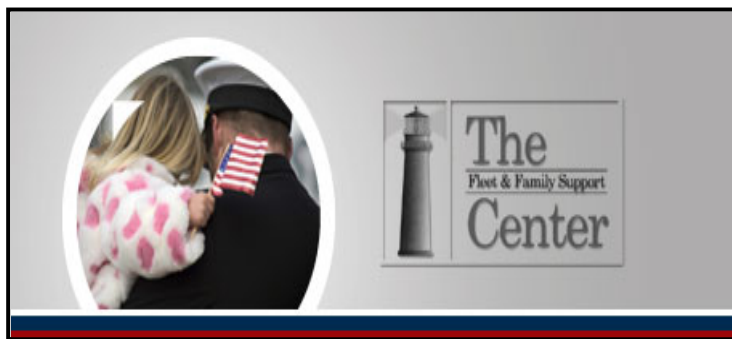
That extends to the crown jewels of the MWR program: Armed Forces Recreation Center resorts at popular vacation spots. All run by the Army but open to military and civilian employees from every service, these include Shades of Green on the grounds of Walt Disney World in Orlando, Fla.; the Hale Koa in Honolulu; the Edelweiss Lodge and Resort in Garmisch, Germany; and the Dragon Hill Lodge in Seoul, South Korea.

The Navy runs a similar resort-type facility, the New Sanno Hotel, in Tokyo. In addition, the Air Force has a partnership with Keystone Resort, Colo., to offer discounts at Rocky Mountain Blue, with a variety of lodging options and recreational discounts.

Like everything across the Defense Department, morale, welfare and recreation programs are getting close scrutiny as officials look for ways to cut costs. While officials strive to preserve the services offered, Miles acknowledged that in the future, costs could go up, hours could be reduced and programs not directly linked to military readiness could even fall by the wayside.

But in the meantime, he is encouraging civilian employees to make the most of the furlough situation by tapping the morale, welfare and recreation program.

"MWR is here for them," he said. "There's no better time than now to check out what's available." ❖



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

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. ❖

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!!!

AUGUST 8th	
RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
AUGUST 15th	
GOAL SETTING	1300-1400
ASSISTANCE W/ HOME PORT CHANGES	1400-1500
AUGUST 22nd	
BUDGET CLASSES	1300-1400

Blue Angels Announce 2014 Team Members

By Blue Angels Public Affairs

PENSACOLA, Fla. -- The U.S. Navy Flight Demonstration Squadron, the Blue Angels, announced the officers selected for the 2014 team July 12. The squadron selected an administrative officer and a public affairs officer to join a preselected C-130 pilot and a maintenance officer on the 2014 team.

The newly selected 2014 team members include:

Administrative Officer: Navy Lt. j.g. Phillip Harper, 33, from Chicago, is currently assigned to Strike Fighter Squadron 195 (VFA-195), at Naval Air Facility Atsugi, Japan. He is a 2011 graduate of Hawaii Pacific University, Honolulu.

Public Affairs Officer: Navy Lt. j.g. Amber Lynn Daniel, 32, from Ramona, Calif., is currently assigned to the Navy Office of Diversity and Inclusion, Washington, D.C. She is a 2004 graduate of Southern Oregon University, Ashland, Ore.

Pre-selected to join the 2014 team were:

C-130 Pilot: Marine Capt. Dusty Cook, 32, of East Bernard, Texas, is currently assigned to Marine Aerial Refueler Transport Squadron 252 (VMGR-252) at Marine Corps Air Station Cherry Point, N.C. He is a 2003 graduate of Texas A&M University, College Station, Texas.

Maintenance Officer: Navy Lt. Cmdr. Declan Hartney, 43, of Limerick, Ireland, is currently assigned to Naval Special Warfare Support Activity 1 at Naval Amphibious Base Coronado, Calif.

Expected to return for the 2014 season are:

F/A-18 Demonstration Pilots: Navy Cmdr. Tom Frosch, 43, of Clinton Township, Mich., Navy Lt. Cmdr. John Hiltz, 33, of Fort Mitchell, Ky., Navy Lt. Cmdr. Nate Barton, 33, of Hummelstown, Pa., Marine Capt. Brandon Cordill, 33, of Hemet, Calif., Navy Lt. Cmdr. David Tickle, 32, of Birmingham, Ala., and Navy Lt. Mark Tedrow, 31, of Charleroi, Penn.

Narrator: Navy Lt. Ryan Chamberlain, 28, of Bloomington, Ill.

Events Coordination Officer: Navy Lt. Cmdr. Michael Cheng, 39, of San Francisco.

C-130 Pilots: Marine Capt. A.J. Harrell, 32, of Frederick, Md., and Marine Capt. Mike Van Wyk, 31, of Orland Park, Ill.

Flight Surgeon: Navy Lt. Cmdr. Mark DeBuse, 39, of Longmont, Colo.

Supply Officer: Navy Lt. Scott Adams, 29, of Omaha, Neb. ❖

RECENT EVENTS

IN THE PEARL OF THE DESERT



CDR Erik Franzen, left, and LT Jared Smith, right, pose with Imperial Valley Food Bank representative Sara Griffen after presenting here a check to enable the Food Bank to purchase 20,000 pounds of food.



Photographer Brian Bazala captures the early morning beauty of NAF El Centro.



ETC Darien Thorson has a "little" taken off the top at the NEX Barber Shop.



Sailors and civilians participate in the latest FOD walkdown.

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:
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. ❖



DOD Praises Servicemembers Civil Relief Act

By Jim Garamone, American Forces Press Service

WASHINGTON, Aug. 1, 2013 - The Servicemembers Civil Relief Act has proven to be an effective tool to give troops and their families some financial peace of mind, Army Col. Paul E. Kantwill told the Senate Veterans' Affairs Committee yesterday.

Kantwill, the director of legal policy for the undersecretary of defense for personnel and readiness, said no other statute provides such a unique breadth of benefits and protections for service members.

The legislation, first enacted in 1940 and substantially re-written in 2003, protects service members' personal affairs and economic interests "while they put their lives on the line in defense of our nation, and the act has lived up to that goal," Kantwill said.

The act protects service members from evictions, default judgments and foreclosure. It also allows troops to delay judicial proceedings and to place caps on interest rates.

The act also provides certain tax relief to service members and their spouses, Kantwill said.

For more than 70 years, the act "has lessened some of the many burdens associated with military service," the colonel said.

Kantwill praised congressional efforts to strengthen enforcement of the act. Congress has passed legislation that provides for additional civil enforcement, as well as monetary damages and attorneys' fees.

"Congress has extended the 6-percent interest rate cap for pre-service mortgage obligations," the colonel said. "This interest rate cap, which had been in effect for decades, had previously applied only to actual periods of active duty."

The cap for pre-service mortgage obligations is extended for an additional 12 months after a service member leaves active duty. Congress also amended the act to stop foreclosures on pre-service mortgage obligations for a year after service members leave active duty.

"Under these conditions and during this time, no service member can be foreclosed upon absent a court order," Kantwill said.

Educating service members of the provisions of the bill remains a priority for personnel and readiness, the colonel said.

"The department has developed programs to ensure that service members know about the benefits and protections of the [act]," he said.

DOD's efforts to educate service members about the act's provisions revolve around installation readiness facilities, pre-deployment and re-deployment process facilities. and reserve component mobilization and demobilization processing centers. ❖

White House Launches SAVE Awards for Cost-paring Ideas

By Amaani Lyle, American Forces Press Service



WASHINGTON, July 30, 2013 - Federal employees can submit their cost-cutting ideas through the White House's annual SAVE Awards campaign that kicked-off today, administration officials said.

SAVE stands for Securing Americans Value and Efficiency.

The campaign, which runs through Aug. 9, stems from President Barack Obama's belief that federal employees are best poised to generate effective and efficient ways to ensure good stewardship of taxpayer dollars, officials said.

"The SAVE Award represents a key opportunity to identify substantial savings in places that traditional financial managers may not know to look," explained Elizabeth A. McGrath, the Defense Department's deputy chief management officer. "Every member of our workforce has deep knowledge and experience in their jobs and knows where inefficiencies lay hidden."

Federal employees can participate by submitting their ideas for more effective and efficient government or by encouraging co-workers to vote on their ideas or to submit their own, she added.

"The SAVE Award helps to empower these employees to speak up and become proactive change agents by promoting ways to achieve cost reductions," McGrath said.

Since the inaugural SAVE Awards in 2009, federal employees have submitted more than 85,000 cost-shrinking ideas, with dozens of the most promising suggestions included in the president's budget, specifically in the cuts, consolidations, and savings volume, White House officials said.

Creativity counts, they added, encouraging participants to review previous submissions on the SAVE Awards website to avoid duplication.

Relevant agencies will review all ideas for potential action, including inclusion in the president's budget proposals, as more than 80 ideas have been in the past four years.

"It is always our responsibility as good stewards of taxpayer dollars to adopt better business practices, and it is even more important in today's constrained fiscal environment to aggressively target opportunities for improvement," McGrath said.

For more information, visit the official web site at : <http://www.whitehouse.gov/save-award/> ❖

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.

Pirate Fun Word Search Puzzle

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

Find the hidden words

PIRATE MAP TREASURE FLAG GOLD CAPTAIN SHIP

(c) www.lucylearns.com

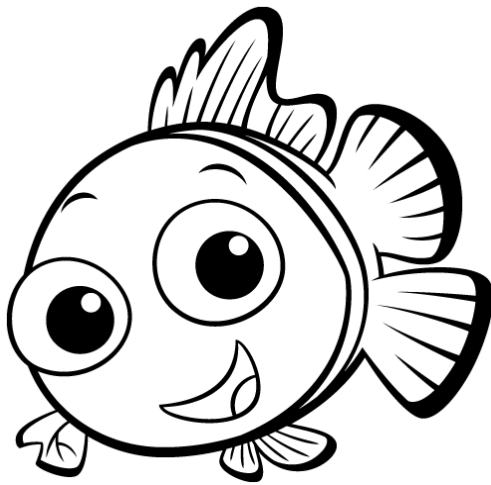
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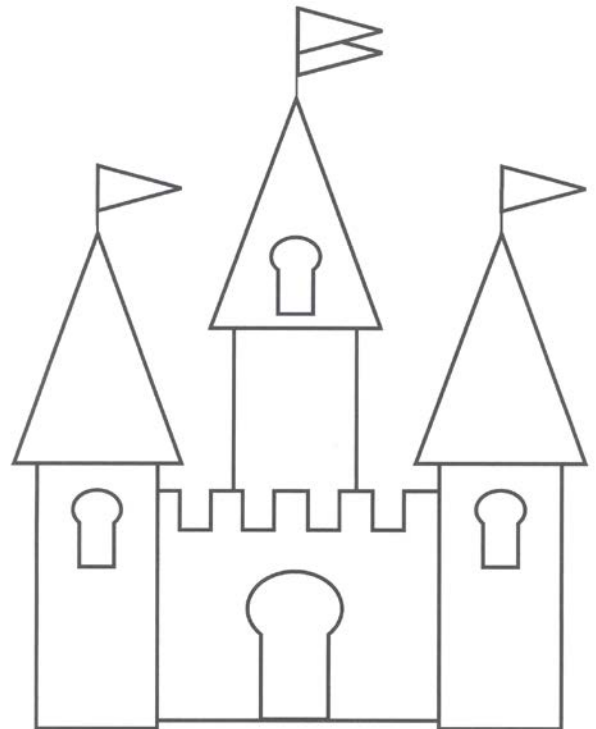
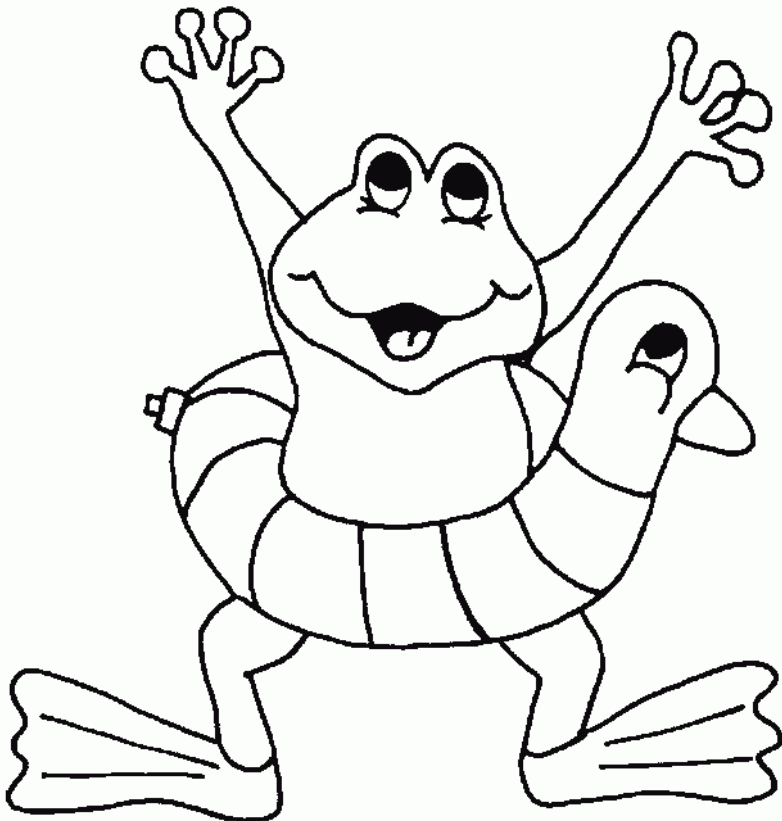
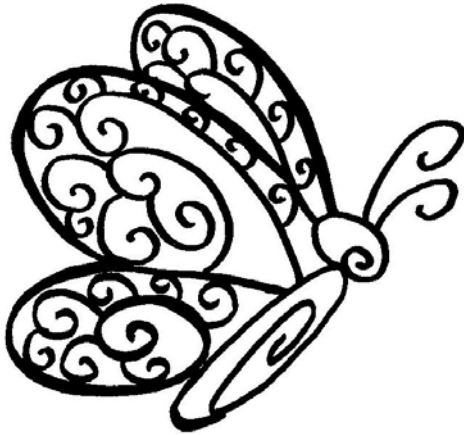
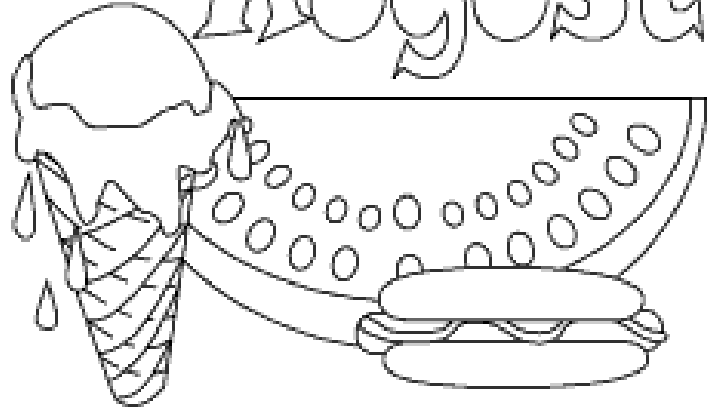
MAZE



KID ZONE



AUGUST



VA Grants Up to One Year of Retroactive Veterans Benefits

From a Department of Veterans Affairs News Release

WASHINGTON, Aug. 2, 2013 - The Department of Veterans Affairs announced yesterday that veterans filing an original fully developed claim for service-connected disability compensation may be entitled to up to one-year of retroactive disability benefits.

The retroactive benefits, which are in effect Aug. 6, 2013, through Aug. 5, 2015, are a result of a comprehensive legislative package passed by Congress and signed into law by President Barack Obama last year.

"VA strongly encourages veterans to work with veterans service organizations to file fully developed claims and participate in this initiative, since it means more money in eligible veterans' pockets simply by providing VA the information it needs up front," said Allison A. Hickey, Undersecretary for Benefits. "At the same time, it helps reduce the inventory of pending claims by speeding the process."

Filing an FDC is typically the fastest way for veterans to receive a decision on their claims because fully developed claims require veterans to provide all supporting evidence in their possession when they submit their claims. Often, this is evidence that VA legally must attempt to collect on the veteran's behalf, which is already in the veteran's possession, or is evidence the veteran could easily obtain, like private treatment records.

When veterans submit such evidence with their claims, it significantly reduces the amount of time VA spends gathering evidence from them or other sources -- often the longest part of the claims process. While VA will still make efforts to obtain federal records on the veterans' behalf, the submittal of non-federal records [and any federal records the veteran may have] with the claim allows VA to issue a decision to the veteran more quickly. Typically, VA processes FDCs in half the time it takes for a traditionally filed claim.

FDCs can be filed digitally through the joint, DOD-VA online portal, eBenefits. VA encourages veterans who cannot file online to work with an accredited veterans service organization that can file claims digitally on veterans' behalf. While submitting an FDC provides a faster decision for any compensation or pension claim, only veterans who are submitting their very first compensation claim as an FDC are potentially eligible for up to one year of retroactive disability benefits under the newly implemented law.

FDCs help eliminate VA's claims backlog because they increase production of claims decisions and decrease waiting times. Also, VA assigns FDCs a higher priority than other claims which means veterans receive decisions to their claim faster than traditional claims.

VA continues to prioritize other specific categories of claims, including those of seriously wounded, terminally ill, Medal of Honor recipients, former prisoners of war, the homeless and those experiencing extreme financial hardship. As part of its drive to eliminate the claims backlog in 2015, VA also gives a priority to claims more than a year old.

In May, VA announced a new partnership with veterans service organizations and others known as the "Community of Practice," an effort that seeks to reduce the compensation claims backlog for veterans by increasing the number of FDCs filed by veterans and their advocates.

VA is continuing to implement several initiatives to meet the Department's goal to eliminate the claims backlog in 2015. In May, VA announced that it was mandating overtime for claims processors in its 56 regional benefits offices to increase production of compensation claims decisions through the end of fiscal year 2013. In April, VA launched an initiative to expedite disability compensation claims decisions for veterans who have waited a year or longer.

As a result of these initiatives, VA's total claims inventory remains at lower levels not seen since August 2011. The number of claims in the VA backlog -- claims pending over 125 days -- has been reduced by 17 percent compared to the highest point in March 2013. ❖

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



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://mwrtday.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. ❖

SUPERIOR COURT OF CALIFORNIA, COUNTY OF IMPERIAL invites applications for the position of:

Accounting Assistant

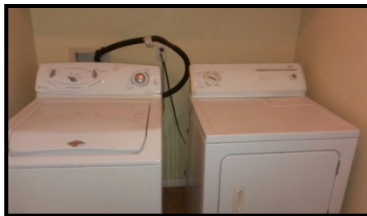
SALARY: \$13.14 - \$16.77 Hourly

CLOSING DATE: 08/11/13 11:00 PM

APPLICATIONS MAY BE FILED ONLINE AT:

<http://www.imperial.courts.ca.gov>

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

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



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