



## COMMANDING OFFICER

CDR Erik Franzen



## CO's Q&A or FAQ's

In many organizations communication is one of the most challenging issues they face. As such, I thought I would take a few moments to discuss a number of questions I have received during normal interaction with sailors and civilians aboard the installation.

### Who is the Gold Star Family parking spot for?

In an effort to honor those who have given their all in the defense of our country and to those they left behind, Commander, Navy Installations Command (CNIC) has implemented the Gold Star program to ensure family members of active duty fallen Sailors have continued access at all Navy installations. Gold Star Family members' designated parking spots are available at the Fleet Family Service Center, commissary, chapel and medical.

As I mentioned in one of my previous Sandpaper articles, we are currently in the process of bringing "Proudly we Serve Starbucks" to the installation. The project is scheduled to be completed next month. These questions are regarding the "Proudly We Serve" Starbucks.

### Will the prices be the same as Starbucks prices out in town?

The prices will be the same as other Starbucks out in town but you will not be charged the 8% sales tax, so a small discount for being located on the installation.

### Will I be able to use gift cards and Starbucks club card for discounts?

Because we are not a 'licensed' Starbucks, we cannot accept the gift cards or membership cards. Once it is online we may look into developing our own loyalty card program.

If you have other questions or comments feel free to use your chain of command or drop of a comment in the CO's suggestion box at five different locations throughout the installation (Jet Mart, AOC, NGIS, Weapons and Liberty Center). For additional base wide information, please visit our FB page [www.facebook.com/NAFEC](http://www.facebook.com/NAFEC) read the Sandpaper from cover to cover, watch the marquee at the front gate and read the monthly Outlook <http://navylifesw.com/elcentro/wp-content/outlook/ec-outlook.pdf> ❖ -CO

# COMMAND MASTER CHIEF

CMCCM John Crewdson



Welcome to 2014, I hope everyone had a chance to spend quality time with family and friends. We are already deep into planning for this year's air show. The Blue Angels arrive shortly and we are also seeing an increase in detachments. Business is really picking up. For the perspective CPO's the exam is right around the corner, you should have already been studying for this year's exam. For those getting ready for the March advancement exam's start studying now!

Great news! We have several projects that have either started or will be completed shortly. Our new Liberty Center the "Oasis" will be opening soon and it will also contain the "Take 5" Starbucks coffee Shop. The hours and amenities should be a tremendous improvement from what we had previously. We should also see the exchange complex project completed shortly and that will include relocating the mini mart and Subway to this complex. The hours will be adjusted to maintain the same or better service that we currently enjoy. The gym expansion project is also underway, both the gym and Exchange will remain open during the construction period. Finally we should see the start of the track and football field later this year.

New Years is a time of reflection and resolutions. Rather than planning a resolution for this new year, ask yourself what am I going to do differently in 2014? So many things we do and have been doing continue to push us towards our goals. Are you going to reach a goal this year? If so, what is your next goal? Maybe you are hitting a milestone for a major goal and need to focus your attention and energy on the next milestone towards that big goal. Remember you can't complete a marathon without taking that first step, but there is a second and third ..... etc. It takes time, but everything worth doing is worth doing well.

Additionally, our MCPON had sent out the latest version of CPO 365. This is no longer a program that is nice to do if the time exists, it is required for all CPO's and FCPO's. Every year, the amount of time required to train is reduced and the demands on us to lead Sailors and lead well increases. There is no magic want that I or anyone else can wave to make great leaders; they are forged with training and experience.

Once again, January is the month that we take the time out to recognize the great civil rights leader Dr. Martin Luther King. Since we do this each year, I encourage you to learn something new about this great leader. Not just this year buy every year. His vision and leadership are timeless. ❖ - 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.

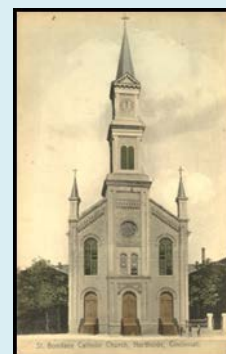
We would encourage you to take full advantage of the Catholic services available in our community. Please find more detailed information below. If you have any questions or concerns, please contact me at x2290 or [jared.n.smith@navy.mil](mailto:jared.n.smith@navy.mil). I look forward to assisting you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

## Youth Fishing Derby

The Kiwanis of El Centro, County of Imperial, and the California Department of Fish and Wildlife has scheduled the 19<sup>th</sup> Annual Imperial Valley Junior Trout Fishing Derby for Saturday, March 22, 2014.

The event will be held at Sunbeam Lake, 1750 Drew Road in Seeley from 0700 to 1100 and there is no cost for admission.

This event is for youth ages 15 and under. There are four age groups for boys and girls. There is a five fish limit and only one rod per angler. Only the longest trout will be measured for prizes. And finally, participants must be registered and present in order to win.

If you have any questions about the event contact:

LT Lee King – CA Dept. of Fish and Wildlife: 760-265-0182

Clem Muller Jr. - Imperial County Fish and Game Commission: 760-996-3680

Jason Jackson, Kiwanis of El Centro: 760-791-5576 ❖

## Scholarships for Military Children program

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). ❖

## BASE YARD SALE

The Thrift Store is scheduled to host the next base-wide yard sale Friday, Feb. 21, 2014 from 0900 to 1300 and 1500 to 1800. Tables, available for \$3.00 each will be made available and people can set up in front of the Thrift Store. The Thrift Store will also have their winter clearance sale going on. For more information or to reserve a table, contact the Thrift Store during their normal business hours of Monday and Wednesday 0900-1200 at x 2645 or pop in and chat with the ladies. ❖

## Upcoming Imperial Market Days

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

**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



**Joy in the Journey**—David Steindle-Rast defined “joy” as “the kind of happiness that doesn’t depend on what happens”. Wouldn’t it be great to be able to be genuinely happy each and every day regardless of how difficult or depressing our circumstances in life may be at the moment? In the book of Philippians, the Apostle Paul (writing from a prison cell!), reminds us of how and where true joy in life can be found. Come join us as we learn to find joy in the journey of this life. Our sermon schedule is as follows...

- Sunday, 12 January—“Joyful Prayer” (Philippians 1:1-11)
- Sunday, 18 January—“Joyful Perspective” (Philippians 1:12-18a)
- Sunday, 26 January—“Joyful Priority” (Philippians 1:18b-26)
- Sunday, 02 February—“The Character of Joy” (Philippians 1:27-2:18) ❖

## 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 soon. 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.

## A New Year’s Revolution!

*Chaplain Smith*

Did you make any New Year’s resolutions this year? If not, let me encourage you to go ahead and do so. There’s still time!

As you do so, you may want to consider some of the most popular resolutions made year in and year out, generally fitting within one of the following categories...

- Physical—Eat healthier, exercise more, etc.
- Financial—Get out of debt, spend less, etc.
- Mental—Choose a hobby, take a class, etc.
- Social—Spend more time with family and friends, etc

There’s certainly nothing wrong with making any of the above resolutions. If we were to commit to just one them (and keep it!), we would almost certainly experience a positive improvement during the next year of our life.

But there’s one category that is missing in the above list that deserves our consideration as well. Unfortunately, it is rarely addressed when most New Year’s resolutions are made—the spiritual.

“Spirituality,” of course, can be and is defined differently by different people. But regardless of our perspective and practice, many would agree that spirituality is one of the most fundamental aspects of who we are as human beings. Some would say that human beings don’t choose to be “spiritual”. We are innately so whether we choose to be so or not. When we resolve to become spiritually fit, then, we shouldn’t be surprised to find that physical, financial, mental, and/or social fitness soon follows.

A spiritual New Year’s resolution (attending religious services, serving the needy, praying regularly, joining a Scripture study, etc.) has within it the possibility of creating a New Year’s revolution within us, positively impacting our life (and the lives of those around us) not just for the next year but potentially for all of eternity.

*“What good will it be for a man to gain the whole world, but forfeit his soul?” (Matthew 16:26). ❖*



# IN THE SPOTLIGHT



CDR Franzen, the CO of Naval Air Facility El Centro, humbly receives the (UFC) Ultimate Food gathering Championship belt from the El Centro Sector Border Patrol Friday, Jan. 10, 2013.

In a joint venture and as part of the 2013 Feds Feeds Families program, Border Patrol and the base raised about 80,000 pounds of food for the Imperial Valley Food Bank.

The El Centro Border Patrol office was ranked number one in the nation, on a per capita basis for medium sized facilities.

NAF El Centro was the top producer for Navy Region Southwest. National statistics are not yet available.

Border Patrol, also known as the "Green Machine" is looking for a rematch in 2014 and hopes to take back the belt.

The belt is proudly displayed in the trophy case in the lobby of 214. ❖

## THE OMBUDSMAN

*By Tammy Smith*

Is one of your resolutions for 2014 to further your education? Do you have children who are preparing for college? There are many resources to assist military members and families pursuing degrees. Here are just a few:

### Military Spouse Scholarships

National Military Family Association (NMFA) - The mission of this scholarship program is to help prepare military spouses for meaningful employment and to better contribute to their family's financial security. The Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of all Uniformed Services members: Active Duty, National Guard and Reserve, Retirees, and Survivors and **may be used for tuition, fees, and school room and board**. For more information visit:

<http://www.militaryfamily.org/our-programs/military-spouse-scholarships/>

### Military Children Scholarships

The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. A minimum of one \$2,000 scholarship will be awarded at every commissary location where qualified applications are received. More than one scholarship per commissary may be available based on response and funding. The scholarship provides for payment of tuition, books, lab fees and other related expenses. Submit your application to your commissary no later than February 28, 2014. For more information visit:

<http://www.militaryscholar.org/sfmc/index.html>

As your command Ombudsman, I am here to connect you with resources such as these and many more, on a variety of topics. Please feel free to contact me any time at 760-679-4182 or [nafecomb@gmail.com](mailto:nafecomb@gmail.com). 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
JAN	7	1	740	69
FEB	11	2	1230	86



\*\*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:

**ELCNPAO@NAVY.MIL**



Repurpose a cereal canister as a trash can for the car!



# 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).

## Crippling Academics!

*Compiled from Safety Center Staff Reports*

Welcome to the very first 2014 edition of the summary of mishaps, a whole new year in which you have the daily opportunity to avoid getting into this message, while we busily document the flubs, flops and faulty risk management of those who didn't avoid it.

A seaman recruit was engaged in what the mishap report describes as "academic study." the next thing she knew, she couldn't put any pressure on (or even bend) her right knee.

My first reaction was to think, "Well, there's another high-risk evolution." Then it occurred to me that she might have been studying powerlifting and was doing the practical part in a gym.

In the category of "experience," the mishap report specified 16 days. It followed up on this theme under "explanation," which said "inexperienced personnel."

Sixteen days of academic study experience? Her high school must have been the cake walk of all time. ❖

## Your commissary rings in 2014 with super savings

By Sallie Cauthers, DeCA marketing and mass communication specialist



If your New Year's resolution includes eating healthier and saving more, then the commissary is for you.

"With its wide selection of products and values, your commissary is here to help you eat healthier and also save even more on all your favorite grocery items," said Tracie Russ, DeCA's deputy director of sales.

Throughout January, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings. Also, the Exclusive Savings link on the [www.commissaries.com](http://www.commissaries.com) home page has more coupons and healthy recipes for the New Year. Overseas stores may have substituted events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- **Family Rewards Program** from Kellogg's Special K products. From Jan. 3-16, Kellogg's Special K will feature weight management solutions while offering extra savings on Special K products. The Commissary Rewards Card will offer savings on produce and Special K cereal as well. Look for a flyer in early January announcing the Special K Challenge.
- **The Commissary Rewards Card** is offering more giveaways and high-value coupons that help shoppers save more on products they want. Cardholders go online to select among more than 100 new coupons available this month, plus more coupons are added every two weeks. For more information, go to [www.commissaries.com/rewards](http://www.commissaries.com/rewards).
- **The Special Olympics.** Procter & Gamble is offering their 34th Annual "Special Olympics" promotion Jan. 3-16. They will distribute \$74 coupon packets in commissaries worldwide. They will also donate \$75 million to local Special Olympics chapters.
- **Fisher House Foundation** and Jared Allen's Homes for Wounded Warriors will get support from General Mills brand items Jan. 3-16. General Mills will donate a portion of sales (\$20,000 to each organization) to support the work these two organizations do for military families. Look for in-store promotional material for more than \$800,000 in coupons and product savings.
- General Mills presents its annual "**Souper**" **Soup Sale** offering discounts and high-value coupons on Progresso soups Jan. 3-16. There will be more than \$250,000 in coupons found in stores.
- "**Win with Dinner Event.**" ConAgra Foods is starting 2014 with savings from Jan. 3 to Feb. 6. A "Win with Dinner Recipe" booklet will feature more than \$7 in coupon savings. Additional savings can be found on the Commissary Rewards Card and on ConAgra Foods military website, [www.conagracommissarydeals.com](http://www.conagracommissarydeals.com). This event will also raise awareness and money for the Fisher House™ Scholarship for Military Children Program.
- **Serving Our Country's Finest January Event.** This is the ninth year the J.M. Smucker Company is holding this event. Smucker's will distribute 400,000 free 2014 military calendars to commissary shoppers Jan. 3-16. Calendars will contain high-value coupons on various Smucker's brands as well as recipes featuring Smucker's products.  
Discounts on popular products such as Smucker's Fruit Spreads, Folgers Coffee, Dunkin Donuts Coffee, Millstone Coffee and Jif Peanut Butter are part of the promotion.

"The Defense Commissary Agency wishes a happy and healthy New Year to all of our customers," Russ said. "Your commissary is always there for the military and their families year-round, providing the very best savings possible. Your commissary is always worth the trip!" ❖



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

**facebook**

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:

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 – Happy New Year!!

By Chaplain Smith

We're pleased to announce that NAF El Centro successfully completed 6 COMRELS in December 2013, making for a Happy Holidays and a Happy New Year's for many families across the Imperial Valley.

If you're thinking about making a New Year's resolution this year, please consider resolving to participate in one or more volunteer opportunities available to you in 2014. A list of our January COMRELS is listed below. 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.

**Niland**—This monthly event will take place on Wednesday, 15 January, 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.

**American Red Cross Blood Drive**—This event will take place on Wednesday, 15 January, at the Community Center from 0900-1515. Donation times are available every 15 minutes. Please contact Chaplain Smith at [jared.n.smith@navy.mil](mailto:jared.n.smith@navy.mil) to register.

## A Word of THANKS...

We would like to thank the 12 volunteers who participated in three different Toys for Tots COMRELS in December, including RPC Kirby, AO1 Crawford, AT1 Laliberte, AT1 Ricker, AZ2 Hosler, AD2 Salazar, AD3 Arroyo, AT3 Ortiz, ATAN Adams, ADAN Gleason, ADAN Jones, and ADAN Stange. Together they served more than 850 local children.

We would like to thank the 6 volunteers who participated in the Imperial Valley Food Bank COMREL in December, RPC Kirby, AC1 Pitts, AC2 Cromer, AC2 Gutierrez, AC2 Le, and AC3 Flett. Together they served more than 300 local residents.

We would like to thank the 9 volunteers who participated in the Niland COMREL in December, including RPC Kirby, AD1 Dominguez, AT1 Laliberte, AD2 Baugh, AZ2 Flandes, AE3 Hajney, AT3 Ortiz, AOAN Carrol, and LSSN Makovsky. Together they served more than 400 local residents.

Finally, we would like to thank the 11 volunteers who participated in the Niland Christmas COMREL in December, including ATCS Bradley (Santa Claus!), AZ1 Baltazar (Mrs. Claus!), AT1 Laliberte, MA2 Almon, PR2 Blonde, AM2 Booth, AM2 Johnson, AM2 Quijano, AT3 Allard, AZ3 Goldwire, and HN Young. Together they served more than 300 local children and their families. ❖



Thanks to all of our volunteers, December was a record year in giving back to the community. Their efforts directly impacted 1,850 Imperial Valley children and their families. Our servicemembers focused on food distribution, helping to prevent hungry families during the holidays.



Santa and Mrs. Claus assisted by an elf bring joy to the children of Niland. Youth of all ages had an opportunity to sit with Santa, giving him last minute updates to their wish lists. More than 300 children and their families from the Niland community were given the joy and really felt the holiday spirit.



## 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

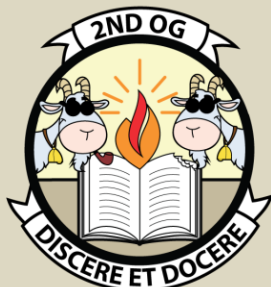
**January 29, 1972 – Navy's Budget Is Increased By \$2-Billion:** A substantial increase in Navy appropriations for fiscal year 1973 was called for in President Nixon's budget, announced in his State of the Union message Jan. 20. ❖

**January 29, 1972 – Abuse of Exchange Privileges Could Mean Their Loss, Says Chief**

**Nadonga:** The opportunity of shopping at the Navy Exchange and its facilities is a privilege that has been extended to military personnel (including military retirees and their families) by the Congress of the United States, patrons are reminded by SHCS Benjamin Nadonga, Exchange Manager. ❖



2012-2015  
"Our Flag Was Still There"



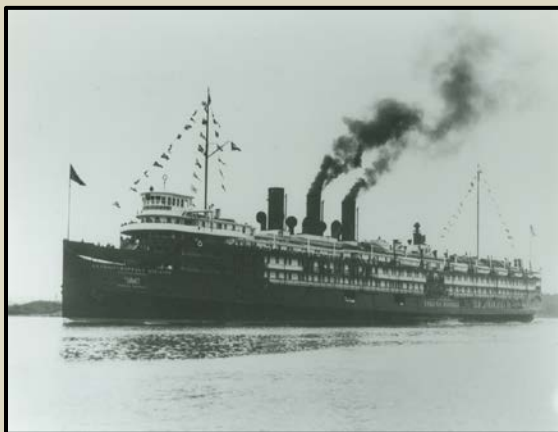
## LOCAL HISTORY BY TWO OLD GOATS

The 2OG is feeling pretty good at the start of the New Year. Why might you ask? Because people, just like you, are beginning to look for history in their own backyard. Below is just a sample we received from a friend here on the base. While it does not pertain to the base, it does pertain to naval aviation and training; two important factors out here at the Pearl of the Desert.

Consider aircraft carriers, made from steamboats, operating on a lake to train novice pilots. Are you curious? Check out the stories of the USS Sable and the USS Wolverine here:

<http://warbirdinformationexchange.org/phpBB3/viewtopic.php?f=3&t=48962>

Below are a few pictures. Hit up the website to learn more about this fascinating story. ❖



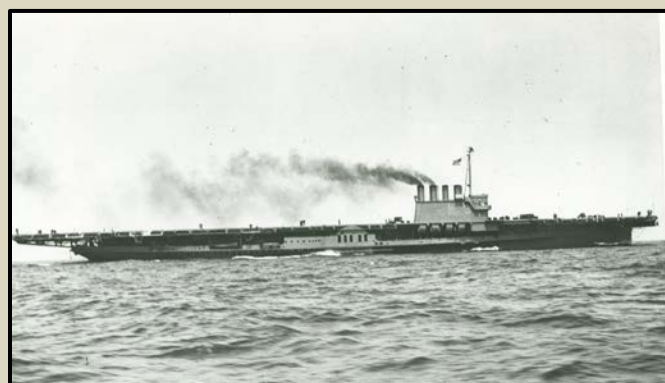
The steamship "Greater Buffalo"



The USS Sable (IX-81)



The steamship "Secandbee"



The USS Wolverine (IX-64)

# NAFEC BLOOD DRIVE

I would like to remind you about the American Red Cross Blood Drive that will be held at the NAFEC Community Center (bldg. 364) on Wednesday, 15 January, from 0900-1515. All NAFEC military and civilian employees, dependents, etc. (as well as other DoD employees and retirees with base access) are invited and encouraged to participate. Due to the holiday shut down period, our preparation time for this event is greatly shortened, so your prompt response is appreciated!

As you well know, the American Red Cross strongly supports both our military and our local communities, especially in times of crisis. Giving blood is a wonderful way for us to support this service organization and to serve our fellow citizens as we literally give them the gift of life. Every blood donation has the potential of saving up to 3 lives! During our first American Red Cross Blood Drive in June, we collected more than 30 pints of blood. Our goal in January to collect 40 pints of blood (equal to 50-60 donors). We invite you to help us beat our best!

While walk-in appointments will be accepted throughout the day, making an appointment is much preferred. The appointment process will assist in keeping wait times as short as possible. There are 2-3 time slots available every 15 minutes beginning at 0900 (i.e. 0900, 0915, 0930, 1045, 1000, etc.) and ending at 1515. Appointments will be made on a "first come, first serve" basis. To register simply respond to Chaplain Smith (jared.n.smith@navy.mil) with the following information...

NAME:

EMAIL:

PHONE:

DONATION TIME:

BLOOD TYPE (if known):



The American Red Cross Blood Drive is another opportunity for NAFEC to set the standard when it comes to community. Together we can make a positive difference!

As you consider making a blood donation, please reference the eligibility requirements found at the American Red Cross blood donation website--<http://www.redcrossblood.org/donating-blood/eligibility-requirements/eligibility-criteria-topic>. Potential donors may be disqualified for various reasons, including current medications, medical conditions, travel, tattoos, piercings, age, etc.

If you are unable to donate, please consider recruiting a family member or friend to participate in your place. ❖

## TRICARE Ends Walk-in Admin Services at 189 Facilities

By Jim Garamone, American Forces Press Service

WASHINGTON, Jan. 13, 2014 - TRICARE military health plan service centers will end administrative walk-in services in the United States on April 1, Pentagon officials said today.

While the 189 facilities will stop taking walk-ins, beneficiaries can accomplish any administrative task online or by phone, said Pentagon spokesman Army Col. Steve Warren.

TRICARE service centers overseas are not affected, Warren said.

"The change will not, let me repeat that, will not affect any TRICARE medical benefit or health care service," he emphasized. "What it will do is allow the department to save \$250 million over the next five years, allowing TRICARE to invest in more important services."

Fifty percent of the visits to the centers are for in- and out-processing and requests to change primary care providers, and the rest involve billing-related questions, officials said. The Defense Department spends roughly \$50 million a year on these services, and this type of customer service can be handled more efficiently by phone or online, they added.

TRICARE gets about 38,000 hits per day on its website. Officials have run tests to ensure the website and call center can handle the expected increase in volume.

The TRICARE service centers have been around since the 1990s, and contractors staff them, Warren said. "This is being driven by the fact that technology has gotten so much better," he added. Customers who need the type of assistance that was being done in these walk-in service centers can quickly and efficiently receive help online or via phone, he said.

If beneficiaries have questions locally and would like to visit (in person) the TSC here at the branch clinic in El Centro prior to April 1st Mrs. Franzen will be available to field questions. Beginning April 1 and beyond all questions should be directed to administrator of the Tricare Health benefit where a beneficiary resides. The West Region United Health Care Military & Veterans at 877--988-9378 The North Region Health Net at 877-874-2273 The South Region Humana at 800-444-5445. These are the current administrators of the Tricare Health Benefit for beneficiaries under the age of 65 not on Medicare residing in the United States. If over the age of 65 beneficiaries may contact Tricare For Life representatives with WPS (Wisconsin Physician Services) at 866-773-0404. ❖

## 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)

YOUR  
AD  
COULD  
BE  
HERE

CONTACT [ELCNPAO@NAVY.MIL](mailto:ELCNPAO@NAVY.MIL)  
TO SELL  
YOUR  
STUFF!

**HOT DEALS!!!**

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



## 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 call x2645. After hours contact Tammy Smith ([tammysmith365@yahoo.com](mailto: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 ALUTIIQ: <http://www.alutiiq.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:

M-Sa 0900-1830  
 Sun, 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

