

# THE SANDPAPER



Issue 33

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December 2013

## COMMANDING OFFICER

CDR Erik Franzen

### Happy and Safe Holidays



This time of year we often use phrases like “Have a merry Christmas” or “Have a happy New Year” but don’t often think about how to accomplish that safely. The holiday season is a period when we get time off and have a chance to relax and enjoy the company of our friends and families. We should be enjoying these times and not find ourselves hurt or in trouble. One of the most common culprits in getting hurt or in trouble is alcohol. If you are going to drink, do it responsibly. It seems we hear and say this over and over, yet we still have people getting injured and driving drunk.

Some useful techniques that I use are as follows:

**Have a Plan** – It may sound cliché, but if you know you are going to a social or event where there will be alcohol served, go with a plan. That plan might be something as simple as taking a designated driver with you. Another good option would be walking home. For instance, if the party is at the Mirage Club, simply walk home instead of driving. The key point would be to know what you will do to get home if you have been drinking.

**Don’t Drink** – If you have not had a chance to formulate a good game plan, then abstaining from alcohol is a wise choice and one that I employ as well. As an example, I was golfing and knew I would be driving after our game, so instead of going into the clubhouse and having a few beers following the round, I had a coke and safely drove home that afternoon.

**Conduct Bystander Intervention** – It might not even be you that has had too much to drink, so be aware of your surroundings and the people you are with. Intervene if you see someone who has had too much heading for trouble. Be pro-active and suggest alternatives to continued drinking, such as a game of pool or a walk for fresh air. Do the right thing and be someone that will help your friends and shipmates avoid potentially dangerous situations.

In summary, I am asking three things of you this holiday season: first, don’t have any alcohol related incidents, second, don’t drink and drive and finally, conduct “bystander intervention” to keep your shipmates and families safe as well. Enjoy your much deserved time off and come back next year refreshed and ready for business at the beginning of the year! ❖ -CO

# COMMAND MASTER CHIEF

CMCCM John Crewdson



Congratulations to NAF El Centro's Sailors who have been promoted!

- |                      |                       |
|----------------------|-----------------------|
| MA1 Sean Rangel      | AD1 William Ewing     |
| AO1 Wilmar Torres    | AD2 Nicholas Baugh    |
| HM3 Ildegar Mora     | AE2 Yukihiro Hohman   |
| AC2 Matthew Stanker  | AE2 Cristopher Traill |
| AC3 Ashlee Flett     | ATO3 Russell Latham   |
| AC3 Matthew Sellers  | LS3 Kevin Li          |
| AE3 Joseph Luker     | AM3 Raul Madrigal     |
| AE3 Patrick Matthews | ATO3 Kathryn Mulcahy  |
| AE3 Eric Ritchie     | ATO3 Lyle Salugao     |

WELL DONE!!



Happy Holidays!

Please take advantage of all of the great events happening around base and in town during the holiday season. Events are posted in the Sandpaper, NAF El Centro Outlook, at the Liberty Center (currently located in bldg. 4015), and at the Bowling Alley.

I know I mentioned this last month but it bears repeating: 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.

In addition to the financial stress, this time of year is also one that is notorious for people becoming depressed. Please keep an eye on your friends, family, and shipmates. Remember to ACT. (Ask, Care, Tell). Nothing is ever so bad that someone needs to take their life. ❖ - CMC

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[WWW.FACEBOOK.COM/NAFEC](http://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.

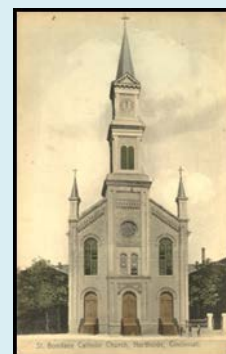
We would encourage you to take full advantage of the Catholic services available in our community. Please find more detailed information below. If you have any questions or concerns, please contact me at x2290 or [jared.n.smith@navy.mil](mailto:jared.n.smith@navy.mil). I look forward to assisting you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

The City of Imperial is hosting an event this Saturday, Dec.7, 2013. The event is titled "Hawaiian Holidays." This event is part of the regularly scheduled Market Days. The celebration starts at 1600. Presentation of Colors will be at 1700. The band will play until 1750 and then MA2 Reckmann will sing the National Anthem. Please see the attached flyer for more information.

In honor of the military and in remembrance of Pearl Harbor, the City will give \$10 in "Market Money" to each uniformed service member. Each service member will have to sign for their "Market Money" bills. "Market Money" cannot be exchanged for real money or items such as accessories, apparel, etc. The "Market Money" can be used for any food vendors or beer wagons.

The uniform for this event is Dress Blues or Khakis/Service Uniform if you want the "Market Money." NWU's are not authorized for this event.

Civilians are also most welcome to attend this event and show their support for our military as well as our local community. We look forward to seeing you there. ❖

## Scholarships for Military Children program opens Dec. 3

Applications for the 2014 Scholarships for Military Children Program become available Dec. 3 at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>. Applications must be turned in to a commissary by close of business Feb. 28, 2014. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants. Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card. For more information, students or sponsors should call Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com). ❖

**Christmas Eve Service:** All military and civilian personnel are cordially invited to our annual Christmas Eve service scheduled for Tuesday, 24 December, at the base chapel. Time will be announced soon. We will offer a brief, family friendly service that will include readings from the Nativity narrative interspersed with the singing of some of our favorite traditional Christmas carols. The evening will conclude with a special rendition of "Silent Night." ❖

## Upcoming Imperial Market Days

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

**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 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



**The Christmas Spirit.** During this time of the year, there are a lot of people who are said to have the “Christmas Spirit.” They begin listening to Christmas music before the Thanksgiving leftovers are gone, their house is lit up like the Griswold’s, and when they sing “let it snow, let it snow, let it snow,” they really mean it! However, we should be reminded that the true Christmas Spirit is the presence of the Holy Spirit in our lives at Christmas, for it was the presence and power of the Holy Spirit that made the first Christmas story possible and makes possible the work of the Holy Spirit in the story of our life this Christmas. Come join us for this special Christmas-themed preaching series entitled “The Christmas Spirit: The Holy Spirit at Christmas.” Our sermons will be:

- Sunday, 08 December—“A Christmas Greeting” (Luke 1:39-45)
- Sunday, 15 December—“A Christmas Carol” (Luke 1:67-79)
- Sunday, 22 December—“A Christmas Wish” (Luke 2:21-32) ❖

## 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 has concluded their most recent study. They will begin meeting again in January 2014. For more information, please contact Tammy Smith at [tammysmith365@yahoo.com](mailto:tammysmith365@yahoo.com).
- Protestant Worship Service-Sunday @ 0930 – Nursery (4 and under) available.

## To Give or Not to give

*Chaplain Smith*

“To give or not to give?” That is definitely the question.

An American Red Cross Blood Drive will be held at the NAF El Centro Community Center on Wednesday 15 January, from 0930-1530. And the question that we all have to ask ourselves is whether or not we will give. If you are the average red-blooded American, there’s a good chance that you have some reservations regarding your participation, especially if you’ve never donated blood before.

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

### #1. Giving is the Greatest Gift of All.

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

### #2. Giving Back.

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

### #3. Those Who Give Shall Receive.

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

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

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

Please watch your email for more information on eligibility requirements and registration instructions. Thank you! ❖



# IN THE SPOTLIGHT



WE HAVE A NEW FLAG POLE!!!

THANKS GOES OUT TO AOC FOR INSTALLING OUR NEW FLAG POLE. ONCE THE CONCRETE WORK IS DONE AND EVERYTHING TESTS OK, WE WILL BE OBSERVING COLORS THERE INSTEAD OF BLDG. 214. THERE ARE NO PLANS TO USE IT AS A TREE THIS YEAR.



LEFT, WORKERS USE A CRANE TO JOIN THE TWO PIECES OF THE NEW FLAG POLE TOGETHER, WHILE A MAN LIFT IS USED TO ALIGN THE TWO SECTIONS.

RIGHT, THE FINAL PRODUCT IS LOOKED OVER FROM TOP TO BOTTOM. WITH A LITTLE MORE WORK THE POLE IS SCHEDULED TO BE USED NEXT WEEK.



## THE OMBUDSMAN

What is a command ombudsman? An ombudsman is a volunteer, usually a spouse, who is appointed by the Commanding Officer to be a point of contact and resource for all military families, including spouses, parents, extended family, and others.

My name is Tammy Smith and I am pleased to say that I am the new Command Ombudsman for NAF El Centro. I am available as an information and referral resource. I have information on a variety of local and national resources such as financial support, counseling services, spouse employment, deployment readiness, and much more. It's also my goal to be a communication link with the command. If you ever have questions, such as details about command sponsored events or services, I am happy to help find the answers.

My contact number is 760-679-4182 and my email is [nafecomb@gmail.com](mailto:nafecomb@gmail.com). My contact information is also published in the command plan of the week. Please feel free to contact me any time. I'm here to assist you with resources, answer questions, and provide support. As your Ombudsman, I am a confidential resource for you. I am obligated to report certain situations to the command (suspected child abuse, domestic violence, suicide risk, other potential violence, and significant financial problems like bankruptcy or foreclosure) but nothing shared with me is ever made public knowledge. If you would like to receive occasional communication from me via email (such as resources that may be helpful to you), please contact me with your name and email address. I look forward to serving you! ❖

# MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
DEC	4	2	359	31
JAN	7	1	740	69

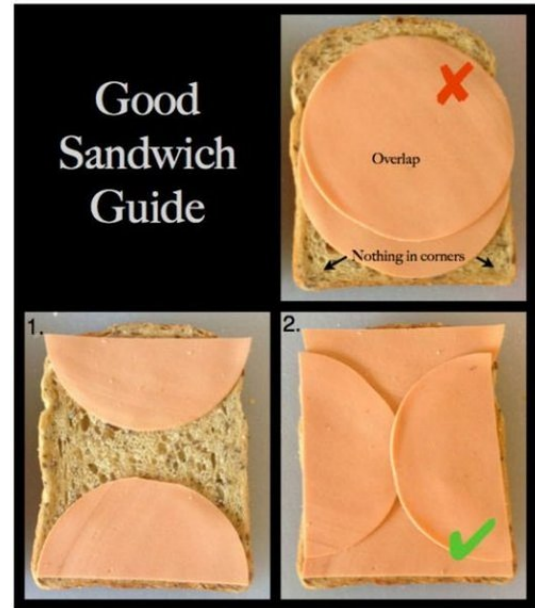


\*\*Numbers subject to change based on availability of hangar space and time of squadron det request.

## COOL TIPS

Sometimes we find a better way to do something and sometimes we see 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](mailto: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).

## Tripped UP!

*Compiled from Safety Center Staff Reports*

In this week's "We're doomed, I tell you, doomed!" department, we have a civilian police officer in California. He was, the report said, "responding to pursuit of alleged criminal activity."

It was after dark, and he was trying to put down some "spike strips," which disable a fleeing vehicle.

He tripped and broke his knee.

"The incident was unavoidable," the report alleged.

Sorry, I don't buy it. Tripping is avoidable. If it wasn't, everyone would have to wear knee pads every waking moment, and I'd buy stock in a crutch company as soon as I finish typing this sentence.

Tripping may be unavoidable if you are sprinting in the dark and can't see where you're going, but that doesn't mean you should do something that makes it easier for the bad guys to get away. ❖

# Your commissary is the place for your holiday savings

By Sallie Cauthers, DeCA marketing and mass communication specialist



The holidays are right around the corner, and special in-store promotions make the commissary the place to go to save on holiday groceries, said the Defense Commissary Agency's director of sales.

"We've got some great promotions lined up for the holiday season," said Randy Chandler, DeCA sales director. "Customers will find great savings and quality products for their holiday entertainment and meal needs, thanks to our industry partners. They might even sneak a peek at a jolly old man in a red suit!"

Chandler also reminds patrons that the holiday season is a perfect opportunity to consider giving the gift of groceries through Commissary Gift Cards. "Our gift cards are a quick and easy way to spread holiday cheer to military service members and their family members around the world," he said. "Anyone can purchase them online through [www.commissaries.com](http://www.commissaries.com), or at a commissary for authorized shoppers to use."

Manager's specials and power buys provide big savings every day during the holiday season in commissaries worldwide. Overseas stores may have substitute events for certain promotional programs, and customers should check their local commissary for details on dates and times for their promotions.

Sales items from Dec. 5 through 18 include:

- Among **Manager's Specials** for pet owners are Del Monte's snacks for Fido such as Pup-Peroni Beef Sticks, Beef n' Cheese Sausages, Milk-Bone dog biscuits and Kibble n' Bits dry dog food.
- For young families, there are big savings on **Huggies** diapers, **All®** detergent, **Snuggle** dryer sheets and **Huggies** Baby Wipes.
- For those who like to bake, your commissary is offering super savings on **Duncan Hines'** cake mixes and brownie mixes; **Gold Medal** flour, **Land O'Lakes** butter and **General Mills** crescent rolls, biscuits and pie crusts.
- For your holiday meal there's **Kraft** Stove Top Stuffing; **Del Monte** canned green beans, **Ocean Spray** cranberry juice and more.

"Your commissary is worth the trip for all your holiday baking and cooking needs, and we at the Defense Commissary Agency wish a very happy, healthy and safe holiday season for all our patrons around the world," Chandler said.



## Commissaries to start scanning IDs

Commissaries will soon begin scanning customers' Department of Defense ID cards at checkouts as the Defense Commissary Agency continues rollout to all stores that began Nov. 10 and will be completed by mid-January. By scanning the ID at checkout, DeCA will no longer need to maintain any personal information on customers in its computer systems, such as the system used for customers who write checks. Cross-referenced with other DOD data, the scan data will give DeCA useful information about patron usage, by military service, along with customer demographics that does not identify specific personal data of an individual. This will eventually help the agency identify shopping needs and preferences – information that is essential in today's retail business environment. It will also allow more accurate reporting to the military services on commissary usage. DeCA will not be using any personal information such as names, addresses, or phone numbers. For more information, go to [http://www.commissaries.com/documents/contact\\_deca/fags/id\\_card\\_scanning.cfm](http://www.commissaries.com/documents/contact_deca/fags/id_card_scanning.cfm).



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, are finished. 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](mailto: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](mailto: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](mailto: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](mailto: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](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 Helping Hand – A COMREL Christmas

By Chaplain Smith

Christmas is a season for giving gifts. We give gifts to family. We give gifts to friends. It is also a wonderful time to consider giving the gift of our time and energy in service to our community!

If you would like to give the gift of community service this Christmas season, please consider one or more of the following COMRELS. If you have questions or would like to participate, please contact RPC Kirby at [justin.b.kirby@navy.mil](mailto:justin.b.kirby@navy.mil) or x2461.

**Toys for Tots**—These special events will take place periodically during the month of December. Days and times of service will be emailed as the information comes available. Sailors will travel to a Pioneer Van and Storage in El Centro to sort donated toys for distribution throughout Imperial County. NWU/flight suit is preferred. Six volunteers are needed.

**Niland**—This monthly event will take place on Wednesday, 18 December, in Niland. 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. NWU/flight suit is preferred. Six volunteers needed.

**Niland Christmas**—This special event will take place on Saturday, 21 December, in Niland. We will depart NAFEC at 0930 (meet at the chapel parking lot) and will return at approximately 1600. Active duty and dependent volunteers are welcome to participate as we distribute refreshments and toys to children and their families from the Niland area. NWU/flight suit is preferred. Eight volunteers needed.

## A Word of THANKS...

We would like to thank the four volunteers who participated in two separate Toys for Tots COMREL in November. First, AE3 Curtis and ATAN Seniw accepted donations on behalf of Toys for Tots at the Imperial Valley Mall. And, second, AM2 Johnson and ADAN Jones helped purchase and transport more than 500 toys that will be distributed through Toys for Tots this Christmas.

We would like to thank the four volunteers who participated in the Niland COMREL in November, including AE1 Weddle, AEAN Curtis, AEAN Luker, and LS3 Li. Together they served more than 350 local residents.

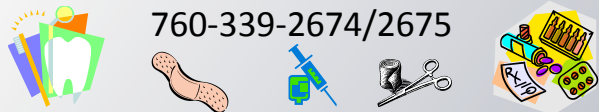
And we would also like to thank the 20+ volunteers who participated in the Niland Thanksgiving COMREL in November, including LT Vintila, ATCS Bradley, RPC Kirby, AD1 Ewing, AM2 Johnson, MA2 Suddeth, HM3 Mata, ATAN Seniw, LS3 Li, Abdul Davis, Eden Castro, Merbeth Willcom, Tammy Smith, Velinda Cruz, and six teens. Together they helped serve more than 450 Thanksgiving meals to local residents. ❖



## 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](http://www.RelayHealth.com). You may also send your information to HM2(FMF) Espinoza at: [Francisco.espinoza@med.navy.mil](mailto:Francisco.espinoza@med.navy.mil)

## Exceptional Family Member Program (EFMP)



**EFMP Regional Coordinator:**

Ms. Jenny Turner [jenny.turner@med.navy.mil](mailto:jenny.turner@med.navy.mil)

**BHC EI CENTRO EFMP Coordinator:**

HM2 Pomeroy [trevor.pomeroy@med.navy.mil](mailto: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...

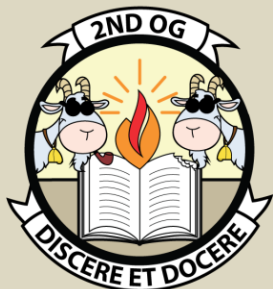
In November during the 1970's - NAFEC Sandpaper

**December 15, 1978 – Falcons Jump Into El Centro:** From the earliest days of aviation, parachutists have captured the imagination and admiration of spectators at air shows throughout the world. ❖

**December 22, 1978 – 1978 Christmas Day Message From the President of The United States:** President Jimmy Carter sends the following Christmas message to service members around the world: “Christmas awakens warm feeling in all of us for our loved ones, our communities, our nation, and especially for you who defend our cherished way of life..” ❖



2012-2015  
“Our Flag Was Still There”



## LOCAL HISTORY BY TWO OLD GOATS

Sometimes while conducting research on the internet, the Two Old Goats stumble not onto interesting facts but interesting people. PRCM (ret) Ed Kruse is one of those people. He has spent the last few weeks telling the 2OG all about the “Chuting Stars” Below is a brief story about CWO Lewis Vinson.



Chief Warrant Officer Lewis T. Vinson, the most decorated parachutist in the United States Navy. CWO Vinson was the first to achieve 1,000 test parachute jumps at the El Centro Naval Air Facility. Most important was live testing of early model ejection seats to be used in fighter aircraft, also he parachuted into mountainous terrain to help rescue a downed pilot. For each of these heroic actions CWO Vinson was awarded the Navy Air Medal. Upon retirement he worked on safety equipment for the astronaut program, until recalled to active duty in 1960 to serve as Training Officer for the newly formed U.S. Navy Parachute Team, the Chuting Stars. Under his guidance the team performed at hundreds of air shows nationwide along with the Navy's Blue Angels. Chief Warrant Officer Lewis T. Vinson represents one of the strongest threads in the fabric of our great nation. ❖



# Date Night

with ABFC(Ret.) Marc Willis

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



## Delivery Man

Players: Vince Vaughn, Chris Pratt, Cobie Smulders

Genres: Comedy, Drama

Rating: PG-13



November was quite the month for movie goers. There were a number of movies the lovely wife and I had to choose from. Week after week an enticing film was on display; a rarity indeed. On this unusually chilly evening the film of choice was *Delivery Man*. A somewhat easy selection as we are both fans of Vince Vaughn.

*Delivery Man* stars the aforementioned Vince Vaughn (David) as an under achieving, gambling, good for nothing son working the family business. His best friend Brett (Chris Pratt) isn't much better off as an out of work lawyer forced to play Mr. Mom because of a promiscuous wife. David spends much of his time driving the family delivery truck on unofficial business to the dismay of his family. Due to the \$100,000 he's racked up in debt his focus is not the family business but his business and a way to pay off his bookmaker.

It isn't as if David is a total loser. He has a supporting family and a great girlfriend, Emma (Cobie Smulders) despite all of his shortcomings. Upon realization that he is the father of 533 kids, of whom 142 have filed a lawsuit to know his identity, he commences to change his life for the better. *Delivery Man* delivers plenty of punch lines without much of a punch. However, the odd storyline makes for one interesting movie. It would take someone with the status of Vince Vaughn tackle this role. Simply put; Vaughn is great. With that said, I rate this film three and a half anchors out of five. ❖



## Thor: The Dark World

Players: Chris Hemsworth, Natalie Portman, Tom Hiddleston, Anthony Hopkins, Rene Russo

Genres: Action, Adventure, Fantasy

Rating: PG-13



I was sort of reluctant to view *Thor: The Dark World* simply because *Thor* was a big disappointment. However, my irresistible wife convinced me to venture out and enjoy some popcorn with her. Of course this meant I had to view this film with as much objectivity as I could muster. You must understand that superhero movies have standards to meet. *Batman: The Dark Knight* has set the standard but *The Avengers*, *X-Men: First Class* and *Iron Man* are worthy films and attainable contemporaries.

*The Dark World* isn't dark on star power with such names as Portman, Hopkins, and Russo in the mix. There is no way their ego more importantly their talent would allow for another disappointment. No way! Picking up two years later Jane Foster (Natalie Portman) finds herself in London and coincidentally or accidentally stumbling upon Aether, an ancient, all powerful anti-matter energy source. Of course her discovery brought the villain, Malekith (Christopher Eccleston) and his dark army out of purgatory to retrieve yet another wonder substance (think Tesseract).

By the middle of the film I was thoroughly impressed as *The Dark World* not only had my interest but had me thinking that there had to be third installment. An action packed film mixed in with a little comedy and a smidge of drama made for one sweet film. Don't get ahead of yourself because *The Dark World* isn't *The Dark Knight* however it is a very good movie. With that said, I rate this film four out of five anchors. ❖



# BREAKFAST AT "FF" HOP

On Nov. 1 and 2, 2013 Fed Fire hosted a pancake breakfast for the base. Friday was geared more for the Sailors and civilians working on the base while Saturday's event was a family friendly event. It was a smashing success and one the brave souls of Hangar 1 hope to repeat again. Thanks to our firemen and thanks to all who came out and ate!



Left, Fed Fire prepares a sumptuous breakfast of pancakes and sausage with orange juice, middle for the command. Right, Skipper Franzen is all smiles as he reaches for a plate of hotcakes.

# CHILD AND YOUTH PROGRAMS

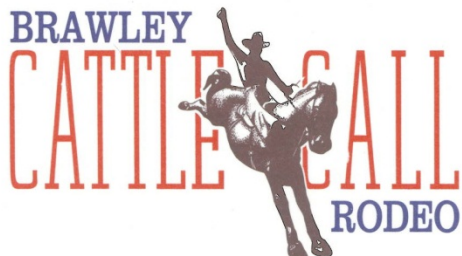


Family members gather around a fabulous Turkey dinner provided by the CYP Staff. Moms and Dads ate lunch with their kids as everyone prepared for the holidays.



Some of the School Aged Children, dressed as Indians and Pilgrims, entertained guests with their rendition of Lee Greenwood's "God Bless the U.S.A."

# Appreciation!!



Phone: (760) 344-5206 • Fax: (760) 344-7654  
P. O. Box 1336 • Brawley, California 92227

November 17, 2013

John Crewdson, Command Master Chief  
NAF El Centro  
El Centro, CA 92243

Dear Command Master Chief,

I would like to thank you for bringing several of America's finest to help us with the Brawley Cattle Call Mini Rodeo for the Special Needs children of the Imperial Valley. It takes many people to coordinate this effort and we do appreciate everything the Navy does to facilitate this endeavor. There were *many* compliments on the great help you provided and for cleaning up the stands afterwards. That was a big wow factor! Your suggestions for next year are greatly appreciated and we look forward to those that wish to return next year. You were exemplary in your leadership and you were all a pleasure to work with. I was glad I got to spend time visiting with you at Stockman's.

Thank you again for all your efforts in helping provide this experience for these children and for all you do for the people of the United States and abroad. We truly appreciate all of you serving in the U.S. Military. May the Lord bless you and protect you always wherever He takes you.

Sincerely yours,  
Julie Reeves

A handwritten signature in cursive that reads "Julie Reeves".

Brawley Cattle Call Mini Rodeo Chairman

You guys are awesome!

A large, stylized handwritten flourish or signature that looks like a wavy line.



**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](mailto: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](mailto: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](mailto:eric.rube@navy.mil)

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



**JOB POSTINGS**

**MWR Jobs:**



**HOW TO APPLY:** Submit a NAF application or resume to the NAF Human Resources Office, Building 3210, Anchors Catering and Conference Center, Naval Base, San Diego, 2375 Recreation Way, San Diego, California 92136-5518 or fax to (619) 556-9537. Resumes and applications may also be submitted via email to [mwr.hr.dept@mwrsw.com](mailto: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](mailto:treimer77@hotmail.com)) or Tammy Smith ([tammysmith365@yahoo.com](mailto:tammysmith365@yahoo.com)) for more information.

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



**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](mailto: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, 1530-1900  
 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