

THE SANDPAPER



Issue 39

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Sept./Oct. 2014

Navy Announces Decision to Base the F-35C at NAS Lemoore

By the Public Affairs Office, U.S. Fleet Forces Command

The Department of the Navy, after carefully weighing the strategic, operational, and environmental consequences of the proposed action, has decided to base the F-35C aircraft at Naval Air Station (NAS) Lemoore, Calif. This will be accomplished by implementing Alternative 2 of the Final Environmental Impact Statement (EIS) for U.S. Navy F-35C West Coast Homebasing.

Under Alternative 2, a total of 100 F-35C aircraft in seven Navy Pacific Fleet squadrons (10 aircraft per squadron) and the Fleet Replacement Squadron (FRS) (30 aircraft) will be based at NAS Lemoore beginning in 2016. The proposed action will be completed in the 2028 timeframe. The Navy has determined that Alternative 2 best meets the operational needs of the Navy and, where feasible, minimizes potential environmental impacts.

The 100 F-35C aircraft will replace 70 aging FA-18 Hornet aircraft. As a result, aircraft based at NAS Lemoore will gradually increase by a total of 30 aircraft by 2028. Although this action calls for an increase of 30 aircraft based at NAS Lemoore, the FA-18C FRS with 30 aircraft assigned was disestablished in 2013. When the FRS for the F-35C is operational (in about 2018), the number of aircraft based at NAS Lemoore will be similar to 2013 levels. There will be no changes in aircraft based at Naval Air Facility (NAF) El Centro, California, under Alternative 2. Basing the F-35C at NAS Lemoore will result in an increase of about 68,400 operations per year at NAS Lemoore and an increase of about 800 operations per year at NAF El Centro.

The Record of Decision is available for review at www.navyf35cwestcoasteis.com and is being distributed for review at the following local libraries:

- ✓ City of El Centro Public Library
- ✓ City of Imperial Public Library
- ✓ Imperial County Free Library, Holtville Branch
- ✓ Imperial County Free Library, Heber Branch
- ✓ Imperial County Free Library, Seeley Library ❖



COMMANDING OFFICER



CAPT William Doster



Help me to help you

As I write my first column for the Sand Paper, I have my windows open with the cool morning air coming through. It reminds me of how wonderful our weather is once we get through the rather tough summer months. That wonderful weather will bring our tempo of training detachments back to full speed, so when you see our visiting brothers and sisters around base, make sure you say hello and welcome. They are our Mission and the reason for this base being here. Remember, they can only enjoy our weather for a week or two, and you get to have it for the next nine months.

Fall is also a busy time for fun events with the more moderate temperatures. Some of the special events on base we have coming up include the Navy Ball, Flag Football Tournament, Adult Halloween Party at the Mirage Club, Children's Halloween Party at CYP, Fall Grand Prix, Christmas Parade and more. I hope you are able to come out and enjoy these, socialize and have some fun. Keep an eye in both the Sand Paper as well as the local papers for great events in the Imperial Valley as well. If you are new to the area, I think you'll find there is something interesting and fun to do every weekend within a short drive off base.

I want to make every effort to improve the quality of life for everyone who calls NAF El Centro home. I need your help, so if you have some ideas for ways to improve anything on base let me know. For that matter, if there is anything you want to ask the CO you'll have that opportunity through the PAO contact below. Send me your questions, comments, or concerns and I'll answer them each month here.

I look forward to hearing from you. - CO

To submit your question, comment or concern, send an email it to the paper at:

W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

Or

NAFECPAO@GMAIL.COM

(If your question is selected for print all personally identifying information will be removed)

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WWW.FACEBOOK.COM/NAFEC

COMMAND MASTER CHIEF

CMCCM Wayne Marcus

CPO Selects bring home big prize

Across the base on Sept 4, 2014 there was a fundamental lack of Chief Petty Officers. For some mysterious reason they were gone. But gone where? Simple, they, along with this year's CPO Selectees, were down in San Diego for the annual CPO Pride Day.

Each year Chiefs from all around Navy Region South West congregate first at the USS Midway and then at Balboa park to showcase their commands and to introduce the new selectees to the greater Mess.

This year the Selectees went above and beyond, winning the Small Command Marching Competition, a first for NAF El Centro!



A few short weeks ago we pinned these young men and welcomed them to the Mess.

If you see them around the base, please congratulate them on a job well done! ❖
- CMC



From left to right, CPO Selects Travis Hawkins, Keith Hasby and Zachary Allen pose with former MCPON James Herdt

Upcoming Events

Keep an eye out for the premier issue of the Community Support Program Navigator. The Navigator is a tri-monthly publication and will hit shelves October 1. The Navigator will take the place of the monthly Outlook. ❖

SAVE THE DATE - NAF El Centro Christmas Parade scheduled for Dec. 5, 2014

Sailors interested in being part of the Parade Committee should first get permission from their chain of command and then contact the PAO office at x2673 or Kristopher.Haugh@navy.mil



The following area is off-limits to military personnel at all times: Spin City Nightclub, 618 E Street, Chula Vista, CA.

The Denny's parking lot located on E. Street Chula Vista, CA remains an off limits establishment from 0001-0400 Wednesday to Sunday. Chula vista pd has responded to incidents of violence, weapons violations, unlawful discharging of firearms and other offenses at this parking lot. NCIS is working with Chula Vista PD in a crime suppression operation specifically targeting this location in an effort to enforce the CNRSW off limits status and prevent the occurrence of violent crime. Spin City Nightclub is the primary nightclub which feeds the Denny's parking lot as an after-hours hangout.

Chula Vista PD has reported suspected gang activity at spin city and also firearms found in vehicles of patrons attending the club. NCIS received information about verbal and physical altercations at spin city between service members and alleged Lincoln Heights gang members as recently as Aug. 31, 2014. Witnesses to the initial altercation later reported to NCIS that gang members made open threats on social media outlets directed at any service members seen at spin city.

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>

GENERAL INFO

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. ❖

NPC Social Media Provides Sailors Direct Personnel Feedback Options/ 26 SEP 14

From Navy Personnel Command Public Affairs

Experts at Navy Personnel Command (NPC) are ready to assist Sailors on any personnel-related topic, and the best way to get questions answered is via social media, leaders said Sept. 26.

"Our social media viewership has expanded significantly over the last year, largely due to producing relevant content for Sailors based on their participation and comments on content, and our responses to their specific questions," said Lt. Nicholas Watts, NPC social media manager. "If it's a question we can't answer right away, we send it to the appropriate subject matter expert to get the best response. Our goal is to provide the best information, backed by governing documents, within 24-48 hours."

NPC has presences on Facebook at www.facebook.com/navypersonnelcommand, and Twitter @USNPeople. These sites not only allow NPC to push information to Sailors, but allow Sailors to provide feedback about the best way to deliver information.

"We've asked everyone in NPC how we can best get out information, and we've made a lot of changes," said Watts. "Now we need Sailors to tell us how to make things better. And, while we are not a means for conducting official detailing business, we are the best resource for accessing answers to your career questions, including putting you in contact with your detailer."

Sailors are reminded that social media is a public forum and they should not include any sensitive or personally identifiable information.

For more information, visit NPC's social media pages or at www.npc.navy.mil.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/. ❖

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 us at x2290 or justin.b.kirby@navy.mil.

We 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

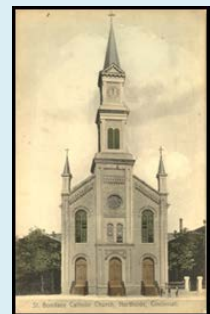
St. Anthony's in Imperial

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. ❖



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. ❖

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. ❖



IN THE SPOTLIGHT



CONGRATULATIONS TO THE BASE'S GALLEY ON THEIR ACHIEVEMENT OF FIVE STAR ACCREDITATION!!!



CONGRATULATIONS TO THE BASE'S NEWEST AUXILIARY SECURITY FORCE GRADUATES!!!



MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
SEPTEMBER	5	0	607	43
OCTOBER	7	0	764	57



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

COOL TIPS



Sometimes we find a better way to do something and sometimes we see an easier way to get the job done. If you have a helpful tip on how to do something please send it to us. Everyone can use a helping hand! Send your tips to:

NAFECPAO@GMAIL.COM



Summary of Mishaps 1000 Ways to Hurt Yourself



WELCOME TO THE LATEST EDITION OF THE SUMMARY OF MISHAPS, ANOTHER CHAPTER IN OUR ONGOING SAGA OF SITUATIONAL AWARENESS (LOSS OF), COMMON SENSE (LACK OF), AND COMPLACENCY (NO LACK OF).

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. ❖



Happy birthday!

Commissary Rewards Card marks 2nd year for digital coupons

By Cherie Huntington, DeCA public affairs specialist

A second birthday might rate little more than a birthday cake, balloons and maybe a small gift or two. For the second birthday of the Defense Commissary Agency's Rewards Card in August, however, the party involves nearly 300,000 shoppers, with countless others invited to share in the savings.

The card opens the door to thousands of digital coupons redeemable at any commissary. With mobile applications available for both iPhone/iPad and Android platforms, customers can access their account, review and select coupons, and find store information such as hours of operation and phone numbers.

"Commissary shoppers may well be the most coupon-savvy shoppers in the world," said Director of Sales Tracie Russ. "The Commissary Rewards Card delivers another way to save, in addition to paper coupons and on top of the commissary's routine savings of 30 percent or more. On any given day, you can find an average of 160 coupons available for download, with new ones coming online daily."

Card holders enjoy extra "insider" goodies as well, said Marye Carr, DeCA's Rewards Card program manager, such as a recent sweepstakes with thousands of dollars in prizes, including an all-expenses-paid trip for four to Washington, D.C., for seven days. "We anticipate more special programs starting before the holidays, so we hope customers will enjoy these bonus offerings!" she said.

Carr said nearly 34 million coupons have been downloaded since the Rewards Card made its debut in 2012, delivering savings of nearly \$5 million. "I've always said, if you're not using your Commissary Rewards Card, you're throwing away money."

Using the card is simple: Pick up a card at the commissary, register it online, and select and load digital coupons. Then, when the cashier scans the card, the coupons are matched to items purchased and savings are deducted from the bill automatically.

Any card holder unable to download coupons may be one of an estimated 500,000 shoppers who need to complete or update their registration. "Keep your card active to take advantage of as many coupons as you can," said Carr.

Rewards Card digital coupons disappear from your account when they expire or are redeemed. Like paper coupons, digital coupons can't be combined with other coupons on the same item, and they have expiration dates and other redemption terms and conditions.

Overseas, digital coupons will not be accepted for up to six months after expiration, as paper coupons are, because the coupons are instantly available to all customers worldwide.

To learn more about the card or sign up to be notified of updates, including new coupon alerts, go to http://www.commissaries.com/rewards_subscribe.cfm. A customer service hotline can be reached at 855-829-6219 or via email at commissarysupport@inmar.com.



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

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: AZ2 Sierra Goldwire

E-Mail: sierra.goldwire@navy.mil

Phone 760-339-2306



"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

See the fall schedule on page 16!



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:
Finished for 2014
Standby for the
2015 schedule!**



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. ❖

A Chat with Chaps

By Chaplain Turpin

NAFEC Family,

Greetings Sailors, Families, and Civilians! Since July 9, I have had the honor of serving as your chaplain. In the short time, it has been my privilege to experience alongside of you the excitement, challenges, and rewards associated with the "Pearl of the Desert." One of the joys of being your chaplain is the ability to teach. If you wish me to teach a class on Core Values for Life & Wise Choices, Communication & Conflict Resolution, or Operational Stress, let me know. But the greatest benefit you have is absolute confidentiality (no exceptions) in counseling. Stop by my office—for a word of wisdom or even just to share good news. I want to hear from you.

Tired of change? Frustrated at current political, economic, or military culture? Struggling with balancing responsibilities? Angry at someone close to you? Stability and calm is something we all desire in our lives. "But Chaps," you shake your head, "I often can't control my circumstances." True. However—we can all control the calm and stability of our own responses. No one can make force a negative response such as anger, bitterness, or frustration. We are sailors, trained to respond to out-of-control circumstances. So, let me ask you personally—are you stable and calm? How is your response to out-of-control circumstances? Do you respond consistently with determination, resolve, and a gracious spirit? By doing so, you enable yourself to be calm on the inside despite any instability that may be going on all around.

Making wise decisions. Easier said than done. No formula. No 1-2-3. Think with me for a moment. What comes out of you when you are under pressure existed in you *before* you were under pressure. Circumstances merely *reveal* who you already are. So just like you prepare for various circumstances in the Navy, so I encourage you to prepare for various circumstances in life—before the crises erupt—and they will. It takes time to prepare. It takes courage to remain steadfast. ❖

THE OMBUDSMAN

By Rebecca Brooks

I am happy to report that I have been asked to continue as NAF El Centro's Command Ombudsman.

As you may know, each time there is a Change of Commanding Officer an Ombudsman must resign and express an interest to continue with the incoming CO if they so desire or another Ombudsman may be appointed.

I am honored to be able to continue providing you with needed information, resources and referrals for you and your families.

As we start looking forward to fall and the PCS season coming to an end, there are a few new faces here on base. It's sad to see others move on to new places and new things but, I encourage you all to reach out when you see a new face and give them a warm welcome to NAF El Centro. There is much to enjoy if you use your creativity!

Have a great month!

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! ❖

Navy Families Get More Lead Time on Overseas Screening with a Letter of Intent

From Navy Personnel Command Public Affairs

Life just got easier for Navy families going overseas with their Sailor with the release of a Navy message Sept. 3. Previously Sailors and their families had to wait for hard-copy orders to start their overseas screening.

Now a Letter of Intent (LOI) will allow them to start the process.

"A working group was convened to evaluate the current overseas screening process and it came up with some recommendations. They recommended Navy Personnel Command issue a Letter of Intent (LOI) once a Sailor is identified for an overseas billet," said Capt. Chris Harris, director, Distribution Management. "The LOI would go to the Sailor's command and allows the Sailor and dependents to begin the overseas screening process immediately, instead of waiting for orders."

According to NAVADMIN 203/14, official orders will not be released until by Navy Personnel Command (NPC) until screening is complete and the Sailor and family members are eligible.

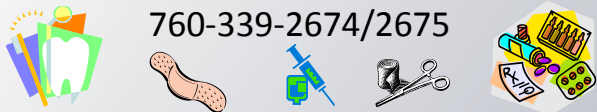
Sailors have to complete overseas screening within 30 days of receiving the LOI. Their families have 60 days. If they don't complete the screening within that window, they will automatically be considered for reassignment to a needs-of-the-Navy assignment.

"We know that delays are sometimes unavoidable, due to circumstances beyond a Sailor's control, so waiver requests will be considered by NPC," said Harris. ❖

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.

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 any questions regarding your command's Unit Readiness, Contact our IMR representative, (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*

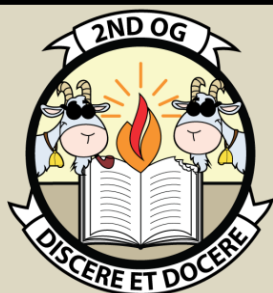
Please be informed that Branch Health Clinic El Centro is unable to provide prescription refills. Please call the phone number listed on your pill bottle (619) 532-8400 and follow the prompts. (Pick up your medication at any of the Naval Pharmacy Locations, or have it mailed to you between 7-10 business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

WHAT WAS GOING ON...

In September during the 1970's - NAFEC Sandpaper

Sept. 10, 1981 – Base Seeks Candidates in Miss NAF Contest: The contestants will have their portraits taken by the Sandpaper and these portraits will appear in the base paper. ❖

Sept. 28, 1979 – Womens Equality Day Organizers Praised by C.O.: “I would like to take this opportunity to personally extend my appreciation for the efforts you extended for the Federal Women’s Equality Day Luncheon.” ❖



LOCAL HISTORY BY TWO OLD GOATS

This month the Old Goats want to take a moment and look back not at our base’s history, but to that of the Pentagon. Do you know “The Story of the Pentagon 9-11 Flag?”

Anyone who saw the American flag unfurled at the Pentagon on Sept. 12, 2001, knows how Francis Scott Key felt two centuries ago when he was inspired to write “The Star-Spangled Banner.”

The day after the terrorist attack on the Pentagon, the scene was still chaotic. Only essential military and civilian workers were required to come to the building. Parking was at Reagan-National Airport, as all U.S. airspace was still closed. As employees got off the Metro train, Pentagon police stood with weapons examining everyone’s badge. Those without a Pentagon ID were told to keep traveling on. The conversation in the building was about friends who remained missing.

At the site, firefighters were putting out the final embers that were burning in the roof. Then word came that President George W. Bush wanted to see the damage to the Pentagon himself.

Garrison flag

No one knows who originally came up with the idea for unfurling the flag to the right of the damaged areas on the building, but Army Maj. Gen. Jim Jackson, then the Military District of Washington commander, made it happen.

He sent over to nearby Fort Myer, Virginia, for the largest flag they could find. The U.S. Army Band had a garrison flag – the largest authorized for the military – and sent it over.

During Bush’s visit to the impact site, 3rd Infantry Regiment soldiers and Arlington, Virginia, firefighters unveiled the flag and draped it over the side of the building. Then they stood and saluted.

It was a moment that quickened the heart. The United States had been attacked, the Pentagon had been hit, friends were gone, thousands were killed in New York and Pennsylvania, yet the American flag still flew.

That flag signified the unconquerable nature of the American people. Those inside the building already were preparing to take the battle to the attackers and bring them to justice.

The flag flew on the side of the building for the next month. Each night, workers illuminated it with floodlights. Members of A Company of the 3rd Infantry Regiment -- “The Old Guard” -- took the flag down Oct. 11.

A treasured symbol

The flag is soot-stained and ripped at one spot where it rubbed up against the building. It now is in the care of the Army’s Center of Military History.

It is treasured as the 9/11 generation’s Star-Spangled Banner, because they, like Francis Scott Key during the British attack on Baltimore in 1814, looked to the flag for inspiration and comfort.

*Oh, say can you see by the dawn’s early light
What so proudly we hailed at the twilight’s last gleaming?
Whose broad stripes and bright stars thru the perilous fight,
O’er the ramparts we watched were so gallantly streaming?
And the rocket’s red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
Oh, say does that star-spangled banner yet wave
O’er the land of the free and the home of the brave? ❖*



Date Night

with ABFC(Ret.) Marc Willis

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



The Expendables 3

Players: Sylvester Stallone, Jason Statham, Harrison Ford, Arnold Schwarzenegger, Mel Gibson, Wesley Snipes, Dolph Lundgren, Randy Couture, Terry Crews, Kelsey Grammer

Genres: Action, Adventure, Thriller

Rating: PG-13

Alas another summer is coming to an end. And what an ending it is. What, with all the films on the big screen it has been harder than ever to keep up. My beautiful wife and I count at least three movies on our list that we have yet to see and probably won't now that school has started. GO SOUTHWEST! However, a rendezvous and a Saturday matinee allowed us to at least scratch one of the many off our list.

Okay *The Expendables 3* has been in theatres for a few weeks now and reviews as well as revenues haven't met expectations. Still that didn't deter our desire or determination for wanting to see this movie. So here you have it, the third rendition of The Expendables franchise with more stars in the sky than most visible constellations. This only confirms my belief that Sylvester Stallone is moonlighting as an astronomer because that is the only logical reason or profession that could locate Wesley Snipes and Antonio Banderas.

A film filled with this many stars meant only one thing....dialogue would be held to a minimum with the exception of Galgo (Antonio Banderas) and Barney (Sylvester Stallone). Character development and dialogue had to be an afterthought for the story teller (Stallone) simply because after seeing this film I am still looking forward to Ronda Rousey's acting debut. Okay, this was an action film where acting was optional; luckily there was plenty of action to consume the time. Consequently, the plot was simple.....get bad guy save the world. With that being said, I rate this film two 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!



Preventing Suicide: The 'Power of 1' Could Save a Life

By Shannon Collin, DoD News, Defense Media Activity

WASHINGTON, Sept. 8, 2014 - As Suicide Prevention Month and year-long Defense Department and Department of Veteran's Affairs efforts continue to combat suicide, Pentagon officials emphasize the importance of the power of one, peer support and resources.

The DoD, in collaboration with the Department of Veterans Affairs, has launched "The Power of 1" campaign in observance of Suicide Prevention Month during September 2014. The theme underscores the belief that one person has the power to teach resilience, recognize warning signs, intervene, chat, or make a call; it only takes one person or one act to save another person's life.

"Watching out for each other every day is a collective responsibility for the Defense Department's military and civilian workforce," Defense Secretary Chuck Hagel said.

"Preventing military suicide is one of DoD's highest priorities and something I'm personally committed to as Secretary of Defense," Hagel said. "As we observe Suicide Prevention Month, we must rededicate ourselves to actively working not only every month, but every day to fulfill our collective responsibility to watch out for each other and take care of each other."

One way service members and DoD civilians can take care of each other is by using the "The Power of One" theme, said Jacqueline Garrick, director of the Defense Suicide Prevention Office.

"One conversation, one text, one chat, could save a life. Know the resources out there," Garrick said. "Reach out, find the person who can help you; don't be afraid to have these kinds of conversations, whether you're the one who needs help or you see someone who needs help. One conversation can save a life."

Suicide is currently the 10th-leading cause of death in America, and the second- and third-leading causes of death among young adults, Garrick said. Some of the indicators of persons considering suicide, she said, could include talking about suicide, making plans, stockpiling medications, and withdrawing from people and activities that were previously enjoyable. Persons at risk could also be going through a significant loss, relationship issue, financial problems, drug and/or alcohol problems or legal or punishment issues.

The key is that whatever issue someone is facing, suicide is a permanent solution to a temporary problem, officials said.

And Pentagon leaders encourage leadership at all levels to reduce the stigma for those needing help.

"When someone is going through challenges and comes to you for help, it doesn't make them weak," Hagel said. "It means they're strong, because asking for help when you need it takes courage and strength. What we need to remember -- what our entire country needs to remember -- is that these brave individuals shouldn't be avoided or stigmatized. They need to be embraced.

"Whether you're a service member, a veteran, a DoD civilian, or a friend or family member of someone who is, you have the power to make a difference," the secretary continued. "It only takes one person to ask one question or make one call -- and that single act can save a life."

Garrick echoed Hagel's sentiment, noting that leaders at all levels should be "open to having these kinds of conversations" with potentially troubled troops and civilians.

"You have to be able to ask the question," she said. "One small act can save a life and that's what you want to do. You just want to be able to reach out, let people know what you're concerned about them. If you see something that doesn't look right, say something and get involved. Provide those resources that are out there."

Garrick encourages those needing help to use the many resources available, such as chaplains, military family life consultants, mental health clinics, peers, community support organizations, Vets4Warriors and the Military Crisis Line.

"We want to encourage people to seek help when and where they need it and know that those resources are there for them," Garrick said of the Military Crisis Line and Vets4Warriors programs. "You don't have to have a diagnosis. A peer is there because they understand what someone is going through because they have gone through it themselves and can talk you through the situation.

"The peers on the line are veterans themselves," she continued. "We have some spouses on the line who can work with family members about family issues. Our peers are just good to be able to talk to, whatever your problem is, whether you're having a financial problem or a relationship issue.

"You can talk through the issue with a peer who understands what it's like to access healthcare, find a good provider, talk to your command and talk to other unit members," Garrick added. "They've had to do those things themselves, so they can really guide you and help you make those decisions."

When people call the Military Crisis Line, 1-800-273-8255, and press 1, they can speak to a confidential peer responder specifically trained to deal with any crisis or stresses the service member, veteran or family member may be facing, Garrick said. People can also reach it via an online chat or text message or online at <http://www.militarycrisisline.net>. It is free, confidential, and trained professionals are there 24 hours-a-day, 365 days-a-year.

Vets4Warriors is also free and confidential for service members, their family members, veterans and DoD civilians. It can be reached at 1-855-838-8255 or by visiting <http://vets4warriors.com>. Peer support is available 24 hours-a-day, 365 days-a-year. ❖

New TA rules announced

NAVADMIN 190/14 establishes commanding officers (CO) and officers-in-charge (OIC), waiver tuition assistance (TA) recommendation authority and outlines the updated reimbursement policy for TA.

- Effective immediately, COs and OICs may approve waivers to the requirement for members onboard one-year in their first permanent duty station before using TA. Required TA prerequisites are:
 - ✓ Receive education counseling by a Navy College counselor at a Navy College Office (NCO) or via the Virtual Education Center (VEC).
 - ✓ Have an education plan approved by a Navy education counselor.
 - ✓ Receive the command's leadership triad endorsement.
- TA reimbursement policy. The minimum-required grade level has changed. Reimbursement will be required from the service member if a successful course completion is not obtained. For the purpose of reimbursement, a successful course completion is defined as a grade of *C* or higher for undergraduate courses, a *B* or higher for graduate courses, and a *Pass* for *Pass/Fail* grades. Reimbursement will also be required from the service member if he or she fails to make up a grade of *I* (incomplete) within the time limits stipulated by the educational institution or six months after the completion of the class, whichever comes first.
- Covered charges now include those that are submitted to the Navy by the educational institution for tuition only. Educational institutions that bundle tuition, fees, or books into a consolidated cost, must detail the charges for fees and books separately for service members participating in the TA program. Fees include any charge not directly related to course instructions including: cost associated with room, board, distance learning, equipment, supplies, books/materials, exams, insurance, parking, transportation, admissions, registration, or fines. TA funds are not to be used for the purchase of books to include textbooks, eBooks, CDs/DVDs, or reference or instructional materials.
- The TA reimbursement policy is effective for all courses with start dates after 1 October 2014. ❖



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Add/Drop date: Oct 27, 2014

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CRN#	M#	Course Code	Course Title	Location Bldg/Rm	Days	Times	Credit Type/ # of Hours	Instructor
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HYBRID - Online/In-Class

*****Students meet up to three times with the instructor & the remaining classes are done online*****

		HIST 140	American History II	221/3	Hybrid	Hybrid	Social Science (3)	Gaspar
		BIOL 101	Plant and Animal Biology	221/4	Hybrid Saturday	1000-1400	Lab Science (4)	Jackson
		MGMT 250	Introduction to Management	221/4	Hybrid	Hybrid	Busniness (3)	Barnett

EVENING SEATED CLASSES (1630-2230)

		ENGL 101	English Composition I	221/3	T/Th	1930-2230	English (3)	Shaw
		SOCL 245	Cultural Diversity	221/3	T/Th	1630-1930	Social Science (3)	Macias
		COMM 143	Speech	221/3	Monday	1700-2000	SPEECH (3)	Page
		MATH 016	P- Algebra II (Placement exam/Lower Level Math)	221/5	M/W	1700-2000	Math (3)	Miles
		MATH 102	College Algebra (Placement exam/Lower Level Math)	221/4	T/TH	1700-2000	Math (3)	Miles
		ENGL 102	English Composition II	221/4	M/W	1700-2000	Humanities (3)	Beckett

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jimmie.collins@navy.mil

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- 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

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 Chaplain (after hours)-- awaiting new number
 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
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