

THE SANDPAPER



Issue 38

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COMMANDING OFFICER

CDR Erik Franzen



Not Goodbye...Just Until We See You Again

For those of you that were not able to attend the last All Hands/Awards Quarters, I have attached below my comments:

"This is how long I have been here, during my time here these people have left NAF El Centro but before leaving they made a positive impact on me; Ralph Ramsey, Alice Agosto, Dave Golding, Martha Gutierrez, Chapo Valenzuela, Micah Hamblin, Holly Norred and of course Michelle Dee. We also have lost Jack Van Vooren and Marco Cobarruvia during my time here.

Also, in my tenure here I have had 5 OPSO's (Robinette, Garcia, Dupourque, Gordon and Ruth), 3 SECO's (Calahan, Rumpke, Kmetz), 3 PWO's (Stokes, Jackson, Perez-Romero), 4 CMC's (Smith, Gallinat, Crewdson, Marcus), 5 ITO's (Turner, Nielsen, Hiesel, Cash, Peralta) and 4 Supp O's (Kirtsey, Saucedo, Yau and Vintila), so I've seen a lot, kind of like many of you civilians, I think Danny and Katrina have seen 15-17 CO's come and go. In any case I have a short list of things I would like to say and mention during my last "All Hands" call here.

FED Fire – Chief Oropeza, McKinney, Zaragoza, and all the firefighters along the last rows back there as well as those who are off duty today, keep up the great work. Your job is often thankless but you guys are the ones who run towards danger instead of away from it and for that I am thankful. Also, loved the pancake breakfasts, especially after the Air Show, I would encourage you all to keep that tradition alive.

Ops – You all are the reason we are here. We are all supportive to the mission that you all conduct in the tower and in Ops every day. I have had numerous CO's and OIC's write and email to tell me how appreciative they are of your support. OPSO, Marc, Steve, Senior, Chiefs, AC's, controllers, Wanda and support staff in Ops, please keep that attitude up, be the professionals that our customers have come to know and expect.

Security – To our NSF and civilian police force, thank you. Much like FED Fire, you guys don't run from danger but instead towards it. We appreciate the sacrifice that you make, day after day in your patrol cars in various zones and at the ECP. The weather is a challenge out here and you all handle it remarkably well. We have HHOA upcoming and I confidently told RADM Lorge that you would all perform well and to the best of your abilities.

Tenant Commands – All of you from Medical, Weps or Strike, I will miss the camaraderie we all share across the base through intramural competition, social inter-action during the Navy Ball, Turkey for the Troops, Christmas parade, Food Fest and Air Show. It has been a pleasure to work with you all.

Supply – Very "Can Do" Supp O and his supporting cast CM2 and ABF2 and Stella at the galley, what a great job they do there. Thank you.

Public Works – Led by Fede and his assistants, Tom Hopkinson and LT Brandon Montoya, they keep the place running and the lights on, "literally". Do you want to know one of my biggest fears...a long term power outage during the summer months'. PWO and the team, keep things running smooth and continue to push ahead with improvements.

N9 (NGIS/MWR) – Carl for customer feedback you all are spot on, keep up the good work. To the MWR team, I will miss seeing Janie's smiling face at the Bowling Alley and our intramural bowling league (they don't have a bowling alley at NWS Seal Beach), I will miss playing with and against Joe and Javier during our many intramural sports seasons and also the fun times at the Mirage Club, I will miss Delaine and our movie theater, Oasis and Take 5 staff, I will miss seeing Joanne at gear issue and Gloria keeping tabs on everyone in 401, I will miss working with Candyce on Air Show fun and sponsorship, I will miss the Blue Angels 10K and working with Anna on that, keep that thing running Anna. *(Continued on page 4)*

COMMAND MASTER CHIEF

CMCCM Wayne Marcus



Since the weather in El Centro is becoming extremely hot it is very important to hydrate more than usual. Also, ensure your families and pets are provided more water options throughout the day. Continue utilizing military bearing with our visitors and coworkers while transiting throughout the base.

Lately it has come to my attention that Sailors are not making positive career decisions. There several reasons why a Sailor may make the wrong decision, however, not having accurate information or not enough information to make any decision is a failure on your part. Ask for help and use the resources you have available through our chain of command. Every decision you make starts with initiative, if you want to be successful you need help to get there! No one is successful by themselves. Therefore, here is my offer, if you want to have a special CDB with me for career choices while in the Navy or transiting to the civilian sector please get on my calendar with NC1 or myself.

Also shocking to me; Sailors do not know what the new slogan for Alcohol awareness; "Keep what your earned" the mission is to protect Sailors and increase Force readiness by creating a responsible drinking environment in the Navy. Do your own research and educate yourself this could be the next question on SOQ Board.

MWR have been sponsoring amazing trips to different events throughout the month, however, the lack of participation my lead to less schedule events. The program is for Sailors and their families we have to take advantage of these programs while there still available to us. PLEASE get out your barrack rooms and/or housing and participate in our programs that support our hard working efforts to execute our commands mission. This is a benefit of the hard work we provide daily; enjoy some fun and relaxation the MWR staff offers us to utilize.

Additionally, Lincoln Housing provides great events as well. Family Bingo night was outstanding and could have had more families at the event, so the information is available throughout several media channels we use on base. I only ask that you come out and observe the fun that many of us are missing.

I want to give a shout out to our DEFY Program leaders; they have been hitting the deckplates supporting the effort on teen intervention and drug awareness for our children. This year the program did not generate as many teens as last year. We have investigated this revelation and determined that many teens have transferred or the parents are not aware of the importance of the program. The teens will be attending camp this month as Phase 1 upon return they will go into Phase 2 with our mentoring program. Parents with teens living with you; please take advantage of the program and challenge our child to participate and learn concepts that will prepare them for the future! Parents if you need more information contact AZ2 Minerva Flandes, her info is on page 9.

FCPOA has also been paving the way as leaders, great job with the Summer Slam last month and the Wednesday Night movie night. Thanks, for all that you do for all of us. Wednesday, 6 August 2014 movie night has been cancelled in preparation of the Change of Command.

Finally, I want to say "Fairwinds and Following Seas" to the Commanding Officer CDR Franzen and his Family. They have been an inspiration to Sailors and civilian employees here at El Centro. Their leadership and involvement on and off base has been exemplary. We will miss you and wish you all the best at Seal Beach Naval Station. In addition, welcome aboard Captain Doster!

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

1. Can we wear type III NWU on base? We are not authorized to wear type III on this base.
2. Can we get a NFCU ATM on base? I am still researching this issue!
3. When is the new track and football field going to be completed? As you have noticed construction has started, hopefully during this football season all construction should be completed.
4. When is the new NEX going to open? 4 August 2014 the NEX will be open! Also, the Jet Mart/Mini Mart will close Sunday 3 August 2014, however, the gas will be open and only credit card or debt cares are available for operations the NEX will not be an option. The Subway will remain open, so plan accordingly when gassing up and eating lunch at the pumps.
5. Can we get Xbox gaming at the Take 5? I'm currently investigating the options with our N9 and legal team ❖ - 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.

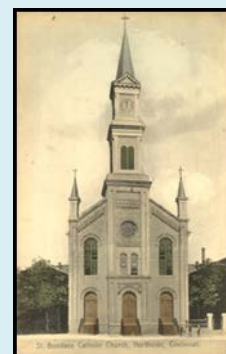
We would encourage you to take full advantage of the Catholic services available in our community. Please find more detailed information below. If you have any questions or concerns, please contact me at x2290 or jared.n.smith@navy.mil. I look forward to assisting you in any way that I can.

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

Summerpalooza!!

August 15, 2014 is the next epic beach party at NAF El Centro. The event begins at 1800 and goes until 2100. There will be food, games, swimming, and live entertainment from the U.S. Navy band "The Destroyers." Come over to the Family Pool, building 239 for this family friendly event. Best of all, the event is FREE with the exception of alcoholic beverages which must be purchased.

This event is open to all MWR patrons!! ❖

Not Goodbye from page 1

I will miss seeing Danny's waves from the Auto Hobby shop, of course the gregarious Ms. Pat Braxton. Dave, making all the right calls during softball season and witty write-ups following most of our athletic events. We will miss all the staff at the CYP, Katrina, Velinda and everyone over there who do such an amazing job with our kids, thank you. Lupita and the housing staff recently received their Resident Satisfaction Survey results and they were fantastic, keep up that effort.

Command Staff- XO, CMC, Pat, AO, Eric, YN1, ITC, Kris, Donna, Rodney, MAJ Martin, LT Kireta, ASC, NC1 you all fall under the "214" umbrella, close to the fire. I will miss you all and expect you all to provide the same level of support that you provided to me during my time as both XO and CO. I will miss our pot luck lunches, the Christmas Chinese gift exchange, I won't miss the pranks like having MAJ Correa with gun drawn pulling me out of a DH meeting...you got me good with that one last summer as you surprised me with the impromptu pinning ceremony.

I tried to get everyone and so what I am getting at is; I will miss all of you, the people have made this base and our tour here so memorable. Thanks again for your service and the great support you have given me and my family during our four years here in the Pearl of the Desert. ❖ -CO

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>

Sallie Mae Ordered to Pay \$96.6M for Violating Troops' Rights

American Forces Press Service

WASHINGTON, May 14, 2014 - Justice Department officials announced an enforcement action yesterday against the nation's largest servicer of federal and private student loans, which was found to be systematically violating the legal rights of U.S. service members.

Sallie Mae -- also known as Sallie Mae Bank and Navient Solutions -- is ordered to pay \$96.6 million in restitution and penalties, officials said, adding that the Federal Deposit Insurance Corporation also reached a settlement with the companies that addresses allegations of student loan servicing misconduct.

"I commend Attorney General Eric Holder, FDIC Chairman Martin Gruenberg, and the staff at the Department of Justice and FDIC for taking action to protect student loan borrowers," said Holly Petraeus, Consumer Financial Protection Bureau assistant director, who leads the CFPB's Office of Servicemember Affairs.

"I have been concerned for some time about the way that military personnel are treated by their student loan servicers," Petraeus said in a statement. "The men and women serving this country should receive quality customer service and the legal protections afforded to them. Instead, Sallie Mae gave service members the runaround and denied them the interest-rate reduction required by law. This behavior is unacceptable. And it's particularly troubling from a company that benefits so generously from federal contracts."

The Justice Department's civil rights division has initiated a number of enforcement actions in recent years to pursue those who don't fulfill their legal obligations under the Servicemembers Civil Relief Act, Petraeus said. "I applaud their actions, which have put millions of dollars back in the pockets of service members," she added.

The enforcement action should serve as warning not only to the student loan servicing industry, but also to all institutions that provide or service loans to the military, Petraeus said. "Federal agencies will be vigilant about holding all financial institutions accountable for providing the protections that our service members have earned through their selfless service to our nation," she added.

A 2012 CFPB report found that service members faced serious hurdles in accessing their student loan benefits, including the provisions of the Servicemembers Civil Relief Act that cap the interest rate on pre-existing student loans and other consumer credit products at 6 percent while the service member is on active duty, CFPB officials said. Servicers were not providing them with clear and accurate information about their loan repayment options.

The CFPB heard from military borrowers, including those in combat zones, who were denied interest-rate protections because they failed to resubmit unnecessary paperwork. These kinds of obstacles prevent service members from taking advantage of the full range of protections they have earned through their service to this country, officials said.

The CFPB has partnered with the Defense Department to create better awareness of the rights and options for service member student loan borrowers. A CFPB guide for service members who have student loans contains clear information on the various ways student loans can be repaid.

Officials noted that the CFPB began accepting student loan complaints in March 2012, and added that service members who have an issue with their servicers should submit a complaint to the CFPB.

To submit a complaint, consumers can:

- Go online at <http://www.consumerfinance.gov/complaint>;
- Call the toll-free phone number at 1-855-411-CFPB (2372) or TTY/TDD phone number at 1-855-729-CFPB (2372);
- Fax the CFPB at 1-855-237-2392; or
- Mail a letter to: Consumer Financial Protection Bureau, P.O. Box 4503, Iowa City, IA 52244

Additionally, through "Ask CFP," or by calling 1-855-411-CFPB (2372), consumers can get clear, unbiased answers to their questions, officials said. ❖



IN THE SPOTLIGHT



CONGRATULATION TO THE BASE'S NEWEST PETTY OFFICERS!!!



MA1(AW) Shay C. Mercer
 AC2 Terrell A. Cooley
 MA2 Brittanay L. Ogunleye
 MA2 Reginald A. Sims
 AC3 Roderick L. Blake

During Memorial Day this year our base really supported the local community and their events. On the right, CMDCM Marcus speaks at the Greenwood Cemetery. CDR Schlismann, our XO, along with the Color Guard supported the Elk's lodge event on Main Street in El Centro. LCDR Ruth was out in Holtville to support their inaugural event. Memorial Day is an important day that we should all take a moment to remember and reflect on.



Congratulations to the Rebels for claiming the 2014 Captain's Cup Softball Championship title and taking home the "Kings Of The Diamonds" Championship Cup.

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
JULY	9	1	1032	100
AUGUST	6	1	1480	66



**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:

Store cut lettuce in mason jars and refrigerate to make it last much longer

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).

W-W-W-Wipeout!

Compiled from Safety Center Staff Reports

MARINES WERE LOGGING SOME OFF-ROAD MILES ONE DAY AS PART OF A HMMWV LICENSING COURSE. A PAIR OF CORPORALS (THE STUDENT DRIVER AND AN INSTRUCTOR/A-DRIVER) WERE IN THE LEAD HUMVEE IN A 4-VEHICLE CONVOY.

THEY MET ANOTHER CONVOY, THIS ONE COMPOSED OF ABOUT A HALF-DOZEN BUSES AND GOVERNMENT VEHICLES, COMING IN THE OPPOSITE DIRECTION AT WHAT THE MISHAP REPORT CALLED A "HIGH RATE OF SPEED (OVER 30 MPH)."

PERHAPS THIS DOESN'T SOUND TOO FAST, EXCEPT THE SPEED LIMIT ON THE ROADS ON THE TRAINING RANGE IS 20 MPH, WHICH MEANS THE ONCOMING CONVOY WAS EXCEEDING THE SPEED LIMIT BY 50%, THE EQUIVALENT OF DOING 90 MPH IN A 60 MPH ZONE.

ABOUT 100 METERS BEFORE FROM THE BUSES AND WHATNOT, THE INSTRUCTOR TOLD THE STUDENT DRIVER TO PULL OFF THE ROAD TO AVOID A COLLISION. SOFT SAND MADE THE HUMVEE'S REAR END FISHTAIL. THE STUDENT DRIVER OVER-CORRECTED AND THE HUMVEE ROLLED OVER.

THE CORPORAL WHO WAS THE STUDENT DRIVER GOT A MINOR CONCUSSION AND A SORE NECK. THE INSTRUCTOR GOT A CONCUSSION, CUTS AND BRUISES ON HIS SHIN, CUTS AND SCRAPES ON HIS HANDS, AND A SPRAINED ANKLE. THE TAXPAYERS GOT A BILL FOR \$186,891 FOR A TOTALED HUMVEE.

I'D LIKE TO SAY THAT THE DRIVERS OF THE OTHER CONVOY ALL GOT A GIANT REMEDIAL DOSE OF A MARINE CORPS DRILL INSTRUCTOR BELLOWING, "WHAT PART OF '20' DON'T YOU UNDERSTAND?", BUT THAT'S JUST WISHFUL THINKING. ❖

COMMISSARY FAST FACTS

By DeCA public affairs office



FORT LEE, Va., May 9, 2014 - Each year, the Defense Commissary Agency honors select military commissaries worldwide for exceptional service and dedication in delivering the commissary benefit.

Known as the DeCA Best Commissary Awards, the honors continue a 50-year tradition, dating back long before DeCA's inception.

"Achieving this honor has never been easy," said DeCA Director and CEO Joseph H. Jeu. "To win, a store has to exceed our normal criteria for customer service, accountability, safety, operations and sales.

"But for 2013, it seemed like every challenge possible impacted commissaries, including furlough, budget cuts, hiring freezes and customers stressed by the government shutdown," he continued. "Our commissaries worked with our industry partners and military stakeholders to not just prevail but excel in delivering the benefit. These awards highlight the best of what our stores do every day for our service members and their families."

The awards are named in honor of American statesmen who protected the commissary benefit and championed quality-of-life issues for the military community.

Naval Air Facility El Centro was selected by DeCA as the second place winner of the Richard M. Paget Award for the Best Small Commissary in the United States

All stores were measured first against specific pass-fail criteria in accountability, commissary customer satisfaction survey results, sales, unit cost and safety. Those that pass that first phase are given a score on each of those criteria. The winners were those whose combined score was the highest in their award category.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. By shopping regularly in the commissary, patrons save an average of 30 percent or more on their purchases compared to commercial prices -- savings amounting to thousands of dollars annually.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country. ❖



The Commissary staff poses in front of their trophy



Want to get even more out of your Commissary? Check out their website at:

<http://www.commissaries.com>.

There you can find coupons, advertisements, make up a shopping list and find out all of the latest news.

The Commissary is also on Facebook!

<https://www.facebook.com/YourCommissary>

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: AZ2 Minerva Flandes

Email: minerva.flandes@navy.mil

Phone: (760)339-2432

SUMMER CAMP is Aug. 3-8!!

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:
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

School is out for the summer and some of you may be looking forward to a vacation.

Maybe a whole family trip for a week or so? Or maybe just some day trips nearby. Perhaps you are thinking of a camp for the kids while you take a break at home?

No matter what you are planning, there are many resources to assist military members in planning a good get away. Here are just a few:

ROADTRIPPERS- <https://roadtrippers.com>

Roadtrippers is a simple and intuitive USA road trip planner. Search along a route or plan a road trip with our online trip planner for free, then sync it with your smartphone for turn-by-turn navigation. Roadtrippers is a powerful route planner, perfect as a RV trip planner or family trip planner, as it not only let's you plan a route on the map, but seamlessly syncs your travel itinerary to turn-by-turn navigation via our iPhone app.

Armed Forces Vacation Club - <http://www.afvclub.com>

The *Military Vacations for Families from Armed Forces Vacation Club*® (AFVC) is a "Space Available" program that offers military and other Department of Defense-affiliated personnel the opportunity to enjoy vacations at popular destinations around the world. All vacations on this site are part of your military leisure travel benefits, in association with the United States Army, Navy, Marine Corps, Air Force and Coast Guard. We are proud to be endorsed by the Department of Defense and your local MWR/ITT offices.

TEEN ADVENTURE CAMPS

With more than 42 camps from May of 2014 through January of 2015, the Teen Adventure Camp Program offers a variety of camps for military teens aged 14-18. These camps offer a variety of high adventure opportunities to include sailing through Washington's Puget Sound, and extreme wilderness survival camp in Kentucky, kayaking through the Florida Keys, or outdoor winter survival in New York.

The Teen Adventure Camp Program also includes two winter camp programs for youth with disabilities in New Hampshire.

For more information on the Teen Adventure Camp Program, visit: https://extension.purdue.edu/adventure_camps/index.html.

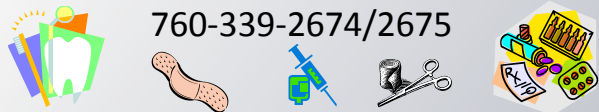
As your command Ombudsman, I am here to connect you with resources such as these and many more, on a variety of topics. Please feel free to contact me any time at 760-679-4182 or nafecomb@gmail.com. As your Ombudsman, I am a confidential resource for you. I am obligated to report certain situations to the command (suspected child abuse, domestic violence, suicide risk, other potential violence, and significant financial problems like bankruptcy or foreclosure) but nothing shared with me is ever made public knowledge. If you would like to receive occasional communication from me via email (such as resources that may be helpful to you), please contact me with your name and email address. I look forward to serving you! ❖



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 (NAVMEDECEN 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...

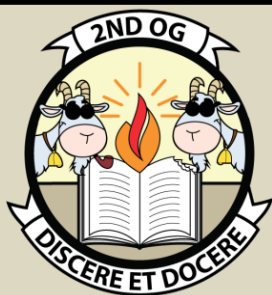
In May during the 1970's and 1980's - NAFEC Sandpaper

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). ❖



2012-2015
"Our Flag Was Still There"



LOCAL HISTORY BY TWO OLD GOATS

Many people have asked us how to become like the Two Old Goats. Our keen intellects and fabulous physical appearances are simply the product of superior jeans...or is that genes? Regardless, if you have a passion for history there are a few places we recommend you start your searches.

First of all, Wikipedia is not the most reliable web site out there. It is a good place to scratch the surface, but most historians do not and will not cite them as a credible source. Instead, you should focus your efforts on more credible places like the actual history commands of the armed services. Like these:

U.S. Navy : <http://www.history.navy.mil/>

U.S. Army: <http://www.history.army.mil/>

U.S. Air Force: <http://www.afhra.af.mil/>

U.S. Marine Corps: <https://www.mcu.usmc.mil/historydivision/SitePages/Home.aspx>

U.S. Coast Guard: <http://www.uscg.mil/history/aboutoffice.asp>

Another great place to find information is museums. If you are looking for local history, try your local museum (seems kind of obvious huh?) For us in the Imperial Valley you would want to visit here:

<http://pioneersmuseum.org>

And we especially believe you should actually walk through that museum. You will learn an incredible amount of information about the valley. They also have a number of inexpensive books that will allow you to get off base and go see some of the wonderful markers and historic sites sprinkled all over the area. For example, did you know there was a Blue Angels Peak? (Yes Virginia, there really is!)

Finally, we really recommend putting down the smart phone and actually go chat with the locals. They are proud of the history of the area and will tell you quite a number of interesting facts and events.

Simply put, to be an Old Goat, you got to want to learn and share that knowledge! Looking really cool in sunglasses is a bonus! ❖



Date Night

with ABFC(Ret.) Marc Willis

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



X-Men: Days of Future Past

Players: Patrick Stewart, James McAvoy, Michael Fassbender, Ian McKellen, Jennifer Lawrence, Hugh Jackman,

Genres: Action, Adventure, Fantasy, Science Fiction

Rating: PG-13

Each Memorial Day weekend brings about remembrance, family, BBQ, and some highly anticipated movie to be released. This year was no different; ceremonies around the country honoring the fallen, extended family time matched by extended waistlines from overindulging on BBQ and of course the big movie release. *X-Men: Days of Future Past* inundated us all with tantalizing trailers and probing previews for what seemed like many months. However, the big day arrived and I could not wait. Actually I could and did wait because graduating from Daisy to Brownie took precedence; congratulations Cydney Willis!

Set in the past, future, and present this particular rendition had many of us trying to keep up with the older and younger versions of our mutant friends. The future of the mutant and human race is threatened by man-made power adaptable sentinels initially created to rid the world of mutants. Present day Professor X (Patrick Stewart), Magneto (Ian McKellen) and constant Wolverine (Hugh Jackman) travel to the future in an effort to defeat the sentinels. As irony would have it Wolverine must travel back to the past, or is it past past, to prevent Mystique (Jennifer Lawrence) from murdering the sentinels' creator Bolivar Trask (Peter Dinklage). There you have the plot summed up in a little more than 100 words.

Let's be honest here; no one watches a superhero movie for plots. The allure of this and any superhero film is the action, CGI and the unfiltered imagination of the storytellers, in this case, Simon Kinberg (writer) and Bryan Singer (director). There was plenty of action for us fanatics to chomp on, so much so that we totally overlooked the underdeveloped characters and subplots. Seriously, a film has to be packed with action if it regulates Halle Berry (Storm), Famke Janssen (Jean), and Kelsey Grammer (Beast) to cameo duty. With that said, I rate this film three anchors out of five. ❖



Lights, Camera, Action

**Each Wednesday the NAF E1
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!**



HAPPENING AT THE CYP



CYP gave military and our military spouses a wooden spoon with a recipe card of capability, flexibility, ingenuity, know how, adaptability, and courage for the hard work they had done for the children. Wooden spoons and recipe cards is sponsored by Joanne Jutras. ❖



School Age children and Teens helped each other during the car wash and garage sale fund raising event. The funds will be used for future teen and school age events.



DESERT LANES BOWLING

By Janie Almendariz Yocupicio



NAF El Centro Desert Lanes, Parent and Child Bowling League continues to grow.

During this Spring 2014 we had a total of 8 teams, the league ran for 6 weeks. We also saw kids and parents improved their average. Kids enjoyed bowling especially when they got a strike or spare, because they looked forward to getting a Bowling sticker and collecting them at the end of the season. Two teams, Mosquito Haters and Fight 228 had to do a roll off to determine the winner. Even though, at Desert Lanes everyone is a winner! The winning team was Mosquito Haters. Kids can continue practicing their bowling skills for next year's Parent and Child League, or they may join our Junior League coming up in the Fall 2014. ❖



NAF El Centro's Desert Lanes was in the Base Bowling Team that competed in the first-ever Navy Bowling Base Team Championships. The teams competed at their duty base bowling center, but the scores were matched up with other bases teams in their bowling centers. This idea came from Bowling Program Manager from Washington, D.C. There are 60 bowling centers throughout the Navy. Within those 60, they were divided into different zones. Our Team competed with Southwest Region. We received sixth place in the competition. The league went on for 10 weeks and every league would condition their bowling lanes in the same manner, by applying oil and having the same pattern on the lanes to make it a fair and true competition. Our Team had a great time and enjoyed the competition! We want to give a special thanks to our military bowlers for making this an awesome event! ❖

AO2 Foote, Thomas
AC2 Gutierrez, Paul
AC2 Le, Hoang
HN Gibson, David
AOAN Bechie, Carl
AOAN Rosol, Matthew

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:



4 Recreation Aids (Lifeguard)
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. ❖

**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
 Navy Family Information Call Center--844-523-2025

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



"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
 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

