

THE SANDPAPER



Issue 32

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November 2013

COMMANDING OFFICER

CDR Erik Franzen



Navy Birthday Ball 2013

It was great to see our largest turnout yet for the Navy Birthday Ball. The event was held Saturday, October 19th in Hangar 8. For those that were unable to attend, we are sorry to have missed you and hope that you will be able to attend next year. The Ball was a fantastic success and I would like to once again thank the entire committee for their help and support throughout the planning and execution of the event.

The committee brought forward a number of new ideas that were implemented this year. We started by selling "Early Bird" tickets which allowed for discounted tickets to be purchased about a month before the event. We set up a lounge area, connecting the inside and outside of the hangar. We went with sandstone coasters as our memento this year. Our centerpieces were also different, opting for the nautical theme with a Betta fish as the centerpiece that one lucky winner at each table got to take home with them.

To all of Javier's staff, those both permanently assigned and "conscripted" (those who normally work at the pool, liberty center or theater), you all did a fantastic job. The food was great and the service was excellent and professional.

To Katrina and the staff at the CYP thank you all for your help. It was nice for our parents to be able to drop off their children and know that they would be well cared for while we celebrated a nice night out. I was happy that no children turned into pumpkins as all the parents who participated at the Ball made it back to the CYP before mid-night to pick up their children.

We also have a number of behind the scenes personal who went above and beyond to make the event successful: Mr. James Piper who donated his own off-duty time to come in and move the T-34 which served as a memorable back-drop for the celebration. We had our friends from BLM who supported us by printing all of our posters and seating charts. For our "Blast from the Past" we had Mr. Bob Hayes' crew from the Gun Shop in El Centro who brought three cannons that we fired to start the evening.

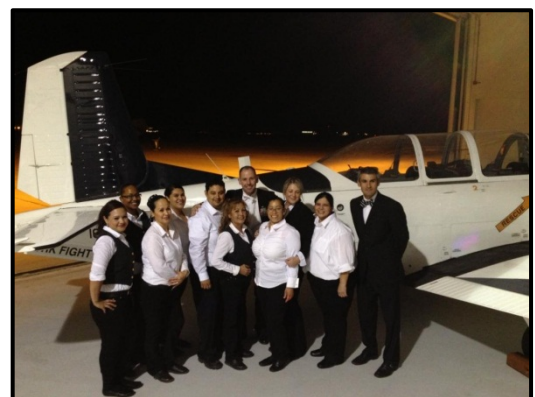
Finally, a special thanks to our sponsors who enabled us to offer free and discounted tickets to a majority of those who attended. We were sponsored this year by AOC, Lincoln Military Housing, Mrs. Gaylla Finnell, The Navy League, the NAFEC Fundraising Team and our own Thrift Store. ❖ -CO



BOOOOOM!!!!



Biggest. Crowd. Ever!!



True Professionals! Thank You!

COMMAND MASTER CHIEF

CMCCM John Crewdson



Congratulations to NAF El Centro's 2013 Sailors of the Year.

HM1(FMF) Daniel Burns
MA2 Alyson Laflex
ACAN Ashlee Flett

You all represent the very best of our Navy and NAF El Centro. With so many outstanding Sailors here at NAF El Centro, you all made our decision difficult. Your responsibility for 2014 will be to ensure you continue to set the pace for our Sailors here and represent our base with pride both on base and in the community. WELL DONE!!

Native American/Alaskan Native Heritage Month is upon us. As I have mentioned before it is our diversity that makes us stronger and allow us to continue to be the greatest Navy/Military and for that matter, country in the world. Please make sure that you take the time to attend these events.

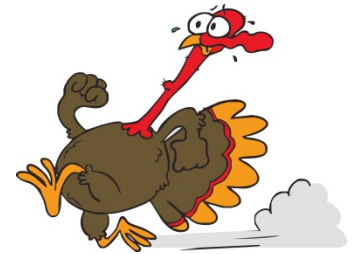
Turkey for the Troops. Yes it is back by popular demand. This annual event will be held on Wednesday November 27th sponsored by the CPO and First Class Messes. Please stop on by for a great meal and great company, it is the best way to start the holiday season.

CHRISTMAS PARTY. For those who attended the Navy Ball, you know how fun our events can be. Our Christmas party will be no different. The Christmas party will be held on the 12th of December at the Mirage Club starting at 1800. Child care will be available at the CYP. Be on the look-out for more details as we get closer to the party.

Are you ready for the holidays? Have you budgeted throughout the year? This time is typically the most stressful time of the year so you want to minimize the stress. One way of doing that is to plan and save for the holidays. Another way is to not spend beyond what you have. No one wants to spend all of 2014 paying for 2013. We have great Command Financial Specialist and programs with our FFSC that help you plan and develop winning strategies. ❖ - CMC

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WWW.FACEBOOK.COM/NAFEC

Potential Phishing Scam

A third-party Smartphone app named "MyPay DFAS LES" is being advertised to connect to DFAS on your behalf to access your myPay account.

This app is NOT sponsored by the Department of Defense (DOD) or the U.S. Government. As Such, it presents a serious risk of compromising your account information and theft of funds. While giving your myPay account information to strangers is typically not considered a good idea, the app presents itself as an official DFAS service and as many as 50,000 members are estimated to have installed the app.

Additional investigation has found similar apps for Android and iPhone. Again, DO NOT download this app or provide any PII/Privacy information to unknown or unconfirmed sources. ❖

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

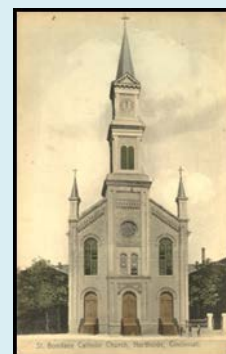
St. Anthony's in Imperial

Our Lady of Guadalupe in Calexico

St. Joseph's in Holtville

The closest one 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. ❖

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. ❖

Walgreens in El Centro has a full service Navy Federal Credit Union ATM. This is excellent news for those who do not want to travel to Yuma or San Diego. ❖

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. **Military are FREE!!!**

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.

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

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>. ❖

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 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. ❖

There will be a scheduled base wide power outage this Sunday night from 2300-0300. We asked for this time period to provide the least amount of inconvenience as possible and hopefully it will not negatively impact many of us. If you have questions or concerns please contact our Public Works Officer, LCDR Perez-Romero at 339-2214. ❖

Upcoming Imperial Market Days

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

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. Got stress? Got suffering? Come join us as we conclude our current preaching series in the book of 1 Peter—God’s Word to stressed out and suffering Christians. Our final sermons will be...

- Sunday, 03 November—“The Surprising Thing About Suffering” (1 Peter 4:12-19)
- Sunday, 10 November—“Suffering Servants” (1 Peter 5:1-7)
- Sunday, 17 November—“Operational Stress Control” (1 Peter 5:8-11)

Thanksgiving Service. Don’t allow this Thanksgiving season to pass without stopping to give thanks to God for His goodness to you. As you do so, please consider joining us for a special Thanksgiving service on Sunday, 24 November. The sermon will be entitled “Thank God” (Psalm 107). ❖

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 is studying 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.

Thanks, But No Thanks

By Chaplain Smith

“Don’t forget to say ‘thank you,’” says the mom to her son.

As parents we make it a goal to teach our children to say “thank you” as a matter of course. Expressing gratitude is a lesson that we seek to instill in them from infancy to adolescence, hoping that it will become a habit that will stay with them well into adulthood.

Admittedly, as adults, we probably need to be reminded of the place and importance of saying “thank you” as well. The lessons of children can easily be forgotten as we feel that maybe we’ve become too grown up for giving thanks. But we are to be reminded that gratitude is as much for adults as it is for anyone else.

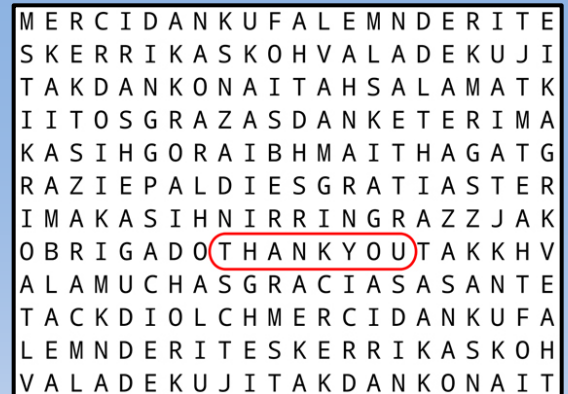
As human beings we understand that gratitude is something that we truly should be grateful for. Gratitude is, in part, what makes us human. It is what keeps us humane. Giving thanks, then, is more than just a social grace. It is a special grace that keeps our human pride and prejudice in check as we seek to treat one another with courtesy and care. Imagine what would our world be without gratitude?

The risks of ingratitude are not insignificant. We know all too well what it is like to work in a workspace and to live in a world without gratitude. It is ungratifying and unforgiving. Regular and authentic expressions of gratitude, then, may be even more important in adulthood than they are in childhood.

And there is no better time, of course, to express our gratitude to God and to one another than during the Thanksgiving season, a period specifically set aside for giving thanks. Unfortunately, in the hustle and bustle of the holiday season for many of us it can be one of the most thankless times of the year—a time for thanks, but with no thanks!

So let’s take a lesson from our childhood and remember to say “thank you” as a matter of course, especially this Thanksgiving. Let’s bring giving thanks back to our Thanksgiving at every opportunity. It can make all of the difference in the world. It can make all of the difference in our world!

Thank you! ❖





IN THE SPOTLIGHT



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



BLUE JACKET
OF THE YEAR
AN ASHLEE FLETT



JUNIOR SAILOR
OF THE YEAR
MA2 ALYSON LAFLEX



SAILOR
OF THE YEAR
HM1(AW) DANIEL BURNS

NAFEC 2013-2 PFA

- 4-8 NOV: WEIGH INS 0630 – 0800 INSIDE THE SPORTS CENTER
- 15 NOV: PRIMARY PFA DAY AT 0630 INSIDE THE SPORTS CENTER
- 18 NOV: WEIGH INS FOR ELLIPTICAL/BIKE/TREADMILL 0630 – 0800 INSIDE THE SPORTS CENTER
- 19 NOV: ELLIPTICAL/BIKE/TREADMILL PFA AT 0630 INSIDE THE SPORTS CENTER
 - 19 NOV: SWIM PFA AT 0800 AT THE SMALL POOL
- 22 NOV: STRAGGLER PFA DAY AT 0630 INSIDE THE SPORTS CENTER
- 27 NOV: FINAL PFA DAY AT 0630 INSIDE THE SPORTS CENTER

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
NOVEMBER	8	3	718	61
DECEMBER	4	2	359	31

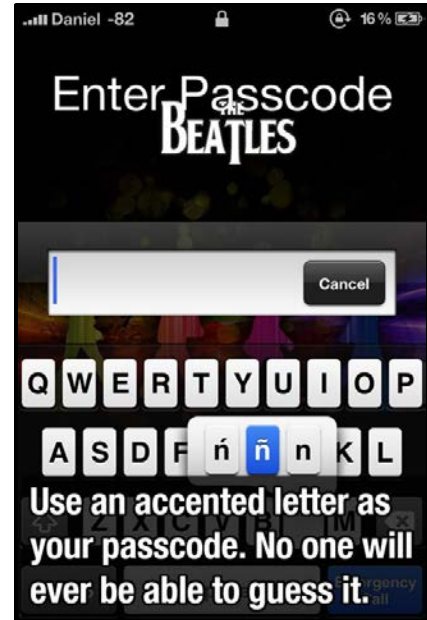


**Numbers subject to change based on availability of hangar space and time of squadron det request.

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



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).

Snakes in an Office!!

Condensed from a Naval Safety Center Message

You have to love an email that starts, "Last Thursday, I got called because a snake was crawling in the ceiling." You can't wait to see what happens next.

Thanks to my privileged position as creator of the Friday Funnies and thus conduit for gripping yarns from the hinterlands, I can provide details.

"The residents of several cubicles were quietly listening for the snake movements over the insulated tiles of the drop ceiling," my correspondent explained. "They claimed they could hear it slithering from one tile to another although I could not."

Someone had a broom and had pushed up a few ceiling tiles. The next step was for one guy to climb on a chair or desk to get a better look, but our safety-conscious field reporter headed that maneuver off by telling him to get a ladder.

"One brave soul climbed up and slowly raised a tile near where the snake was last heard," he continued. The brave soul complained that it was too dark and was handed a flashlight.

"If you see it," our correspondent asked, "what are you going to do?" Having perfectly logical second thoughts, the investigator climbed down. Efforts focused on finding whether the local public works folks had a pest-control specialist.

At this point, a garter snake fell out of the ceiling.

Female spectators exited, screaming. Two male spectators tried to push the snake into a box using a ruler. Note that this account does not reflect on any particular gender bias. Had the male spectators also exited screaming, you'd have read it here first. ❖

COMMAND CLIMATE SURVEY

By Kristopher Haugh

NAF El Centro is scheduled to conduct a DEOMI Organizational Climate Survey, also known as the Command Climate Survey in the next few weeks.

It is critical to get as many participants as possible to complete the survey and provide comments, said HMC Brenda Corrao, the Command Managed Equal Opportunity representative for the base.

The command needs as many responses as possible in order to obtain an accurate understanding of the organization's climate. Both the multiple choice and open-ended question are very important to helping the leadership understand what they issues are on base.

The survey will be distributed to personnel assigned to the base, MWR, Medical and Weapons. The survey is conducted on line and there is a 100% guarantee of anonymity.

In the past there have been questions about this guarantee. First, access to the survey can be made from ANY computer; Home, work, a cyber-café, or a friend's house. The system does not track the IP address of the computer.

The passwords are computer generated and cannot be traced back to a person. If print passwords are used, they are randomly distributed. Email distributed passwords are identical across the organization, once again, impossible to trace.

Some people worry that their demographic data will give them away. The survey is designed specifically to prevent that. According to an FAQ on the DEOMI website, "The DEOCS report does not "single out" anyone by virtue of their demographic data."

While comparisons are made by groups, such as minority vs. majority, officer vs. enlisted, junior vs. senior or civilian vs. military, the groups must have five or more members before they are broken into sub groups.

Consider the following scenario using the character "Gaila" portrayed by Rachel Nichols in the J.J. Abrams 2009 movie *Star Trek*. She is:

- Green
- Female
- Military
- Junior Officer

She would show up in the minority, military, female and junior officer groups. If these groups were presented SIMULTANEOUSLY, meaning all at once, she would be easily identified. However, the survey presents the data SEQUENTIALLY, meaning only one category at a time. When the group male vs. female is presented it would be impossible to pick her out of the many other women on the base.

When minority vs. majority is presented she would be impossible to pick out because there are less than five Orions on the base and she would not be in a sub group.

She would simply be minority. And therefore she cannot be picked out of a group. Likewise when military vs. civilian is presented she would be indistinguishable from the Sailors at Medical, Ops, or Security.

The only way an individual can be identified is if personally identifiable information is placed in the written comments. The DEOMI FAQ gives this example:

"The senior enlisted leadership in the engineering department is deplorable. They constantly berate me and abuse their authority because I'm the junior E-4." Here the department AND the pay grade are used which might make the writer, "me" identifiable.

A better way to write this would be, "The senior enlisted leadership in the engineering department is deplorable. They constantly berate the junior enlisted and abuse their authority." Now the department is identified, as is the problem, but the author is unknown.

Please take the time to complete the survey, and if you have any questions about the anonymity of the survey please see one of the representatives or contact HMC Corrao. ❖



If Gaila can become anonymous, then so can everyone else.

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/>

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.



The Liberty Center will temporarily re-locate to Build 4015 on Nov. 4, 2013. They will stay there until the renovations, including a new Starbucks is finished. Do not expect full services on Monday, but by the end of the week they will be 100% fully operational. The operating hours will be the same. ITT services will not be located there. It has not been determined yet where that service will move to. As soon as the location is determined, we will put that word out. Please come by, visit their temporary location and continue to enjoy the stellar services Delaine and her team provide.



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 Doubletree in San Diego. Did I mention that it is FREE!

2014 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.

A Side Dish of Service

By Chaplain Smith

How will you spend your Thanksgiving this year? Most of us will take time to enjoy one of the following traditional activities—spending time with family/friends, feasting on turkey, or watching football. And in some cases, we'll do all of the above! These “main dishes” are what Thanksgiving is all about.

But allow me to suggest adding an additional item to your Thanksgiving celebration this year—a side dish of service.



Thanksgiving, of course, is all about giving thanks. And I can't think of a better way to give thanks than to give of ourselves—our time, talent, and treasure—to those who are less fortunate. There's something about serving others, especially at the Thanksgiving season, that demonstrates just how thankful we truly are for all that God has graciously given to us.

If you would like to add a side dish of service to your Thanksgiving plans this year, please consider the following two COMRELS. If you have questions or would like to participate, please contact RPC Kirby at justin.b.kirby@navy.mil or x2461.

Niland— This event will take place on Wednesday, 20 November. 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.

Niland Thanksgiving—Sailors and civilians are encouraged to join us as we serve a traditional Thanksgiving meal to approximately 300 residents of Niland, CA. The hours of service will be from 1000-1600. The service date is 28 November. Eight to ten volunteers needed.

Toys for Tots—Come join us during the month of November as we sort toys for distribution to local charities this Christmas. Specific volunteer dates and times will be announced as they come available.

A Word of THANKS...

We would like to thank the 3 volunteers who participated in the Salvation Army COMREL in October, assisting in the expansion and remodel of their El Centro location. Volunteers included PR1 Lyons, AD2 Lee, and AD2 Ewing. Their service will benefit hundreds of local residents each month.

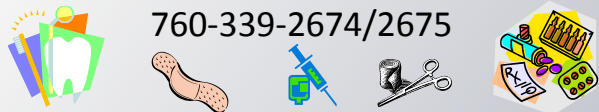
We would also like to thank the 7 volunteers who volunteered their liberty time to serve at the Niland in October, including AMCS Chapman, RPC Kirby, AO1 Millard, AD2 Lee, AE3 Curtiss, AOAN Betchie, and ATAN Latham. Together they served for than 400 local residents.

Finally, our gratitude is extended to the 20+ sailors, civilians, and dependents who participated in the Treats for Troops COMREL in October, including ABHC Davis, RPC Kirby, AZ1 Baltazar, AE1 Weddle, MA2 Suddeth, HM2 Mata, AD2 Lee, MA2 Reckman, AD3 Chin, AE3 Hajney, AE3 Hohman, AE3 Howze, ADAR Shoemaker, AOAN Merritt, Velinda Cruz, and several teens from the CYP. Together they served more than 2000 members of our military currently deployed overseas. ❖

CLINIC INFO

By: HM2(FMF) Espinoza, F.
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, walk ins only. Point of Contact is Mrs. Shannon Franzen.

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) Espinoza at: Francisco.espinoza@med.navy.mil

Exceptional Family Member Program (EFMP)



EFMP Regional Coordinator:

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

BHC EI CENTRO EFMP Coordinator:

HM2 Pomeroy trevor.pomeroy@med.navy.mil

UNITED HEALTH CARE Representatives are also waiting on standby to help you out. Please see Mrs. Shannon Franzen for updates on your healthcare. Stop by BLDG 523, Naval Branch Health Clinic for assistance. ❖

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 HN Young 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 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 HN Diaquoi / 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 (NAVME DCEN 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...

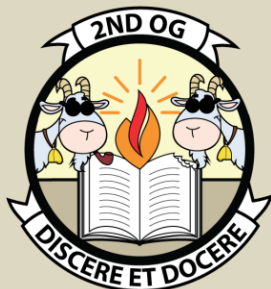
In November during the 1970's - NAFEC Sandpaper

November 15, 1974 – Pilot Escapes, 2 Die in Separate Base Crashes: A Navy pilot escaped death Saturday when his F-8 Jet crashed on the runway at NAF El Centro very near to the spot where two Navy pilots lost their lives when their S-3 Viking twin-jet crashed and burned about 10:20 a.m. Friday. ❖

November 29, 1974 – Giant Chief Eater Reported on Base: NAF EL Centro was visited Thursday, Nov. 21, by a giant Chief Eater that escaped briefly from a nearby Twilight Zone, according to illusionary reports. ❖



2012-2015
"Our Flag Was Still There"



LOCAL HISTORY BY TWO OLD GOATS

This month's bit of history might be a reminder to some and new to others. On Oct. 27, 1964 an A-3 Skywarrior suffered a mishap causing it to disintegrate and crash into the Commissary/Exchange complex which was located next to the community center. Building 214 and the Chapel were damaged as well. Ultimately 12 people died due to the incident. The below photo has circulated on base and is a double image of that day. Next year, NAF El Centro and the Commissary will commemorate the 50th anniversary of that event. ❖





Date Night



with ABFC(Ret.) Marc Willis

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

Movie Title: Gravity

Players: Sandra Bullock, George Clooney

Genres: Drama, Sci-Fi, Thriller

Rating: PG-13



It has been way too long since I had the honor of bestowing on you all a well-crafted review. Actually it has been way too long since I had the opportunity of viewing a decent, well worth it, film in the first place. My most understanding and beautiful wife was reluctant to view this film but as inferred earlier, it had been way too long since the opportunity to view a decent movie had come along so off we went. With popcorn in hand we set in for the show.

At first glance one would imagine Gravity being like an astronaut's worst nightmare. The fear of being lost in space I'm sure can create just a tad bit of apprehension and sphincter flex among the bravest of space travelers. Fortunately for us and them this nightmare is played out on the big screen with big actors. Sandra Bullock as the no nonsense Dr. Ryan Stone and George Clooney as the happy go lucky Matt Kowalski. After the destruction of their space shuttle the two must make their way to a foreign space station in hopes of surviving

As you can imagine, their trek is filled with monumental obstacles most notably Dr. Stone's in-experience and Kowalski's sarcasm. However, their chemistry works well on film or in this case infinite space. Kowalski is able to motivate the good Dr. into believing she could do anything to include piloting a foreign space craft to earth. Astoundingly she proves him right and justifies her six months of astronaut training. With that being said, I rate this film three and a half out of four anchors. ❖



Movie Title: Escape Plan

Players: Sylvester Stallone, Arnold Schwarzenegger, Jim Caviezel, 50 Cent

Genres: Action, Mystery, Thriller

Rating: R



For those of you around for the initial release of Rambo and The Terminator you know that this isn't the first rodeo for old hats Stallone and Schwarzenegger. However, it was refreshing to see their evolution come full circle as action film stars. To their credit they have been instrumental in the growth and world-wide popularity of the action film star. See Bruce Willis, Jason Statham and Je Li. These two are even attempting to revive the careers of Wesley Snipes, Antonio Banderas and Mel Gibson of all people in the upcoming movie *Expendables 3*. Now that will be a feat!

Imagine a prison funded by the world's most powerful private citizens with the full support of the world's governments. Now imagine this same prison not actually being recognized by any of its supporters as existing. Now finally imagine a professional prison escape artist hired by the C.I.A. to escape this clandestine facility.

This is no ordinary facility I remind you as it houses criminals some believe aren't entitled to justice. With that Ray Breslin (Sylvester Stallone) must not only survive his new environment he must somehow escape. Befriended by Swan (Arnold Schwarzenegger) the dual is more Martin and Lewis than Batman and Robin. It works as a little action comedy is always appreciated.

Escape Plan is filled with many surprises such as the asylum itself and its location however there was none bigger than the aptitude of the inmates. As stated earlier, a little action comedy is always appreciated. With that being said, I rate this film three anchors out of five. ❖



2013 FALL PHOTO CALL



Sniper's Moon. Photo by Jeff Welker



"Love what you do, do what you love." Photo by Joe Copalman.



Danish Merlin, the star of the photo call! Photo by Kevin Whitehead.



HMH-361's Flying Tigers. Photo by Damon Duran.



Capturing the magic of Fed Fire. Photo by Chris Voyles.

CHILD AND YOUTH PROGRAMS



The Commissary invited the School Age Children to decorate pumpkins. Mr. Davis, DECA Assistant Manager, along with Leslie and Mary assisted children in a fun filled pumpkin decoration contest. Everyone was a winner and took goodie bags home.



The School Age Children are participating in a 4-H project titled "Hatching Eggs in the Classroom."



Mr. Milton, the 4-H representative taught the children about the different breeds of eggs. After the eggs were placed in the incubator, the temperature was set to 99 degrees Fahrenheit. Mr. Milton also showed the children how to rotate the eggs and in 21 days there should be chicks hatching before their inquisitive eyes.

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: 2009 Honda Pilot EXL-RES. \$21,500
 94,000 miles. Call 760-554-4669.



Moving Sale: 3337B Desert Dr.
 Furniture, baby items, clothing.
EVERYTHING MUST GO!
Saturday, Nov. 16
0700 - 1300

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. ❖

**NAFEC
 THRIFT
 STORE**

Open Monday and Wednesday from 0900-1200.
 The Thrift Store is currently seeking additional volunteers. If interested, please stop by the thrift store during normal business hours or contact Tamara Benavides (treimer77@hotmail.com) or Tammy Smith (tammysmith365@yahoo.com) for more information.

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

SANDPAPER CONTACT INFO:
ELCNPAO@NAVY.MIL

HOW TO GET NMCI HELP:
(866) 843-6624



"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, 1530-190
 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