



# THE SANDPAPER

August 2010

## Child and Youth Programs Center Grand Opening

August 12, 2010 – After 28 years in a “temporary” facility, Naval Air Facility (NAF) El Centro’s new Combined Child Care and Youth Center Facility officially opened today. A critical component in the services provided to the installation, this facility provides the team at NAF El Centro the peace of mind that their children are well cared for when they are executing the command’s mission. Katrina Portwood, Child and Youth Programs Director and twenty-nine year employee of the facility expressed it best when she said, “This facility is a dream come true. A place for our children to live and love and learn...what more could we ask for?”



The \$8.5 million center features a reception lobby area, offices, training rooms for caregivers and instructors, full kitchen, laundry, quiet and activity rooms, computer rooms, snack bar, youth lounge as well as outdoor recreation areas equipped with age-appropriate toys and play equipment. Additionally, the single-story 12,077 square-foot facility incorporates several water and energy saving initiatives, indoor environmental quality measures and sustainable site features that meet the standards for Gold Leadership in Energy and Environmental Design (LEED) certification.



The most popular components of the new facility, according to the school age children, are the on-site splash pad and the full misting system on the playgrounds, an integral component when summer temperatures regularly exceed 110 degrees. According to 8-year-old Parker, his favorite aspect of the center is that “the atmosphere is more relaxing.”

HM2 Melissa Crowe, who has two children enrolled in the program, spoke at the ceremony and told the 250 plus gathered in the multi-purpose room that “without the Child and Youth program, there is no way we’d be able to fully focus on our occupations. On a larger scale, this programs allows us deploy without the worry of where, when and who is going to take care of our children. It even simply allows us to suture that laceration, tighten that F-18 engine screw or inspect and repair ordnance systems. We owe a million thank-yous and hugs to all personnel involved in this project. Thank-you to all of the personnel constantly battling to keep this project in the books, thank-you to the construction workers for doing such a tremendous job and thank-you to the staff and all the parents who have supported this evolution.”



## CO's Corner



Social media has become an everyday part of the lives of the vast majority of Americans, and those of us who work for the military are no different. In many ways, we as a society are still trying to figure out all the rules that go along with these newer ways of maintaining social communication. The Department of the Navy is experiencing these growing pains along with the rest of us. With the recent release of classified documents to Wikileaks, the DoN has issued guidance for how we interact online.

First of all, the DoN highly encourages all employees, both military and civilian, to use social media. This is a great way to get our story out to a vast audience. Many people you know are genuinely curious about what you do, and this is a great way to let them know. The one thing that you must keep in mind is that you always represent the Navy when you are on line. It used to be that when you took your uniform off after work, you became a civilian for all intents and purposes. That is no longer the case. You have to remember that you always represent the Navy, even on your own personal Facebook page or blog. Because of this, there are certain guidelines you must follow. You can never release official documents that have not been officially released to the public by DoN or DoD. Even if someone else has posted documents, such as in the recent Wikileaks incident, you cannot repost them. You must also be careful not to violate regulations and policies concerning Operational Security, personal standards of conduct, information security, personally identifiable information, and joint ethics regulations.

If you have any questions about what the rules are regarding social media, there are two ALNAVs that were released last week that can help you. They are available on the Naval Personnel Command website at <http://www.npc.navy.mil/ReferenceLibrary/Messages/>. Just go to the pull down menu and select ALNAVs and look for Messages 056 & 057 – 8/19/2010.

Have a great Navy day, and remember to do great things for the American taxpayer.

Have you become a fan of  
Naval Air Facility El Centro  
on Facebook?

<http://www.facebook.com/home.php?#!/pages/Naval-Air-Facility-El-Centro/275448737609?ref=ts>



### GOT BOOKS?

*Seeley School is trying to build up their K-6<sup>th</sup> grade library. They are looking for donations of gently used/new books to add to their program. If you have books you would like to contribute, please contact **CMDCM Gallinat** at 760.339.2437 or stop by his office.*

# Hispanic Heritage Month

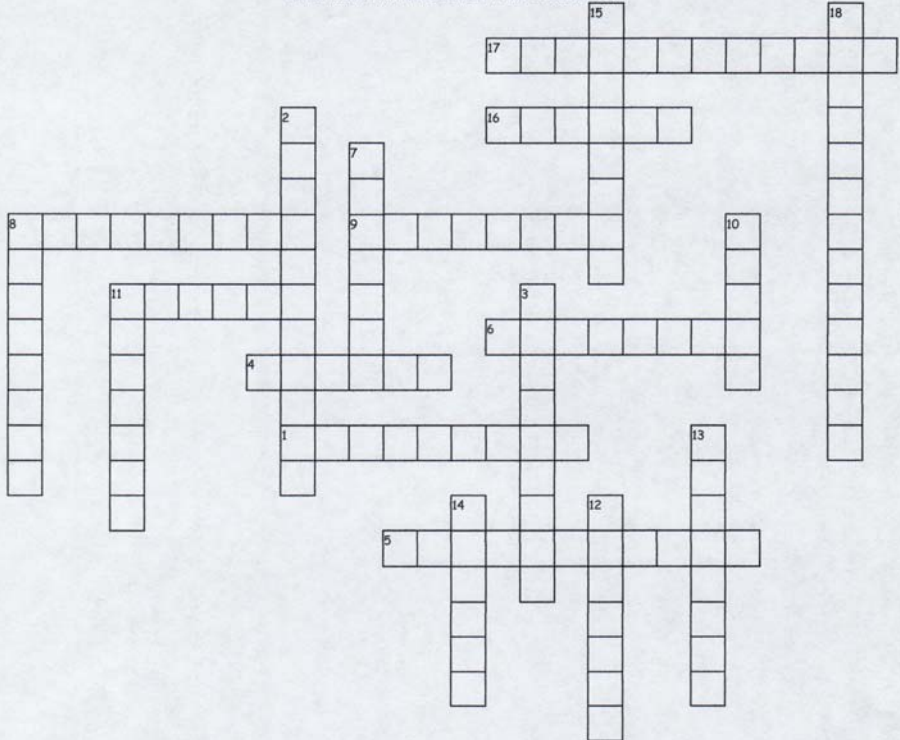
## About National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.

**Hispanic Heritage Month**  
Learn some fun facts about this celebration



**Across:**

- Sweet Hispanic word everybody loves
- Horse from Denver
- Open 0700-0900 M-F on base
- Hispanic Sailor who said Damn the torpedoes...
- 5 Latin American countries gained independence on the 15th of this month
- Roman name for entire Iberian Peninsula
- Keeps rain off of you
- Ed Hidalgo, 1st Hispanic to hold this appointment
- 43 men of Hispanic origin earned this award

**Down:**

- Birth Country of 1st Hispanic Supreme Court Justice, Jusge Sotomayor
- Sailors call it a galley
- Sep 1968 this president created Hispanic Heritage Week
- Vernon Gomez, 1st Hispanic Baseball Hall of Famer
- Luis Alvarez wins the Nobel Prize in this field
- Also the name of an old TV show
- Not real Mexican Food
- a large group of ships
- In Louisiana its called Mardi-gras
- City where National Hispanic University is
- Only all Hispanic unit to serve in Korean War

*Crossword answers on page 10*



*Rear Adm. David G. Farragut  
Officer of the Federal Navy  
(Vice Adm. from Dec. 3, 1864)]  
"Damn the torpedoes!"  
PHOTO COURTESY OF  
THE NATIONAL ARCHIVES*

**NAF EL CENTRO  
HISPANIC HERITAGE  
CELEBRATION  
October 1, 2010  
1130 - 1300  
Base Theater**



If you missed the annual Summer Palooza, you missed a great end of summer party. MWR went all out with a bouncer, a water slide, DJ and fire dancers, not to mention the phenomenal food.



*Seeley School is looking for Sailors and civilians to volunteer their talents in their after-school program.*

*Have a talent or skill – share it with a child.*

*For more information – contact CMDCM Gallinat @ 760.339.2437.*



## Medical Corner

**Branch Health 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 - Ages 4+
- Retired Military Members - Up to Age 64

To sign up stop by the clinic Monday-Friday from 0730-1600, or call our main number: (760) 339-2674. If you have questions, contact LT Laura Anderson at (760) 339-2674.

### Information on Whooping Cough:

Pertussis (whooping cough) is highly contagious and is spread by inhalation of respiratory droplets or aerosols. A high level of community immunity is needed to reduce the incidence of pertussis.

The clinic is offering vaccination against whooping cough for the base population. The following are most susceptible:

- Women of childbearing age and other close contact with infants
- Health care personnel and patients with wounds

We are offering Pediatric DTaP for ages 6 weeks through 6 years, and Adult Tdap for ages 7 years and older. Please contact HM2 Leonardo Mourao, the BHC El Centro Immunizations Coordinator at (760) 339-2620 if you have questions or concerns.



## Back to School Backpacks

August 17 – 18, 2010 – Operation Homefront, Dollar Tree and Brawley Rotary came together this year to ensure that all the children of the active duty and civilian employees at NAF El Centro went back to school in style. Over 150 backpacks with school supplies were provided to children to get them off on the right foot to start the new school year. Pat Braxton, Fleet and Family Support Center Site Manager, organized the event with the support of the Command Master Chief. She said “this is a great way to kick off the school year and get the children excited about going back to school.” The distribution site for the backpacks was the new Child and Youth Center and Director Katrina Portwood was impressed by the number of people who showed up and thrilled with the number of parents who requested tours of the facility. “It was a great opportunity to showcase the new center and get parents in to answer their questions about the after school programs.”



*Esmerelda and Alexandra*



*The school age children excitedly receive their backpacks from Katrina and Pat.*

*AM2 Westenbarger receives a backpack for his son from Pat Braxton*



## Fire Chief Luncheon

Captain Russ Thompson, Commanding Officer, Naval Air Facility El Centro, invited Imperial Valley Fire Chiefs along with the Chief Officers from Mexicali for a luncheon. The luncheon, held aboard NAF El Centro, celebrated cross border relationship through the Mutual Aid compact throughout the Imperial Valley and the City of Mexicali. He told the gathered audience that the mutual aid program that the Fire Department operates with is a model for interagency relationships and community support and that he would love to be able to model that relationship in other aspects of the installation. He reiterated his thanks for the participation by all agencies and for the attendance of the Mexicali Fire Department as a demonstration of that cross border alliance. Mexicali Chiefs were recognized by Captain Thompson and Chief Valenzuela (NAF FD). In recognition, Captain Thompson presented his coin to local Fire Chiefs in attendance and gear bags to the Chiefs from Mexicali.



*Captain Thompson CO NAFEC, Tony Rouhotas Imperial County FD, Anthony Adams Centinela State prison, Chris Petree El Centro FD, Raul Valenzuela NAFECFD, Alex Silva Holtville FD, Fernando Rivera Mexicali FD, Steve Taylor Winterhaven FD, Pete Mercado Calexico FD, Commander Franzen, XO and kneeling CMDM T. Gallinat.*

## Sailors of the Quarter

Congratulations to the Blue Jacket, Junior Sailor and Sailor of the Quarter for 2<sup>nd</sup> Quarter, 2010. Their hard work and dedication is evident by their selection for this honor.

In an effort to gain insight into each Sailor's personality, they were asked five questions and their answers are provided below.

1. Why do you feel you were selected for Sailor of the Quarter?
2. What was the most challenging board question for you?
3. What do you think about driving to work in the morning?
4. What is your favorite thing about being stationed at NAFEC?
5. If you were a cartoon character, what character would you be and why?  
(someone lobbied to make this Star Wars specific, but we opened up the world view a little)



*Blue Jacket of the Quarter  
MASN Velez*

1. I feel like I was chosen because I'm not afraid to speak up and because I'm always looking out for the people I work with. I think my Supervisors admire those qualities about me.
2. "Why do I think I should be nominated for blue jacket of the quarter?" My answer was, "Well honestly no one's done as much as I have." Looking back I should of gave a more humble answer. It's hard to think of a great answer on the spot.
3. At my last command they picked up everyone that lived in the barracks and dropped them off at work. It helped save gas and was great for people that didn't have cars. It would be nice if we had a similar system here especially with the base being so small. In short driving to work is ok.
4. Honestly, I love NAFEC. I like the small town feel it has and it makes building personal relationships with other commands and sailors around base a lot easier.
5. I would be Batman. He's a ladies' man, always in shape, and goes to show that you don't need super powers to be a hero (just a lot of money).

1. I think there were a number of things that aided in my selection for Junior Sailor of the Quarter. Process of elimination, somebody really exaggerated what I really do in the write-up, or possibly I deserved it because of hard work (small possibility).
2. The most obvious question surprised me the most (what would you do if you were Commanding Officer for a day). Any board I've ever gone to, I've been told to expect them to ask me that question, but sure enough, I've never been asked it. The one time I don't expect that question, I get asked it (Thanks AC1). Now that I've had time to think about it, I should have just said grant 24-hour special liberty to all military.
3. The first two things that come to mind while I'm driving in to work in the morning are (1) I really need to wash my car, and (2) damn, I'm late again. (In that order too).
4. My favorite thing about being stationed at NAFEC has to be the gorgeous weather. Nothing says summer more than 115 degrees, not a cloud in the sky, and lately, the high humidity. Seriously though, I enjoy being able to go home every day and spend time with the family, not having to worry about the next work-up or deployment lurking around the corner.
5. Ironically, this is the question I'm having the most trouble with. If I asked my son, he would either say Woody from Toy Story (he wants me to dress like him for Halloween so he can dress like Buzz) or something off Nick Jr. But for me, I think I would have to pick Superman because I can do it all.



*Junior Sailor of the Quarter  
AM2 Westenbarger*



*Sailor of the Quarter  
AO1 Coachman*

1. It was my charming personality and southern bell accent that swept the board off their feet. Seriously, I hope that my positive attitude and professionalism helped the board decide that I was the best candidate to be selected for Sailor of the Quarter.
2. My most challenging board question had to be... "Who was the last person to get advanced on base?"
3. I commute from San Diego daily. The drive is rough on days that I'm not in the Van Pool but I enjoy looking at the mountains and view on the way to work... Now once I've gotten over the mountains and into the Valley, that's a whole different story. Let's just say the heat is breath taking.
4. What I enjoy most about being stationed here in El Centro are the people that I've gotten to know. Everyone is so eager to assist and help in any way they can. I wasn't the happiest person the day I checked in here but over the past year I've learned that NAFEC is what I make of it and for me I'm making the BEST out of my tour here.
5. If I could be a cartoon character it would definitely be Smurfette from the Smurf's. She's the only female in her village; she's smart, pretty and demands respect. Yep!! That's my choice of character.

## Civilian of the Quarter



*Civilian of the Quarter  
Joe Conner*

- 1. Why do you feel you were selected as Civilian of the Quarter?**  
They ran out of selectees plus I spent all my entire check to make it, now I'm broke!
- 2. What do you think about driving to work in the morning?**  
I think about how many people am I actually going to help today and what am I doing to make our employee's job easier.
- 3. What is your favorite thing about working at NAFEC?**  
The productivity of entire NAF El Centro Team, (ESPECIALLY MWR)
- 4. If you were a cartoon character, what character would you be and why?**  
I would like to be Superman. So that no one would know that a normal guy (Clark Kent) could turn into superman when a problem arises.

## WHAT WAS GOING ON...

September 10, 1971 – NAFEC Sandpaper

**INSTANT DEPOSIT OK'ED FOR PAYCHECKS** - Your disbursing office now offers a new valuable service to NAF and NARF military personnel. The new service allows for a military member to have his net pay and allowances paid directly to a financial institution for credit to his account.

**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. All base personnel will then vote for their favorite candidate to represent them as MISS NAF EL CENTRO.

**CAPTAIN'S HOTLINE:** 1. Are there plans for a Teen Club? 2. Chief Shope has volunteered to organize a motorcycle club. 3. Two complaints about crickets at the Base Theater. 4. Another complaint about discrepancies in speed signs around the Station. Even Security is confused. 5. Complaint about the movie schedule.

## Navy Tuition Assistance (TA) Update

- Effective in Oct. 1, 2010, quarterly monetary caps are being applied to the funds distributed by Navy's Tuition Assistance (TA) Program in order to ensure TA funds are available throughout the year.
- Sailors may continue to submit TA applications at any time; however, TA applications will be processed no more than 30 days before the beginning of the quarter for all classes that begin in that quarter. Applications are processed on a first come, first served basis until the quarterly cap is reached.
- Quarterly cap amounts will be determined based on historic usage rates and available funds.
- Navy leadership remains committed to provided opportunities and financial assistance to our Sailors as they pursue their educational goals through off-duty education.
- Sailors should continue to consider all educational opportunities offered by Navy, to include Defense Activity for Non-traditional education Support (DANTES), College-level exam Program (CLEP) testing, Academic Skills courses and Pell Grants in order to maximize the number of credits that can be applied toward a degree.

### POW/MIA Ceremony

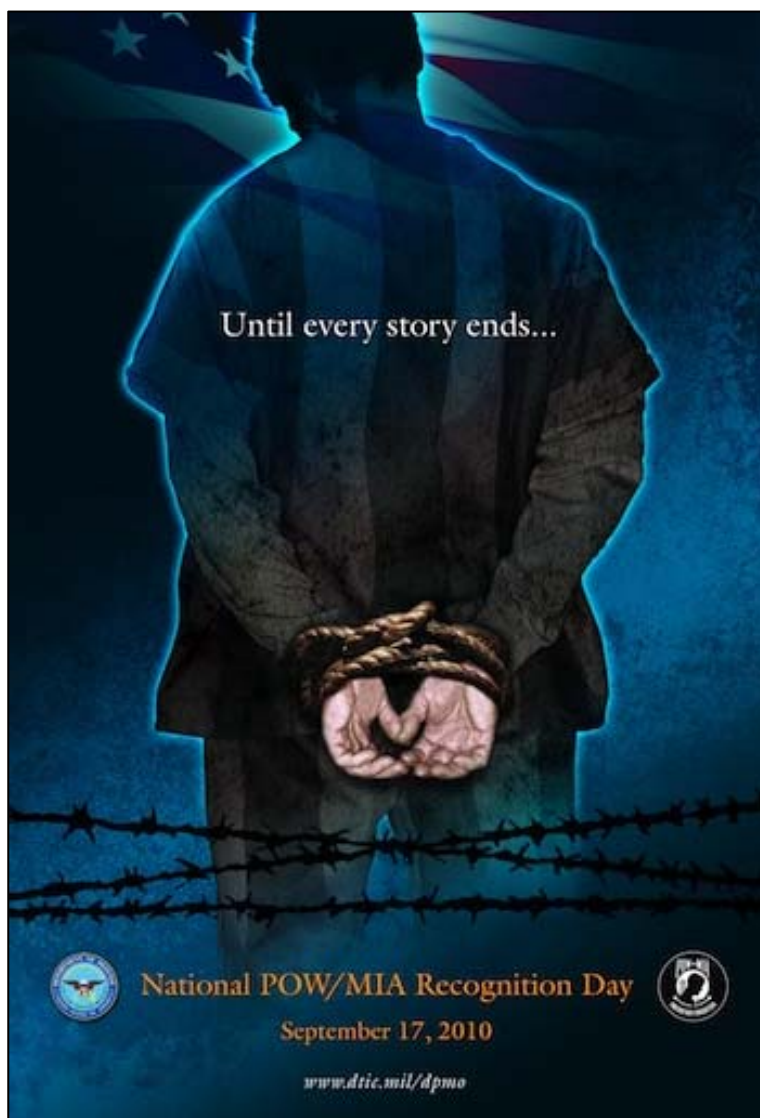
September 16, 2010  
1700 @ The Base Theater

Official records for all branches of the United States Armed Forces since the Revolutionary War reveal that United States recognizes:

- 81,864 Missing in Action
- 609,181 Prisoners of War

In President Obama's 2009 declaration, he stated, "Our Nation maintains a solemn commitment to leave no service member behind. Our men and women in uniform uphold this pledge every day, and our country further upholds it as we honor every man and woman who serves, particularly those taken as prisoners of war or missing in action. We will never cease in our mission to bring America's missing service members home; we will never forget the sacrifices they made to keep this Nation free; and we will forever honor their memory. On National POW/MIA Recognition Day, we pay tribute to the American men and women who have not returned from the battlefield, and we express profound gratitude to those who returned only after facing unimaginable hardship on our behalf. Today, we also remember the families of our prisoners of war and those missing in action and honor the sacrifices they have made."

**No Man Left Behind**





## Your 5-Point Guide To Making Chief

### *2 Insiders Shed Light On Selection Boards' Workings*

(NAVY TIMES 22 AUG 10) ... Mark D. Faram

**THIS IS A PARTIAL REPRINT OF THE ARTICLE.  
TO SEE THE ARTICLE IN ITS ENTIRETY, PLEASE SEE THE NAVY TIMES, 22AUG10 EDITION.**

Making chief is a mysterious business. Unlike petty officers who get a profile sheet showing them' how they racked and stacked against their peers, those rejected for chief get nothing, making many wonder what they did wrong. And without intel such as how they scored on various parts of their advancement exam, it makes it hard to know what to do differently the next time.

"The board's deliberations are secret and they're kept that way," said Master Chief Personnel Specialist (SW) Doug Vance, head of administrative support for all enlisted administrative and selection boards at Navy Personnel Command.

Board members are sworn to secrecy when the board starts and again before they leave Millington, Tenn. "For every paygrade up to E-7, sailors essentially compete on paper for advancement," said Capt. Leo Falardeau, head of enlisted career progression at Millington. "Their test scores, performance marks, awards and the like are all tallied up and they're racked and stacked — no one reviews their record. When you go out for chief it all changes, and that's a big difference."

Vance and Falardeau — two men with inside knowledge of how the process works and whose job is to hold the boards — told Navy Times the five secrets to making chief. Although it's not possible for you to find out how you compared with others during the board, there are things you can do to get close to the mark.

1. Learn how the board works.
2. Get a measuring stick
3. Ask around
4. Don't overdo the paperwork
5. Stand out

#### How To Stand Out

Here are some of the top items that members of the chiefs' board look for:

- Deckplate leadership: Teaching, mentoring, upholding standards among subordinates and peers.
- Competency, skill and knowledge of rate.
- In-rate and command and watchstanding qualifications: Duals like engineering officer of the watch or combat systems officer of the watch look good.
- Impact to the command: How valuable are you?
- Collateral duties: Extra duties at work, especially command wide.
- Community involvement: Extra things outside the command.
- Communication skills: Can you express yourself well?
- Shore duty: To include duty as recruiters, recruit division commanders and instructors with master training specialist.
- Diversity in assignments: Include multiple platforms as well as overseas duty, arduous duty and individual augmentee duty.
- Comprehension of naval heritage and history.
- Anti-terrorism and force protection experience.
- Language, regional expertise and culture experience.
- Navy special warfare experience.
- Warfare qualifications: Do you have just one, or did you qualify every time you had the chance?
- Education and training Do you have degrees and are they documented in your record?
- Evaluations: How do you break out among peers?
- High standing in large peer groups: Better than a 1 of 1 "early promote" sailor.
- Promotion recommendation: Are you consistent, improving or declining?
- Awards: Personal awards in your paygrade carry more weight

# CLASSIFIEDS

Seeley School – Temporary After-School  
Academic/Enrichment Educator

Application Deadline is 8/27/2010 at noon  
\$11 and hour/part time

Contact: Ruben Castro at 760.352.3571

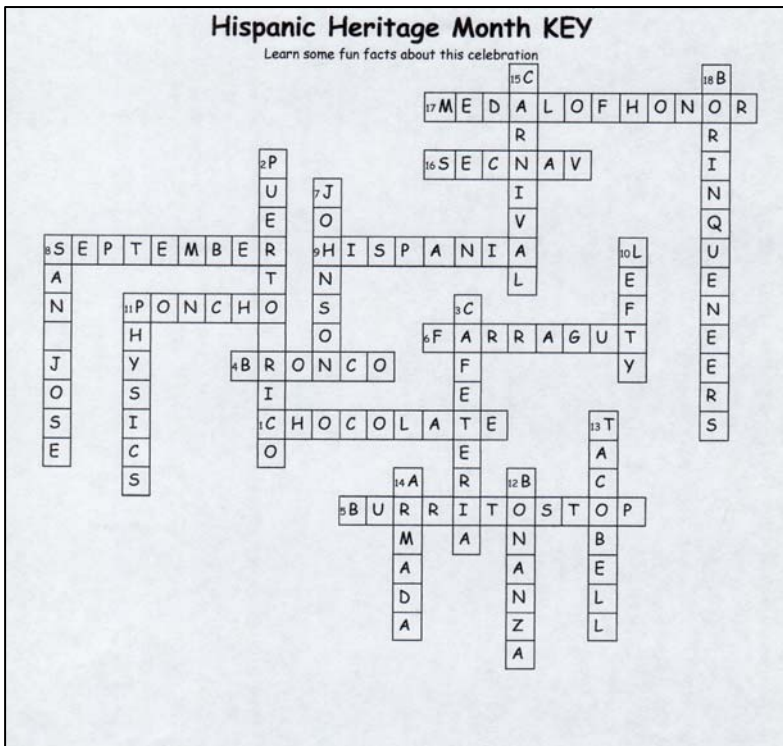
or go to

[http://www.edjoin.org/viewPosting.aspx?postingID=344623&countyID=13&utm\\_source=Indeed&utm\\_medium=organic&utm\\_campaign=Indeed](http://www.edjoin.org/viewPosting.aspx?postingID=344623&countyID=13&utm_source=Indeed&utm_medium=organic&utm_campaign=Indeed)



Tickets for the Navy Ball will go on sale  
September 3<sup>rd</sup>.

Please contact your Navy Ball  
representative for more information:  
NC1 Jones, AZ1 Probert, MA1  
Hernandez, AO2 Sands, AC2 Hall, AO2  
Pagan, AO2 Christensen, MASN Velez,  
RP2 Agorchuckwu, Janie Alemendariz  
and Pat Caro.



## SAVE THE DATE

### September 14 – 17

Single Elimination Billiards  
Tournament  
1700 @ the Sun Downer Club

### September 16

POW/MIA Ceremony  
1700 @ Base Theater

### September 17

Teen's Night Out  
@ The Teen Center  
1900 – 2200

### September 25

Parent's Night Out  
Free Child Care for enrolled  
participants at the CDC/CYP  
1800 – 2200

### October 1

Hispanic Heritage  
Celebration  
1130 @ Base Theater

### October 16

NAF El Centro Navy Ball  
Tickets go on sale  
September 3<sup>rd</sup>.

### October 23

Aviation Day at Imperial  
County Airport

## “Pearl of the Month” Photo Contest

The Sandpaper is looking for motivated Sailors to become a part of the Sandpaper team. If you are interested in letting the base and community know what is going on at your command or in your department and helping make this a better resource, we want you.

Contact Chief Haugh at [Kristopher.haugh@navy.mil](mailto:Kristopher.haugh@navy.mil) if you are interested in joining the team.

Want to submit a story idea, have a comment or concern...contact The Sandpaper by emailing: [W\\_ELCN\\_PAO\\_SANDPAPER@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER@NAVY.MIL).

What is going in your part of the base? We want to know. Starting next month, The Sandpaper will be running a monthly photo contest. Submit your photos and the top four will be voted on by readers of The Sandpaper. September’s winner will receive an NAF El Centro travel coffee cup.

Rules – don’t break any laws, always consider OPSEC and avoid photography on the flight line. The staff of The Sandpaper will select the four best entries to run in the September edition of the paper which will be released the first week in October. Winner will have their photo in the November issue of the paper and also on the Naval Air Facility El Centro Facebook page. Contest is open to all, military, civilian and contractors.

Submit your photo via e-mail to: [W\\_ELCN\\_PAO\\_SANDPAPER@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER@NAVY.MIL)

**SEND US YOUR PHOTOS – WE WANT TO SEE WHAT YOU DO!**



### Teen’s Night Out!

Come and enjoy a night of fun @ our brand new awesome building!

Friday, 17 Sept.

From 7-10 P.M. Dance, hang out with your friends and play our new games. Refreshments will be served.

## Crimson Eagle – The British Are Here



Welcome aboard to our allies from the United Kingdom. The detachment is here with four Apache Longbows and two maintainers in preparation for the main body which will arrive in October. As a long term detachment, you will begin to see them around the base more frequently as they shift some of their training from other locations to NAF El Centro.

## Pearls of Wisdom

From the CMDCM

Greetings Desert Warriors,

It has been just over one month since you welcomed me to NAF El Centro. I am quickly acclimating to the summer climate and am having an opportunity to get around to meeting each of you.

I am learning new things, and am also learning about your responsibilities and routines. I am also listening to you. I take my responsibilities of being your Command Master Chief very seriously, and I am committed to doing my very best to prepare you for continued success!



I don't have to tell you that El Centro is not only home to those of us who are stationed here year-round, but were also a permanent home to SFWPMU, the Blue Angels, the British Army's Crimson Eagles and others. We are also a temporary home to several visiting commands from all branches of the military and let's not forget our civilian population. The larger we are, the more effort it takes to get along. I encourage you to work together and prepare for the missions we will most likely be called upon to perform.

I would like to take this opportunity to extend a Bravo Zulu to AO1 Damon Chaffin of Weapons Department for his selection to Chief Petty Officer, as well as to MASN Eddie Velez, AM2 Anthony Westenbarger, and AO1 Ivory Coachman as the Blue Jacket, Junior Sailor and Senior Sailor awardees for the 3rd Quarter. These are tremendous accomplishments!

As a reminder, the upcoming ratings exams will begin taking place in September. I encourage those of you who be taking the exam to hit the books and study!

I wish to thank you all for your service and your dedication to duty. I welcome your suggestions and am always available to assist you.

Command Master Chief Gallinat

*Seeley School is collecting Box Tops for Education from General Mills products to redeem for equipment for their school. If you would like to donate them, please drop them off in CMDCM Gallinat's office.*

### PARENT'S NIGHT OUT

Saturday, 25 September from 6-10 P.M.

Drop off your little ones @ our beautiful center and enjoy your night out!



SEPTEMBER 2010

NAF EL CENTRO

# MWR OUTLOOK

## NEW Child & Youth Program Facility

Enroll your child today!



### Child & Youth Programs (CYP)

Bldg. 3400 • 760-339-2560

Monday-Friday 0545-1730

## Calling All TEENAGERS!

Stop by the CYP building to check out your **NEW Teen Center**. Complete with a game room, Xbox and Wii, wireless Internet, multipurpose room, music room and so much more!

**Teen Program Now Available!**  
Monday-Friday 0830-1730



# FOOD

## Mirage Club

Bldg. 227 • 760-339-2996

Lunch:

Monday-Friday 1100-1300

Dinner:

Monday-Thursday 1700-2000

Lunch Buffet: \$8.25  
(includes your choice of soup or salad)

Soup \$2.50, Salad \$4.50,  
Soup & Salad \$5.50

### CHEF'S WEEKLY SPECIAL

September 1-3

Shrimp Cocktail \$6.50

Wednesday, September 1

Taco Bar

Thursday, September 2

Carne Asada

Friday, September 3

CLOSED

### CHEF'S WEEKLY SPECIAL

September 6-10

Chicken Cordon Bleu \$5.95

Monday, September 6

Labor Day Holiday ~ Closed

Tuesday, September 7

Salisbury Steak

Wednesday, September 8

Chiles Rellenos

Thursday, September 9

Carne Asada

Friday, September 10

Seafood Buffet

### CHEF'S WEEKLY SPECIAL

September 13-17

Carne Asada Nachos \$5.95

Monday, September 13

Country Fried Steak

Tuesday, September 14

Lasagna

Wednesday, September 15

Build-Your-Own Burger

Thursday, September 16

Prime Rib \$9.95

Friday, September 17

Ceviche

### CHEF'S WEEKLY SPECIAL

September 20-24

Tri-Tip Sandwich \$5.95

Monday, September 20

Beef Tips

Tuesday, September 21

Pasta Bar

Wednesday, September 22

Sweet & Sour Chicken

Thursday, September 23

Carne Asada

Friday, September 24

Shrimp & Fish

### CHEF'S WEEKLY SPECIAL

September 27-30

Chicken Pesto Melt \$5.95

Monday, September 27

Fried Chicken

Tuesday, September 28

Beef Ribs

Wednesday, September 29

Pork Chops

Thursday, September 30

Carne Asada



Navy Morale, Welfare and Recreation

# LIBERTY

Bldg. 202 • 760-339-2559

**LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY**

Monday-Friday • 0700-2100

Saturday-Sunday • 1100-2100

Holidays • 1200-1800

Every Tuesday

### Karaoke Tuesdays

All-hands are invited to "Wow" the crowd!

Time: 2000 • Location: Sun Downer Club

Wednesday, September 1

### Moon Dance Day

Come by your Liberty Center at lunch and show off your dancing skills. Impress your Liberty Staff and receive a prize.

FREE • Time: 1100-1300

Friday, September 3

### FireBall Friday

How long you can hold in a deliciously spicy and hot Atomic FireBall in your mouth? Winners take home a great prize!

FREE • Time: 1700

Monday, September 6

### Happy Labor Day!

We're open holiday hours today, 1200-1800. Stop by for some FUN!

Tuesday, September 7

### September Birthdays

Stop by for a FREE slice of cake, while supplies last. Time: 1100

Wednesday, September 8

### Hot Wing Hump Day

Stop by your Liberty Center for FREE wings, while supplies last.

Time: 1600

Thursday, September 9

### Rock Band Competition

FREE • Time: 1700

Friday, September 10

### Movie Marathon

FREE • Time: 1930

Monday, September 13

### Ping Pong Tournament

FREE • Time: 1730

Wednesday, September 15

### UNO Competition

FREE • Time: 1730

Thursday, September 16

### Ding Dong Thursday

The same delicious, chocolate covered cupcake you remember from childhood is waiting for you at the Liberty Center. Hurry in, while supplies last!

FREE • Time: 1100

Tuesday, September 21

### Twinkie Tuesday

FREE cream-filled Twinkies, while supplies last. Time: 1100

Thursday, September 23

### Root Beer Pong

FREE • Time: 1730

Friday, September 24

### Pool & Pizza Friday

Swimming at the Large Pool and delicious FREE pizza! Time: 1730

Monday, September 27

### UNO Attack Competition

FREE • Time: 1730

Wednesday September 29

### Phase 10

How long will it take you to complete Phase 10? FREE • Time: 1730

**LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY**

## Loyalty Cards

Available for our Loyal Buffet Customers.

### Buy 9 Get 1 Free!

Double punch Mondays - receive an extra punch every Monday.

*Pick up your Loyalty Card at the Mirage Club today!*



# AQUATICS

## Small Pool

Bldg. 239 • 760-339-2627

Mon-Thu: 1300-1800

Sat, Sun & Holidays: 1200-1900

## Large Pool

Bldg. 374 • 760-339-2487

Tue-Fri: 1300-1830

Sat & Sun: 1200-1830

## Large Pool Water Games!

Wednesday, September 1, 2010

Games begin at 1700

FREE • At the Large Pool

Join us at the Large Pool for fun and exciting games and challenges!

## Master Swim Program

Monday, Wednesday & Friday 0600-0700

Tuesday and Thursday 1630-1730

At the Large Pool

Open to intermediate to advanced swimmers who are dedicated to improving their fitness through swimming. This program provides a coach, structured workouts, and stroke and technique assistance. It is also designed to help swimmers improve fitness and/or train for specific goals. For more details stop by or call the Large Pool.

## In-Water Track and Field

Tuesdays and Thursdays 0630-0715

at the Large Pool

Try our In-Water Track and Field. It's not your traditional Track and Field... it's better!  
Call for more information 760-339-2627.

# FITNESS

## Navy Fitness Center

Bldg. 327

760-339-2488/2501

**Monday-Friday  
NEW HOURS 0500-2100**

Saturday-Sunday

0800-1700

Holidays

0600-1430



B.....Beginners Class

I.....Intermediate Class

A.....Advanced Class

### Wednesday, September 1

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin 'N Strength  
1700-1800 Plyometrics

### Thursday, September 2

1130-1230 Body Sculpt  
1600-1700 Circuit Training  
1700-1800 Medicine Ball  
1800-1830 Abs Kicking

### Friday, September 3

1130-1230 I. Spin 'N Core  
1600-1700 I. Spin  
1700-1800 Pilates

### Saturday, September 4

No classes

### Sunday, September 5

No classes

### Monday, September 6

Labor Day ~ Holiday Hours  
0600-1430

### Tuesday, September 7

1130-1230 I. Combo  
1600-1700 Circuit Training  
1700-1800 Medicine Ball  
1800-1830 Abs Kicking

### Wednesday, September 8

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin 'N Abs  
1700-1800 Circuit Training

### Thursday, September 9

1130-1230 Body Sculpt  
1600-1700 Regeneration Class  
1700-1800 Body Sculpt  
1800-1830 Abs Kicking

### Friday, September 10

1130-1230 I. Spin 'N Core  
1600-1700 I. Spin  
1700-1800 Pilates

### Saturday, September 11

0800-0900 I. Spin  
1100-1200 Body Sculpt

### Sunday, September 12

No classes

### Monday, September 13

1130-1230 I. Spin  
1600-1700 I. Spin 'N Abs  
1700-1800 Plyometrics

### Tuesday, September 14

1130-1230 I. Combo  
1600-1700 Body Sculpt  
1700-1800 Plyometrics  
1800-1830 Abs Kicking

### Single Elimination Billiards Tournament

September 14-17

(see ad on this page)

### Wednesday, September 15

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin 'N Tone  
1700-1800 Circuit Training

### Thursday, September 16

1130-1230 Body Sculpt  
1600-1700 Circuit Training  
1700-1800 Body Sculpt  
1800-1830 Abs Kicking

### Friday, September 17

1130-1230 I. Spin 'N Core  
1600-1700 I. Spin 'N Run  
1700-1800 Pilates

### Saturday, September 18

No classes

### Sunday, September 19

No classes

### Monday, September 20

1130-1230 I. Spin  
1600-1700 I. Spin  
1700-1800 Plyometrics

### Tuesday, September 21

1130-1230 I. Combo  
1600-1700 Body Sculpt  
1700-1800 Plyometrics  
1800-1830 Abs Kicking

### Wednesday, September 22

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin  
1700-1800 Plyometrics

### Thursday, September 23

1130-1230 Body Sculpt  
1600-1700 Regeneration Class  
1700-1800 Circuit Training  
1800-1830 Abs Kicking

### Friday, September 24

1130-1230 I. Spin 'N Core  
1600-1700 I. Spin  
1700-1800 Pilates

### Saturday, September 25

0830-0930 Plyometrics  
1100-1200 I. Spin

### Sunday, September 26

No classes

### Monday, September 27

1130-1230 I. Spin  
1600-1700 I. Spin 'N Run  
1700-1800 Plyometrics

### Tuesday, September 28

1130-1230 I. Combo  
1600-1700 Circuit Training  
1700-1800 Medicine Ball  
1800-1830 Abs Kicking

### Wednesday, September 29

1130-1230 I. Spin 'N Run  
1600-1700 I. Spin  
1700-1800 Circuit Training

### Thursday, September 30

1130-1230 Body Sculpt  
1600-1700 Circuit Training  
1700-1800 Body Sculpt  
1800-1830 Abs Kicking

## SINGLE ELIMINATION BILLIARDS TOURNAMENT

Tuesday-Friday, September 14-17 • 1700

FREE

Calling all sharks! Head over to the Sun Downer Club to try your hand at MWR's billiards tournament.



Event open to all authorized MWR patrons.  
For more information call 760-339-2488.



# RENTALS

## Outdoor Adventure

Bldg. 318 • 760-339-2486

Monday-Friday

0800-1630

### 50% Off All PARTY EQUIPMENT

Tables, chairs, shades, dunk tank, grills, ice chests and water jugs. Reserve yours today!

## TRIPS

### Ticket Office Tours

Bldg. 202 • 760-339-2559

Monday-Friday

**NEW HOURS 0900-1700**

Open to all authorized MWR Patrons.



Saturday, September 11

### Wild Animal Park

Lions, tigers and zebras, oh my! Join MWR on a Wild Animal Park adventure! Van departs the Liberty parking lot at 0800. Sign up and pay by Wednesday, September 8 to reserve your seat.

**Active Duty: FREE**

**Adults: \$31**

**Children (3-11 yrs.): \$23**



Saturday, September 25

### Aquarium of the Pacific

Aquarium of the Pacific in Long Beach is where the ocean and people connect.

Check out their new Sea Otter Exhibit with natural habitat. And, discover the Animal Care Center where

you can see how animals are cared for and never before seen medical procedures. Van departs the Liberty parking lot at 0800.

Sign up and pay by Wednesday, September 22.

**Adults: \$19**

**Children (3-11 yrs.): \$12**

## CALLING ALL TEENAGERS!



Stop by the CYP building to check out the

### NEW Teen Center

with game room,

Xbox and Wii,

wireless internet,

multipurpose room,

music room

and so much more.



### Teen Program Now Available!

### Teen Night

Friday, Sept. 17

Teen Center open until 2100

Bldg. 3400 • 760-339-2560

Monday-Friday 0830-1730