

THE SANDPAPER



Issue 37

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May 2014

COMMANDING OFFICER

CDR Erik Franzen



Base Appearance and Landscaping



“April showers bring May flowers” is a phrase many of you may have heard. I would say April showers also bring weeds in droves. As many of you may have noticed the appearance of the base over the last year has declined somewhat. While we have been fortunate to be able to keep some improvements and base beautification projects on track (Oasis, Take 5, Gym Expansion, new paint for many buildings, etc.), we have taken a significant reduction in our landscaping budget. As a result, there are vast areas of the base that have become overgrown with weeds.

As a background, all Navy installations operate under Common Output Levels (COL). There are four COL levels with 1 being the highest, which translates to the most funding and support, and 4 being the lowest correlating to the lowest funding and support. For our landscape and support we are operating under COL 4. This means that normal landscape work is deferred for the most part and the “plant beds are not maintained and are overgrown with weeds and unwanted vegetation.”

I am asking for your support as we cope with the appearance issue. The help you can provide with respect to keeping up as professional base appearance as possible would be to help out where you can, such as keeping your work space and surrounding area neat and orderly, if you notice trash on the way into the NEX stop and pick it up and other things like that. There are certain things that contractually we are not allowed to do because it could invalidate the contract with AOC (our support services provider). AOC provides a quality service and often times go above and beyond what is in their contract, unfortunately they are constrained by the COL 4 and thus our weed abatement plan and overall base appearance has become somewhat degraded.

It is my hope that improvements to our defense budget will allow for the COL to be shifted up to a Level 3 or Level 2 in the near future. This would allow for our base appearance to return to what we have come to know and expect. In the interim I wanted you all to understand the constraints that we are operating under with respect to the appearance of our base. Thanks for your understanding. ❖ -CO

COMMAND MASTER CHIEF

CMCCM Wayne Marcus



Thanks for your professionalism while station here at El Centro. Continue utilizing military bearing with our visitors and coworkers while transiting throughout the base.

Here are answers to some questions from Sailors during command indoctrination. Ask the CMC!

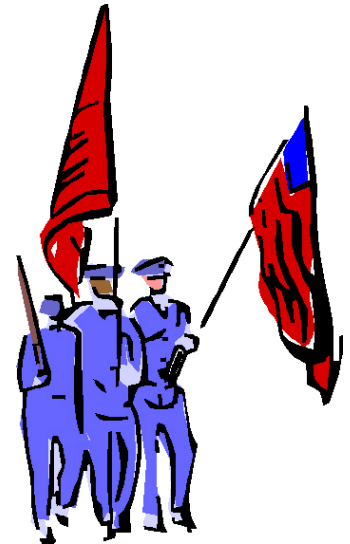
1. Can active duty personal living of base have free pool access? **Yes, provide your name and rank to your SEL and/or DLCPO for access. You will be required to sign in on the off-base access list with you name, date and command.**
2. Can we bring back the Red-Box? **We are investigating the options with opening the new NEX.**
4. What is the command doing about Cable TV and Internet issues in BEQ 4012? **There is a new cable contract provider for all Navy installations that should increase cable reliability with an expected completion date of August 2014. However, building 4012 will not be completed at this time due to separate funding allocations. I'm requesting options with the new contractor for 4012.**
5. Why can't we get a NFCU ATMs on base? **Still researching this question.**
6. What are the normal Gym Hours? **Gym opens @ 0500 until further notice.**
7. Can an aerobics class be offer before or after working hours? **There seems to be no high demand for class before and after working hours. We require 10 participates committed to a class for changes in the schedule. As of now we have a 0630 daily PFA readiness program that is underutilized.**
8. What is the status on the Gym basketball floor? **Still researching this question.**
9. What is the status of the track and football field? **Scheduled for completion this summer, August 2014.**
10. Re-established medical shuttle? **Each command will support medical appointments in SD with their duty vehicle availability.**
11. Extended Day care hours for evening workers? **Still researching this question.**
12. Are there Lap swim hours at the pool for the upcoming PFA? **Pool hours have changed for spring and summer hours; 1230-1830 weekdays and 1300-1900 weekends. The big pool is open for PFA lap swimming only.**
13. Are there more Community event opportunities at local schools? **There are several events hosted by the FCPOA. As the requests come in for school volunteers, I will personally push the request to your leadership for support.**
14. Why does the golf driving range look deserted? **There is limited funding to support routine housekeeping and daily upkeep.**
15. What is the status for on-base alteration and dry cleaner services? **The new NEX will provide more options for the services requested.**
16. Are there food or store services after 2200 on base? **No, and there is no plan to operate outside our base working hours. We are a small base and can't meet individual needs outside the high traffic hours. Remember funding is a major part of providing a service.**

The bottom-line is this: if we want the programs to be available we must support them when they are available. Continue to voice your concerns and I will do my best to provide an accurate answer. Remember several people having the same issue provide more data to support a mitigation plan.

Finally, we are still looking for thrift store volunteers. If you or your spouse/partner is interested, please stop by the thrift shop Monday or Wednesday between 0900-1200 and talk with Diana. ❖ - CMC

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WWW.FACEBOOK.COM/NAFEC

GENERAL INFO

The new base clinician, Andrew Mauldin, will be onboard NAF El Centro and open for business 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 or contact him at 619-556-7421 (DSN) 526. Mr. Mauldin will be onboard NAF El Centro the first 3 Mondays of the month. His office is located on the north side of BLDG 401, the Welcome Center. ❖

Catholic services at NAF El Centro are postponed until further notice. Due to the current budget crisis, the contract for this position has been cut. It is difficult to tell if or when the contract will be renewed.

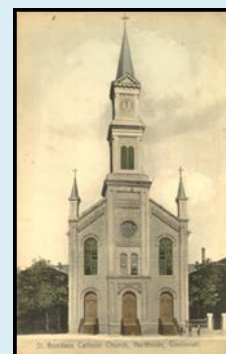
We would encourage you to take full advantage of the Catholic services available in our community. Please find more detailed information below. If you have any questions or concerns, please contact me at x2290 or jared.n.smith@navy.mil. I look forward to assisting you in any way that I can.

Local Catholic Churches in the Imperial Valley

St. Mary and Our Lady of Guadalupe in El Centro
 St. Margaret Mary and Sacred Heart in Brawley
 St. Anthony's in Imperial
 Our Lady of Guadalupe in Calexico
 St. Joseph's in Holtville

The closest one to the base is St. Mary's on La Brucherie. Here is the website for that one:

www.stmaryec.org. ❖



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

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

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

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

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

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

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

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

Upcoming Events

Mark your calendars for May 26, 2014. That is Memorial Day and is also a Federal Holiday. Some base services, such as the Commissary will be closed. There will also be an all hands Safety Stand-down on May 23, 2014 prior to the long weekend. ❖

DON'T MISS THESE ON BASE EVENTS:

Mother's Day Brunch! Sunday, May 11, 2014 at the Mirage Club from 1030 to 1300. Adults are \$13.95, kids 6-12 are \$7.95 while children 5 and under are FREE. Call 760-339-2996 to reserve your spot.

America's Armed Forces Kids Run! Wednesday, May 14, 2014 at the football field in front of the Navy Fitness Center. This event is free and you can sign up at the CYP or the Fitness Center. Call 760-339-2488 if you have any questions. ❖

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

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 new video series by Ray Vander Laan entitled "Walking in the Desert with God". 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) may be available.

Hello to our new Chaplain...

Chaplain Brown was born in Atlanta, GA the son of a Navy Chaplain father and a mother who was a school teacher. He attended Morehouse College where he earned a Bachelor of Arts in English, graduating in 2000. Chaplain Brown pursued further studies at the Interdenominational Theological Center in Atlanta, GA; graduating with a Master of Divinity degree in 2008. After graduation he helped his father start Bethany Ministries in Jacksonville, FL.



After four years of civilian pastoral leadership, Chaplain Brown was commissioned as a Navy Chaplain on 15 April 2012. He was assigned to his first Navy reserve assignment at NOSC Jacksonville where he has continued to serve the sailors and Marines of NAS Jacksonville. He reported to Officer Development School in Newport, RI, on 06 January 2013 and graduated on 09 February 2013. Immediately following ODS, he reported to Navy Chaplain School at the Navy Chaplain School and Center at Fort Jackson in Columbia, SC, on 10 February 2013. After successful completion he returned to his reserve unit where he has continued faithful service.

Chaplain Brown is a single man faithfully praying for the right wife for him. He does not have any children. Chaplain Brown's interests and hobbies include sports, travel, reading, hiking and camping. ❖



IN THE SPOTLIGHT



COME SEE A FREE MOVIE BEFORE IT HITS THE THEATERS!!!

SNEAK PREVIEW

NAF El Centro Base Theater, Bldg. 203

Saturday, May 10 • 4 pm



Godzilla 3D

Aaron Taylor-Johnson, Ken Watanabe, Elizabeth Olsen
Action/Adventure, Sci-Fi/Fantasy - Rated PG-13

An epic rebirth to Toho's iconic Godzilla, this spectacular adventure pits the world's most famous monster against malevolent creatures who, bolstered by humanity's scientific arrogance, threaten our very existence.

Tickets available to active duty only May 1-5, retirees May 6, and to all other authorized MWR patrons May 7-10.

Limited seating available. Limit 5 tickets per family.

Ticket required, pick up your FREE ticket at the Oasis Recreation Center, Bldg. 202.

Bring your 3D glasses! Concessions open at 3 pm.



Contact the Information Line at 760-339-2559

or visit www.navylifefsw.com/elcentro/movies/ for movie listings and show times.

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
APR	10	2	1728	100
MAY	7	2	1097	73



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

COOL TIPS

Fill plastic water bottles a quarter of the way full and lay on the sides and put into freezer. This way when frozen you can fill with water and have ice cold water on the go.



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).

Keep on truckin'

Compiled from Safety Center Staff Reports

My dad was a big believer in learning how to drive a standard transmission. That's what my first car had, and so did a couple others and various trucks and tractors that I owned, borrowed or encountered during the ensuing years. Not having been directly involved in military transport, I couldn't tell you if this skill is still mandatory, but I suppose it remains useful.

So it wasn't the principle of the thing that made me frown when I read about a Marine who was trying to teach a lance corporal -- it was the teaching technique. The instructional platform was a truck owned by the instructor, who was standing in the truck bed while the lance corporal (who apparently didn't have a driver's license) drove. Don't ask me why he was back in the bed of the truck. All I know is that's not how my dad would have done it. He'd have wanted to be close enough to steady the wheel, stomp on the brakes and thump me on the noggin if I did something stupid. These valuable tools of mentorship are unavailable when you're back in the wind stream, shouting instructions through that little sliding window.

Anyway, it was about ten o'clock at night, and they were rolling down a 55-mph, straight-and-level highway in North Carolina. Suddenly, "something ran in front of the truck," the report said. The pupil jerked the wheel. The truck flipped, and he injured his knee.

"No specifics available for vehicle" or passenger/instructor, the report continued. That's the trouble with reporting mishaps. You have to dig up some facts. If that guy escaped uninjured, he should have bought a lottery ticket on his way home. ❖

COMMISSARY FAST FACTS - May 2014

By DeCA public affairs office



Commissaries feature May specials

From Cinco de Mayo to Memorial Day, commissary shoppers will find great deals on top-quality, low-priced food to fit their lifestyle and outdoor activities this May. "Spring is a great time of year to clean off the grill and take advantage of great commissary prices on fresh choice grade-A beef, pork and chicken," said Randy Chandler, DeCA's sales director. "We've even got great deals on our fresh fish." DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries in May to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Patrons are asked to check their local commissary for details on dates and times. For more, go to

http://www.commissaries.com/press_room/press_release/2014/DeCA_17_14.cfm. ❖

Commissary Rewards Card now offers Android app

Commissary Rewards Card users can now download an Android app to access and clip digital coupons.

Available free from the Google Play Store, the Commissary Rewards Android app joins the previously released iPhone/iPad app, giving commissary shoppers access to their rewards card accounts through a vast array of smart phones and tablets. "Now with apps for both operating systems, our patrons have more flexibility on when and where they can clip coupons, review their lists of downloaded coupons and track which ones have been redeemed or expired," said Marye Carr, the Defense Commissary Agency's rewards card manager. The apps also let customers connect to the nearest commissary via phone numbers and addresses. And, just like accessing their accounts from a desktop computer, Commissary Rewards Card users can always be plugged into new promotions and contests customized for them. For more about the Commissary Rewards Card, go to <http://www.commissaries.com/rewards/index.cfm>. To reach a customer service hotline, call 855-829-6219 or email commissarysupport@inmar.com. ❖

NASCAR and several vendors partner with commissaries for sweepstakes

NASCAR and official partners, Coca-Cola, M&M'S, and Mondelez are partnering with the commissaries to offer shoppers a chance to win the "NASCAR – An American Salute" sweepstakes where four winners will receive a trip for two to Las Vegas, Nev., for the 2014 NASCAR Sprint Cup Series Champion's Week activities. NASCAR's sponsors for this sweepstakes will have in-store displays beginning May 23, and commissary customers can enter to win online at www.2014ChampionsWeekSweeps.com, text "NASCARSALUTE" to 313131 or mail in an entry form. Please note the website, www.2014ChampionsWeekSweeps.com, will not be active until May 23. ❖

Jill Biden Promotes Post-9/11 GI Bill Website

By Darlene Superville, San Diego Union Tribune, April 16, 2014

Jill Biden is promoting a new website designed to make it easier for service members, veterans, their spouses and dependents to calculate their Post-9/11 GI Bill benefits at thousands of schools and job training programs.

"In just a couple easy steps they can figure everything out," Biden told The Associated Press before she appeared Wednesday on NBC's "Today" to show off the GI Bill Comparison Tool.

Using the website, service members can estimate tuition and fees, housing allowances and book stipends for each school. They also can find data on graduation rates, loan default rates, median borrowing levels and other indicators.

Before the website was created, service members had to consult multiple sources to find the same information, said Biden, a military mom and English professor. Her son, Beau, serves in the Delaware National Guard.

The website launched in February, but Vice President Joe Biden's wife is highlighting its existence as she and first lady Michelle Obama mark this month's third anniversary of Joining Forces, their nationwide support program for service members, veterans and their families.

Jill Biden said in the NBC interview that she and Mrs. Obama started Joining Forces "to encourage all Americans to support and honor our military families."

Last week at the White House, both women recognized the millions of caregivers of sick or wounded service members and veterans.

The comparison tool website was created under an executive order President Barack Obama signed two years ago to make sure GI Bill beneficiaries have the information they need to compare options and make the best choices about their education benefits.

Congress created the Post-9/11 GI Bill in 2008. Service members and veterans who have spent at least 90 days on active duty since Sept. 10, 2001, are eligible. The Veterans Affairs Department says it has distributed more than \$30 billion in tuition and other education-related payments under the bill to more than 1 million veterans, service members and their families, and to the universities, colleges and trade schools they attend. The website is located at: <http://benefits.va.gov/gibill/comparison> ❖

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/>

On Fridays the Mirage Club Bar hosts 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

Phone: (760)339-2674

CSD has new numbers!

The customer Support Detachment has some new numbers.

Please note the following changes:

ID card section - 760-339-2623/2417

Military Personnel Supervisor / ESO (760)339-2473

Transfers - 760-339-2473

Receipts / Separations - 760-339-2474



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

Base Program Coordinator: MA2 Izeke Pinkas

E-Mail: izeke.pinkas@navy.mil

Phone 760-339-2525



"Vincennes University -at NAF El Centro"

Now has a page on



Become a fan today! You'll find our next term schedule, office hours, contact info, CLEP/DSST list, links to resources, and more! With VU there are No Book Fees, NO EXCUSES! Jump Start your Education TODAY with VU!!! SEE THE VINCENNES UNIVERSITY SITE DIRECTOR

FOR MORE INFORMATION:

Mr. Juan Salinas

E-MAIL: jsalinas@vinu.edu

CALL FOR AN APPOINTMENT TODAY! 760-339-2986



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:
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's Office at 760-339-2461/2290 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, RPC Kirby is standing by to assist. ❖



RAPIDS Self Service

Do you need an 1172-2, Email Update, or to Update Contact Information?

**Save Time -- Do These Actions Yourself Using the
 RAPIDS Self Service (RSS) Website!**

Just visit https://www.dmdc.osd.mil/self_service to get started.

You Can Use this Self-Service Website if:

1. You are a Sponsor.
2. You have a CAC.
3. You use a CAC-enabled personal computer.

THE OMBUDSMAN

By Rebecca Brooks

PCS season is upon us, May through August is the busiest time of all.

"P.C.S." -- three little letters that cause big things to happen. Sure, as a military spouse I know that "P.C.S." officially stands for "Permanent Change of Station." But, let's be honest. Sometimes I wonder -- when it comes to dealing with those inevitable frustrations, should these letters really stand for "Panic - Cry - Scream," Moving can be stressful, even for the seasoned military family. I always try to be positive and think of a P.C.S. as "Pleasant Change of Scenery" -- even when I love the place we're leaving. After all, P.C.S.ing is really what you make of it, and a positive attitude is the best way to get through the process...even if (alas!) this time, P.C.S. doesn't mean "Palace Coming Soon!"

So, here are a few tips that might help turn your P.C.S. experience into a positive one.

1. Start the process as soon as orders are in hand. Starting early is particularly important if you're PCS'ing during the peak summer season. It's important that you learn all of your options, make a list of questions to ask, and speak up if you don't understand something.

2. Go online. Defense, Personal Property System, or DPS, which is accessed through the website, move.mil. This website is the portal for DPS and the one-stop shop where members can completely manage their move process. Users have access to online training videos and presentations about the moving process.

Military OneSource also offers an online resource called "[Plan My Move](#)" which provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment.

3. Make a DITY decision. You have the option to either be moved or move yourself (unless moving overseas. The **Do-It-Yourself move, or DITY**, allows you to be reimbursed by the government to move your own belongings. Good planning might even result in a profit! If you're interested in a DITY, ask your transportation office for more details.

5. Create a PCS binder. Organization before a PCS is essential. A great way to keep track of important documents is create a PCS binder with checklists. Use the binder to store everything from birth certificates to powers of attorney to packing checklists to calendar pages with important dates. There are many checklists and tons of tips and links to help you navigate your move. Pinterest, Spouse Buzz and Military.Com to name just a few have tons of tips and printable pages.

4. Get friendly with base family services. Each branch calls it something different (for example, the Navy calls it the Fleet and Family Support Center), but all family service centers provide a wealth of knowledge free of charge, including relocation information, budgeting tips and employment resources.

5. Research your new installation. Ideally, you might like to take a road trip to check out your new location, but that's not often possible. If a road trip isn't in your future, head over to [Military.com's Installation Guide](#), where you can learn more about the area you're moving to as well as important contact information.

6. Obtain a POA (Power of Attorney) if you will be making the move without your Military Member (which could be the case if they are deployed or have school in route or will not be available to provide a signature where required).

7- Purge It's a great time to scale down on some of the things you won't need at your next location. Yard Sales are a good way to sell your stuff and pocket a little money or donate to your local thrift store or favorite charity.

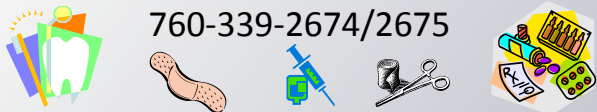
8. Keep your sense of humor and breathe!

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. 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. I look forward to serving you! ❖

CLINIC INFO

By: HM2(FMF) Espinoza, F.
Branch Health Clinic, NAF El Centro

760-339-2674/2675



Branch Medical Clinic NAF El Centro is enrolling new patients.

The following are eligible to enroll:

- Active Duty Military Members
- Dependents – Up to Age 64
- Dependent Children – Age 4+
- Retired Military Members – Up to Age 64

To sign up stop by the clinic Monday – Friday from 0730-1600, walk ins only. Point of Contact is Mrs. Shannon Franzen.

OUR OFFICE IS ONLINE!



You can:

- ❖ Visit your doctor through a web visit
- ❖ Get your lab results
- ❖ Schedule your next appointment
- ❖ Refill your medications

It is so easy to get started!!!!!!

Provide our front desk with your e-mail address and your PCM (Primary Care Manager) or visit us at our website at: www.RelayHealth.com. You may also send your information to HM2(FMF) Espinoza at: Francisco.espinoza@med.navy.mil

Exceptional Family Member Program (EFMP)



EFMP Regional Coordinator:

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

BHC EI CENTRO EFMP Coordinator:

HM2 Pomeroy trevor.pomeroy@med.navy.mil

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 (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?* 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*

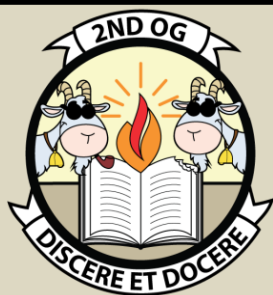
Please be informed that Branch Health Clinic El Centro is unable to provide prescription refills. Please call the phone number listed on your pill bottle (619) 532-8400 and follow the prompts. (Pick up your medication at any of the Naval Pharmacy Locations, or have it mailed to you between 7-10 business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

WHAT WAS GOING ON...

In May during the 1970's and 1980's - NAFEC Sandpaper

May 3, 1985 – NAF launches 1985 Savings Bond Campaign: The annual U.S. Savings Bond Campaign is underway at Naval Air Facility El Centro. ❖

May 11, 1973 – Black Shoes Earn Parachute Wings At NARF: Two Chief Petty Officers, both instructors in the Survival Training Department at the Pacific Fleet Aviation Specialized Operational Training Group, NAS North Island, completed Basic Parachute Training at the Naval Aerospace Recovery Facility, on Tuesday (May 8). ❖



LOCAL HISTORY BY TWO OLD GOATS

Sometimes the 2OG find an interesting tidbit that is not related to the base, but rather our friends in the local community. Such is the case of the B-26 medium bomber named the "Susie-Q" and her co-pilot 1st Lieutenant (Air Corps) Pren L. Moore of the Imperial Valley. It seems that the Susie-Q had a little bit of notoriety during WWII. During the Battle of Midway, after delivering her torpedo payload, the pilot figured the only safe place from anti-aircraft fire was to fly straight down the length of a Japanese aircraft carrier! There were originally four B-26s in the formation but only two of them survived the mission. Moore received the Distinguished Flying Cross for this mission and his citation is below:



1st Lt. Pren Moore of Imperial Valley.



"The President of the United States of America, authorized by Act of Congress, July 9, 1918, takes pleasure in presenting the Distinguished Service Cross to First Lieutenant (Air Corps) Pren L. Moore, United States Army Air Forces, for extraordinary heroism in connection with military operations against an armed enemy while serving as Co-Pilot of a B-26 Medium Bomber of the 18th Reconnaissance Squadron, 22d Bombardment Group (M), FAR EAST Air Force (Detached), in aerial action against enemy forces on 4 June 1942, during an engagement near Midway Island. Lieutenant Moore participated in an extremely hazardous and difficult torpedo-bombing mission against the Japanese Navy. He displayed extraordinary heroism throughout the attack by leaving his station as co-pilot to administer to the wounds of three other crew members and by manning a gun position whose gunner had been totally disabled and fighting off enemy fighters. By his skilled airmanship and courageousness while subject to intense fighter and anti-aircraft opposition, he was instrumental in the success of the first torpedo attack ever carried out by the Army Air Forces. The personal courage and zealous devotion to duty displayed by First Lieutenant Moore on this occasion have upheld the highest traditions of the military service and reflect great credit upon himself, the Far East Air Force, and the United States Army Air Forces."

Moore would eventually leave the service as a Lt. Col. Additionally the 2OG discovered that Moore was not the only man to enlist from the Imperial Valley. Other men who served in the Army from this area include: Calvert A. Moody (1941), Jean W. Fernandes (1940), Allen P. Williams (1940), and Louis W. Davis (1942).

Our valley has had an incredible number of people who have proudly served their country. You never know what you might find once you start looking! ❖



Date Night

with ABFC(Ret.) Marc Willis

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



Brick Mansions

Players: Paul Walker, David Belle, RZA

Genres: Action, Crime

Rating: PG-13



One of Paul Walker's last films isn't too far of a stray from most of his films. All previews and trailers lead us to believe *Brick Mansions* would be another action packed film albeit without the cars. For those of you familiar with *District B13* you would know that *Brick Mansions* is the English version of the French thriller.

Damien (Paul Walker) is a Detroit narcotics cop working undercover in hopes of gaining access to the city's biggest drug lord Tremaine (RZA). Damien believes that Tremaine was responsible for the death of his father, a former Detroit cop, and his inspiration. Tremaine, however, is protected by the walls of Brick Mansions, a futuristic Detroit neighborhood cast off by the city. Basically it is a dysfunctional city within a city that's segregated behind 20 foot high walls and armed soldiers.

Damien's ticket into Brick Mansions is teaming up with Lilo (David Belle), a resident, renegade, and *Brick Mansions* rebel. The mismatched duo does whatever it takes to take down Tremaine and a bomb set to explode and bring down the walls of Brick Mansions. Lilo and Damien then proceed to jump over, climb up, and or duck under every obstacle imaginable to man while defying all odds.

This film is filled with creative actions based on the acrobatic discipline of parkour; there's wall running and roof jumping everywhere. Lilo and Damien make jumping off roofs look almost fun....almost! Utilizing their skills they're able to get to the heart of matters, save Brick Mansions and take down Detroit's biggest criminal. With that being said, I rate this film three and a half anchors out of five. ❖



Lights, Camera, Action

Each Wednesday the NAF El Centro First Class Petty Officer Association hosts a movie. Movies kick off at 1830 and there are concession sales beforehand. Come out and support our Sailors and enjoy a great movie too!



NAF El Centro Conducts Radio-Tracking of Flat-tailed Horned Lizards

By Michel D. Remington, Environmental Director

NAF El Centro's Environmental Division conducted a Flat-tailed Horned Lizard (FTHL) radio-tracking study on Bureau of Land Management and Navy land. This study was developed in coordination with the Department of Defense's herpetologist, Dr. Robert Lovich, PhD., and the Interagency Coordinating Committee of the FTHL, Rangeland Management Strategy. Research stakeholders include: U S Fish and Wildlife Service (USFWS), BLM, California Department of Fish and Wildlife (CDFW), Arizona Game & Fish Department (AGFD), California State Parks, University of Arizona, U.S. Marine Corps, U.S. Navy, numerous conservation organizations and environmental advocacy groups who support conservation of the lizard.

This study was designed to evaluate the effects of the Imperial Valley 250 Off-Highway Vehicle (OHV) S.C.O.R.E. race (26 April, 2014) on desert vertebrates by using the FTHL as a model organism. Results of the study may be used to further minimize the effects of future races on desert species, and sustain the multiple uses of BLM and Navy lands. The study has provided direct data to further avoid federal listing designation of the species as threatened or endangered. Such a designation would immediately impact NAFEC's operations, projects, and actions on the ranges and our targets which ultimately would have impacts on our Mission to *"Support the Combat Training and Readiness of the Warfighter."*

Besides, Robert Powell, our Natural Resources Specialist, researchers directly conducting this study included: Steve Chaney, Ocotillo Wells SVRA; Craig Fischer, Ocotillo Wells SVRA; Matt Goode, University of Arizona; Henry Hernandez, Ocotillo Wells SVRA; Mickey Parker, University of Arizona; Eric Saltzer, MCAS Yuma; Lee Shenk, Ocotillo Wells SVRA; Steve Wilcox, Ocotillo Wells SVRA.

The study required the researchers to locate and capture FTHLs on study plots along the race course and at a control plot away from the race site that was on undisturbed Navy Range land. The location of each captured lizard was recorded with GPS. The lizards were then brought back to the lab for measurements, sex identification, health data, and radio transmitter size determination for each individual lizard. The transmitters were temporarily glued to the back of each lizard (PHOTO 1). The lizards were returned to their exact GPS coordinates for release, and their movement and location was tracked using an antennae receiver (PHOTO 2) once to twice each day of the study, except for the day of the race due to safety concerns for researchers. All tracking data such as GPS location, microhabitat characteristics (on surface of ground, in burrow, under desert plant), behavior, temperature, habitat type, proximity to race course, etc., was recorded on computer tablets for future mapping and analysis.

This work is the first direct study of the effects of OHV races on FTHLs since 1996. The prior study was conducted just south of the Imperial Valley 250, in the Yuha Desert. That study found reduced activity pattern of FTHLs following a race ("24 hours of LeFud") in 1996. However, that study had only 3 lizards with radio transmitters. The present study had nine lizards with radio-transmitters on the course, and 7 at the control site on Navy range land. We hope that the addition of more lizards and utilization of a control site will help to further define the effects of future OHV activities on FTHLs. It is anticipated that an internal final report will be completed by June or July, with potential for publication in a peer-reviewed scientific journal to benefit all desert scientists, resource managers, researchers, and students. ❖



Photo 1: A flat-tailed horned lizard with radio transmitter. Staff Photo.



Photo 2: Researcher using antennae for locating radio transmitting FTHL. Photo by Robert Lovich.

HAPPENING AT THE CYP



The CYP would like to thank the different departments and parents on the NAF El Centro Base that have sponsored and volunteered their time to help make this year's Month of the Military Child memorable for our children. Our children have enjoyed many events this month such as a trip to the commissary where they learned about nutrition, proper diet, and dyed eggs. There was an Easter Egg hunt and meet and greet with the Easter Bunny. Our school aged children also had an amazing time at the pool for their underwater egg hunt. The CYP staff and volunteers delivered eggs to children throughout the base on Easter Morning. The eggs were graciously sponsored by Lincoln Military Housing and The Navy league. The children also got to march in our annual parade to the flag pole escorted by the NAF Security. We enjoyed waving our flags, saying the pledge of allegiance, and singing The Grand ole Flag. Bringing this month to a close, our school aged children visited our historical Salvation Mountain and seen the beauty, culture, art that our community has to offer. ❖



CLASSIFIEDS

FREE SERVICES: Would you like to be more prepared if a disaster, natural or manmade were to occur? You can be prepared for the unexpected. **Join the Imperial Valley Ready Group** to get items such as 72 Hour Kits, food storage and emergency items. For more information email LT Marcie Wilde at marcie@wildeforce.com.

CAR/VAN POOLS

If you commute from San Diego to NAF El Centro, please contact:
Jimmie Collins @ 760-339-2261 or
jimmie.collins@navy.mil

If you commute from Yuma to NAF El Centro, please contact:
Eric Rube at 760-339-2265 or
eric.rube@navy.mil

**YOUR
AD
COULD
BE
HERE...**

**CONTACT
KRISTOPHER.HAUGH@NAVY.MIL
TO SELL
YOUR
STUFF!**

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

**Please contact Diana at
dianags53@yahoo.com**

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

(BASE PERSONNEL ONLY)

JOB POSTINGS

MWR Jobs:

- 8 Recreation Aids (Lifeguard)**
- 4 Recreation Aid/Assistants for Take-5 Café**
- 1 Recreation Aid/Assistant for Outdoor Recreation/RV Park**
- 4 Recreation Aid (Teen Employment Program) CYP**
- 1 Recreation Aid/Assistant for Pools.**

HOW TO APPLY: Submit a NAF application or resume to the NAF Human Resources Office, Building 3210, Anchors Catering and Conference Center, Naval Base, San Diego, 2375 Recreation Way, San Diego, California 92136-5518 or fax to (619) 556-9537. Resumes and applications may also be submitted via email to mwr.hr.dept@mwrsw.com. Submitted applications and resumes will be retained for 90 days. For more information, visit our website at <http://mwrtoday.com/sandiego/about/jobs/>. Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖

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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://navylifsw.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 Oasis

SANDPAPER CONTACT INFO:
ELCNPAO@NAVY.MIL

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



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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
 760-339-2069

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:

Fri-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

