

THE SANDPAPER



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COMMANDING OFFICER

CDR Erik Franzen



Financial Literacy

Last month I attended a luncheon hosted by Imperial County Office of Education and the guest speaker was Ken Kay, the CEO of EdLeader21, a professional learning community for education leaders committed to 21st century education. During his presentation he discussed a number of areas where the education system is failing us and one of those areas was "Financial Literacy". His point was that we as a nation spend very little time in our public schools on financial issues and preparing our children for the challenges of handling (or mishandling) money.



This deficiency can cause a multitude of problems in the workplace. Sailors and civilians can find themselves in serious debt which then has many negative effects. It can cause marital strife; it can cause depression and it can also lead to the loss of a security clearance. These are all real results that I have seen during my tenure here - so don't think it can't happen to you. When any of these things occur, it negatively impacts our mission readiness as well. It is easy to correlate decreased work performance to financial stress. If you are constantly thinking about how to pay your bills and debt collectors, it can cause you to lose focus at work. The work that we all do is very important, and as I emphasized during our last Safety Stand Down, each one of you is an important piece and contributes to our success.

We have plenty of opportunities available to help you achieve "Financial Literacy". Fleet and Family offer courses, we have our Command Financial Specialist, this month's GMT is Personal Financial Management and there are even courses available on NKO. My wife and I took a course called Financial Peace University (FPU) over four years ago and it has improved our financial literacy immensely. Before the course we were probably a solid "D" when it came to finances, since taking the course I would give us a "B+" and we are still learning. We believe in the positive outcome achieved through FPU and have teamed up with a local church to offer scholarships to our Sailors and civilians who are interested in the course. The FPU class began October 3 at 1830 and runs every Thursday for nine weeks. For more information, and to start yourself on the road to financial literacy, contact LT Smith, RPC Kirby or Mr. Kris Haugh.

FREE VOLUNTEER TRAINING

The NAFEC emergency management department is looking for personnel interested in receiving Red Cross training to be a potential volunteer. Personnel will get free training to become qualified as a Family Assistance Service Team (FAST) member. Training will include instruction on tasks covering shelter setup, food service, logistics, damage assessment and specific services to help other families in the armed forces. The training will allow future eligibility to volunteer at any Red Cross shelter whether local or in other states. Anyone interested please contact the base emergency management officer, LT Stephen Kireta, for more information. He can be reached at 760-339-6087 or Stephen.kireta@navy.mil. Training is tentatively scheduled for the middle of November at NAF El Centro.

COMMAND MASTER CHIEF

CMCCM John Crewdson



Congratulations to NAF El Centro's newest CPO's the class of FY 2014!

- MAC(SW) Timothy Stroupe
- RPC(AW/SW) Justin Kirby
- AOC(AW) Barrett Stadel

Your hard work and dedication to Sailors has culminated in your advancement to Chief Petty Officer. Well Done! The legacy of our CPO Mess is now in your hands, our success is up to you! Your Sailors deserve your best, Your CPO mess Demands your best. You all have earned my confidence, now go and earn your Sailors trust! Lead boldly and carry on the traditions of the past with respect to leadership, mentorship, and professionalism.



Hispanic Heritage Month is upon us. The significant contributions that have been made by these great Americans is nothing short of astonishing. Our Diversity is what makes us great! I know that I learn something during each and every event we conduct. Please make sure that you take the time to attend these events.

NAVY BALL. If you have never attended, you should. You don't know what you are missing. For Sailors who are E4 and Junior please see me or ATCS Bradley (VFA 122) for FREE, yes FREE tickets!

We made it! The heat of the El Centro summer will soon be a distant memory. It is time to start thinking of the fall the cooling weather and of course the holidays that are quickly approaching. Are you ready? . ❖ - CMC

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WWW.FACEBOOK.COM/NAFEC



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.



GENERAL INFO

NKO migrated to CAC access only on 2 August 2013 due to security issues. The digital library continues to be available to those who access it from their workstations or have CAC readers at home. Those without a CAC (spouses/kids) will not be able to access services. However, Tutor.com has created a new method for spouses and kids to establish a Tutor.com account. You can go to <http://www.tutor.com/unitedstatesnavy1>. Spouses and kids will need to establish an account and verify that they are eligible when applying.

Catholic services at NAF El Centro are postponed until further notice. 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. ❖



EL CENTRO AREA, Calif. – Saving lives is the core mission of the California Highway Patrol (CHP). In order to accomplish that mission, the CHP's El Centro Area office will use a federal grant to conduct a regional traffic safety campaign in Imperial County. The 12-month project starts October 1, 2013, and ends on September 30, 2014.

The CHP El Centro Area will deploy officers on enhanced enforcement on State Routes 7, 8, 78, 86, 98, 111, and 115; including unincorporated roadways, such as Evan Hewes Highway, and Austin, Dogwood, and Forrester Roads in Imperial County. In addition to enhanced enforcement, this traffic safety effort will also include a community-based task force and public awareness campaign by the CHP to help reinforce the traffic safety message.

“With a proactive approach for making our roadways safer, we can continue to reduce the number of collisions occurring in the El Centro region,” said CHP Capt. Kari Clark, commander of the El Centro Area. “This grant will help to keep the momentum from past education and enforcement campaigns and save lives.”

According to the CHP's Statewide Integrated Traffic Records System, during the course of a 12-month period (October 1, 2010, through September 30, 2011), there were 15 people killed and 510 others injured in 316 traffic collisions on state routes and highways patrolled by the CHP's El Centro Area jurisdiction. The top primary collision factors were for improper turning, unsafe speed, and driving under the influence of alcohol and/or drugs.

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Due to some connectivity issues with our cell phone provider the SARC phone line is not very reliable. If you need to reach someone and can't get through on 760-644-2913 the alternate number is the toll-free SAPR Hotline: 877-995-5247.

Upcoming Events

All active duty military and their dependents are cordially invited to a Gun Shoot and BBQ scheduled for Saturday, 02 November, beginning at 1200. Approximately 15-20 NAFEC sailors and Brits participated in a similar event in March and had a great time!

This event will take place at the Imperial Valley Rifle Association range located less than 5 miles from NAFEC (2500 West Wheeler Road). For directions please visit the following link-- <http://www.freeguninfo.com/38L1CVP2Z-38L1CVP33.htm>.

Spend the afternoon shooting rifles, shotguns, and/or pistols at targets, clay pigeons, etc. If you don't have your own gun and ammunition, there will be a limited number available for use on site. If you have never shot a gun before and would like to learn, veteran gun owners will be on hand to instruct you in gun safety and accuracy. They will also ensure that proper safety standards are utilized by all participants. Come for one hour or spend the afternoon.

The cost for this event is \$10 per person charged by the range for the use of the facility. Participants may want to bring their own chairs and beverages. **Given the nature of the event alcoholic beverages will be prohibited.** Food will be served throughout the afternoon.

Registration is kindly requested to ensure that enough food and other resources are on hand. To register or for further information please contact RPC Kirby at x2461 or justin.b.kirby@navy.mil.

This event is sponsored by First Christian Church in El Centro as a "thank you" to all of the men and women who serve here at NAFEC.

The 4th Annual Imperial Aviation Day is scheduled for Oct. 26, 2013 at the Imperial County Airport. Gates open up at 9:00 a.m. and admission is free. This family friendly event has the goal of making aviation accessible to youth of all ages. For more information on the event, visit their website at www.imperialaviationday.com.

The 2013 Brawley Cattle Call Rodeo is scheduled for Nov. 9 & 10, 2013 at the arena in Brawley. Tickets are required for this event and may be purchased in advance. For more information on this event please see their website at <http://www.cattlecallrodeo.com>.

The 238th Navy Ball is scheduled for Saturday, Oct. 19, 2013, in Hangar 8, 1800 to 0000. Tickets range in price from \$10 to \$45 depending on your paygrade or status. The dress code is Dinner Dress Blues for military and formal for civilians. Tickets may be purchased from department representatives. For further information please contact Ms. Pat Caro at 760-339-2402.

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.navy.mil/main/index.jsp>

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 conclude in October. ❖

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). Beverages and snacks provided.
- Women's Bible Study—Our Women's Bible Study meets each Wednesday on base from 1830-1930. All military, dependents, and civilians are invited to attend. The group will be reading the book *Radical* by David Platt. For more information, please contact Tammy Smith at tammysmith365@yahoo.com.
- Protestant Worship Service—Sunday @ 0900 – Nursery (4 and under) and Sunday school (ages 5-12) available.

SafeTALK About Suicide

By Chaplain Smith



It was a record year for the United States military. According to a CNN report, in 2013 every branch (Army, Air Force, Navy, and Marines) of our armed forces has seen an increase in the number of suicides within its ranks. With some investigations still in process, the total figure could reach as high as 349.

As with the military in general, the United States Navy, with 60 suicides in 2013, an increase of 15 percent from the year before, is finding that the number of suicide related deaths is trending in the wrong direction. This evidence suggests that more must be done (or done differently!) in order for us to reverse course.

To this end, we look forward to offering a brand new suicide prevention training here at NAF El Centro. SafeTALK was developed by LivingWorks, a civilian organization that is a well-known and well respected leader in the field of suicide prevention and intervention. According to their website (www.livingworks.net), the "LivingWorks suite of programs is now the most widely used and the most recognized suicide prevention-intervention training in the world. LivingWorks has over 4,000 community-based trainers around the world who train over 60,000 participants annually."

SafeTALK's goal is to create suicide safe communities where EVERYONE is capable and comfortable to do the following...

- Tell—Proactively talk to another person in order to prevent one's own suicide.
- Ask—Proactively inquire as to whether or not someone might be considering suicide.
- Listen—Actively hear another person's thoughts and feelings that have led them to consider suicide.
- KeepSafe—Actively connect another person considering suicide to other helping resources in the community.

While the basics of SafeTALK training are parallel to traditional suicide prevention training sailors have received in the Navy, there are some important differences. First, the training is longer (approximately 3.5 hours). The additional time is required for participants to fully understand and embrace the material. Second, the training is more interactive, allowing for important dialogue and practical application. As a result, participants typically report feeling better equipped and more empowered to actively prevent suicides in their communities.

Our goal is to offer two sessions where a total of 30-50 sailors and civilians from all departments and all ranks participate in SafeTALK training. Dates and times will be forthcoming. If you are interested in receiving this training, please contact Chaplain Smith at x2290 or jared.n.smith@navy.mil to be placed on the waiting list.

Let's work together to make NAF El Centro a suicide safe community! ❖



IN THE SPOTLIGHT



CONGRATULATIONS TO OUR NEWEST SAILORS OF THE QUARTER! THE COMPETITION WAS FIERCE AND THESE SAILORS WERE SELECTED TO REPRESENT THE BEST OF THE BEST ON BASE!



BLUE JACKET
OF THE QUARTER
4TH QUARTER
AN ASHLEE FLETT



JUNIOR SAILOR
OF THE QUARTER
4TH QUARTER
MA2 JORDAN RECKMANN



SAILOR OF THE QUARTER
4TH QUARTER
MA1(AW)
JACOB DUNLAP

CYP Kids say "Let's Play Outside!"



With the cooling temperatures dropping from three digits down to two, children are enjoying the outdoors and play.... Finally!

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
OCTOBER	12	2	1256	108
NOVEMBER	8	3	718	61



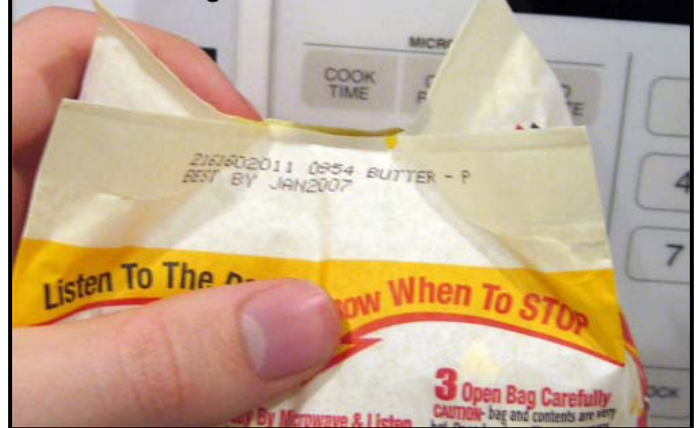
**Numbers subject to change based on availability of hangar space and time of squadron det request.

COOL TIPS

Sometimes we find a better way to do something and sometimes we see an 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

After popping microwave popcorn, separate the opening of the bag just enough for the unpopped kernels to fall out and shake upside down over the bowl or the trash.



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 Nailed!!

Condensed from a Naval Safety Center Message

In a government warehouse, an E-3 packaging specialist reloaded a nail gun. Then he put his hand on the front of the gun and pulled the trigger. Don't ask me why, because the report didn't say. All I can do is supply the following sound effect...

"Ka-Thunk!"

He shot a nail through his glove and his middle knuckle. An X-ray showed a broken bone. Surgery, two weeks away from work and two months of light duty ensued.

The mishap reporter wrote, "I recommend that Marines and Sailors who work with any type of tools are given a P.M.E. [professional military education] on those tools and what are unsafe acts around them."

No problem. I'll give you some P.M.E. for nail guns right this second, and it is only two words long: "Gun safety." ❖

Reductions in TRICARE Prime Service Areas

From a TRICARE Management Activity News Release



FALLS CHURCH, Va., Aug. 7, 2013 - The Defense Department will reduce the number of TRICARE Prime service areas in the United States beginning Oct. 1, affecting about 171,000 retirees and their family members.

Those beneficiaries, who mostly reside more than 40 miles from a military clinic or hospital, received a letter earlier this year explaining their options. They will receive a second letter later this month.

TRICARE Management Activity officials said changing the location of Prime service areas has been planned since 2007 as part of the move to the third-generation of managed care support contracts and will allow them to continue their commitment to making high-quality health care available while supporting DOD efforts to control the rising cost of health care for 9.6 million beneficiaries.

Health care under TRICARE Prime costs about \$600 more annually per enrollee, but on average, each member of a family of three using TRICARE Standard will pay only about \$20 more per month than if they were using Prime.

"The first thing TRICARE beneficiaries should know about the reduction in the number of Prime service areas is that it doesn't mean they're losing their TRICARE benefit," said Dr. Jonathan Woodson, assistant secretary of defense for health affairs. "Next, it's important to remember this change does not affect most of the more than 5 million people using TRICARE Prime, and [it affects] none of our active duty members and their families."

All affected beneficiaries will receive a letter this month following up on their initial notification to ensure they have the time and information to make important decisions about their future health care options, officials said.

Current details on Prime service areas and the option for beneficiaries to sign for email updates are available at <http://www.tricare.mil/PSA>. A ZIP code tool is available on the site to help beneficiaries determine if they live in an affected area.

As always, officials noted, TRICARE beneficiaries still are covered by TRICARE Standard. For those living within 100 miles of a remaining Prime service area, re-enrolling in Prime may be an option, depending on availability. To do this, beneficiaries must waive their drive-time standards, and they may have to travel long distances for primary and specialty care.

"I urge all impacted beneficiaries to carefully consider their health care options – they should talk them over with family members and their current health care provider," Woodson said. "Many beneficiaries may be able to continue with their current provider using the Standard benefit. Being close to your health care team usually offers the best and safest access to care."

Those enrolled in TRICARE Prime are assigned a primary care provider who manages their health care. Retirees pay an annual enrollment fee and have low out-of-pocket costs under this plan. TRICARE Standard is an open-choice option with no monthly premiums and no need for referrals, but it has cost shares and an annual deductible.

The Prime service areas being eliminated are not close to existing military treatment facilities or base realignment and closure sites, officials said. Prolonged protests resulted in a staggered transition, they added, and all Prime service areas were retained until all three new regional contracts were in place. The West region completed the transition April 1.

To provide affected beneficiaries with enough time to plan, Defense Department officials elected to delay the Prime service area reductions until Oct. 1.

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://navylifsw.com/elcentro/>

NFL Sunday Ticket at the Mirage Club. The Club opens every Sunday for the NFL Sunday Ticket at 10 am.

Starting this Friday the Mirage Club Bar will be hosting Friday Round-Up! Stop by the bar, between 1500 and 1900 for a round of drink specials and appetizers to help get your weekend started.



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!



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

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



NAF El Centro's Desert Eagle Squadron of the Sea Cadets

Base Program Coordinator: MA2 Izeke Pinkas

E-Mail: izeke.pinkas@navy.mil

Phone 760-339-2525



"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. Juan Salinas

E-MAIL: jsalinas@vinu.edu

CALL FOR AN APPOINTMENT TODAY! 760-339-2986

Fall 2 start date 21OCT13



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:

10-12 JAN
21-23 FEB
21-23 MAR
25-27 APR
16-18 MAY
20-22 JUN
18-20 JUL
15-17 AUG
19-21 SEP

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. ❖



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.

Happy Anniversary to Niland

By Chaplain Smith

This summer marked the two year anniversary of our monthly COMREL in Niland, CA, in support of the work of the Imperial Valley Food Bank. During this tenure, more than 100 different sailors (with many sailors returning more than once!) have donated more than 400 hours serving hundreds of impoverished citizens each month in this remote area of our community.

We are very grateful for the incredible support this effort has received, especially during sequestration when financial support for this project has been reduced. Recognition goes out to VFA-122 who has gone the extra mile to ensure that our presence in this community has not been reduced even when our budget has been.

If you would like to participate any of our upcoming COMREL events, please contact RPC Kirby at justin.b.kirby@navy.mil or x2461.

Niland—This event is scheduled to take place on Wednesday, 16 October. We will depart NAFEC at 0730 (meet at chapel parking lot) for Niland and return by 1230. Volunteers will assist in food distribution to needy families. Six volunteers needed.

Treats for Troops—This annual event is scheduled for Saturday, 26 October, from 1000-12000 at the Imperial Valley College Center. Sailors will pack candy and letters for troops on deployment. Dependents are welcome and encouraged to participate.

A Word of THANKS...

We would like to thank the 10 sailors from VFA-122 who participated in our Niland COMREL in July, including LT Martinez, ATCS Bradley, AO2 Van, PR2 Blond, AO2 McDonald, AO2 Foote, AD2 Hintzsche, AE3 Hajney, AOAN Bechie, and AMEAN Roberts. Together they served more than 400 community members!

We would like to thank our NAF El Centro Chief's Mess who served in our Niland COMREL in August, including AMCS Chapman, MAC King, ASC Peralta, AOC Salicrup, RPC Kirby, AOC Barret, and MAC Stroupe. Together they served more than 400 community members!

We would like to thank the 9 sailors from VFA-122 who participated in our Niland COMREL in September, including AE1 Weddle, AZ2 Flandes, AO2 Foote, AD2 Hintzsche, AO2 Phillips, AO3 Brunson, AE3 Curtis, AE3 Hajney, AE3 Hartman, and AEAN Luker. Together they served more than 400 community members!

“Just passing through”

By AMC Adam McIntyre

NAF El Centro was recently treated to a rare and very large sight when an Air Force C-5M Super Galaxy landed here. The Aircraft which belonged to the 433rd Airlift Wing at Lackland, AFB Texas made an emergency stop over when a fuel problem developed in one of its engines. The two Crew Chiefs who travel with the aircraft spent the better part of the day exposed to El Centro's heat making repairs and performing engine tests. The aircraft was fixed and their human cargo of U.S. Army Infantry was soon on their way home. The assigned squadrons of the 433rd Airlift Wing are part of the Air Force Reserve Command and serve as the training units of all C-5 Pilots and aircrews.



Commissary Rewards Card to offer mobile app

By Cherie Huntington, DeCA public affairs specialist



FORT LEE, Va. – Your Commissary Rewards Card celebrated its one-year anniversary Aug. 8 by delivering a gift – to you.

“A mobile application will be released and available from the app store Aug. 8 for customers who use the iPhone or iPad,” said Marye Carr, DeCA’s Rewards Card program manager. “The app will allow you to access your account, select coupons and review clipped, redeemed and expired coupons – making it even easier to put your coupons to work for you.” An Android version of the app will become available in the future.

Carr said the app also allows shoppers to locate commissaries worldwide and access store information such as phone number and address. These added capabilities enhance the usefulness of the Commissary Rewards Card, which gives customers access to digital coupons redeemable at any commissary.

“The Commissary Rewards Card provides a great asset to our busy, budget-conscious customers,” said Director of Sales Randy Chandler. “Our shoppers want to save time, effort and money, plus reduce their reliance on paper coupons that have to be clipped and carried.”

More than 800,000 cards have been registered by shoppers, who have downloaded more than 8 million coupons so far. That means bigger savings for them, on top of the commissary’s routine savings of 30 percent or more.

“It’s not unusual for the Commissary Rewards Card to offer more than 120 coupons at any given time,” said Carr. “Check in daily for new coupons. Honestly, if you’re not using your card, you’re throwing money away.”

Carr said many customers find it handy to print a list of their coupons to help them keep track of their savings. “The card provides another way to save, in addition to your paper coupons,” she said. “Commissary shoppers love coupons, so this is another way to increase buying power.”



Using the card is simple: Pick up a card at the commissary, visit DeCA’s website to register it and then select and load digital coupons. Then, when the cashier scans the card, the coupons are matched to items purchased and savings are deducted from the bill automatically.

Rewards Card digital coupons disappear from your account when they expire or are redeemed. Like paper coupons, they can’t be combined with other coupons on the same item, and they have expiration dates and other redemption terms and conditions. Overseas, digital coupons will not be accepted for up to six months after expiration, as paper coupons are, because the coupons are instantly available to all customers worldwide. That means overseas customers don’t need extra time to use the coupons.

To learn more about the card or sign up to be notified of updates, including new coupon alerts, go to http://www.commissaries.com/rewards_subscribe.cfm. A customer service hotline can be reached at 855-829-6219 or via email at commissarysupport@inmar.com.

The Desert Beat

BY MA3 Oronde Vassell

“Is it worth the risk?”

With the NFL season going into the fourth week, Giants fans have much to be excited about with still being in good standards, according to a true fan. Nevertheless, during this time we cherish the moments to be out with our friends and family to enjoy the NFL season. Whether it's a small gathering to cheer on your favorite team, or a crucial bet you made with a fellow colleague for bragging rights, we must be aware of what and how much we put into our body. The question is paramount, “Will it be worth the risk?”

Alcohol and drug abuse can seriously damage an individual's physical and mental health, jeopardize their safety and the safety of others, can lead to criminal prosecution, and can result in unfavorable separation from naval service.

According to the National Council on Alcoholism and Drug Dependence, alcohol use disorder is generally classified in two ways: alcohol dependence and alcohol abuse. Symptoms such as impaired control over drinking, tolerance and continued drinking despite recurrent related physical or psychological problems characterize dependence. Abuse is characterized by significant impairment but does not entail physical dependence.

Military bases are highly secure areas. The functions on bases reflect high standards for civilian life. Hence, the strict laws are enforced on bases to keep military personnel and visitors safe.

Although a DUI, driving under the influence, is frowned upon whether in civilian society or in the military, if facing a DUI charge while serving in the military the consequences are normally more severe. Any charge for DUI can be tried through a Courts Martial, which has stricter guidelines than states do. Most states have a legal limit of allowable alcohol in the blood stream as measured by a breathalyzer test. In the military, if it is found that any amount of alcohol impaired your ability to drive a vehicle, you are considered and can be charged with DUI. DUI punishments vary from state to state. In California, When convicted of driving under the influence for the first time, the potential penalties are as follows: Informal (otherwise known as "summary") probation for three to five years, up to six months in a county jail, between \$390-\$1,000 in fines, a three- or nine-month court-approved alcohol and/or drug education program (AB541 class), a six- to ten-month driver's license suspension that generally may be converted to a "restricted license". A restricted license enables you to drive during the course of your employment, and to and from work, school, and/or California DUI School. But the question still remains, “Is it worth the risk?”

The facts are sobering - each year alcohol contributes to over 100,000 deaths in the United States, making it the third leading cause of preventable mortality. The key is many tragic outcomes in alcohol related incidents could be prevented. So be safe always, whether watching the game or a social gathering. Please drink responsibly.

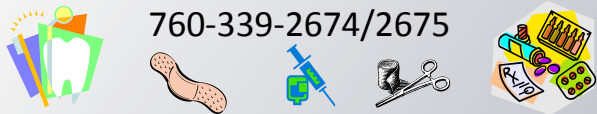


REMINDER !! Driving and texting or talking on a cell phone without a hands free device is not authorized onboard NAF El Centro/. Do not tempt fate and try this. Pull over, chat and then start driving again. Security will be looking for distracted drivers.

CLINIC INFO

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

760-339-2674/2675



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

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.

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: 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. ❖

WHAT WAS GOING ON...

In August during the 1970's - NAFEC Sandpaper

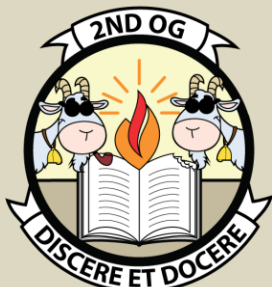
August 24, 1973 – Storm Causes \$15,000 Damage at NAF; \$25,000 Loss to NARF

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. ❖

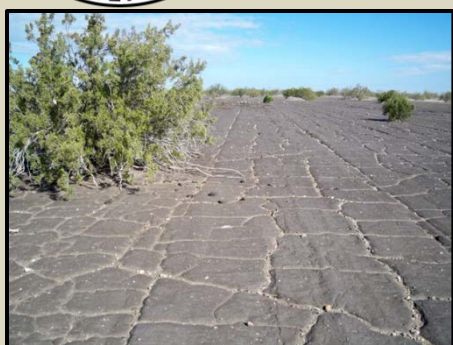


2012-2015
"Our Flag Was Still There"



LOCAL HISTORY BY TWO OLD GOATS

This month's bit of history comes to you courtesy of the Environmental Division. Personally the Two Old Goats think we would have done a better job, but the Marines performed quite well. The Old Goats want to thank Michael Remington, the installation environmental program director, for sending us this information.



Before...



During...



After...

Marines Clear NAF El Centro's Holtville Carrier Landing Strip of Creosote Shrubs

On June 13-17, and again on September 9-13, 2013, Marines from Marine Wing Support Squadron 74, supported by staff from NAF El Centro's Environmental Division office, cleared the full 4000 foot length of the old Holtville Carrier Landing Strip of all vegetation. The Strip was constructed around 1941 during WWII for Navy and Marine propeller aircraft pilot training before deployment to the Pacific and participation in numerous battles including the Battle of Midway. The vegetation clearing will provide better access to the Strip for ongoing rotary wing aircraft operations and pilot training. Next will be the renovation and resurfacing of the Strip by the Marines.



NOT a Date Night Movie Review

By Marc Willis

CPOs vs. PO1s

Players: ABHC Davis, MSGT Dunn, YNCS Moffat, MAC King, ACCS Stokes, LIL Stokes, MAC Stroupe, ABFC Willis, AM1 Adrine, AZ1 Avila, MA1 Barnes, MA1 Brooks, HM1 Burns, AC1 Pitts

Genres: Action, Comedy, Drama

Rating: G

What started out as a joke turned into a serious challenge. AC1 Pitts fired the proverbial first shot across the bow when he proclaimed to ACCS Stokes that the First Class Petty Officer Association would not only defeat the Chief's Mess, but destroy it in a game of basketball. Senior Stokes, not one to back down from a challenge, humored the brash up start for what seemed like days. In reality, the conversation lasted only a few short minutes... AC1 Pitts just has that effect on people.

The following weeks were filled with more trash talk than a Floyd Mayweather press conference or any Wednesday night at the gym. The combatants prepared the only way they knew how; basketball, basketball and basketball followed by more basketball. Did I mention that they played basketball? There was so much basketball being played that yours truly didn't have time to take his lovely, and most understanding, wife to see one movie.

Gameday was not like any other in the workplace. If there ever was a time and place for the making of a training film, NAF El Centro was the place. The First Class Petty Officers, it seemed, went above and beyond in displaying professional and common courtesy to the old chiefs. HM1 Burns went as far as to have wheelchairs and an ambulance on stand-by. AZ1 Avila was kind enough to drop off a few ice packs and tubes of Ben-Gay while AM1 Adrine, a.k.a. Ace, left a few namesakes on the chief's bench as well.

The young guns started out with a bang. AC1 "From the Bottom of the Pitts" was on a mission as no spot on the floor was sacred. He got out of the car in range and ready to shoot. He quickly drained two par four three-pointers. His partner in crime, MA1 "Who Left the Door Open on the Barnes," was equally hot from distance, draining two thirty-footers of his own. They quickly built a five point lead seemingly on their way to an easy and convincing win.

After a timeout and Geritol, the Chiefs implemented a few ACCS Stokes adjustments. The most significant was the insertion of "Lil I Got it From my Daddy Stokes." He quickly became the go to guy as he racked up eight points on an array of shots. Throughout the game, the First Classes didn't seem to have an answer for him as each took a shot at guarding him; HM1, AC1, MA1, ANYONE! There was no stopping this guy. Even with the D-Rose like explosion, the First Classes fought valiantly to close the gap.

The Chiefs looked to have victory in hand with a little over a minute left in regulation until an unlikely, and I do mean unlikely, hero emerged. HM1 Burns brought the First Classes to within one point with less than a minute to play on a strong but awkward drive to the basket. However, heroes come and go; remember Under Dog? With no shot clock the Chiefs could have easily stalled and cemented their well-deserved victory at the free throw line. However, ABFC (Ret) Willis, a.k.a Big Shot Bob over five defenders, some who were his own teammates, launched a three pointer with 2.4 seconds left that hit nothing but the bottom of the net and the First Class Petty Officer's Association stomach. Chiefs Mess 64 First Classes 60. With that being said, I rate this game five anchors out of five.



SANDPAPER CONTACT INFO:

E-MAIL:

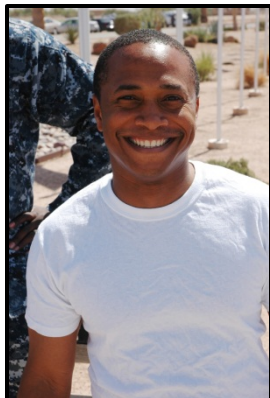
ELCNPAO@NAVY.MIL

HOW TO GET NMCI HELP:

(866) 843-6624

Pie in the Face

To raise funds for the Navy Ball, the Command held a Pie in the Face contest. ACCS Stokes, HM1 Burns, and LTJG Kmetz received the most votes to "receive" a special dessert. HM3 Nieblas, HMC Corrao and AM1 Adrine were randomly selected from the donors to deliver the desserts. Thanks to all who participated and made this a fun event.



ACCS Stokes, HM1 Burns and LTJG Kmetz are ready for some pie!



HM3 Nieblas, HMC Corrao, and AM1 Adrine are ready to serve dessert!



Dessert is served; you may have chocolate or cherry pie...in the face!



CMDM Crewdson lays out the ground rules and encourages everyone to have fun.



Thanks for being such good sports, and helping the base raise funds for the Navy Ball!

Extinguishing Fires

NAF El Centro's Bravest, the men of Fed Fire, are going around the base giving refresher training on the use of portable fire extinguishers. It is really simple if you remember P.A.S.S or Pull the pin, Activate the agent, Squeeze the handle and Sweep at the base of the fire.



NAFEC's Bravest prepare to conduct live training in fighting a small fire.



The nemesis for the event, a fire filled "trash can."



Rowdy instructs the crowd on extinguisher fundamentals and P.A.S.S.



CMDCM Crewdson demonstrates his mastery of P.A.S.S

CLASSIFIEDS

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!!
PUT YOUR AD HERE!
 CONTACT ELCNPAO@NAVY.MIL

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



JOB POSTINGS

MWR Jobs:

Vacancy Announcement #: 13-64
Job Title/Grade: Operations Clerk, NF-0303-02



Vacancy Announcement #: 13-65
Job Title/Grade: Child & Youth Program Assistant
Entry/Intermediate/Target Level, CY-1702-01/02

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. ❖



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
 Duty Corpsman--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



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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