

# THE SANDPAPER



Issue 36

PUBLISHED BY THE NAF EL CENTRO PAO

April 2014

## COMMANDING OFFICER

CDR Erik Franzen



### Emergency Communications



Yesterday afternoon, Fort Hood was on lock down as a result of an active shooter on the installation. Unfortunately as a result of the tragedy four people lost their lives and many others were injured. Two weeks ago, another senseless shooting occurred at NB Norfolk, when another sailor and perpetrator were both shot and killed. If this had happened here do you know how you would be notified or receive instructions on what was expected of you?

One of my primary responsibilities as the Commanding Officer of NAF El Centro is the safety and security of the base and its' personnel.

To that end, we are constantly training and preparing for emergencies and disasters, both natural and man-made. While we continue through our annual exercises, the help I need from each of you living and working here at NAF El Centro is compliance and adherence to our emergency communications. We have a number of methods to communicate directions, actions and information.

**Giant Voice** – This is a system of three loud speakers atop towers located aboard base (near CYP, near the housing office and near Weapons ). When Giant Voice is activated other than for morning and evening colors, there is typically a loud tone that sounds first. Upon hearing this tone, please open your window or door so that you may hear the message being relayed. After hearing the message please comply with the instructions.

**AtHoc** – This is a system designed to send texts, automated voice messages and emails to your cell, home phone and email address. In order to do that, our Emergency Management Officer, LT Kireta needs to input you phone numbers and email address into the system. If he does not have your phone number or email address you may miss out on vital emergency information.

**Facebook** – If you have not had the opportunity to “like” us on FB, you may also be missing out on vital or important information. During the flooding in Memphis a few years ago, the main source of communication from the installation to the command and its tenants was through the use of Facebook postings. If you have the opportunity, please “like” us at: [www.facebook.com/nafec](http://www.facebook.com/nafec) and select “receive notifications” in order to receive NAF El Centro updates to your FB account.

**Cell Phone Usage** – During an emergency, the cell phone towers tend to get overwhelmed and can't keep up with the demand. In such instances, one of the “best practices” to communicate with the command, family and friends has been to use text messages which operate on lower bandwidth and are more likely to get through to the recipient.

As demonstrated by the two incidents over the past two weeks, we need to take emergency preparedness seriously and being able to receive and understand communications from emergency management is critical to saving lives during real disasters. ❖ -CO

# COMMAND MASTER CHIEF

CMCCM Wayne Marcus



Hello El Centro families and friends. I am Command Master Chief (CMC) Wayne Marcus. I am glad and excited to be joining an amazing team of military and civilian professionals. I have 27 years of naval experience and I am dedicated to contributing to leadership attributes already established in El Centro. I want to successfully execute our mission and fulfill our community needs by enhancing our awareness of their value to us.

Quality of life and supporting families' requirements to assist in and create an environment of equality is my first priority! People are our primary resource. They are the assets needed to facilitate all of our objectives and goals as directed by our Commanding Officer for our team to constantly execute effectively and proficiently! Every person's job is extremely important. We rely on each other and must continue to respect this foundation of teamwork! Our Navy core values of *Honor, Courage and Commitment* are the focal point for good order and discipline and are our responsibility to enforce. We must treat people with dignity and respect to accomplish the command's vision.

I look forward to meeting everyone and communicating as efficiently as possible to gain your trust. I want us to build a spirit of enthusiasm so that our team can manage daily issues without hesitation; using proper training procedures, safety techniques, and customer service methods. This will create an environment conducive for all to feel comfortable and appreciated!

I am honored to be the new Command Master Chief of El Centro. I want to wish CMC John Crewdson the best in his future endeavors and recognize his magnificent efforts on taking outstanding care of NAF El Centro, the community and its Sailors during his tenure. John, enjoy your retirement! ❖ - CMC

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**FRAGILE**  
HANDLE WITH CARE



Be energy efficient and conserve water.  
Don't drop this ball.



[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

The new base clinician, Andrew Mauldin, will be onboard NAF El Centro and open for business starting 10 Mar, 1000 to 1600. Due to office phone problems you can contact centralized scheduling to set up an appointment via phone at 1-866-923-6478. If you would like to speak with him on the days he is not in El Centro, you can reach him via email at [andrew.mauldin.ctr@navy.mil](mailto:andrew.mauldin.ctr@navy.mil) or contact him at 619-556-7421 (DSN) 526. Mr. Mauldin will be onboard NAF El Centro the first 3 Mondays of the month. ❖

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.

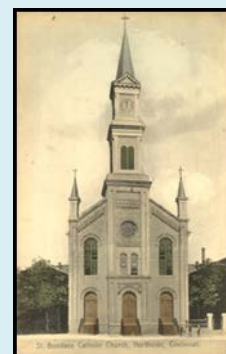
We would encourage you to take full advantage of the Catholic services available in our community. Please find more detailed information below. If you have any questions or concerns, please contact me at x2290 or [jared.n.smith@navy.mil](mailto:jared.n.smith@navy.mil). I look forward to assisting you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

## 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). ❖

## TRICARE Service Centers to 'Go Virtual' April 1

*From a TRICARE news release*

Walk-in service at TRICARE service centers in the United States ended April 1, 2014.

TRICARE officials said the change reflects "the always growing number of TRICARE beneficiaries who most often now turn to a laptop or cell phone when they have questions about their health care."

TRICARE patients have a wide variety of secure, electronic customer service options available through the TRICARE website at <http://www.tricare.mil>, officials said. The "I want to ..." feature puts everything beneficiaries want to do online right on the website's front page, they added.

"For many years now, TRICARE beneficiaries have been taking advantage of our convenient, 24/7 online customer service options," said Army Maj. Gen. (Dr.) Richard Thomas, director of the Defense Health Agency's health care operations directorate. "All of the services they received at their local [TRICARE service center] are available either online or through our toll-free call centers in the convenience of their own homes. We are committed to providing the highest level of support to all of our beneficiaries."

With the end of walk-in service on April 1, beneficiaries who want get personal assistance can call their regional health care contractor for enrollment and benefit help, officials said. All health care, pharmacy, dental and claims contact information is located at <http://www.tricare.mil/contactus>. Beneficiaries can get 24/7 TRICARE benefit information at the TRICARE website, and they can make enrollment, primary care manager and other changes at <http://www.tricare.mil/enrollment>.

Rather than driving to an installation service center, TRICARE beneficiaries can even combine high-tech with low-tech by downloading health care forms online and sending them through the mail, officials noted.

Pointing out that walk-in service is the most expensive customer-service option, officials said eliminating walk-in service at the centers will save the Defense Department an estimated \$250 million over five years. The change does not affect TRICARE benefits or health care delivery, they emphasized. ❖

**looking for something to do in the Valley? Try the following link for a great collection of happenings:**  
<http://www.letsmeetiv.com/>

## 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



**Holy Week Services**—Come join us for the following Holy Week services at the NAFEC base chapel...

- **Palm Sunday**—After Jesus entered Jerusalem on Palm Sunday, He spent the next few days teaching His disciples some important spiritual lessons. One of these lessons was on the topic of failure. As His disciples, they would falter and fail. However, He also encouraged them to continue to move forward. Our sermon will be “When Failure Is Not An Option”. Our text will be John 16:29-33.
- **Good Friday**—Come join us on Friday, 18 April, at the base chapel for a special Good Friday worship service. This unique "tenebrae" service ("service of darkness") will provide a time of quiet reflection as we remember the last days and hours of Jesus' life leading up to His death on the cross. Childcare will be provided. Time to be announced.
- **Easter Sunday**—Come join us as we celebrate the resurrection of Jesus Christ from the dead! Childcare and Children’s Sunday School available. ❖

## Schedule of Events:

- Adult Bible Study-All base personnel (military, civilian, contract personnel, and retirees) are invited to join us each Wednesday from 1630-1730 at the Community Center (Bldg. 364). We are currently studying a brand new video series by Ray Vander Laan entitled “The Path to the Cross”. It will serve as a helpful addition to your Lenten and Holy Week observances. Beverages and snacks provided.
- Protestant Worship Service-Sunday @ 0930 – Nursery (4 and under) available.

## Farewell...

*Chaplain Smith*

I’ve heard it said that your first duty station in the Navy will either be your best or your worst. Well, given that NAFEC is my first duty station, I’m fairly certain where it will rank in my Navy career. It will be the best!

I still remember the first day that I drove through the gates at NAFEC. A newly minted chaplain fresh out of Navy Chaplain School and Center at Fort Jackson, SC, I was excited, yet incredibly apprehensive, about what the next three years would hold. My fears were quickly relieved when Chief Haugh stopped his cart, introduced himself, and offered to give me a windshield tour of the base. I gladly accepted!

From Sailors and civilians alike, I have only continued to receive this same kind of assistance and encouragement during my tour here. And I cannot thank you all enough for the kindness and consideration that you have shown to me. You have enhanced my life, both personally and professionally. I can say with all sincerity that it has been an absolute pleasure and privilege to serve alongside you. It has been an honor to be your chaplain!

It is with great sadness that my wife, Tammy, and I depart NAFEC. Our check out date is Monday, 21 April. We will be taking leave to visit family and friends before heading to join the 3<sup>rd</sup> MLG in Okinawa. If you are ever in the area, please let me know.

As you may have heard, an active duty chaplain is NOT currently available, creating a gap in the billet that could last several months. Please know that the Command is working diligently to find and fund one or more reserve chaplains that might fill this gap as much as possible. Your patience is appreciated as they work to make this transition as seamless as possible. It is a fluid situation and we’ll try to keep you up-to-date.

If the chaplain billet is gapped, it will mean that Protestant worship services will no longer be available at the base chapel. We regret this inconvenience. If you would like a recommendation for a worship service in the El Centro area, please let me know. I would be glad to help you find a church that is a good fit for you and/or your family.

It will also mean that the confidential counseling services of the chaplain will no longer be available. However, please know that counseling services can be accessed via the NAFEC Fleet and Family Center and/or the Child and Youth Behavioral Military and Family Life Counseling Program at the NAFEC CYP. Military One Source ([www.militaryonesource.mil](http://www.militaryonesource.mil)) is also a great resource to access counseling over the phone, web chat, etc. If you find that the confidentiality of a Navy chaplain is the best option for you, please know that you can request chaplain assistance 24/7 at [www.chaplain.navy.mil](http://www.chaplain.navy.mil).

If there is any way that I can assist you now or in the future, please let me know. I like to say, “Once your chaplain; always your chaplain.” Don’t ever hesitate to contact me, if needed. I’d love to stay in touch.

May God bless you one and all! ❖



# IN THE SPOTLIGHT



## CONGRATULATIONS TO THE NEWEST FED FIRE PROMOTIONS



**Congratulations to Carlos Romero and Jose Seaman for their recent promotion to Engineer. Make sure you shake their hand or give them a good clap on the back for a job well done!**

## THE OMBUDSMAN

Hello all, I am Rebecca Brooks, your newly appointed NAF El Centro Ombudsman. I would like to thank Tammy Smith for the great turn over and wish her good luck at their next duty station. She has been a great source of information and references as we were getting ready for our PCS from Guam and continued while we were getting settled in.

That is what an Ombudsman is – a confidential resource for you. 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.

There are situations that I am obligated to report 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.

The month of April is the Month of the Military Child. This offers us a special opportunity to acknowledge and honor our littlest heroes, our military children. They are resilient and proud of their service and they deserve our support!

There are a lot of resources available to military kids. Visit Blue Star Families to print out a certificate for each Military child in your life! [http://bluestarfam.org/Programs/Operation Appreciation/MilKidz Certificate](http://bluestarfam.org/Programs/Operation%20Appreciation/MilKidz%20Certificate).

Visit Military Kids Connect for resources and interactive connections (especially for children ages 6-8 and pre-teens and teens) at: <http://militarykidsconnect.t2.health.mil/>

Visit Military OneSource for one-stop shopping for all things kids from parenting to how to talk to children about deployment, to how to prep for college: [www.militaryonesource.mil](http://www.militaryonesource.mil)

Have a great month! I look forward to meeting everyone and please feel free to contact me anytime.

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. ❖

# MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MAR	14	2	1675	109
APR	10	2	1728	100



\*\*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:

**NAFECPAO@GMAIL.COM**



# 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).

## KICK BALL!

*Compiled from Safety Center Staff Reports*

One day in a jungle, an E-4 was loping along, participating in a hash run. He came upon what he took to be a soccer ball athwart the path. Briefly rehearsing the great dramatic soliloquy "to kick or not to kick, that is the question" as he neared the innocent orb, he opted for the former and gave it a vigorous boot.

Next thing he knew was that his toes were producing a level of pain far beyond their size and that he was lying in the dirt. The "ball" had revealed its true habitat: not the nearest soccer field, but the nearest bowling alley.

"After a moment on the ground," the report said, he resumed his run. He spent the next two days with an ache in his foot that he described as six on a scale of ten. He then reported to work, where they told him to go to medical. There, he was awarded two (more) days of LIMPDU and (I hope) encouraged to figure out why someone else had to tell him to go see a doc.

I've seen a lot of soccer balls and a lot of bowling balls, but I've never seen any that could have posed for the other. Wish I had a photo. Actually, I wish I had a video of this entire sequence of events.

I think they call them "hash runs" because they offer so many opportunities to make a hash of them while participating. That's all for this time, sports fans. See you next week ❖



# Commissaries highlight Month of Military Child with savings

By Sallie Cauthers, DeCA marketing and mass media specialist



April is the Month of the Military Child, and commissaries are celebrating with giveaways and savings for the entire family.

"Children in military households face unique challenges because of the demands of military life," said Randy Chandler, DeCA's sales director.

"So, at the Defense Commissary Agency, we want to acknowledge them and do all we can to provide their families with great values on quality products they can depend on."

DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in April to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- \* Proctor & Gamble is giving stateside commissary patrons a chance to have a Pro Camp Football event at their military installation. Nine camps will be hosted by an NFL athlete - Andre Roberts, Larry Fitzgerald, Steve Smith or Arian Foster - as part of P&G's "Family Unit"/USO cause program that reflects the spirit of the Defense Department's Healthy Base Initiative. To help determine winning locations, Proctor & Gamble is hosting an in-store sales contest from April 3 to May 7. Shoppers will also have the opportunity to vote for their military installation to win a football camp. Store displays will offer more than \$99 in BrandSaver coupons and \$64 in E-saver coupons. For more contest information, visit P&G's Family Unit at [www.familyunitpg.com](http://www.familyunitpg.com).
- \* Overseas Service Corporation is sponsoring the "Snowball Express" event stateside from April 3 to May 7. This sales event is focused on bringing awareness and raising money for the children of fallen military heroes who have died on active duty since Sept. 11, 2001. Store displays will feature special discounted products and coupons.
- \* S & K Sales Company is sponsoring the "Salute to Military Families" promotion April 3 to May 7. More than 650,000 promotional flyers will be distributed in stores worldwide. A portion of each name brand's sales will be donated to the National Military Family Association. Last year the promotion resulted in a \$220,000 donation to the NMFA.
- \* "Child Hunger Ends Here" is ConAgra Food's initiative supporting "Feeding America." The "Feeding America" network features more than 200 food banks across the country and supplies food to more than 37 million Americans each year - some 14 million children and 3 million seniors, including military families. Here's how it works: Shoppers who buy specially marked ConAgra Food products can enter their product codes at [www.ChildHungerEndsHere.com](http://www.ChildHungerEndsHere.com) to activate meal donations. Shoppers can also donate meals by redeeming ConAgra Foods commissary coupons available in stores.
- \* Keebler's 15th Annual Hollow Tree promotion features savings on discounted Keebler products April 3 - May 7 at all stateside stores. Look for Ernie and the Keebler Elves on Keebler snacks displays.
- \* The Kellogg's Company will be sponsoring a worldwide "Free Milk" promotion from April 24 to May 7. Patrons will receive a free gallon of milk with the purchase of any four Kellogg's cereals or any four Keebler packages of cookies. Look for "Free Milk" coupons, in-store displays and discounted products.
- \* Throughout April worldwide, Eggo waffles and Breyers ice cream brands are teaming up to create a recipe event. The multi-faceted recipe partnership and program features the following: "The Great Eggo Waffle Off Contest" featured on packages of 6-, 8- and 10-count waffles; a recipe contest that is Facebook-driven and featured on both Eggo and Breyers Facebook sites; product demonstrations showing shoppers how to make fun recipe creations; and in-store coupons for Eggo and Breyers items.
- \* Unilever hosts the "Vitality" sales promotion from April 3 to 23 in stateside stores. Commissary shoppers may enter to win a free eco-friendly family vacation to Discovery Cove in Orlando. Discovery Cove combines education and entertainment, bringing its guests into the world of exotic animals and their habitats. Participants enter by posting their best environmental tip on the Operation In Touch Facebook page. The best tip wins the shopper and their family the trip to Orlando and Discovery Cove. Ten \$100 commissary gift cards will also be awarded.

There will also be 125,000 in-store coupon flyers featuring additional savings on the top Unilever vitality brands. Shoppers can also visit Unilever's military specific website, [www.Operationintouch.com](http://www.Operationintouch.com) for healthy tips and recipes.

"As we honor our military children, don't miss out on these opportunities to save even more," Chandler said. "For everyone in the family, the 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/>

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.



Everything is back to normal only better at the Oasis! Come check out our newly renovated center. Enjoy a great cup of coffee at the Take 5, or get your tickets at ITT. Our active duty members can relax in the game room playing Xbox 360, PS3, shuffleboard and pool along with the private movie theater and computer center. The hours are:

Oasis: M-F 1200-2100, Sa 1100-2100, Su 1100-2000

Take 5: M-F 0700-2100, Sa 0900-2100, 1100-2000

ITT: M-F 1200-1800, Closed weekends



Contact Information: <http://www.public.navy.mil/bupers-npc/support/nadap/Pages/DEFY.aspx>

Program Manager: LT Marcie Wilde

Email: [marcie.wildes@med.navy.mil](mailto:marcie.wildes@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



# 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:

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 RPC Kirby. ❖



## 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 – WOVEN

By Chaplain Smith

Over the past few years, the NAFEC family has had the opportunity to develop and strengthen long-term relationships with several charitable organizations in the Imperial Valley, including the Imperial Valley Food Bank, Toys for Tots, the American Red Cross, the Humane Society of Imperial County, and others. We're always looking for opportunities to continue to expand and enhance our community impact.

We're excited to announce the start of a new relationship that is developing with Women of Virtue Empowerment Network (WOVEN), a Christian charitable organization that specifically serves the women of the Imperial Valley. The WOVEN ministry seeks to provide assistance to women who have recently been unemployed, incarcerated, undergone drug rehabilitation, escaped an abusive relationship, etc. These women can benefit from WOVEN's two homes and clothing boutiques that provide free lodging and professional clothing as they attempt to make a new start in life. Women are provided spiritual guidance, legal assistance, parenting classes, marriage classes, a 12-step program, and other tools to aid them in this important transition.

Through a generous contribution we were pleased to provide 17 boxes of professional clothing, toys, toiletries, etc. to WOVEN in March 2014. We'd like to continue our support for them how and where we can. If you are looking for a place to volunteer in the community, maybe WOVEN is the place for you. WOVEN has two offices locations—one in Brawley (159 S. 6<sup>th</sup> St.) and one in El Centro (212 S. 6<sup>th</sup> St.). For more information, please visit their website at [www.wovenwomen.org](http://www.wovenwomen.org).

Do you know of another great community service opportunity? Please let us know!

Our upcoming COMREL activities currently include the following. 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 (Imperial Valley Food Bank)**—This COMREL is scheduled for Wednesday, 16 April. We will depart NAFEC at 0815 (meet at chapel parking lot) 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**—Coming soon in June 2014!

## A Word of THANKS...

We would like to thank the 9 volunteers that served in the Niland COMREL in March, including AMCS Chapman, AT1 Laliberte, AD1 Domingues, PR2 Blond, AM2 Kimele, ADAN Solorzano, AEAN Gonzales, ADAN Stange, and AOAN Merrit. Together they helped serve more than 500 local residents. ❖

## CONGRATS BALLERS!!!



Number 1 seeded OPSEC, who managed to go the entire season losing but one game, competed against number 5 seed MWR, a team who worked their way through the loser's bracket to get themselves into the Championship Game. Final Score: OPSEC 61, MWR 51. Congratulations to Team OPSEC, our 2014 Captain's Cup Basketball Champions. On behalf of Navy Fitness and the entire MWR Team, I would like to extend a heartfelt thank you to each and every one of you for yet another successful basketball season.

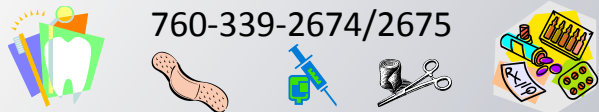
- Dave M. Mersino ❖



## 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)

Measles cases continue to be identified in California in returning international travelers. Measles is highly contagious! If you suspect that you have measles or may have been exposed to a carrier, contact medical immediately. ❖

**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 (NAVMEDCEN 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?\* Beginning Feb, Wart Clinic will begin the 1st and 3rd of every month starting at 1330. Patients can book an appointment by calling the clinic or by walking in. ❖**

**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\*

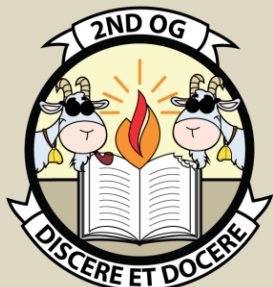
Please be informed that Branch Health Clinic El Centro is unable to provide prescription refills. Please call the phone number listed on your pill bottle (619) 532-8400 and follow the prompts. (Pick up your medication at any of the Naval Pharmacy Locations, or have it mailed to you between 7-10 business days). Ensure you have enough medication and as always, please plan ahead. Thank you. ❖

## WHAT WAS GOING ON...

In November during the 1980's - NAFEC Sandpaper

**April 9, 1982 – Navy Units To Aid In Drug Interception:** Vice president George Bush announced March 16 that the U.S. Navy will work with U.S. Customs officials and the U.S. Coast Guard to help intercept ships and aircraft attempting to smuggle drugs into the United States. ❖

**April 13, 1984 – USS Nautilus Memorial:** Ground was broken on March 28 in New London, Conn. For the USS Nautilus Memorial and Submarine Force Library and Museum. ❖



## LOCAL HISTORY BY TWO OLD GOATS

Every now and then the 2OG get an opportunity to meet historical figures. On April 1, 2014 Captain Walter "Spud" Murphy, USMC visited the base to see how things had changed since his last deployment. Spud trained here from June to September 1943 while assigned to VMF-215. From El Centro he went to Hawaii before shipping out to the Pacific Theater. While in Hawaii, he volunteered to a replacement pilot for VMF-212. He spent the next eight months in theater flying from the Solomon Islands seeing action at Vella LaVella, and Bougainville. After a successful tour, he was transferred back stateside and finally discharged from the U.S. Marine Corps in December of 1945.

During his visit to the base, Murphy mentioned that quite a few things had changed. There were a lot more buildings nowadays, and instead of riding in an electric cart he was used to walking or riding in a jeep. Walking around inside hangar 7 brought back memories of when his squadron was here.

The 2OG wish to salute this proud warrior and thank him for his incredible service and the stories he had to share. Semper Fi Spud! ❖



USMC aviator Walter "Spud" Murphy poses while at Vella LaVella.



Left, VMFA-533 hosts Murphy showing him how U.S. Marine Corps aviation has changed over the years.



Below, Murphy chats with the CO about aviation. Murphy had his original flight certificate and aviator number (which was very low) along with his flight logs. He and the Skipper reviewed the log books, discussing many of the entries, especially the ones involving enemy contact.

Murphy had fond memories of his time here and enjoyed telling the Sailors how things were on the base when he was on detachment almost 71 years ago.





# Date Night

with ABFC(Ret.) Marc Willis

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

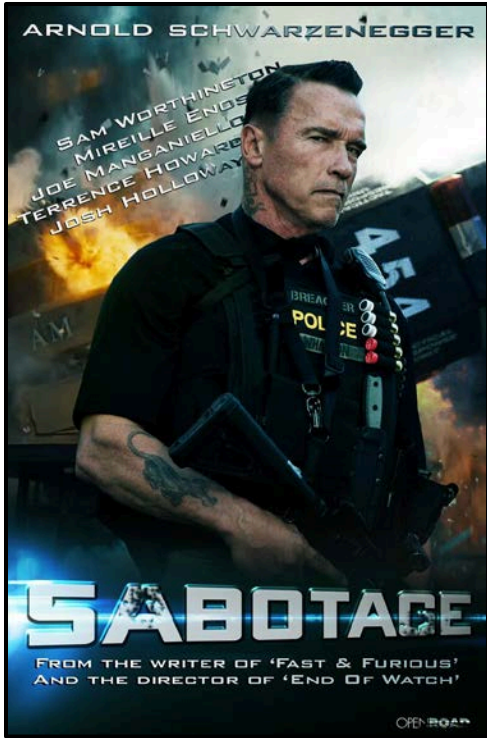


## Sabotage

**Players:** Arnold Schwarzenegger, Sam Worthington, Joe Manganiello, Terrence Howard

**Genres:** Action, Crime, Drama

**Rating:** R



Sabotage is a film directed by David Ayer; who has never been one to shy away from showcasing a cop with questionable tactics on screen. A few of his more celebrated films are *Training Day* and *End of Watch*. Films I personally enjoyed so it should go without saying that I had high hopes for his latest.

And just when you thought you had seen the last of the "Govenator" he releases a hard core action flick like Sabotage. Who needs Geritol or a public office for that matter? True to his word, Schwarzenegger does come back albeit as a DEA agent in charge of a grimy special ops crew dedicated to drug cartel infiltration and obliteration. After an operation goes bad the entire crew is placed on suspension which only adds to a tension laced group of individuals. This particular operation was heavily scrutinized by management because 10 million dollars somehow came up missing and the DEA and cartel wanted it back.

The missing money not only had everyone on edge but questioning each other's loyalty. As with any David Ayer film, the plot is twisted and leaves you to wonder aloud. Every character is a suspect at some point throughout and just when you think you have figured it out BAAM they'll be removed from the list by one means or another. The real culprit isn't revealed until the very end so you'll have to go see for yourself if you want to satisfy your inquiry. With that being said, I rate this film three and a half anchors out of five. ❖



Congratulations to CPL Rosa on your promotion and earning your blood stripe. VMFA(AW)-553 is very proud of your accomplishment.







# Celebrating the Earth on Earth Day

By Ruth Erro – Public Works Power Ranger



When I orbited the Earth...I saw for the first time how beautiful our planet is. Let us preserve... this beauty, and not destroy it!"

"It suddenly struck me that that tiny pea, pretty and blue, was the Earth. I put up my thumb and (it) blotted out the planet Earth. I didn't feel like a giant. I felt very, very small."

"The world looks marvelous from up here, so peaceful, so wonderful and so fragile. All of us down there ... have to keep it clean and good."

"The first day or so we all pointed to our countries. The third or fourth day we were pointing to our continents. By the fifth day, we were aware of only one Earth."

Russian astronaut, Yuri Gagarin, American, Neil Armstrong, Israeli, Ilan Ramon, and Saudi, Sultan bin Salman Al-Saud, summarized for us how beautiful and fragile our planet is.

There are days in the year we acknowledge for their special significance – birthdays, anniversaries, religious holidays – days that allow us to focus in on an event that has meaning in our lives. Earth Day is one of those. Its significance is illustrated by the impressions of these astronauts, that Earth is our one and only home and that we are entrusted to preserve it. Of course, we need to be conscious of this everyday, but Earth Day gives us an opportunity, to take a few hours and acknowledge just how much this "tiny pea, pretty and blue" means to us.

## The Benefit of Knowledge

The Navy and Marine Corps have an energy program and environmental focus that are in play each day of the year. Still, just like Mother's Day reminds us of how special our mothers are, Earth Day reminds us of the need to treat our planet with respect. We take a moment, an hour, a day to think about this tiny blue/green ball spinning in space, to think about all we get from it, and to think about all that we should be giving back.

As we look around and appreciate the convenience we enjoy thanks to Earth's energy stores, we must acknowledge that some of Earth's energy sources are renewable, others are in finite supply. As we continue the transition to a sustainable energy future, picturing and appreciating the beauty of our planet should help us remember to be part of the solution by always making energy efficient lifestyle choices, at work and at home.

Please be Energy and Water Smart! ❖

# YOU HAVE THE POWER

## TSA Expands Expedited Screening to Include Civilian Employees

By American Forces Press Service

WASHINGTON, March 26, 2014 - Beginning April 15, Defense Department and Coast Guard civilian employees will be able to take advantage of the TSA Pre-check expedited screening program at more than 115 airports across the country.

"We've worked closely with TSA over the past few months to expand the Pre-check program to include the department's 800,000 civilian employees," said Mary Snaveley-Dixon, director of the Defense Manpower Data Center. "Our civilian employees play vital roles in our nation's defense each and every day. Expanding TSA's program to include them is great news."

All military and Coast Guard personnel, including those in the reserves and the National Guard, already are eligible for the program, which began in March 2012.

A secure and reliable data-sharing agreement between the Defense Department and TSA provides verification of eligibility, officials said. Participating members can keep their shoes or boots, light outerwear and their belts on during preflight screening, and can keep their laptop computer in its case. They also may have a 3-1-1 compliant liquids and gels bag in a carry-on bag in select screening lanes.

To participate in TSA Pre-check, military personnel and DOD and Coast Guard civilian employees must provide their DOD Identification number -- the 10-digit number on the back of their common access card -- when making travel reservations. This can be done through the Defense Travel System, through a travel management center, or when booking leisure travel through airline or travel websites. The DOD ID number is to be used in place of the "Known Traveler Number."

It's important to note, officials said, that DOD and Coast Guard civilian employees first must "opt in" to the TSA Pre-check program by visiting the "milConnect" website at <https://www.dmdc.osd.mil/milconnect>. After selecting the "My Profile" menu tab after logging into the website, users will be guided through the opt-in process. Civilian employees need to opt in only once, officials said. Military members already are eligible and do not need to opt in, they added.

Another major change to the TSA Pre-check program is the phase-out of service members having their common access cards scanned at 10 domestic airports. With the transition to using the DOD ID number in making airline reservations, officials said, scanning of ID cards is no longer required and will be eliminated soon. Those who have been used to scanning their CACs should begin following the new process now to have uninterrupted participation in the TSA Pre-check program, officials added.

TSA always will incorporate random and unpredictable security measures throughout airports, officials said, and no one is guaranteed expedited screening. ❖

For additional information and assistance see the following links:

- Participating Airports and Hours of Active TSA Pre-check Lanes  
<http://www.tsa.gov/tsa-precheck/airlines-airports>
- How to Enter DOD ID Number and Update Profile  
[http://www.defensetravel.dod.mil/Docs/How to Enter Your DoD ID.pdf](http://www.defensetravel.dod.mil/Docs/How_to_Enter_Your_DoD_ID.pdf)
- milConnect  
<https://www.dmdc.osd.mil/milconnect/>
- Transportation Security Administration  
<http://www.TSA.gov/>
- Defense Travel Management Office  
<http://www.defensetravel.dod.mil/>



Transportation  
Security  
Administration

**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  
[KRISTOPHER.HAUGH@NAVY.MIL](mailto:KRISTOPHER.HAUGH@NAVY.MIL)  
TO SELL  
YOUR  
STUFF!**

**VOLUNTEERS NEEDED AT  
The THRIFT STORE!!!**

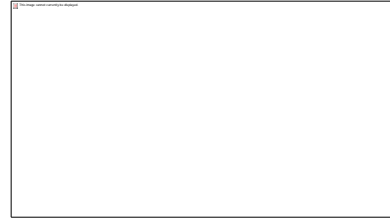
**Please contact Diana at  
[dianags53@yahoo.com](mailto:dianags53@yahoo.com)**

**PUT  
YOUR  
AD  
HERE  
AND  
SELL  
YOUR  
STUFF !!!**

**(BASE PERSONNEL ONLY)**

**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.**  
**We have tons of clothes, toys, books, housewares,  
and a little bit of random stuff to make you go  
"Hmmmmmm."**  
**Come check us out!**

**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:

M-Sa 0900-1830  
 Sun, Closed  
 760-339-2558

### THRIFT STORE:

M & W 0900-1200

### ITT (TICKET OFFICE):

M-F 1200-1800  
 Sat/Sun/Holidays closed  
 760-339-2486

### Oasis:

M-F 1200-2100  
 Sat 1100-2100  
 Sun 1100-2000  
 760-339-2559

### Take 5:

M-F 0700-2100  
 Sat 0900-2100  
 Sun 1100-2000  
 760-339-2559

### MOVIE THEATER:

Thu-Sun  
 Call for exact movie times  
 760-339-6015

### NAVY FITNESS CENTER

M-F 0500-2100  
 Sat 0900-1700  
 Sun/Holidays 1000-1700  
 760-339-2488/2489

### DESERT LANES BOWLING & HOT STUFF PIZZA

M-Su 1000-2200

