

THE SANDPAPER



Issue 41

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Get "ShipShape"

Compiled by LT Brigid Simmons



Jumpstart a healthier lifestyle! The Navy's ShipShape Program is being offered at Naval Branch Clinic NAF El Centro on March 10th, 17, 19th and 24th. Contact your primary care provider or command fitness leader for registration info.

The ShipShape Program is the official Navy weight management program designed to assist Active Duty and Reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The four session program focuses on three essential components for weight loss: mindset, nutrition, and physical activity. Our program will be offered on a condensed schedule at Naval Branch Clinic NAF El Centro on March 10th, 17, 19th and 24th. Contact your local Command Fitness Leader, or Health Promotion staff for registration info.



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WWW.FACEBOOK.COM/NAFEC



2012-2015
"Our Flag Was Still There"

Female Hair Regulations

By Kristopher Haugh, Public Affairs Officer

They say a picture is worth a thousand words. I am not sure who "they" are but in many instances a picture most certainly makes a point very clear. CNP or the Chief of Naval Personnel must have the same idea. Recently a new pictorial aid was put on the CNP website to assist Sailors in understanding what is and is not authorized as far as female hair styles are concerned.. Below is a link to the page. Once there, you may click on a specific hairstyle and that takes you to an interactive picture allowing you a 360 degree view of the hair style. Check it out, and if you have questions "Ask the Chief!"

http://www.navy.mil/ah_online/um/femalehair.html

FROM THE TRIAD



CO
CAPT W. Doster



XO
CDR A. Schlismann



CMC
CMDCM W. Marcus

NAF El Centro's Air Show - Why we do it

March in El Centro is one of the busiest times of the year, largely due to our air show. NAF El Centro has held an annual air show for so long that most of us take it for granted. When we think about and discuss the air show, it is usually in pragmatic terms—our workloads go up, additional duties are assigned, hundreds of support personnel crowd the base the week of the show and are joined by thousands of spectators during the show itself.

Amid all this effort and disruption to our usual routine, it's good to keep in mind the reasons we have the air show to begin with. One reason the Navy supports air shows is because they encourage good relations between the base and the local community. This is especially relevant where we live. Our air show is the biggest single-day event in the Imperial Valley, with over 50,000 people attending most years. It is the only opportunity for most of those live around the base to come onboard and see what goes on here. The time spent having a good time and interacting with Sailors fosters goodwill toward the base and toward the Navy. Local businesses and government officials also appreciate the economic benefit of having thousands of visitors come here from San Diego or even farther away, spending their money to eat and sleep in the area. Those of you who, like me, have a few different duty stations under your belts will probably agree that base-town relations are better here than at almost any other Naval base; I think the air show deserves some of the credit.

The Navy also likes air shows because of their long-term benefit to recruiting. There probably won't be too many eighteen-year-olds who sign on the dotted line at the recruiters' tables during the air show, but events such as this one can plant the idea in the mind of a ten-year-old that a military career might be something to aim for later on in life. Seeing military equipment up close and speaking with Sailors encourages our potential future shipmates to consider service in the Navy as a viable future option.

I very much appreciate all the time and hard work so many of you put forth to ensure the success of the air show. We should take some pride in the fact that our efforts benefit the base, the Navy, and the local community. - XO

NAVAL AIR FACILITY EL CENTRO

AIR-SHOW

Presented by **AOC Support Services, LLC**

Saturday, March 14, 2015 ♦ Gates open 9am
www.navylifew.com/elcentroairshow

Kick off the Air Show at the 18th annual Food and Entertainment Festival!
Friday, March 13 • 5:30 pm • Hangar 6 • FREE ENTRY!



IN THE SPOTLIGHT



March 3, 2015

Navy Reserve 100th Anniversary



March 3, 2015 is the 100th anniversary of the Navy Reserves. To celebrate this milestone the Navy has created a website that details not only the past of the Navy Reserves, but their relevanc today and the goals for the future.

The mission of the Navy Reserve is to deliver strategic depth and operational capability to the Navy, Marine Corps, and Joint Forces. To accomplish this, the Navy Reserve provides essential naval warfighting capabilities and expertise, strategically aligned with mission requirements – valued for our readiness, innovation, and agility.

Specifically the men and women of the Navy Reserve serve as a highly trained force available to meet the expanding needs of the Active Duty Navy. Meeting the same qualifications as those on Active Duty, Reservists provide the vital skills necessary to maintain national security and support our nation’s interests worldwide. Every day, you’ll find Reservists serving side by side with their Active Duty counterparts on station, on shore, in the air, at sea and on the drill deck. The roles and responsibilities of Reservists factor heavily into the greatest Navy the world has ever seen.

For more information check out the website at:
<http://navyreservecentennial.com/>



1948 Reserve recruiting poster



1960's Reserve recruiting poster



Patrol Squadron 69 (VP-69) was established in 1970. Crews utilized their two-week training time to conduct anti-submarine operations from Midway Island.

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MAR	12	3	1427	87
APR	11	2	1242	80



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

Frozen Foods Highlighted In March

By DeCA Corporate Communications



Great savings on frozen food items highlighted by specially decorated frozen food departments can mean only one thing for commissary shoppers. It's March — frozen food month!

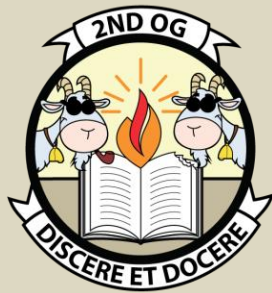
“Our customers love Frozen Food Month,” said Tracie Russ, DeCA’s sales director. “They have good reasons to stock up on frozen foods and other items because of the great prices and exciting promotions going on throughout their commissary.”

The annual NCAA basketball tournament is also bouncing around commissaries during March in the form of super savings and giveaways. It's all made possible by DeCA's industry partners – vendors, suppliers and brokers – offering discounts beyond everyday savings.

Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- Unilever presents **Road to the Final Four** specials March 19-April 8. Check out the International Section for exceptional discounts on Jose Ole, Tai Pei and Ling Ling entrees and appetizers. The entire line of VIP frozen fruit and vegetable items will be designated Commissary Value Brands.
- ConAgra Foods presents “Real Food – Real Frozen Rewards!” From March 5 to April 8, a \$5 coupon will be offered by purchasing \$15 in frozen products from ConAgra Foods’ participating brands simply by scanning a copy of your receipt. For more information about this event, go to www.conagracommissarydeals.com.
- Sunkist soda and Mott’s participating brands are sponsoring the “March Madness Giveaway” from March 19 to April 8. Shoppers can enter to win a Sunkist basketball backboard valued at \$200.
- Kraft Foods Group is offering “Slam Dunk Savings” from March 5 to April 8. At stateside commissaries, Kraft will give away a full size basketball hoop and gift baskets full of Kraft products and coupons. There will also be a single service member contest where a PlayStation®4 will be given away. Overseas stores will have similar giveaways and coupons. Look for “Hoops n’ Hops” displays in your commissary.
- General Mills “Salute to Savings” runs March 5-April 8 featuring in-store coupons in addition to online Commissary Rewards Card coupons and premium giveaways. Look for the red, white and blue General Mills displays in your local commissary.
- **“Breakfast. It’s Good for You”** with Quaker & Tropicana. In support of National Nutrition Month, Quaker and Tropicana are offering in store coupons, nutritional recipes, and more specials online at www.quakermilitary.com. This event is worldwide from March 5 to April 8.
- Procter & Gamble presents its annual **NFL ProCamps**. From March 19 through April 8, commissaries stateside will compete for a 2-day football camp that provides instruction, games and challenges along with motivational talks from NFL players. These camps are geared for grades kindergarten through 8th grade. Stop by your commissary beginning March 19 and look for displays promoting this contest. The more participating P&G products purchased, the better the odds of your military community winning a ProCamp this summer. For more information, go to the Exclusive Savings page on www.commissaries.com and click on the Family Unit link after March 19.
- **Operation Inspiration**. The Eckrich Mobile Sampling Tour features afternoon events (noon to 4 p.m.) providing high value coupons, samples of Eckrich Smoked Sausage and Nathan’s Hot Dogs, giveaways, and a gift-for-purchase offer. The following stores are included in the first part of this year-long program: MacDill Air Force Base, Fla. – March 1; Randolph Air Force Base, Texas – March 4; Tyndall Air Force Base, Fla. – March 4; Fort Sam Houston, Texas – March 5; Lackland Air Force Base, Texas – March 6; Naval Air Station Pensacola, Fla. – March 6. Check with your local commissary for more event dates in March.

“There’s a lot going on at your commissary between Frozen Food Month and the NCAA basketball tournament,” Russ said. “Don’t miss these savings in March ... It’s definitely worth the trip!”



LOCAL HISTORY BY TWO OLD GOATS

History's Mysteries

NSTR usually means nothing significant to report. But we are Old Goats, and this month we have nothing strange to report with respect to the history of the base at El Centro.

Now, that doesn't mean the Old Goats haven't been busy. We are just trying to track down some stuff and haven't made much headway. What are we researching? Well, let us tell you.

- 1) Ancient Urban Legend Numero Uno: There are two 30,000 pound cement filled bomb casings buried somewhere on the airfield. We interrogated the air field manager with a bright flash light and a fake rubber rat and he said he had no clue what we were talking about. According to this legend, back in the 1960's or 1970's the military services were experimenting with dropping a really big bomb out of the back of a cargo plane. It would parachute down and make an earth shattering KA-BOOM. After the tests were complete, the two dummy bombs were sitting on the south ramp. Before heading out for the weekend, apparently the CO at the time told the Command Duty Officer to "get rid of them by Monday." The CDO found a couple of Sailors and said "Make them go away!" The Sailors apparently had the idea of digging a small pit with a backhoe and dropping the casings in. They covered it up nicely and come Monday morning the CO was happy to see the bombs gone. Is this possible? Absolutely! Sailors are pretty ingenious when told to do something ASAP! The rules for the environment were different back then as well. But is this probable? We don't think so. But maybe one of you all knows something we don't or maybe you have a clue for us?
- 2) Ancient Urban Legend Nummer Zwei: There is an underground bunker on the base. Golly this would be fun to find. We asked Public Works about this and they gave us a drawing of some of fuel tanks that are being removed from around the base. Not quite the same thing. No bunker full of old files or even rusty rations.

So, maybe there is more than meets the eye here at NAF El Centro. Maybe even a secret underground base! Probably not. But the Two Old Goats will continue their search, discovering the lost stories of the base and bringing the truth to the light. Maybe one of our readers hold the clue to unraveling the mysteries of our history!

**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 "Hmmmmmmm."

Come check us out!

CO Suggestion Box Locations

**Jet Mart
AOC Bldg
NGIS Bldg 401
Weapons
Oasis**

JOB Links for Employment

Federal Jobs: <http://www.usajobs.gov>
DoD Jobs: <http://www.militaryconnection.com/dod.asp>
Employment Development Department's California Jobs:
<http://www.caljobs.ca.gov/>
Imperial County Jobs: <http://imperialcountyjobs.org/>
Energy Conservation: <http://www.tetrattech.com>
HOUSING/ Contract ALUTIIQ: <http://www.alutiq.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>

HELPFUL NUMBERS

Chaplain's Office--760-339-2290
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

HAPPENING AT THE CYP



Fair Display

By Velvet Espinoza

The CYP was happy to be invited to participate in this year's California Mid-Winter Fair and Fiesta's Student Art Exhibit. The fair's theme this year is "It's an Ag-Venture!" With this theme in mind our children worked hard and created art work that represents the Imperial Valley's agriculture life. Our infants are represented in a cabbage patch. The Pre-Toddlers show their skills with free art expression paintings of different farm animals while the Toddler room created paper Mache farm animals. Corn and carrots fields were hand-crafted by our Pre-School children. Our School Age children show their inner farmer with their very own farmer cutouts. We are proud to be displaying our children's art work and invite everyone to stop on by the Lifestyle Building and take a look. Our display will be available all fair week long from Friday February 27-Sunday March 8.

Department of Defense Launches MilitaryChildCare.com at Naval Air Facility El Centro Child and Youth Programs

Website Provides Families a Single Online Gateway to Military Child Care

On February 19, 2015 Naval Air Facility El Centro families at Child and Youth Programs were given access to a new Department of Defense (DoD) website on designed to simplify and improve the child care request for care process.

MilitaryChildCare.com (MCC) provides a single online gateway for families to access military-operated or military-subsidized child care options worldwide across all Services. The site enables families to create a household profile, conduct child care searches, submit requests for care, and manage their requests at any time and from any location.

The new DoD site – which is being introduced worldwide in phases – offers a more streamlined approach to finding and requesting care, expedites placement through a standardized request process and waitlist management tools, and provides reports that help programs better plan for future placement needs.

Through MilitaryChildCare.com, eligible families can search and request care for full day and part day options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.

Families at Naval Air Facility El Centro who are currently on waitlists will be automatically transitioned to the new web-based system. These families will retain the original date of their request(s) for care, and all program enrollment processes will remain the same.

For additional information, go to MilitaryChildCare.com or contact the Help Desk by calling the toll free number, 855.696.2934 or emailing FamilySupport@MilitaryChildCare.com.