



Issue 10

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NAF EL CENTRO

SANDPAPER



Celebrating the 69th Anniversary of the **Battle of Midway**

June 4th 1942

The Battle of Midway, fought over and near the tiny U.S. mid-Pacific base at Midway atoll, represents the strategic high water mark of Japan's Pacific Ocean war. Prior to this action, Japan possessed general naval superiority over the United States and could usually choose where and when to attack. After Midway, the two opposing fleets were essentially equals, and the United States soon took the offensive.

Japanese Combined Fleet commander Admiral Isoroku Yamamoto moved on Midway in an effort to draw out and destroy the U.S. Pacific Fleet's aircraft carrier striking forces, which had embarrassed the Japanese Navy in the mid-April Doolittle Raid on Japan's home islands and at the Battle of Coral Sea in early May. He planned to quickly knock down Midway's defenses, follow up with an invasion of the atoll's two small islands and establish a Japanese air base there. He expected the U.S. carriers to come out and fight, but to arrive too late to save Midway and in insufficient strength to avoid defeat by his own well-tested carrier air power.

Yamamoto's intended surprise was thwarted by superior American communications intelligence, which deduced his scheme well before battle was joined. This allowed Admiral Chester W. Nimitz, the U.S. Pacific Fleet commander, to establish an ambush by having his carriers ready and waiting for the Japanese. On 4 June 1942, in the second of the Pacific War's great carrier battles, the trap was sprung. The perseverance, sacrifice and skill of U.S. Navy aviators, plus a great deal of good luck on the American side, cost Japan four irreplaceable fleet carriers, while only one of the three U.S. carriers present was lost. The base at Midway, though damaged by Japanese air attack, remained operational and later became a vital component in the American trans-Pacific offensive. ❖

Article by ETC Haugh

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COMMANDING OFFICER



Desert Warriors, Once again summer is knocking on the doorstep. While we've had a very pleasant Spring so far, we all know that it won't be long before temperatures are in the triple digits for days on end. But hey, at least it's a dry heat.

In all seriousness, we all know how dangerous the summer heat can be in the Imperial Valley. It is vital that each of us knows how to take care of ourselves as the temperatures climb. Make sure that you stay hydrated, and that you are in the shade as much as possible. Monitor your outdoor activities to make sure you aren't putting too much stress on the mechanisms that keep you cool. Learn to recognize the symptoms of heat stress and heat stroke. Be prepared to act in the event that you begin to suffer these symptoms, and be on the lookout for those symptoms in others. Watching out for those around you is especially important with children. They may not be able to articulate how they are feeling, so it is up to us to make sure that we are paying attention.

Summer is a time for fun and outdoor activity. I encourage all of you to take some time to be with family. Since this is the time of year that we typically have lower numbers of detachments, I would ask that you try to take some leave so that you can recharge your batteries. I do, however, want you to keep in the back of your mind at all times that safety is of the greatest importance. After all, NAF El Centro would not be as great as it is without your contributions.❖

CO

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RECENT EVENTS:

Hails: MA3 Silva
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AO3 Foote
AD1 Fuller
ATAN James
AO1 Millard
AM1 Shelton
AO2 Shew
AT2 Taraska
ATAN White
AC2 Morlet
AO1 Irvin

Farewells: AM1 Oterolozano
HM2 Price
MA3 Obrien
MASN Millis
AT2 Broadway
MA3 Earl

Reenlistments: MA1 Hernandez
AC2 Chamberlain

Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
JUNE	6	4	409	19
JULY	6	3	436	33



Navy Advancement System

by NC1 Marc Jones

The March exam results are out. Congratulations to those that made rank. For those that didn't, this article is to help you prepare for your future exams.

Taking exams in the Navy to make rank is nothing new. Enlisted personnel E3-E5 have to take an exam twice a year to compete for their next rank. The exam month has not changed in over 15 years and is given in September and March. The exact date on which the exam is given has not changed either. Personnel going for E6 test on the first Thursday of the month, E5 are the second Thursday, and E4 is the third Thursday. The test is 200 questions and you are given three hours to complete it. You have control of 80% of the points you need to make rank. What are those things? Let me explain.

First you have control over your test score. The Navy gives us access to our rating bibliographies (BIBS). The BIBS tells us exactly what chapters to study and in what publications. You can download them before the test via NKO and the Navy Advancement Center. All you have to do is collect the information and study. There are many different methods to study and you as an individual need to mold your study habits to your individual needs. You can study in groups or in private with flash cards. But the key word here is study. You will not improve your score unless you put in the time and effort to review the information the Navy provides for you to succeed.

The second thing you have control over is your evaluations (eval) that you receive yearly. The better your eval is, the more points you receive towards your next rank. Things you can do to improve your evaluation are:

- Work toward the qualification level of the next pay grade.
- Seek out collateral duties in your department or command.
- Work hard at being the best at your job.
- Command involvement such as Heritage months, Navy Ball, Command Assessment Team, and other command or base level activities.
- Off duty education .
- Community service.



The goal of everyone should be to advance. It brings greater responsibility and higher pay. You have control for a majority of your over all points to needed to advance to your next pay grade. With foresight, planning and motivation you can accomplish a lot towards this goal of getting promoted. The ball is in your court. It's up to you on what you do with it, let it bounce by or take charge and go for the points. ❖

Imperial Valley's 2011 Drumline Exhibition

By: PSSN Meráz, Marques L.



On May 18th, all of Imperial Valley's percussion ensembles came to Southwest High School to showcase their music programs. The format was an exhibition rather than a competition; which created an atmosphere of support and mutual respect amongst drummers.

The exhibition started off with elementary schools, included middle schools, and ended with performances from Central Union High School, Brawley High School, Imperial High School, and finally the Southwest High School Drumline.

All of the students worked hard to achieve good quality in their performances. Their continued improvement shows the level of dedication that each school's staff has for the music program. ❖

COMMAND MASTER CHIEF



Team NAF El Centro,

It's June and we're on the brink of summer. Time seems to be flying by. It seems we were just coming out of the holidays and planning for Air Show. Instead, we have just completed many projects and ceremonies. Just this past week, our Color Guard provided honors at a Funeral, participated in Memorial Day ceremonies and the POW-MIA and VF-114 Fighting Aardvark dedications here on Base, and lastly, we will hold the Midway Memorial ceremony on Friday, 3 June 2011.

I especially want to thank and say BRAVO ZULU to all who participated in making these events so outstanding! The personnel at the Pearl of the Desert really did shine! I am personally proud of you all.

As we celebrated Memorial Day and with our Nation's Independence Day just around the corner, it causes me to reflect on Freedom. Freedom I enjoy every day. Freedom that has been paid for by some of our fellow comrades who made that ultimate sacrifice. President John Adams said "I am well aware of the toil and blood and treasure that it will cost to maintain this Declaration, and support and defend these United States." Clearly, our founding fathers understood that the burden of sustaining liberty would be calculated in human sacrifice.

Just around the corner too, the ERBs will be ready to convene beginning in August. I urge you to review your record and ensure that your record accurately reflects your progress and your performance. I hardly need to remind you that "knowledge is power." I can only tell you that, now more than ever, you must be informed and stay on top of everything! The more knowledge you gain, and the better informed you are, the better equipped you'll be to make life and career decisions.

Remember we are still at war and you need still bring your 'A' game in every day. Self-improvement is a daily endeavor. We simply do not know when we will be called on to act. Complacency can kill or injure and that affects the readiness of this Base and our Navy and our Country. Thank you for all you do! ❖ CMC

NAF El Centro Celebrates Asian/Pacific Islander Heritage Month

By: PSSN Meráz, Marques L.

On Wednesday, May 25th NAF El Centro paid tribute to the many contributions that Asian/ Pacific Islanders have made to American culture, cuisine, and our military. This celebration started off with the National Anthem and Star Spangled Banner; performed by our very own CYP Preschoolers. They were dressed in cultural costumes and stole the show with their participation.

Adding to the cultural experience were violin folk pieces by Mrs. Yoshie Stokes, the Philippine dance entitled the Krutsa (performed by Sonia Sarmiento, Jean Glass, and Velinda Cruz), and the Malong-Malong dance performed by Velinda Cruz. These performances enhanced the experience of those attending by providing a glimpse into the Asian/Pacific Island culture. The keynote speaker for this event was LT Jed Juachon. LT Juachon made a very informative presentation. He gave a brief history of Asian/Pacific Island culture and explained how the term "Asian/Pacific Islander" is inclusive of many different ethnicities. Furthermore, he showcased the broad representation of Asian and Pacific Islanders here on base with pictures in his slideshow.

The food at this even was awesome. The line to sample food went out of the building. All who attended would agree that the food was well worth the wait. The sampling of food included Lumpia, Pancit, Adobo, and much more. Overall, NAF El Centro did a wonderful job in showcasing the major impact of Asian/Pacific Islanders on our way of life. ❖

Special Thanks:

ADC Davis	Sonia Sarmiento	LT Juachon	Eden Castro
Velinda Cruz	NEX	Yoshie Stokes	AO1 McBride
Sherri Sands	RP2 Agorchukwu	Child and Youth Programs	Emma Rubio
NC1 Jones	Jean Glass	PSSN Meráz	The Commissary
Jessica Cruz	MWR		



DEFY 2011-2012 RECRUITMENT

We have just completed our fifteenth year of DEFY at NAF El Centro, and are now accepting applications for youth, junior mentors, and staff for the upcoming 2011-2012 DEFY year. Please contact AM2 Anthony Westenbarger, AC2 Amber Huskey or AC2 Danny Richardson to enroll your child or sign up to help.

DEFY is open to military dependants, DoD dependants, or dependants of any personnel currently working at NAF El Centro (must have base access). DEFY consists of two phases. Phase I is a five day summer camp, and Phase II is once a month meetings throughout the school year. Phase I summer camp will be the week of July 17-22, 2011 and Phase II will run from October 2011 through June 2012. The youth age is 9-12, and Junior Mentors are 13-17. ❖

Story by: AM2 Anthony Westenbarger

Contact Information: <http://www.public.navy.mil/bupers-pc/support/nadap/Pages/DEFY.aspx>

Program Manager: AM2(AW)Anthony Westenbarger
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 Phone: (760)339-2655/2665

Assistant Program Manager: AC2 Amber Huskey
 Email: Amber.huskey@navy.mil
 Phone: (760)339-2601/2507

Camp Director: AC2(AW)Danny Richardson
 Email: danny.richardson@navy.mil
 Phone: (760)339-2601/2507



Phase 2 Comes to An End!!

On May 7th, 2011, DEFY youth and staff departed NAF El Centro in route to San Diego's Balboa Park. This was the final Phase 2 activity of the 2010-2011 DEFY year. The group attended both the San Diego Air and Space Museum (SDASM) and the Ruben H. Fleet Science Center (RHFSC). At the SDASM, the youth saw numerous vintage aircraft, three short 4-D films, and rode in a flight simulator. After attending the SDASM, the staff and youth ate sandwiches, chips, pudding, crackers, and apple sauce in one of the parks picnic areas. After lunch, the group then attended the RHFSC where they watched an IMAX film titled Tornado Alley. After the film, the youth got to wander the museum, enjoying numerous hands on displays. The day was very entertaining for the youth and staff. It truly was a great finale to the DEFY 2010-2011 year. DEFY will hold its graduation/end-of-year party on June 11th, 2011 at the small pool on base. ❖

Story by: AM2 Anthony Westenbarger



Roadrunner Service and Price Matching at your Navy Exchange

By Emma Rubio

The Navy Exchange offers two services many may not be aware of: the Roadrunner Service and our Price Matching Policy. The Roadrunner Service provides Sailors and their families the opportunity to purchase merchandise not available in-store at the El Centro location with a one week turn around. You can fill out a request sheet at the Customer Service window with any available associate by Tuesday. Every week orders are sent to the North Island Complex where, depending on availability, requested merchandise is brought to El Centro. Once your merchandise has arrived, you will be notified that it is ready for pick up. Merchandise requested through the Roadrunner Service may not be prepaid with the exception of I-pads.

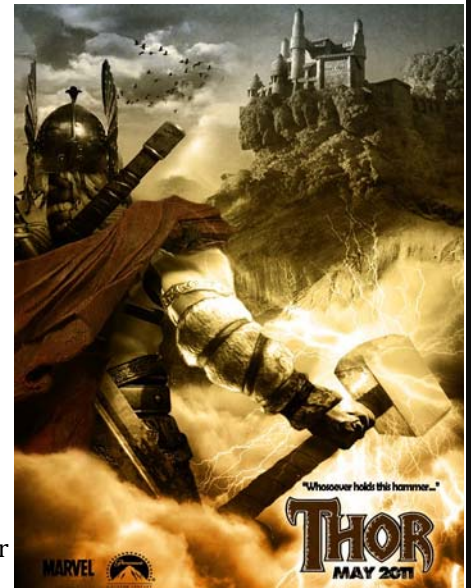
The Price Matching Policy works in three ways; first there is the Verbal Price Match in which the NEX will price match any item up to \$5.00 without requiring a current sales advertisement or other proof. Second, the NEX can call a store to verify the price. This is good for items like CDs, DVDs, etc. The third way is with a current sales ad from a local competitor. The ad must be brought in and turned over to the cashier. Sale ads used for price matching will not be returned to the customer. The item to be price matched must be the same brand, manufacturer, size and model number. However, if the competitor's ad includes the quantity a customer can buy at an advertised price, then the NEX will maintain the same quantity limitations. We are also unable to price match items that are noted as limited quantities. While we cannot match the Commissary, mail order catalogs, or internet web prices, we do match the shelf pricing on any wholesale club merchandise regardless of membership fees often required. The NEX will also match a competitor's promotion of a free gift card and instant in-store rebates and remember NEX profits support Navy families. The main thing is to ask. Generally the NEX will be able to help you out. Times are tough. Make your dollars go as far as possible with your benefits. ❖



Date Night

with ABFC(Ret.) Marc Willis

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



Thor:

Players: Chris Hemsworth, Natalie Portman, Anthony Hopkins, Rene Russo

Genres: Action, Adventure, Comedy, Drama

Rating: PG-13

Thor is just the first to launch in this summer of the superhero. With X-Men: First Class, Captain America: The First Avenger and Green Lantern on the horizon set for release later this summer Thor is poised to carry the hammer.

Thor starts with a bang sort of; Jane Foster (Natalie Portman) hits Thor (Chris Hemsworth) with her van as he falls from the heavens. This is where we pick up the story but isn't where the story begins so to speak, this was just a preview. Kenneth Branagh, the director, takes an interesting approach in presenting the story of Thor to the audience. His creation is a genre mixture of comedy, action, drama and adventure. The problem with this is that the drama and comedy injected in this film seemed to be out of place. I do agree that these elements should be presented but they just appeared awkward and out of place. Perhaps this was due to the weak dialogue assigned to most of the characters which isn't a credit to the writers, Ashley Miller and Zack Stentz. Credit must be given to Anthony Hopkins's portrayal of Odin which was outstanding given he had little to work with.

Thor isn't the all-out action flick I was looking for, but the action, although limited, is pretty exciting. The special effects were top notch specifically the visual effects of Asgard. Other than Hopkins and the special effects there isn't too much to cheer about in this film. To sum it all up, I wasn't overly impressed however I wasn't terribly disappointed either. Superhero comparison wise, Thor isn't as bad as the Hulk disaster from a few years ago it is far below the standards of The Dark Knight. It is more on par with the first Spider Man picture. With that being said, I rate this film three anchors out of five.❖



BASSETT PATTON ALONSO DEVINE EPPS

JUMPING THE BROOM

SOMETIMES THE ONLY WAY TO GET PAST FAMILY DRAMA... IS TO JUMP RIGHT OVER IT.

Jumping the Broom:

Players: Angela Bassett, Paula Patton, Laz Alonso, Loretta Devine, Meagan Good,

Genres: Comedy, Romance

Rating: PG-13

Concluding a wonderful day spent in San Diego the wife and I decided to catch a movie before departing the Gaslamp Quarter for sunny El Centro. As it was the wife's turn to choose a movie for our viewing pleasure Jumping the Broom was our destiny or my doom depending on your take of the situation. Jumping the Broom is based on the families of a young couple meeting for the first time and working through the differences between the "haves and have-nots" as they prepare for the couple's wedding.

The bride Sabrina Watson (Paula Patton) is well-educated and the product of a wealthy family who has made some very poor decisions in her life as the opening scene attests to. Her Prince Charming Jason Taylor (Laz Alonso) is also well-educated however he is the product of a working class family and an over protective mother, Mrs. Taylor (Loretta Devine). The storyline starts slow as we follow the budding relationship of Sabrina and Jason but picks up once they decide to marry.

The families of both Jason and Sabrina really steal the show; specifically Mrs. Watson (Angela Bassett) and Mrs. Taylor as they engage in verbal confrontation at every opportunity. The multiple sub-plots of the supporting characters sprinkled throughout the film kept every character fresh, alive, funny and relevant; their storylines were just as interesting as the main character's. My first glance of the supporting cast members left me a bit apprehensive. I mean seriously, a romantic comedy that included funny men Mike Epps and DeRay Davis, not to mention former Nickelodeon child star Lil Romeo. I suspected more comedy and less romance, which is pretty much what I got (thank goodness) but it worked well. I give full credit to the writers, Elizabeth Hunter, Arlene Gibbs and director Salim Akil as they've done a masterful job of telling a story. With that being said, I rate this film three and a half anchors out of five.❖

CLASSIFIEDS

FOR SALE

WANTED

FOR SALE!! Entertainment center with glass shelves a **NEW!** 61" Projection Screen Television in good condition.



I'm selling them as a match set for \$600.00 cash; Home Theater not included. If interested, contact ADC Davis @ 808 754-6957

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

PUT YOUR AD HERE!

CONTACT W_ELCN_PAO_SANDPAPER@NAVY.MIL

FOR SALE: Solid wood entertainment center, 32 inch TV, 2 solid wood end tables, wood coffee table, couch/occasional table, crib mattress. 760-693-4749

FOR SALE:
\$4500
Miles: 7420
2008 Honda Shadow
Motor 750, with five gears
Contact: Ben Ramirez
Phone: (760) 604-1237



FOR SALE: 1967 DODGE CORONET 440 **NEW!** CONVERTIBLE Steel bodied Convertible, Blue/Green base clear coat paint, White Top Convertible, Blue Cloth Seats, Seat Belts, Blue Carpet, 318 Dodge Engine, Automatic Transmission. Power Steering, Power Brakes, Centerline wheels, New Dual Exhaust, Kenwood Stereo. 5-CD Changer; Pin Striped by Lyle Fiske 28,000 Original Miles \$16,500 OBO - No Trades



Contact: Ralph Vargas
760-996-1241/760-455-0762

JOB POSTINGS

ADVERTISE YOUR JOB HERE!

CONTACT W_ELCN_PAO_SANDPAPER@NAVY.MIL

JOB Links for Employment

- Department of the Navy, Civilian Human Resources: <https://chart.donhr.navy.mil>
- 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.alutiiq.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://www.mwrtdoay.com/>
- NMCI: <http://h10134.www1.hp.com/services/>



THE DESERT BEAT

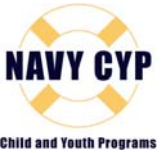
BY MA3 SHAWN PRIESTLEY

The Security Department continues operating under Force Protection Condition Bravo as May comes to a close. Rumors speculate that NAF El Centro is one of the only, if not THE only, bases to have increased its security measures. Take it from one weary traveler who just returned from a trip near Sacramento, even the California National Guard and Air Reserves are in Bravo currently with apparently no end in sight.

There is a new guard shack at the Commercial Vehicle Inspection Station as of May 26th. The shack was “acquired” from a nearby base where it had been sitting unused for an extended period. In true military fashion, plans were set in motion to make good use of such an unappreciated asset. With the arrival of the new structure, personnel assigned duty at the inspection pit can now be relieved temporarily without having to request fellow gate sentries leave. Hopefully this new addition will bring resolution to recent requests made to improve on the station.

In addition to a new structure, security has increased in size by two. MA3 Silva has joined recently as well as MASR Blair. They are currently in the Administration Department as they complete check-in and await assignment to a section where they can make a smooth transition into daily sentry and patrol operations. The Security Department also had two personnel selected for advancement this cycle. MASN Velez and I will be moving up in rank and I hope I speak for MA3 (select) Velez when I say that I can’t wait to see it reflected in my LES.❖

Navy Child and Youth Programs



INFANT

Hakeem Perkins lays on the mat and plays with the clutch ball while Xitlali Rangel plays with the infant gym. Hakeem gets excited kicking his feet and babbles really loud. Xitlali stops kicking the infant gym, turns to Hakeem and watches him play with the ball.



TODDLER

During art activity toddlers: Myalah Pagan, Aiden Dunlap, Mia Nicholas, Dinelli Dominick, Kaden McAlister, Evalynn Garcia, Lilyana Johnson, Adyn Pratt and Isabella Madrid explore painting with bubble wands. The students used paint and tried to blow the paint on to their paper. They learned about cause and effect, sharing and socializing.



PRETODDLER

During the month of the military child our Pretoddler Class had a teddy bear tea party. Our guests were Broolynn Parker, Dakota Erro, Julyana Oliver, and Lauren Leetch along with their teddy bear friends.



PRESCHOOL

During a hot day outdoors, Sawyer Franzen, Cian Dee, Wyatt Daimaggio and Aiden Jacks play at the water table with ice cubes and water. They are experimenting with the effects solids such as ice has with heat energy and liquids.

Coming Events:

JUN 10

Teen Night Out
Child Youth Center
1800 - 2200

JUN 15

Captain's Cub bowling signups due
Sports Director
x2380

JUN 18

Sneak Preview
Green Lantern
Base Theater
Show starts 1700



JUN 18

Parents Night Out
Child Youth Center
1800 - 2200

JUN 25

Magic Mountain Trip
Liberty Center
0730 Cost \$26.50

JUN 30

Summer Safety Standown
Base Theater
0800

JULY 4

Freedom Fest 2011 - Free
Imperial Valley College
1800

JULY 5

Anger Management Class
BLDG 401
1300 - 1400

JULY 8

ETC Haugh Retirement
Sports Gymnasium
1100

JULY 11-15

Missoula Children's Theater
CYP
Contact Katrina for Times

JULY 16

El Centro day at the Ball Park
PETCO Park, San Diego
Starts 1730

America's Kids Run

Article by Joe Conner

Navy Fitness had 60 kids participate in our annual America's Kids Run. The weather was about 80 degrees and the event was held at the running track. 5-6 year olds ran 1/2 of mile, 7-8 year olds ran 1 mile and the 9-13 year olds ran the distance of 2 miles. All participants and volunteers received free t-shirts while they still they got a chance to do some exercises with friends and family. This event also received local paper coverage. There were 250,000 kids that participated in the America's Kids Run in the South West Region alone. We look forward to next year's event, as it has grown bigger every year. ❖



Welcome to the Babysitting Course, sponsored by the American Red Cross, 4-H and Operation: Military Kids (OMK)!



The **4-H Babysitters' Program** is a curriculum designed to better prepare young people for babysitting and child care by educating them to become capable, caring, trustworthy, responsible babysitters. This program is recommended for youth, ages 12-17.

By taking this course, youth will develop the skills needed to be a competent babysitter. Youth will learn how to care for children, how to solve problems, how to keep children safe and happy, and how to handle emergencies. Youth will engage in hands-on activities, and have fun while learning!

Youth will also develop "life skills" such as caring, decision-making and communication. They will also learn how the Six Pillars of Character can be applied while babysitting.

On the second day of the course, youth will become certified in Child/Infant CPR.

June 20, 9:30-3:30 Lunch will be provided!

June 21, 8:30-12:30 Child/Infant CPR

NAF El Centro

To Register please contact Jeanne Christenson, 530-219-6608

or jpchristenson@ucdavis.edu

Registration is **FREE!!**

Registration Deadline **June 10**

Please bring a doll to share!! Dress comfortably.

Youth will receive a Student Handbook along with a Babysitter's Tool Kit filled with essential supplies for babysitters.



The Wellspring - Chapel News

Get in Tune with God. Have you ever listened to a band that was out of tune? It's almost painful to listen to sometimes. I think our lives can get that way too. We get out of tune with God's plan and priorities—and we might not even realize it. The disharmony can be hard to live with and painful to watch. Our new preaching series at the Protestant chapel is entitled, "The Psalms: Tuning Our Hearts Toward God". Whether our lives need fine tuning or a major overhaul, join us as we key in on several important psalms that will aid us in making beautiful music with our lives as God intended. This series begins 26 June.

Marriage Enrichment Retreat. Would you like to attend a Marriage Enrichment Retreat in San Diego for FREE? The Chaplain's Religious Enrichment Program offers weekend retreats (Friday @ 1800--Sunday @1200) for all military personnel with a valid ID (active, reserve, retired, and family members). Government employees under Navy Region Southwest are eligible as well, space permitting. All food and lodging is provided. Travel and childcare expenses are NOT included. However, the Chaplain's office may be able to provide financial assistance, if needed. Participants will learn how to maintain a healthy marriage, manage conflict, and deepen their emotional, spiritual, psychological, and physical bonds. Registrations are accepted beginning two months prior to the retreat date. Upcoming dates are 17-19 June, 22-24 July, 26-28 August, and 16-18 September. Please contact Chaplain Smith at x2290 for to register or for more information.

Chaplain Smith on TAD. Please note that Chaplain Smith will be TAD from 15-24 June. Chaplain Gary Bennett (CDR) will be covering all chaplain duties during that time. Please call the chapel office at x2290 or x2454 if you need assistance.

Geography of the Soul. We are currently concluding our recent preaching series at the Protestant chapel entitled, "Geography of the Soul: Our Spiritual Journey with God". The final two stops along our way will be...

- **Galilee—A Place for Disciples (5 June)**
- **New Jerusalem—A Place to Call Home (12 June)**

--Chaplain Smith



Schedule of Events:

- Adult Bible Study--All military, civilian, and contract personnel are invited to join us each Thursday from 1130-1230 at the Community Center (bldg. 364). Bring a lunch and pull up a chair as we continue our study in 1 Corinthians 7. The group is currently led by Pastor Jonathan Burkee of Grace Evangelical Lutheran Church in El Centro.
- Protestant Worship Service—Sunday @ 0900
- Catholic Worship Service—Sunday @ 1630

The Banyan Tree

"Nothing grows under a banyan tree," says the Indian proverb. I've never seen a banyan tree. Not too many around El Centro from what I understand. But I have seen photos. It's a truly amazing specimen. As it grows, the banyan tree spreads wide its branches, drops air-roots, and even develops secondary trunks. Left unhindered it will continue to expand until it covers more than an acre of land. Birds, animals, and even humans find a haven under the shade and shelter it provides. (Apparently, Robinson Crusoe built his bachelor pad in a banyan tree.) But here's the thing—while there is much that benefits from the presence of the banyan tree nothing actually GROWS under it. Its dense canopy blocks out the light. And when it dies it leaves the ground beneath it bleak and barren.

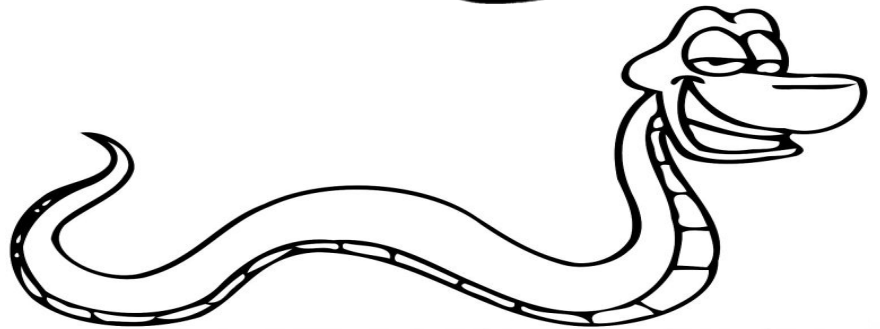
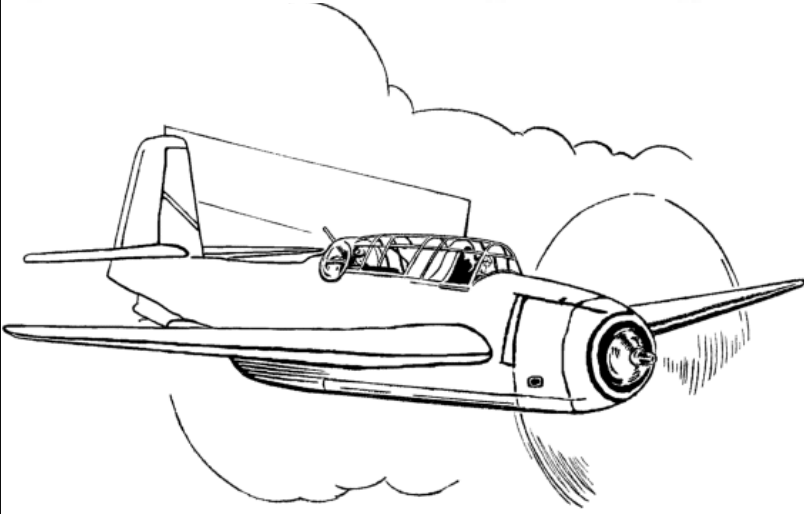
The banana tree is just the opposite. (I really wish I had a pithy proverb about banana trees to insert here...) Six months after it sprouts, small shoots begin to appear around it. At twelve months a second circle of shoots appear beside the first ones—now six months old. At eighteen months the main trunk bears its fruit which feed birds, animals, and humans that seek its sustenance. And then the banana tree dies. But unlike the banyan tree, everything around it will continue to grow and flourish. Its first offspring are now full grown and in six months they too will bear fruit and die. The cycle will continue unbroken as new sprouts emerge every six months, grow, reproduce, bear fruit, and die.

Leaders are a lot like trees. Unfortunately, some are banyan trees. These leaders are bigger than life, spreading their influence far and wide. They offer some benefit to those who seek their support, but the shadow they cast is long and difficult to escape. They block the limelight from those under them. Intentionally or not, a dearth of leadership is all that is left once they are gone. Some leaders, however, are banana trees. Their circle of influence may be smaller, but it's fruitful and lasting. They invest time and energy at every opportunity. They plant seeds of wisdom and encouragement whenever and wherever possible. They refuse to dominate the landscape—dying to self so that leadership might blossom in others.

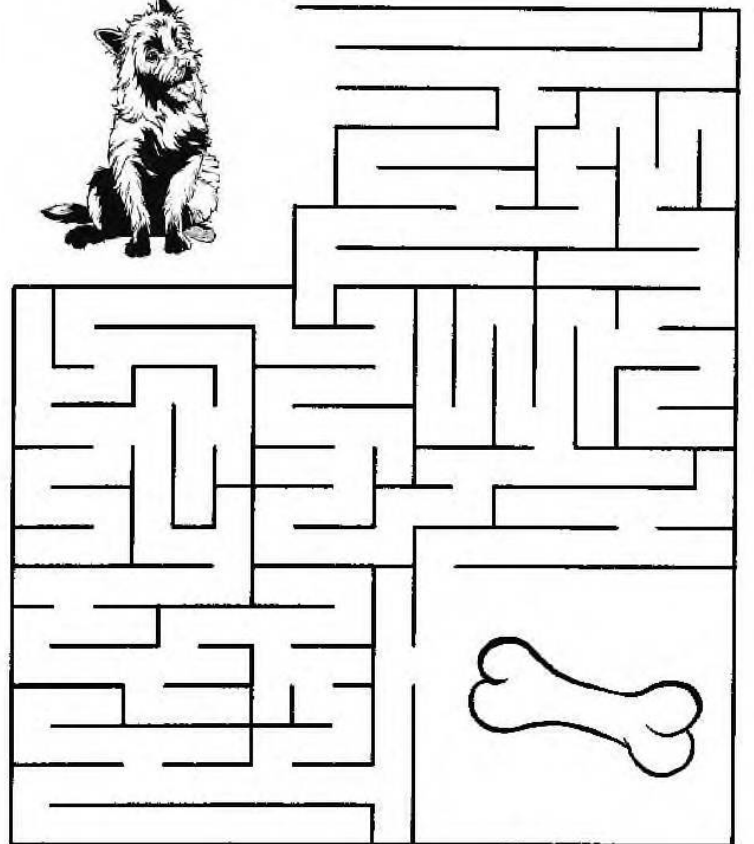
As your chaplain at NAF El Centro, I hope I can be a banana tree. My goal is to help you GROW! If I'm ever being a "banyan," please let me know. Let me buy you a banana flavored beverage at the Liberty Center and ask for your forgiveness. And I'm excited to join the community of banana trees already planted here. As parents, grandparents, enlisted, khakis, coaches, co-workers and neighbors, let's continue to flourish together as the kind of leaders God would want us to be, positively influencing others, reaping a harvest of blessing in the lives of everyone around us. Who knows what impact we might have and the legacy of fruitfulness we'll leave behind! (I am grateful to Layne A. Lebo for the idea and inspiration for this article.) ❖

--Chaplain Smith

KID ZONE



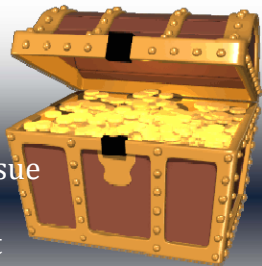
Toto is having trouble finding his bone. Will you show him the way?



Treasure Hunt:

Can you find the Treasure?

Somewhere hidden in this Issue of the Sandpaper is a small version of this treasure chest image.



See if you can find the treasure!



56 Years in Service to His Country

By: Michelle Dee



"Ralph has been a mover and a shaker in the Navy Quality of Life world since the late 1970's. The list of his accomplishments over the years are many and too numerous to name. He has been at the forefront of providing state of the art MWR facilities and programs all across the world. He has done so in locations that range from Naples to Guam, Patuxent River to Corry Station, and from Colts Neck to El Centro. Ralph has always been there advocating for our Sailors and their families."

--Michael Greenwood, Regional N9 Director

Ralph Ramsey has had a long and storied career, both with the Navy and supporting the Navy from within the MWR organization. Ralph will retire this month after a 56 year career in service of his country.

Ralph began his career as a Marine in 1955 and then joined the Navy as a cryptologist in 1956. He stayed in the Navy until 1975, when he retired as a Senior Chief and went to work for MWR as MWR Director, Commander Fleet Air Mediterranean, Naples, Italy. Ralph has had the opportunity to be assigned all over the world while working for MWR, including:

- Naval Weapons Station Earle, New Jersey
- Navy Support Office Lamaddelena, Italy
- Naval Air Station North Island
- BUPERS Recreation Branch
- Naval Air Station Patuxent River, Maryland
- Naval Air Station Cecil Field, Florida
- Naval Air Facility El Centro, California
- Commander US Naval Forces, Guam
- Naval Station Newport, Rhode Island
- Naval Air Station Lemoore, California
- Puget Sound Naval Shipyard, Washington
- Naval Hospital, Beaufort, South Carolina



For those of you that know Ralph, you know that talking with him is like cracking open an encyclopedia or a history book and getting a first-hand account of whatever subject you need information on. His extensive contact network reaches every corner of the world and his ability to make things happen is unparalleled in MWR circles, earning him the nickname, "The Godfather of MWR." If there is any question about Ralph's expertise, one needs look no further than the fact that eleven of the people that worked for him over the years in the MWR internship program, eight have gone on to be N9 Directors and three are now Regional Directors. CMC Ted Gallinat, "Ralph Ramsey is the best MWR Director, bar none, that I have encountered in my 28 years of service." Under Ralph's tenure at NAF El Centro, he managed to end a five year streak of MWR running in the red and being flagged by CNIC, to having six consecutive profitable years. During his tenure at MWR, Ralph oversaw: the construction of a new CYP facility; renovation of the Liberty Center; creation of the skate park; acquisition of rental trailers for the Outdoor Recreation Program; purchase and installation of the rock climbing wall at the large swimming pool and the opening of a Family Fitness Center.

Although Ralph's journeys have taken him all over the world, since August of 1959, he hasn't done it on his own. His wife of 52 years, Sue has been with him on all of his adventures and together they raised three children. A Pastry Chef by trade, during Ralph's current assignment to NAFEC, Sue completed a degree from Point Loma Nazarene University in Family and Consumer Sciences. After student teaching at Santee High School for one year, she accepted a position at Southwest High School, where she has been for the last three years. While at Southwest, she has implemented many new and innovative programs. Theirs has truly been a journey and an adventure shared and when asked about his wife, Ralph's pride in her and devotion to her is evident, especially since, in his own words, "she's put up with me all these years."

Ralph's interests don't solely lie within the Navy and MWR though. He and his son own a kennel in Maryland - Applejack K9 Academy. They board, train and breed Golden Retrievers and German Shepherds for individuals as well for different military and law enforcement agencies. This successful kennel is currently being run by his grandson.

Ralph also coached the first Navy football team in the Philippines and played the first Manila Bowl against the Air Force in 1970. Navy won 18-17 when they were a five touchdown underdog. Prior to the season beginning they had to build a football field, procure equipment and enter the Air Force league as there were no Navy teams. They finished second in a league of ten teams and played the Air Force All Star team in the first Manila bowl at Rizal Stadium in Manila.

Ralph has served through The Cold War, The Korean War, Vietnam, two Gulf Wars, Bosnia, Kosovo, Operation Enduring Freedom and Operation Iraqi Freedom. He has seen the world change in ways that some of us could not imagine and through it all he has served the Sailors, Marines, Airmen and Soldiers and their families that have been fortunate enough to serve on or visit the installations he was assigned to. Commanding Officer Ritchard Thompson says, "I am truly honored to have worked with an individual that embodies the notion of service above self. We as an organization will miss his professionalism, dedication and encyclopedic knowledge of all things MWR." ❖

Fair Winds and Following Seas Ralph

Local History by Two Old Goats

FORT ROMAULDO PACHECO

To borrow a line from one of the Old Goats' former Military History teachers, "History is one of those things that if not attended to will be forgotten until it is repeated or re-discovered." Such is the case of a Mexican Fort that was in close proximity to NAF El Centro. It however hasn't been forgotten, but the site has been cleared by land developers, vandalized, and its location makes it difficult to find for the casual explorer.

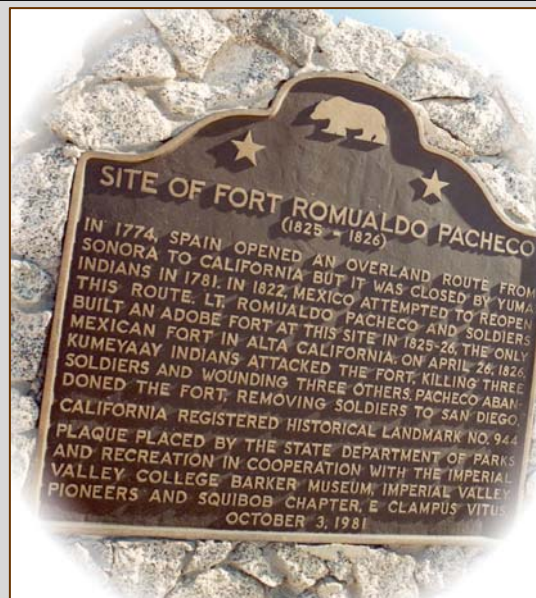
In 1774, Spain opened an overland route from Sonora to California but it was closed by Yuma Indians in 1781. In 1822, Mexico attempted to reopen this route which was known as the "Anza Road". Capt. Jose Romero along with Lt. Romualdo Pacheco of the Army Engineers and thirty-four soldiers departed San Gabriel in late November with insufficient provisions and poor riding animals. Their guide Jose Cocomicopa deserted the party from impatience and Capt. Romero used Julian Valdez as their guide. The party arrived at the Colorado River near present day Blythe and crossed the river.

Originally sent to build a fort in the San Gorgonio pass, Pacheco and Romero felt that a fort on the southern trail (Anza Road) seemed more promising. The two soldiers parted ways and Pacheco and his men moved south stopping at Laguna Chapala, a shallow lake where Pacheco, his soldiers and labors built a structure and temporary fort at a site south of present day Worthington Rd. The fort was 140 square feet, had walls 5 to 6 feet high and 2 to 3 feet thick, with several gun emplacements at its corners, inside there was a house, and outside the walls was a ditch or moat. Access to the fort was through an opening on the east side. It was located on a curve of the New River which fed a shallow well or spring that contained fish. Fort Pacheco would be the only Mexican fort built in Alta California.

On April 26, 1826, Kumeyaay Indians attacked the fort, killing three soldiers and wounding three others. Pressed between the unpredictable Yuma Indians and the intermittent hostility of Indians to the west Pacheco abandoned the fort after the battle, removing soldiers to San Diego. There are no records to indicate that the fort was ever reactivated after April 26th. The Fort had only been manned for four months between the years of 1825 and 1826.

In 1968 before land developers pushed the remains into the New River a team from the Imperial Valley College Museum took films of the site. Since there had always been so much conjecture concerning whom built the fort. Teams of archaeologist from the College led by Jay von Werlhof excavated the site in 1978 and 1979. They located the ditch and were able to determine the size of the fort and positively conclude that this was indeed Fort Romauldo Pacheco.

Today the site of the old fort is surrounded by a 7 foot high fence, and inside it you can see the remains of an old wall and the ditch. Vandals have stolen the Historical Marker and all that marks the site is a pile of stones and a fantastic view of the old banks of the New River. To learn more about the fort please visit the Imperial Valley College Museum. ❖



WHAT WAS GOING ON...

May, 1974 - NAFEC Sandpaper

NAF Initiates Bus Service to El Centro - A new Navy operated bus service between El Centro and the NAF complex is set to commence May 13th.

Fire Destroys NAF Warehouse - Fire of undetermined origin destroyed building 321 on base.

Base to Host Mexican Army Officials Today - Mexican Army General de Brigidado Augustine Carreno and members of his staff will tour the base and facilities on May 17th.

Downward Ejection Seat for B25 Tested and Designed at NAF

Mexican Firefighters Train with NAF Fire Department - Mexican firefighters from all over Mexico arrive for three weeks of training at NAFEC.

Wine Tasting

Article & pictures by J. Holly Norred

With over 15 different wines for sampling, amazing food and a high energy performance by the Chicago Honey Bear Dancers, this event was definitely worth it. The event started at 1800 with sampling of wines from California, Italy and Australia. Guest mingled enjoying the delicious hors d'oeuvres.

When it was time for the Honey Bears to perform, people were ready to get on the floor to show the crowd that they too could be a traveling performer. Everyone who attended this event had a great time. ❖



Children's Dance Workshop

Article & pictures by J. Holly Norred

Children from ages 2-10 came out to participate in the dance workshop. The Chicago Honey Bear Dancers led the children in stretches then began teaching them a fun dance routine. The children learned the routine and then performed for their parents. ❖



Doing the Right Thing: Blue Angels CO Resigns After Leading Low Flyover

(condensed from Navy sources)

The commanding officer of the elite Blue Angels flight demonstration team stepped down after seven months in command following a "lower-than-normal maneuver" during a recent show that forced the cancellation of three of the team's acrobatic performances, according to a Navy announcement.

The voluntary relief of CDR Dave Koss of Orange Park, Fla., a 20-year F/A-18 pilot, came less than a week after he grounded the unit following a May 22 incident in which four of the team's Hornets flying in a diamond barrel roll break formation, including his own, completed a maneuver judged to have passed too low to the ground in Lynchburg, Va.

In a personal statement CDR Koss said, "With deep personal regret I shared with my command today that I will be voluntarily leaving the greatest flight demonstration team. I performed a maneuver that had an unacceptably low minimum altitude," Koss wrote in the statement. "This maneuver, combined with other instances of not meeting the airborne standard that makes the Blue Angels the exceptional organization that it is, led to my decision to step down."

Koss will be replaced by Capt. Greg McWherter, previous CO of the Blue Angels, for the rest of the season. As we all know here at the Pearl of the Desert, the Blue Angels' CO is assigned to the No. 1 jet and serves as the flight leader during performances.

According to CDR Pauline Storum, a Naval Air Forces spokeswoman, Koss's decision to resign from a job she called "one of the most prestigious assignments an aviator could have" was all his own. "What's really striking about this is that they regroup, they go back to Pensacola, and the CO has the courage and integrity to tell his boss, 'You know what? I need to step aside,'" Storum said. "And that's a very tough decision to make. And that just speaks volumes about his capacity as a leader and his overriding concern for safety.

The Blues subsequently canceled a practice session and an air show planned for May 24-25 in Annapolis, Md. On May 26, the team announced it was canceling appearances at the Naval Academy graduation May 27 and at an air show May 28-29 in Millville, N.J.

The relief of Koss means the Blues will also have to cancel their appearances at the Rockford Airfest in Illinois (June 4-5) and at the Evansville Freedom Festival Air Show in Indiana (June 11-12). Any other potential changes will be announced at a later date. ❖



MEDICAL CORNER

What's Up, Navy Doc?

"The Sun: Friend or Foe?"

By: Nadine Henley, LT, MC(FS), USN

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, or call our main number: (760) 339-2674. If you have questions, contact LT Laura Anderson at (760) 339-2674.

Sunburn is probably the most common cause of misery for people exposed to the sun, even for a relatively short period of time. As the name implies, sunburn is just that: a burn of the skin caused by the sun. With more time being spent outside as the days get longer and the sun's rays gets hotter, sunburn becomes a significant problem for many folks exposed to the sun.

What are the symptoms of sunburn?

- Pink or red skin
- Tender skin
- Skin that is warm or hot to the touch
- Fluid-filled blisters may appear
- Skin peeling may occur several days after the initial sunburn

Who is at risk for sunburns?

- Everyone!
- Infants and children are most sensitive to the effects of sun exposure.
- People with fair skin are more likely to get a sunburn, but even those with darker skin can get sunburned.
- The sun's rays are strongest during the hours of 10:00 a.m. to 4:00 p.m. and also more intense at higher altitudes and latitudes closer to the equator.
- The sun reflects off water, sand and snow, causing sunburns.
- Sun lamps at tanning booths can cause severe sunburn.
- Some medications (such as the antibiotic doxycycline) can make you more susceptible to sunburn. Make sure to ask your doctor if you have any questions about your medications.

What can you do to treat for sunburn at home?

- Take a cool shower or bath.
- Apply cold compresses to the affected skin. (Towel soaked with cool tap water).
- Avoid products containing benzocaine, lidocaine or petroleum (like Vaseline).
- If blisters are present, do not break them. Put dry bandages over the blisters to prevent infection.
- If your skin is not blistering, apply moisturizing cream to relieve discomfort.
- You can take over-the-counter medications, like ibuprofen (Motrin) to relieve sunburn pain. Caution: Do not give aspirin to children.
- Drink plenty of fluids.

When should you see your doctor for sunburn treatment?

- If you experience fever, chills, or nausea. (These may be symptoms of sun poisoning, which is a severe reaction to sun exposure.)
- If you have increasing pain or tenderness.
- If you have yellow drainage (pus) from an open blister.

How can you prevent sunburn?

- Avoid being outdoors for extended periods of time between 10:00 a.m. and 4:00 p.m.
- Cover up by wearing long-sleeved shirts, pants and a wide-brimmed sun hat (which gives better protection from the sun than a baseball hat).
- Use sunscreen – SPF 30 or higher is recommended by the American Academy of Dermatology. Apply a generous amount 30 minutes prior to sun exposure; reapply after swimming and every 2 hours while outside.
- Wear sunglasses any time you are outside. The wide wrap-around ones give the best eye protection.

As words of caution, remember that while you might enjoy the sun now, you also might be risking your future health. "Today's" sunburns are potentially "tomorrow's" deadly skin cancers. ❖

Technology Review



INSIDE...Mafia II

by MA3 Shawn Priestley

If you're anything like me, then an amazing game will have you glued to the screen for hours as long as you're not required to muster for work. If you happen to be one of these rare, almost unbelievably non-existent, lucky few, then I envy you.

Mafia II is a beautifully done story that almost immediately immerses you in the world of 1940's New York City, though in game it will be referred to as Empire City...clever. As in a very similar game made a few years ago you begin in Sicily as an American G.I. fighting Mussolini's black shirt Italian Army with the Italian Resistance. The mission is used as a tutorial but anyone familiar with Rockstar's Grand Theft Auto franchise will feel very comfortable with the controls. You soon find yourself coming back home on leave after being wounded and while home your childhood friend tells you he can "acquire" papers to get you sent home for good. Now the fun begins.

Now that your home you begin taking baby steps into what will later be a full sprint into the life of a gangster through the 40's and 50's of the game's version of New York. You'll find work as "muscle" convincing hard working men at the dock, men who worked with your father, to pay their supervisor protection money. Later on you'll be making hits for the Don of your family and getting revenge on men that are making it difficult to make an honest living in the Mafia. Eventually, like anyone in the business, you're caught and sent to prison. This is just another chapter however, and introduces you to a connection that teaches you to fight better and becomes essential to move up in the family once you're out.

With a large variety of weapons, an advanced hand to hand combat system which involves dodging at precise moments to counter-attack, and upgradeable vehicles, this game will keep you in your seat after each chapter waiting patiently as cut scenes introduce you to new unforgettable characters and missions. Probably what I find most interesting about the game are the rewards given' for finding collectables around the city. If you take the time to look in the corner of a recently shot up warehouse or the nightstand at your buddy Joe's, you never know what you may find. ❖



- Graphics are nice to look at but some of the citizens of the city look awfully familiar.
- Easy controls, fun game-play and mix of missions stave off feelings of redundancy.
- Many achievements to unlock.

8 out of 10
TOKENS

"I see myself playing this game again within a few months if only to run around Empire City causing havoc."



The Brit Bit

Before we get to the meat of this article, the recent Soccer Challenge between NAF El Centro and UK Apache Exercise CRIMSON EAGLE personnel, I should introduce myself; my name is Major Kevin Hainey of the British Army.

Due to the amount of British military training taking place at NAF El Centro from units of both the Air Delivery Wing (ADW), in essence all British Parachuting, and all Helicopter training from the Joint Helicopter Command (JHC), Capt Thompson requested a British Officer be assigned to NAF El Centro as a single point of contact for all British military activity. I was fortunate enough to fit the criteria and was appointed as the SO2 J4 Logistic Support (USA) and British Liaison Officer.

I joined the Army Air Corps (AAC) as a private soldier in 1985 working my way up to the rank of Warrant Officer Class 1. I was commissioned in Jan 2003 and served as a Communications Officer and Quartermaster at regimental level and as a Staff Officer in the Attack Helicopter Force. Through these appointments I have served on operational tours in Northern Ireland, Bosnia and Afghanistan. Prior to my arrival at El Centro I commanded 668 (Training) Squadron AAC, responsible for delivering all ground and leadership training for the AAC at the Army Aviation Centre Middle Wallop in Hampshire England. I am here on my own but plan to be married to my Fiancé Dawn, in Las Vegas (why not!) in September.

May I take this opportunity to thank you all at NAF El Centro for your warm welcome (and i'm not talking about the weather!) Your hospitality is deeply appreciated. Now, down to the weeds, as I arrived Exercise CRIMSON EAGLE was coming to an end, Major Marc Briggs mentioned a competition that has evolved between NAF El Centro and CRIMSON EAGLE personnel. Apparently the inaugural event, I believe chosen by the US personnel was Baseball and you 'Whooped our' therefore revenge was to be sought. After several deep but not very meaningful conversations deliberating what sports Americans were not very good at ranging from Rugby to a Boat Race (that's not on water by the way!) it was decided you're no good at Soccer!!

The teams were drawn (whoever turned up) the date time and location set. The Morgan Field, 2 o'clock on 06 May, the day of reckoning! After much running shouting flailing arms and legs and substitutes the first half ended 0 - 0. Battle plans were re drawn; you were holding your own, but it was hot and there were signs of tired legs. The second half started at a blistering pace with some crunching tackles going in and then out of a move Carlos Tevez would have been proud of the Brits smashed the ball past the American keeper (the XO in poor taste Liverpool top) 1 - 0 to the Brits the crowd erupted (or it would have if there had been one!)

With the deadlock broken the cracks began to appear, despite a valiant US defence and the a few spirited attacks the Brits turned up the heat putting another past the keeper which attracted cries of no goal, but the impartial British Referee declared it was a goal! The game was over. Both teams enjoyed the competition but o the victor the spoils. The Trophy was duly handed over by the XO to Major Briggs and onwards to the CMC for safe keeping until the next time, when i'm sure the CMC will manipulate a sporting event he known the Brits are no good at! ❖





EARTHQUAKES

Earthquakes come without notice and are unpredictable!

Reducing the chance of injuries, loss of life is part of preparing.

Article by Rodney Sims

THE SAN ANDREAS FAULT

The San Andreas Fault runs more or less north to south from just below Eureka CA almost to Brawley, Ca, with the City of El Centro just south, and the next largest metropolitan city of Mexicali, MX which boasts a population just over a million.

The 2010 Baja California earthquake (also known as 2010 Easter earthquake, 2010 Sierra El Mayor Earthquake) was an earthquake of 7.2 magnitudes. Most of the damage in this earthquake occurred in the twin cities of Mexicali and Calexico. Four lives were lost and 100 people were injured.



Before the Earthquake:

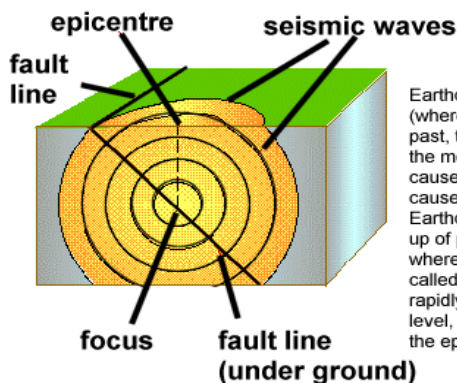
- Teach all members:1) the actions you should take when an earthquake occurs, 2) the safe places in a room such as under a strong desk, along interior walls, and 3) places to avoid such as near windows, large mirrors, hanging objects, heavy furniture and fireplaces.
- Stock up on emergency supplies: battery operated radio, flashlights, first aid kit, bottled water, two weeks food and medical supplies, blankets, cooking fuel,.
- Arrange your home for safety: Don't hang heavy mirrors or pictures above where people frequently sit or sleep.
- Anchor heavy appliances and furniture such as water heaters, refrigerators and bookcases.
- Know where your emergency shutoffs are and how to turn them off. GAS • ELICTRICITY• WATER
- Designate a open area for mustering/gathering that is away from power lines and trees

During the Earthquake:

- If you are indoors, stay there! Quickly move to a safe location in the room such as under a strong desk, a strong table, or along an interior wall. Avoid taking cover near windows, large mirrors, hanging objects, heavy furniture, heavy appliances or fireplaces.
- If you are driving, slow down smoothly and stop on the side of the road! Avoid stopping on or under bridges and overpasses or under power lines, trees and large signs. Stay in your car!

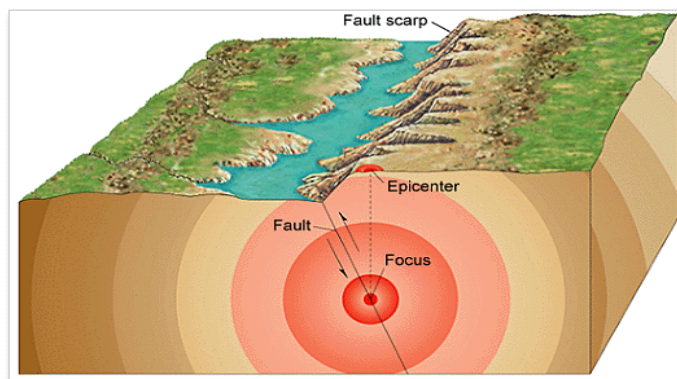
After the Earthquake:

- Check for injuries; attend to injuries if needed, help ensure the safety of people around you.
- Check for damage. If your building is badly damaged you should leave it until it has been inspected by a safety professional.
- If you smell or hear a gas leak, get everyone outside and open windows and doors. If you can do it safely, turn off the gas at the meter. Report the leak to the Gas Company and fire department. Do not use any electrical appliances because a tiny spark could ignite the gas.
- If the power is out, unplug major appliances to prevent possible damage when the power is turned back on. If you see sparks, frayed wires, or smell hot insulation turn off electricity at the main fuse box or breaker. ❖



Earthquakes

Earthquakes occur along plate margins (where plates meet). When plates move past, towards or away from each other the movement is not smooth. Friction causes the plates to get stuck. This causes pressure to build up. Earthquakes occur when this build up of pressure is released. The point where the earthquake starts is called the focus. Energy waves race rapidly from this point. The point at ground level, directly above the focus, is called the epicentre.



BRITISH MILITARY TRAIN AT NAF EL CENTRO

The summer months will see a British detachment of Royal Air Force personnel from the UK training at the Naval Air Facility El Centro. The deployment consists of 4 Chinook CH-47 helicopters and up to 140 personnel from the home of the UK Chinook Force, Royal Air Force Odiham. The purpose of the deployment is to prepare personnel for future deployment to Afghanistan in support of Operation HERRICK.

The Chinook helicopters will be flying around El Centro and local surrounding areas conducting essential training, such as practicing desert landings, mountain flying and carrying cargo under the aircraft. All of this training is vital to ensure that the crews and supporting ground personnel are fully prepared for combat operations. The California and Arizona deserts provide excellent environmental training that cannot be found in the UK and that replicate the conditions the troops will face in Afghanistan later this year. ❖

Article by: Anna J1



New Sights on Base *by ETC Kris Haugh*

Driving, biking or just walking around the base you just cannot help notice the addition of a few new things. For example, there is a very large airplane next to the Mirage Club, and right next to the Chapel is a striking black silhouette surrounded by barbed wire. What is going on?

The base, in an effort to recognize our Navy heritage and to pay tribute to heroes worldwide, has added a few new items thanks to the hard work of several individuals. Taking charge, like Chiefs always do, DCC(SW) Hisel oversaw the final placement of the F-14 static display. The culmination of several years of work, this exhibit shows off one of the most famous fighters in the Navy's history. The star of the 1986 movie "Top Gun," the F-14 Tomcat was a premier Cold Warrior. In addition to the efforts of LCDR Stokes, ENS Feeney, and the contractors hired by Public Works and the FEAD office several of our own AOC contractors were instrumental in completing the project. Hats off to Bacilio Zavala, Noel Cruz, Tony Cruz, Enrique Galindo, Angel Avila & Ernie Gutierrez for parking the plane right on spot!

While you are admiring the sleek lines and powerful presence of the Tomcat, cast a weather eye towards the Sundowner Club. Near the exit you will see our old familiar tailhook. But, look a little closer, at the foundation itself and you will see a new touch. The base, now round, has a beautiful compass face laid on top of it. The tailhook has been turned so that it now faces true north. The purpose of this little model is to remind Sailors to remain true to their bearings. Sometimes we all get a little lost. Now we have something to point the way. If you see Chief Hisel or Andy and Ernie Gutierrez around the base, give them a hearty pat on the back, thanking them for a job well done.

Finally, take a moment to really absorb the beautiful memorial Chief Hisel and his team created. The CPOs wanted to build something truly impressive that is for everyone. Each piece of the memorial tells a little tale or symbolizes some critical item: lighted guard towers at night, a secret message in the scratchings, and the holder for the flame. Once again we should all take a moment to thank the people putting this monument together for all of us to enjoy. BZ to Marco Ramirez, Pedro Ramirez, Jorge Padilla, Juan De la Pena, Victor Maldonado, Art Aguilar & Andy Moreno of AOC Support Services.

To showcase these three military salutes the base invited military members and veterans organizations onboard for a couple of hours. On Tuesday, 31 May, 2011 at 1100 a dedication ceremony was held to officially dedicate them. A large crowd gathered by the Chapel to hear CDR James Bedinger talk about his time as a POW during Vietnam. The honor guard performed a 21 gun salute and Taps as well. The festivities moved over to the Mirage Club and once again Bedinger enthralled the group with stories of his time flying with VFA-114, the Fighting Aardvarks.

Thanks go out to Michael Dee, American Legion Post 138, Korean War Veterans Chapter 165, AOC Support Services, Roy Caldwell, Lucas Rea/Hot Rod Builder, Sharon Ryan, Imperial Valley Navy League, Veteran of Foreign Wars Post 3522, NAF El Centro MWR, and Tony Del Angel for making these monuments possible and the celebration a success!

❖

BOOK REVIEW

Bury Us Upside Down, by Rick Newman and Don Shepperd

Review by LCDR Stokes

In case you're wondering, the book's title is a phrase from an old fighter pilots' toast. Because the Sandpaper is a family friendly publication, you'll have to look up the rest of it on your own!

"Bury Us Upside Down" is the true story of Operation Commando Sabre, an all-volunteer unit of pilots flying "fast FAC" (Forward Air Controller) missions over the Ho Chi Minh Trail during the Vietnam War. The unit, better known by its call sign "Misty," was formed in July 1967 because slow-flying propeller-driven airborne FACs were being shot down over "the Trail" with increasing frequency. As a solution, the Air Force devised the fast FAC concept using 2-seater F-100F Super Sabre fighter jets, which were faster and more durable than the "slow FACs." Because of the dangerous nature of its mission – flying at treetop level hunting for targets over North Vietnam – the unit was comprised of volunteers who were temporarily assigned from their parent units for about four months. A lot of pilots were attracted by the excitement factor and the relative freedom with which Misty operated, compared with the predictable (read: "boring") and often fruitless air-to-ground missions in South Vietnam.

The book summarizes the beginning of Commando Sabre as well as its end, but focuses on a period from August 1967 to late summer 1968. The narrative does a great job of describing the excitement of the harrowing missions, but it also gives the reader a great overview of the war on the Trail, why it was important, and how much its control impacted the overall outcome of the war effort.

The book is much more than a collection of aerial combat stories, however. A lot of space is dedicated to the human stories of those affiliated with Misty, including the stories of those taken prisoner and those who went missing. The first chapter of the book details the 1992 homecoming of the remains of one of the pilots who was shot down and went missing. Later in the book, a chapter entitled "Prison Life" chronicles the struggle of three Mistys who were held as POWs, and includes a heartbreaking account of an F-4 pilot who died in captivity. Much of the latter part of the book deals with the frustrating effort to reconcile the lengthy list of those still considered MIA, and gives some insight into the political negotiations as well as the "in-country" expeditions to search for remains. The book wraps up with an epilogue detailing the return of six Misty veterans to Vietnam in 2000, and provides a sense of closure to the story. The return trip also answers a few questions raised earlier in the book, such as the fate of two Mistys who mysteriously vanished without a trace during a mission in August 1968.

"Bury Us Upside Down" is somewhat hefty at 453 pages and includes many sections one might be tempted to skim over or skip altogether, including many of the stories from the home front and two accounts of romantic interlude in the middle of the action. Overall, however, it is a very good read – thoroughly researched, well written, and with a wealth of insight behind the scenes of the Vietnam War. I enjoyed the book because it not only chronicled an obscure but fascinating slice of the war, but also provided valuable glimpses of the bigger picture from many different perspectives. ❖



Team USA, Bombers

Article by Joe Conner

Strike Fighter needed to win the first game in order to have a chance at winning the 2011 Captain's Cup championship. Bombers had problems adjusting to the wind and got mercy-ruled by Strike 26-11. Tempers flared and Bombers had to try another chili recipe mix. The Rattlers were able to take the potent chili and embarrassed the Bombers by taking it to the head. Bombers defense Stunk so bad it made Pepe Lepu smell like a bouquet of flowers. The stench was all over the big town of Seeley, especially near the New River. Can you believe that CP Ward hasn't showed up all season and tried coaching from the dugout! He started yelling "Run a Curl Route". Maybe that is why the Red Hot Chili Bombers were getting confused. Ward came out dressed in a silky smooth shirt with corduroy pants. Someone told me that CP Ward plans on changing his name to "Don Roberto". Maybe we can be like Tiger Woods and his daddy. I don't have all the details as of yet. After the first game it was 0-0, the next team to win would be crowned champion. Strike had been in this situation plenty of times and wasn't going to allow the same results to happen right? The second game was an awesome game. Bombers were able to bounce back and show the Rattlers that they are a force to be reckoned with. Bombers win 24-21. Strike gets the same results as always, second place. ❖

Game 1		Game 2	
Strike	26	Strike	21
Bombers	11	Bombers	24

CONGRATULATIONS TO BOMBERS FOR WINNING 2011 CAPTAIN'S CUP SOFTBALL SEASON!



May Poll Results

By: PSSN Meráz, Marques L.

The Sandpaper would like to thank everyone who participated in this month's poll question. This poll has yet again received the most participation.

If the NAF had a base-wide Talent show, would you attend?

2. If the NAF had a base-wide Talent show, would you attend?			
Yes	<div style="width: 74%;"></div>	45	74%
No	<div style="width: 26%;"></div>	16	26%
Total		61	100%

If the NAF had a base-wide Talent show, would you participate?

3. If NAF had a Base-wide Talent Show, would you participate?			
Yes	<div style="width: 16%;"></div>	9	16%
No	<div style="width: 84%;"></div>	49	84%
Total		58	100%

What would be the best day to have a base-wide Talent Show?



4. What would be the best day to have a base-wide Talent show?			
Monday	<div style="width: 5%;"></div>	3	5%
Tuesday	<div style="width: 5%;"></div>	3	5%
Wednesday	<div style="width: 13%;"></div>	8	13%
Thursday	<div style="width: 13%;"></div>	8	13%
Friday	<div style="width: 45%;"></div>	27	45%
Saturday	<div style="width: 13%;"></div>	8	13%
Sunday	<div style="width: 5%;"></div>	3	5%
Total		60	100%

The results indicate that there is an interest in having a Talent Show on base. However, 5 to 1 most people would rather watch than act...Hmmm no prospective candidates for American Idol, or maybe America's Funniest Home Videos? ❖

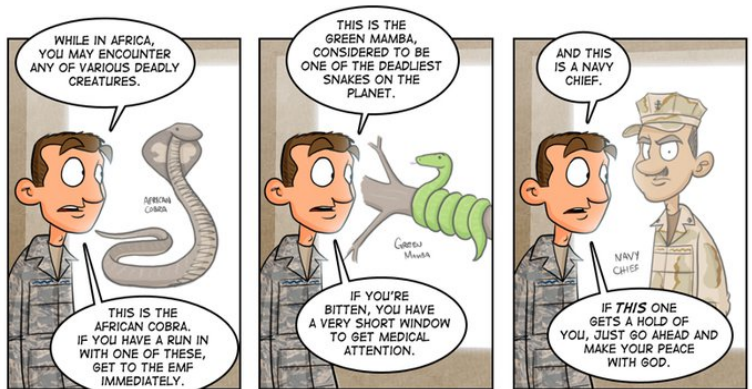
RECENT EVENTS IN THE PEARL OF THE DESERT



AO Fund Raiser Car Wash



Base personnel support local law enforcement Mud Run



MAY SANDPAPER POLL:

http://www.zoomerang.com/Survey/WE_B22CB79NQ42Q/

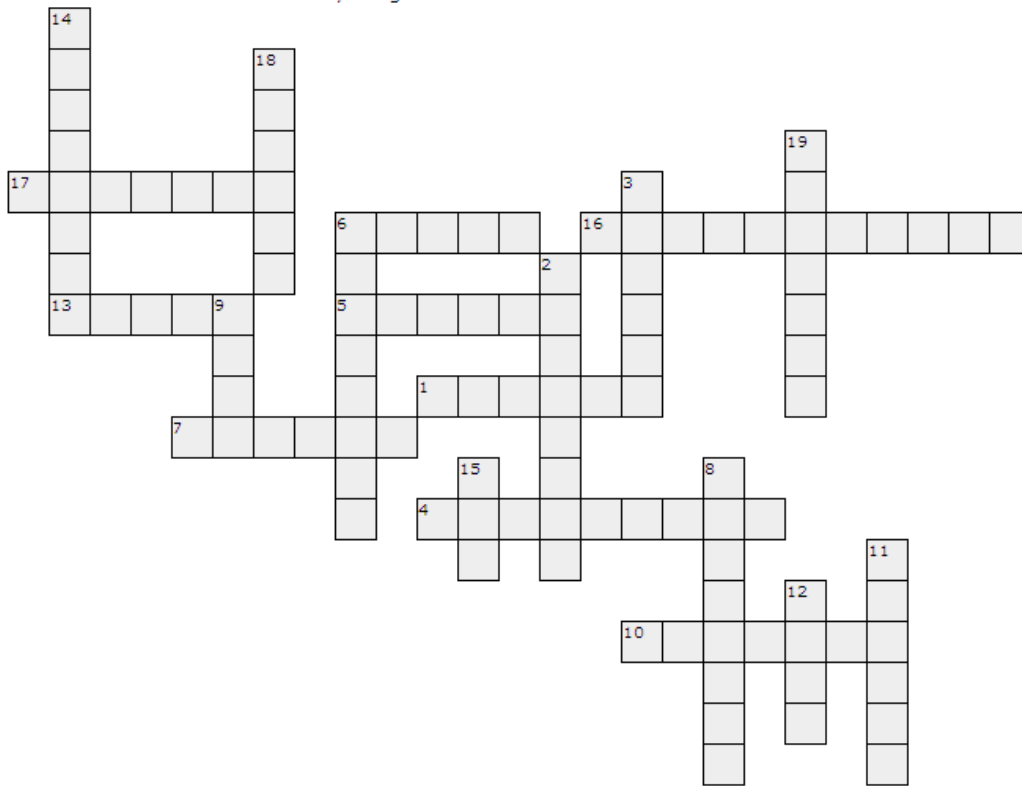
SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER@NAVY.MIL

The Tune is June

Can you figure out the answers to these clues



Across:

1. This company made Lady & the Tramp in 1955
4. Major military burial ground established in 1864
5. Considered by many to be the hot season
7. Big bird by the little pool
10. 1966, they released Yesterday & Today
13. This President lowered the voting age to 18
17. The new kid on the block represents this army

Down:

2. He flew a kite and proved electricity
3. Epic sea/air battle June 4, 1942, also CV-41
6. June 12, 1839 This American pasttime was born
8. D-Day place June 6, 1944
9. He fiddled while Rome burnt? Died June 9, 0068
11. Had a last stand at Little Big Horn 1876
12. This banner day is celebrated June 14
14. Not a bird, not a plane, his comic began June 1938
15. The semi-annual fun run, push and crunch
18. Mom had hers, now he gets his on June 19
19. What we all called John Wayne

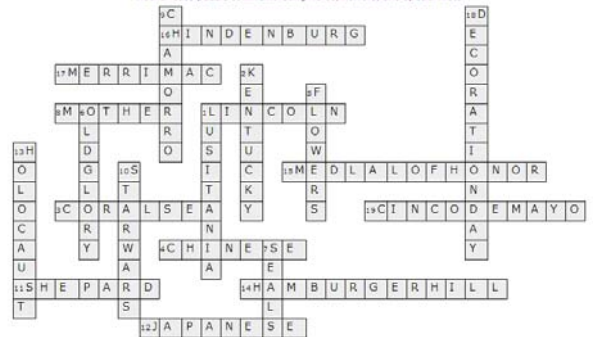
SUDOKU

1	2					6		
				6				
	9				2	3	4	
6			5			8	1	4
	1	2				7	6	
7	4	5			1			3
	8	3	1					9
				9				
		1					7	6

MAY SOLUTION

May, a Month for Memories KEY

Another easy puzzle commemorating heroes, horrors, and special firsts



Across:

1. May 1922, the pennv President memorial dedicated (LINCOLN)
3. Pacific Island battle May 8, 1942 or CV-43 (CORALSEA)
4. These immigrants mostly built the Transcontinental Railway (CHINESE)
5. She gets her own special day and a Marge Club buffet (MOTHER)
11. 1st American into space (SHEPARD)
12. In WW2 the 442nd Regimental Combat Team was composed from sons of these immigrants (JAPANESE)
14. May 11, 1969 this epic battle began w/o Eastwood (HAMBURGERHILL)
15. 21 Asian/Pacific Islanders won this highest award (MIDDLALOPHONOR)
16. Not a blimp, crashed May 1937 in New Jersey (HINDEENBURG)
17. Ironclad scuttled by Rebels May 11, 1862 (MERRIMAC)
19. Not a fifth of Mayonnaise (CINCODEMAYO)

Down:

2. This Derby is the 1st leg of the Triple Crown (KENTUCKY)
1. Germans torpedoed this ship, lead to the USA in WW1 (LUSITANIA)
6. Banner for Freedom and Democracy (OLDGLORY)
7. The Navy's Supermen, especially Team 6 (SEALS)
9. Native of Guam (CHAMORRO)
10. May the Fourth Be with you, get it on Blu-Ray (STARWARS)
13. The Genocide in Germany (HOLOCAUST)
18. This was the original Memorial Day name (DECORATIONDAY)

JUNE 2011

NAF EL CENTRO

MWR OUTLOOK

FREE MOVIES

NAF El Centro Theater
Bldg. 203 • 760-339-2559
Movie hotline 760-339-6015

Thursday-Sunday

Pick up a schedule at any MWR Facility,
visit www.mwrtoday.com or call the
movie hotline.

Cyber Café

Bldg. 202 • 760-339-2559
Located inside the Liberty Center

Happy Hour

2-3pm
Every Friday

\$1 off any
Hot or Cold
Specialty drink!



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

May 30-June 3

Shrimp Cocktail \$5.95

Wednesday, June 1

Chicken Parmesan & Pasta

Thursday, June 2

Carne Asada

Friday, June 3

Fish & Shrimp

CHEF'S WEEKLY SPECIAL

June 6-10

Monte Cristo \$5.75

Monday, June 6

Tri-Tip

Tuesday, June 7

Enchiladas

Wednesday, June 8

Baked Chicken

Thursday, June 9

Mexican Buffet

Friday, June 10

Fish & Shrimp

CHEF'S WEEKLY SPECIAL

June 13-17

Chili Bread Bowl \$3.95

Monday, June 13

Beef Stroganoff

Tuesday, June 14

Lasagna

Wednesday, June 15

Roast Pork

Thursday, June 16

Carne Asada

Friday, June 17

Fish & Shrimp

CHEF'S WEEKLY SPECIAL

June 20-24

Tacos Al Pastor \$5.95

Monday, June 20

Chicken Ala King

Tuesday, June 21

Meatloaf

Wednesday, June 22

Fried Chicken

Thursday, June 23

Prime Rib

Friday, June 24

Build-Your-Own Taco Bar

CHEF'S WEEKLY SPECIAL

June 27-30

Chicken Caesar Pita \$5.75

Monday, June 27

Country Fried Steak

Tuesday, June 28

Pork Chops

Wednesday, June 29

Beef Stew

Thursday, June 30

Mexican Buffet

*Events held at the
Liberty Center
unless otherwise
stated.*

LIBERTY

Bldg. 202 • 760-339-2559

LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY

Monday-Friday
0700-2100

Saturday-Sunday
1100-2100

Holidays
1200-1800

The Liberty Center is the place to be! The Center features dozens of computers for free internet use. Games at the Liberty Center include billiards, ping pong, Xbox 360, Nintendo Wii and PlayStation 3. Plus enjoy, two 62" big screen TVs with your choice of over 250 movies.

Every Tuesday

Karaoke Tuesdays

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

Time: 2000 • Location: Sun Downer Club

Thursday, June 2

Pool Tourney

Time: 1730

Do you have what it takes to be the Liberty Pool Champ? Come by your Center and sign up for the pool tournament. Prize awarded to the winner.

Tuesday, June 7

Twinkie Tuesday

Time: 1100

Come by your Liberty Center and enjoy everyone's favorite treat.

Thursday, June 9

Movie at the Liberty Center

Time: 1630

Check out our new movies and get free popcorn.

Wednesday, June 15

Hot Wings Hump Day

Time: 1600

Stop by and have some wings, while supplies last.

Thursday, June 16

Ping Pong Tourney

Time: 1700

Stop by your Liberty Center to show off your skills.

Saturday, June 18

Movie at the Liberty Center

Time: 1630

Check out our new movies and get free popcorn.



Monday, June 20

Happy Birthday to You

Time: 1100 until supplies last

Stop by your Liberty Center for a FREE piece of cake to celebrate June birthdays.

Thursday, June 23

Water Balloon Competition

Time: 1700

Saturday, June 25

Trip to Magic Mountain

Join your Liberty program as we take a trip to Magic Mountain.

Each Active Duty member can invite one guest, 18 years of age or older. **Sign up by June 22.**

Van leaves at 0730

Price: \$26.50 Ticket must be purchased from the Information & Ticket Office, Bldg. 202

Monday, June 27

Sundae Monday

Time: 1100

Stop by your Liberty Center and start your week with a sweet treat.

Wednesday, June 29

Hot Wing Hump Day

Time: 1600

Stop by and have some wings, while supplies last.



**LIBERTY PROGRAM IS FOR
ACTIVE DUTY ONLY**

AQUATICS



Small Pool

Bldg. 239 • 760-339-2627

Mon-Thu: 1300-1800
Sat & Sun: 1200-1800

Large Pool

Bldg. 374 • 760-339-2487/2627

NOW OPEN!

Tue-Fri: 1300-1800
Sat & Sun: 1200-1800

Water Aerobics

Tuesdays and Thursdays 1300-1345
FREE • At the Small Pool

A great full-body, low-impact workout!

MWR Summer Swim Lessons

Swim lessons now available for all ages & levels.
Learn to swim or perfect your technique.

To register or for more information call
MWR Aquatics at 760-339-2627.

FITNESS

Navy Fitness Center

Bldg. 327 • 760-339-2488

Monday-Friday
0500-2100

Saturday-Sunday
0800-1700

Holidays
0600-1430



Monday, June 6

0900-1000 Moms in Motion
1130-1230 Spin
1600-1700 Spin 'N Strength
1700-1800 Step 'N Tone

Tuesday, June 7

1130-1230 Combo
1600-1700 Body Sculpting
1700-1800 Medicine Ball
1800-1830 Abs Kicking

Wednesday, June 8

0900-1000 Moms in Motion
1130-1230 Spin
1600-1700 Spin 'N Abs
1700-1800 Step 'N Tone

Thursday, June 9

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

Friday, June 10

0900-1000 Moms in Motion
1130-1230 Spin 'N Strength
1600-1700 Spin 'N Tone
1700-1800 Pilates

Saturday, June 11

No classes

Sunday, June 12

No classes

Monday, June 13

0900-1000 Moms in Motion
1130-1230 Spin
1600-1700 Spin 'N Abs
1700-1800 Plyometrics

Tuesday, June 14

1130-1230 Combo
1600-1700 Body Sculpting
1700-1800 Step 'N Tone
1800-1830 Abs Kicking

Wednesday, June 15

0900-1000 Moms in Motion
1130-1230 Spin 'N Run
1600-1700 Spin 'N Run
1700-1800 Plyometrics

Thursday, June 16

1130-1230 Circuit Training
1600-1700 Circuit Training
1700-1800 Spin 'N Run
1800-1830 Abs Kicking

Friday, June 17

0900-1000 Moms in Motion
1130-1230 Spin 'N Strength
1600-1700 Spin 'N Tone
1700-1800 Pilates

Saturday, June 18

0830-0930 Circuit Training
1100-1200 Spin

Sunday, June 19

No classes

Monday, June 20

0900-1000 Moms in Motion
1130-1230 Spin
1600-1700 Spin 'N Run
1700-1800 Step 'N Tone

Tuesday, June 21

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

Wednesday, June 22

0900-1000 Moms in Motion
1130-1230 Spin
1600-1700 Spin 'N Abs
1700-1800 Plyometrics

Thursday, June 23

1130-1230 Circuit Training
1600-1700 Body Sculpting
1700-1800 Step 'N Tone
1800-1830 Abs Kicking

Friday, June 24

0900-1000 Moms in Motion
1130-1230 Spin 'N Strength
1600-1700 Spin 'N Run
1700-1800 Pilates

Saturday, June 25

No classes

Sunday, June 26

No classes

Monday, June 27

0900-1000 Moms in Motion
1130-1230 Spin
1600-1700 Spin 'N Run
1700-1800 Step 'N Tone

Tuesday, June 28

1130-1230 Combo
1600-1700 Spin 'N Abs
1700-1800 Step 'N Tone
1800-1830 Abs Kicking

Wednesday, June 29

0900-1000 Moms in Motion
1130-1230 Spin
1600-1700 Spin 'N Abs
1700-1800 Plyometrics

Thursday, June 30

1130-1230 Circuit Training
1600-1700 Body Sculpting
1700-1800 Step 'N Tone
1800-1830 Abs Kicking



RENTALS

Outdoor Adventure

Bldg. 318 • 760-339-2486
Monday-Friday
0800-1630



June Rental Special

Jon Boat \$10/weekend
Water Trike \$15/weekend
Paddle Boat \$20/weekend
Includes Life Jackets

YOUTH

Child and Youth Programs (CYP)

Bldg. 3400 • 760-339-2560
Monday-Friday 0545-1730

CYP Summer Program!

The CYP is starting their summer program, which includes swimming, movies, bowling and fitness fun for all ages. Sign up at CYP today!

Teen Night

Friday, June 10 • 6-10 pm

Parent's Night Out

Saturday, June 18 • 6-10 pm
Free childcare



The
Fleet & Family Support
Center

Fleet & Family Support Center

Bldg. 214 Room 127
760-339-2442
Cell: 760-677-9310

Tuesday Classes

held by Base Clinician,
Mr. Charlie Gregg, at
Bldg. 401 (Welcome Center)

Thursday Classes

held by Fleet & Family Support
Center Site Manager,
Mrs. Pat Braxton, at
Bldg. 214 (Fleet and Family Office)

Thursday, June 2

Pregnancy Resources

1300-1400

Preparing For An Overseas Tour

1400-1500

Tuesday, June 7

Anger Management

1300-1400

Thursday, June 9

Resume Writing

1300-1400

Winning Interview Techniques

1400-1500

Tuesday, June 14

Stress Management

1300-1400

Thursday, June 16

Goal Setting

1300-1400

Assistance With Home Port Changes

1400-1500

Tuesday, June 21

Effective Communications

1300-1400

Thursday, June 23

Budget Classes

1300-1400

Tuesday, June 28

How To Resolve Conflict In The Work Place

1300-1400

