



Issue 16

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NAF EL CENTRO

# SANDPAPER



## Base Gathers to Walk Airfield

*By Kristopher Haugh*

In the early morning chill on 3 January 2012, a diverse group of men and women from around the facility began to assemble at the base of the control tower. This was not a flash mob or an “occupy” gathering, this was the resumption of an old NAFEC and aviation custom; the all hands Foreign Object Debris (FOD) walk down.

FOD walk downs are nothing new to the Navy or anyone with ties to the aviation community as they occur on a daily basis. Routinely, aircraft crews and maintenance personnel perform this function on the flight-line prior to aircraft operations. The purpose of these walk downs are to remove possible hazards and prevent aircraft damage. The walkers are looking for small bits of debris like rocks, screws, nails, or anything else that might cause damage to an aircraft, especially its engines. FOD prevention is not just a major concern to the military, The Federal Aviation Administration (FAA) has set policies for the civil aviation community as well.

The event, coordinated by the Operations Department, was executed by all departments and tenants on board. An enthusiastic attitude permeated the crowd as they were shuttled to the various start points and armed with plastic bags. According to the Operations Officer, CDR Karl Garcia “Thanks to the number of people who participated, we finished both runways in about an hour and were able to reopen the airfield after our extended closure with the assurance that there were no FOD hazards.”

Marc Willis, the base’s Airfield Manager commented that despite the morning’s successful sweep, FOD remains a threat to aircraft and aircrews which mean all hands must stay vigilant in its prevention. For more information regarding FOD prevention contact the Airfield Manager at 760-339-2672. ❖



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# COMMANDING OFFICER



First, a happy New Year to each of you. I hope your Holidays were enjoyable and it is great to know that we all returned safely from our various activities.

As promised a few months ago, below is our new Mission Statement, Command Vision, Command Identity, and Command Philosophy. Our front office staff is in the process of producing copies of these for distribution in our workspaces, but I thought I would share them with you in this forum, as well. Please take a moment to review them to understand how I view our Installation, what my vision is, and what organizational characteristics and tenets I believe are necessary to build and sustain a winning organization. This vision and these principles and philosophies define the way we do business at NAF El Centro and guide the decisions I make as your Commanding Officer.

I define a "winning organization" as one that accomplishes the mission, does so at the highest level of standards, looks good doing it, takes care of its people and their families, does everything with professionalism and class, and one that moves forward and progresses towards the next level as an organization and as individuals. Simply, it is being the best you can be.

At the core of our efforts must be mission accomplishment. If we don't do that, we have no purpose to exist as an Installation.

You will note the concepts of "Team" and "Respect" throughout these mantras. Teamwork and respect for each other must underpin all that we do. You will also see a repeated, stated goal of achieving a top-level Quality of Life for our people and their families. Effective, timely and proactive Communication is a critical part of our strategy, too; without it, we will not achieve our goal of being the best.

Finally, a "commitment to excellence" in every endeavor. Those organizations that achieve greatness, that are recognized as the best in their respective business, achieve an elite level because they are committed to it. It doesn't just happen.

I am very proud of this Installation and am continually impressed with your performance and professionalism. I believe we are the best the Navy has to offer.

As we move forward into 2012, we will continue to progress and achieve new standards on all levels. I will continue to tell everyone how outstanding you are and how great this Installation performs its mission.

I look forward to serving as your Commanding Officer as we achieve new heights in 2012 and I believe we will have some fun while doing it. Thank you again for all that you do. ❖

-- CO

## Command Mission Statement

*The mission of Naval Air Facility El Centro is to support the combat training and readiness of the Warfighter.*

## Command Vision

*The vision for Naval Air Facility El Centro is to be the Navy's premiere tactical training air installation - providing world class operations, world class facilities and the highest quality of life for our personnel and their families.*

## Command Identity

*We are the finest air installation in the world. We are unique. No air installation provides the combat training that we provide. We set our standards higher and we achieve our goals. We are committed to excellence in everything we do. We are the best because we want to be the best.*

## Command Philosophy

1. *We execute the mission of our installation – supporting combat readiness – every single day with 100% dedication and focus.*
2. *We are a team; every member of this organization is critical to mission success.*
3. *We respect each other and we place team and mission ahead of self.*
4. *We respect our similarities and our differences and we create and sustain a positive working environment.*
5. *We are excellent stewards of the resources with which we have been entrusted.*
6. *Our safety standards are rigid; we execute our mission with by-the-book procedures and we keep a close watch on each other.*
7. *We achieve and maintain the highest quality of condition and appearance of everything on our installation.*
8. *We are committed to the personal and professional development and advancement of our people.*
9. *Everything we do and every resource we commit is directly linked to Fleet, Fighter, and Family.*
10. *We are committed to the highest quality of life for our personnel and their families.*
11. *We communicate as a team, both up and down the chain of command.*
12. *We do everything with professionalism, pride and class.*
13. *We are committed to excellence in all that we do.*



# COMMAND MASTER CHIEF



Happy New Year Team El Centro

Each New Year brings the hope of attaining a new goal. Did you make a New Year's resolution? Perhaps you've already broken it? Thirty percent of Americans do not last one day. I'm sure you don't need more advice on how to break an old habit, or make a new one stick. Call me an eternal optimist, but I can tell you, a little tweak in the old attitude can go a long way to creating a happier New Year – for you, me, and everyone around you.

Speaking of attitude...How frustrating is it for you to be told "No" when you're trying to achieve something? Maybe you've encountered this "No" attitude in your daily work, or perhaps you can't get to the item on the top shelf at the retailer, or been told an important part for your vehicle is on backorder? No matter how mundane or important, everyone wants a solution to their problem – or at least an admirable attempt at it.

I know you'll be stunned to learn that I have observed a "no-can-do" attitude right here on base. The Navy is a *SERVICE* organization...that means we serve! It is our duty, and when we don't know the answer to a question or problem, our service orientation requires us to find the solutions. Each of us is responsible to provide direct support to combat training and readiness of the War Fighters who from here, will go into harm's way. I hope you are not satisfied with a "CAN'T DO" attitude, and instead strive for a "CAN DO" attitude for everything you do to help our shipmates, co-workers and the local community.

Also ushered in with the New Year is the arrival of the Navy's Blue Angels. The Blues will be training for the 2012 season which will also be celebrated with the Centennial of Marine Corps Aviation, the Bi-Centennial of the War of 1812 – and our own 46<sup>th</sup> anniversary of hosting NAF El Centro's Air Show. We have much to do in the weeks ahead and I'll be looking forward to you bringing your "Can Do" attitude with you in all you do. ❖

CMC



## Star Spangled Anniversary: Events Set For War Of 1812 Commemoration

(ASSOCIATED PRESS 08 DEC 11)

History buffs will travel to the birthplace of the "Star-Spangled Banner" next summer to commemorate the declaration of the War of 1812 complete with an international maritime festival.

Along Baltimore's harbor during a naval fleet week, tall ships and gray-hulled ships will represent navies from around the world and an air show will coincide with the 200th anniversary of the U.S.' first declaration of war. Maryland Public Television is producing a travelogue and accompanying coffee table book, and the U.S. Mint will sell gold and silver commemorative coins.

The Navy, which sees the war as central to the development of its culture, is taking a large role in the events.

"So many of our heroes come from the War of 1812," said Capt. Patrick Burns, director of Navy commemorations. After the Revolutionary War, the former colonies lost the protection of the world's greatest navy, he said. With the new nation's commerce at risk, its navy had to step up.

"We had to stand up for ourselves," he said. "It was a small war, but a very significant one."

In preparation for the anniversary, the National Park Service recently completed a \$15 million, 17,000-square-foot center at Maryland's Fort McHenry National Monument and Historic Shrine.

Commemorative events have already started and resume in 2012 with a re-creation of the Battle of New Orleans set for Jan. 6-8 at Jean Lafitte National Historical Park and Preserve and Chalmette Battlefield.

Events continue beyond next summer with an academic conference on peace in Annapolis, Md., in 2013, re-enactments at battle sites around the Chesapeake Bay and the return of tall ships to Baltimore's harbor in September 2014 to mark the anniversary of the battle memorialized in the national anthem. ❖

For more information about this historic event visit: <http://www.ourflagwasstillthere.org/>



2012-2015

"Our Flag Was Still There"



# 2011 Enlisted Personnel Policy Changes

By NC1(SW/AW) Marc Jones

Another year has gone by and it is time to look back on some of the career events of 2011. Every year the Navy undergoes policy changes that affect member's careers. We have had a several events in 2011 and I want to review these for you.

Selective Reenlistment Bonuses (SRB) took another hit with NAVADMIN 048/11. With the economy still down and retention still high the Navy has had to pay out less bonus money to keep their key rates in. Across the board with few exceptions SRB's declined again this year. Some rates saw their SRB's go away. This trend will not change in the foreseeable future unless the economy recovers and retention goes down.



The Navy this year came out with another program called the Enlisted Early Career Transition Program, NAVADMIN 088/11. This program allows for Sailors to apply to for early transition out of the Navy in exchange for obligating service to the Naval Reserves. This is in addition to the existing early out program portfolio.

The biggest career event of 2011 came in the form of the Enlisted Retention Board (ERB), NAVADMIN 129/11. This board reviewed 16,000 records in 31 over manned ratings with a goal of releasing 3,000 personnel from service. The board looked at personnel with any documented substandard performance, declining performance, detachment for cause, removal of security clearance, military or civilian conviction, or instances of misconduct such as DUI, DWI, or child abuse. The Navy did this to alleviate over manning in key ratings. The final effect would be to meet personnel end strength goals and improve advancement in the targeted ratings. The results have been released and with the goals being met, hopefully we will not see another board in our careers.

Now we prepare to enter 2012 and you must stay vigilant. You must do your best to stay at the forefront of knowledge concerning career policy changes. You are responsible for your career and must always strive to stay competitive, advance, and stay engaged. Do good things in the year to come! ❖



The year is off to a good start! Nobody reported a factual error in the last issue!

### Hello...Goodbye!

**Hails:**

- NIEBLAS, VICTORIA K. HR
- HAWKINS, TRAVIS L. AD1

**Bails:**

- COVARRUBIAS, ARMANDO MAC
- CABATBAT, RONALDO S. AEAN
- RAMIREZ, SIXTO AO2
- HOUGH, JON ADAN
- RICO, JASON AE3
- GARCIA, ROBERTO AD1



### REENLISTMENTS

- AC2 CONSUNJI, MATTHEW
- AO2 HEENEY, RYAN
- MA2 PINKAS, IZEKE
- AE3 RICO, JASON
- HM2 SAMOT, ARTHUR



## The Wellspring - Chapel News

**Luke: Lessons in Discipleship.** Have you ever tried to play “follow the leader” without seeing or hearing the one you are following? It’s difficult to do—if not impossible. The Gospel of Luke is more than a biography of Jesus’ life. It’s meant as a manual for discipleship. It’s where we see and hear Jesus, our leader, as He provides us step-by-step instructions for following Him wherever this life, with all of its ups/downs and twists/turns, may take us.



**NAF El Centro Marriage Enrichment Retreat.** We’re pleased to announce that a CREDO Marriage Enrichment Retreat (MER) is coming to NAF El Centro! As usual, this event is FREE and open to all active duty personnel or activated reservists. It will be the same great MER experience without the effort and expense of travel to San Diego (or beyond). Couples will stay in a local hotel in El Centro as they learn to strengthen the foundational elements of every healthy marriage. The event will take place 20-22 April and will be open to the first 15 couples who register. Please contact Chaplain Smith to register or for more information. Don’t fight for your country and lose your marriage in the process! Plan ahead and make arrangements (including childcare) so you can attend. ❖

--Chaplain Smith



### Schedule of Events:

- Adult Bible Study--All adults 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.
- Women’s Bible Study—All women are invited to attend. The group meets each Wednesday at 1800 on base at Tammy Smith’s house (3345B Gila Bend). They will be beginning a brand new series during the month of January, so it’s a perfect time to join! For more information, please email [tammysmith365@yahoo.com](mailto:tammysmith365@yahoo.com).
- Protestant Worship Service—Sunday @ 0900 – Nursery (4 and under) and Sunday School (ages 5-12 available)
- Catholic Worship Service—Sunday @ 1630

## Sailors Helping Sailors

*By Chaplain Smith*

“Waste not, want not” says the old English idiom. So when the chaplain’s office heard that there was often a quantity of food left behind from departing detachments each month, we wanted to waste no time in getting this food to NAFEC families who might want it (and need it) the most.

The “Sailors Helping Sailors” initiative is two months old and we look forward to continuing it in the months to come. The process works something like this. Navy Gateway Inn and Suites contacts the chaplain’s office each month when a sizable amount of food has been collected. Next, the chaplain’s office sorts the food for equitable distribution. The CMC then goes into action gathering suggested names from the Chief’s Mess. Finally, the food is delivered—coming from one sailor and helping another.

In November, the “Sailors Helping Sailors” program provided 4 families with 50 lbs. of food each. In December, it supplied 4 families with 90 lbs. of food each. In future months, the amount of food and the number of families served with all depend on the number of detachments who are training at NAFEC and the amount of food that is left behind. But you can be sure that whatever we have will not be wasted!

We would like to thank those who have made the “Sailors Helping Sailors” initiative such a great success thus far, including CMC Gallinat, Chanel Wyatt, and the Chief’s Mess. We would also like to thank Strike for their December food drive in support of this effort, raising approximately 100 lbs. of food for distribution, and the Commissary food drive that raised another 25 lbs. It’s called “Sailors Helping Sailors” and that’s exactly what it is! ❖







# The Desert Beat

By MA1 Stroupe and MASA Thompson

The Main Gate (entry control point to our facility) is the first point of contact for personnel seeking access and is the most critical part in the installation's defense. Security will only allow entry to personnel who possess valid DoD-affiliated identification credentials with an affixed DD Form 2220 vehicle decal. Personnel with a rental vehicle who request installation entry must present an authorized rental agreement with a valid DoD-affiliated ID card or must possess an authorized visitor pass. Personnel who do not possess valid identification will be escorted by authorized personnel possessing a valid DoD-affiliated ID card.

Only RAPID Gate and contractors with a common access card are not required to have a DD Form 2220 vehicle decal. The requirement for vehicle decals is not going away any time soon.

Please start out the New Year by checking your vehicle decals, insurance, and registration to insure you have everything up to date in the event you are requested to produce this documentation. If you have questions pertaining to access or need assistance in renewing your vehicle tabs, please contact the Pass and Identification Office, located outside of the installation, east of the Main Gate. Office hours are 0730 to 1500, Monday through Friday, closed on weekends and federal holidays, contact number (760-339-2524).

To help keep the flow of traffic running smooth at the main gate and avoid unnecessary delays, remember to have your identification out and ready for the gate sentry. Security sentries are required to conduct a 100% hands on inspection of all identification cards for military and civilian personnel requesting access to the installation. Please understand that regardless of how well you know the Security Sentry that is on duty, it is his/her responsibility to physically take your ID and examine the front and back for positive verification. Randomly you may be asked to produce the identification of all passengers in your vehicle, or you may be directed to drive your vehicle to an alternate vehicle inspection lane. Both of these random practices are not uncommon and are used as form of anti-terrorism measures. Please give the Sentry your full cooperation.

Those personnel who wish to gain access to the installation without the above criteria will be denied entry. ❖

## SUBJ: STANDARDS OF CONDUCT DECEMBER 23, 2011

TO ALL SERVICE MEMBERS, THANK YOU FOR WHAT YOU DO EVERY DAY ON BEHALF OF OUR COUNTRY. I CANNOT BE MORE PROUD OF WHO YOU ARE AND WHAT YOU REPRESENT AS YOU SERVE AND SACRIFICE FOR OUR GREAT NATION. WITH THAT HONOR, IS THE RESPONSIBILITY TO SHOW BY EXAMPLE OUR CORE VALUES THAT DEMAND WE TREAT EVERYONE WITH DIGNITY AND RESPECT AT ALL TIMES.

RECENTLY, WE HAVE SEEN INCIDENTS OF BULLYING, HAZING, AND ACTIONS THAT SHOW POOR JUDGMENT. THE FEW THAT CHOOSE THE WRONG PATH CAST A NEGATIVE LIGHT ON OUR COLLECTIVE ETHOS, OUR SERVICE, AND ALL THAT WE REPRESENT.

IN THAT VEIN, LET ME BE CLEAR. I WILL NOT TOLERATE ANY INSTANCE WHERE ONE SERVICE MEMBER INFLECTS ANY FORM OF PHYSICAL OR PSYCHOLOGICAL ABUSE THAT DEGRADES, INSULTS, DEHUMANIZES, OR INJURES ANOTHER SERVICE MEMBER. WE WILL PROTECT EACH OTHER THROUGH FAIR, SCRUPULOUS, AND UNBIASED TREATMENT AS INDIVIDUALS - CARING FOR THEM, TEACHING THEM, AND LEADING THEM. IT IS THE OBLIGATION OF EACH MEMBER IN THE CHAIN OF COMMAND TO ENSURE HAZING IS NOT ALLOWED AND THAT ALL SERVICE MEMBERS ARE TREATED, AT ALL TIMES, WITH GENUINE DIGNITY, FAIRNESS, AND RESPECT.

FOR COMMANDERS, I WANT YOU TO PERSONALLY REVIEW YOUR RESPECTIVE SERVICE POLICIES AND ENSURE STRICT COMPLIANCE. THIS HAS MY PERSONAL ATTENTION, AS WE CONTINUE OUR COMBAT MISSION IN AFGHANISTAN, TRANSITION FROM OUR CAMPAIGN IN IRAQ, AND CONTINUE OUR GLOBAL PRESENCE PERFORMING OUR NATION'S DUTIES - I NEED YOU TO CONTINUE TO MAKE THIS A PRIORITY WITHIN YOUR COMMANDS AS THIS HAS A DIRECT IMPACT ON OUR FORCE READINESS.

THANK YOU ONCE AGAIN FOR ALL THAT YOU DO. MAY GOD BLESS EACH AND EVERY ONE OF YOU AND YOUR FAMILIES NOT ONLY THROUGH THE HOLIDAY SEASON BUT, ALSO THROUGHOUT THE NEW YEAR. LEON E. PANETTA ❖





The Navy's Flight Demonstration Team returns to NAF El Centro for its winter home and preparations for the 2012 Air Show season. The NAFEC Air Show will be on Saturday the 10<sup>th</sup> of March with FoodFest on Friday the 9<sup>th</sup> of March.



## Law Signed To Speed Troops Through TSA Security

By Rick Maze (NAVY TIMES 03 JAN 12)

President Obama has signed a law that within six months could make it easier for service members and their families to get through security checkpoints at major airports.

The Risk-Based Security Screening for Members of the Armed Forces Act, signed by Obama on Tuesday, orders the Transportation Security Administration to come up with a plan to expedite security screening for service members traveling in uniform on official orders so they don't have to remove their jackets, shoes, belts and medals.

Additionally, service members in uniform and their families could receive expedited screening at major airports that have special screening lanes for frequent travelers who have been prescreened by TSA. Expedited screening would be available only when a service member is traveling on orders and is in uniform, so it would not help on family vacations or other travel.

Any special relaxed screening procedures could be halted if there is a specific security threat regarding people in uniform.

Even before the law was signed, TSA has been trying to ease the rules for service members to travel through security checkpoints. TSA guidance has recommended, however, that service members remove their uniform jackets, metal belt buckles and any metal items in their pockets.

Military members in uniform and with valid military identification are not required, like other passengers, to automatically remove their shoes before passing through X-ray screening, but they must remove the shoes if the alarm sounds as they walk through, making the relaxed rule of limited use to anyone with metal in a shoe.

TSA policy also relaxes rules for military family members without tickets to accompany a service member all the way to a boarding gate or to meet them on arrival. Under rules that vary from airport to airport, families are allowed gate passes for arrivals and departures from overseas deployments. ❖



## ORM in Real Life *By: PS3Meráz, Marques L.*

From the moment that we all entered the Navy, one of the themes that we have been trained on is Operational Risk Management (ORM). The fact that it is repeated over and over again may lead the average young Sailor to believe that ORM is an abstract idea; somewhat disconnected from our real-life day to day occurrences. That simply cannot be farther from the truth.

ORM is almost synonymous with common sense, and if it is put to use wisely it can ensure the safety of our Sailors and their families. I came in contact with *real life* ORM on my way home from Los Angeles while back. I go to L.A. quite a bit. Because of that fact, I was quite unaware of the possible need to put ORM to use during such a routine trip. As I was passing through the city of Banning, CA the weather went from a light drizzle, to hail and even snow! Visibility was really low, and snow covered the highway and prevented me from seeing the lane lines. I'm from L.A., so it should come as no surprise that driving in the snow is not something that I am accustomed to. My next course of action was to pull over, and contact my chain of command to inform them of my dilemma. Finally, I was authorized to safely get to a hotel in the area, and return in the morning when the weather cleared up.

ORM is all about identifying risks, and implementing controls to minimize that risk. Another important factor is being proactive in order to preemptively avoid the risk altogether. In my case, the risk was that the weather could get intense in between El Centro and Los Angeles. The control that I have to implement is having extra cash in order to stay at a hotel in the event of intense weather. Most importantly, I now always check the weather forecasts to make sure that the conditions are good for driving; if not, I can leave early in order to get to work on schedule.

This trip opened my eyes to the fact that ORM is not just an abstract idea; rather it is a smart way to stay safe when unexpected things happen. If we implement ORM, our safety statistics will continue to get better every year. So when we enjoy our holiday leave period, let's remember to travel smart and make ORM an important part of our travel plans. ❖



## Military Pay Raise Takes Effect

By Kellie Lunney (GOVERNMENT EXECUTIVE 03 JAN 12)



Legislation funding the Defense Department in 2012 contains a pay raise for service members and a premium hike for some enrollees in the military's health care program.

The 2012 National Defense Authorization Act, which President Obama signed into law on Dec. 31, 2011, includes a 1.6 percent pay bump for service members, effective Jan. 1. Obama recommended that figure in his fiscal 2012 budget proposal. Civilian federal employees still are subject to a two-year pay freeze that began in January 2011.

Defense Secretary Leon Panetta plans to unveil this week a strategy to downsize the Pentagon's budget over the next decade, and reductions in military salaries, retirement and health benefits could be included in the proposal. According to a report in The New York Times, Defense spends nearly one-third of its base budget on personnel costs: \$107 billion for salaries and allowances, \$50 billion for health care, and \$24 billion in retirement benefits. The nonpartisan Congressional Budget Office estimates that the 1.6 percent pay raise will cost \$1.2 billion this year.

The 2012 Defense authorization act also includes changes in TRICARE fees for some enrollees. The law raises the TRICARE Prime enrollment fees for military retirees and includes an indexed increase tied to the cost-of-living adjustment beginning in fiscal 2013. The higher fees amount to a \$30 annual increase for those with individual plans (from \$230 to \$260) and a \$60 hike (from \$460 to \$520) for those enrolled in family plans.

Enrollees who were in the program before Oct. 1, 2011, will begin paying the higher fees in October 2012, which is the beginning of fiscal 2013; new TRICARE Prime enrollees must pay the higher rates immediately. An earlier provision in the bill to prohibit the existing fee increases for one year was stripped from the final measure. Such provisions typically are included in the annual Defense authorization bills.

Active-duty service members, also covered under TRICARE, do not pay any out-of-pocket costs.

Defense had proposed a 13 percent increase in 2012, indexed thereafter to slightly more than 6 percent. CBO, however, estimates that over the next decade the annual indexed increase will amount to about 2 percent.

Participant fees under TRICARE were set in 1995 and until this year have remained at \$460 per year for the basic family plan. The cost for comparable coverage for federal workers is between \$5,000 and \$6,000 annually.

The Obama administration proposed the TRICARE fee hike and in a White House statement, the president specifically mentioned those initiatives contained in the law that "control the spiraling health care costs of the Department of Defense. ❖

## Jumpstart Your College Degree - Formulate Your Degree Program Today (WWW.NAVY.MIL)

Junior personnel are making the connection for secondary education. Personnel Specialist 2nd Class Jamie Brown, of the NAS Pensacola Personnel Support Detachment, has used SMART to formulate her degree plans. She is presently enrolled in an associate degree program, with an ultimate plan of earning a Bachelor of Science degree in physical therapy or nutrition. "As I reviewed my SMART, I saw what I was awarded for non-traditional training hours; it made things a lot clearer to me," Brown said. "The SMART told me exactly how many credits I have earned while on active duty and, what area the credits would fall under. Once applied to a degree path, the SMART transcript basically fills in the blanks for you. I was very pleased when I discovered that I only needed 4 classes and 2 College Level Examination Program (CLEP) tests to complete my associate degree. My local Navy College Office counselor was very helpful with degree and school options, and has been instrumental in my success." For more information on SMART and SMOLAA, visit the Navy Knowledge Online (NKO) Web site at <https://wwwa.nko.navy.mil> or the Navy College Program Web site at <https://www.navycollege.navy.mil>. ❖





# Opportunity...

By Joanna Lopez

The Pearl of the Desert holds more hidden treasures than some thought. With El Centro being one of the lowest employment rate cities, who would have known that in this desert oasis there would be work training opportunities in the Child and Youth Programs.

In 2010 Purdue University created a Military Extension Internship Program which made it possible for students and recent graduates who major in education, child or youth programs, management, recreation and family services to earn real-work experience with military child and youth programs. This internship allows students to gain experience and to make long lasting relationships within their field.

Nowadays it is imperative to apply for an internship to obtain a better chance of being hired by a company. In this economy, many who have recently graduated have had a difficult time finding jobs, most of which are taken over by more experienced personnel willing to work for a lower pay. The students who have taken the internship have obtained a job within military facilities because of their experience and knowledge they received through this internship gave them an edge.

Allison Peterson, from the University of Wisconsin (Madison), was our first intern. She stayed with us for three months at the CYP. After the internship, Allison was able to obtain interviews for a Teacher Assistant position and a Program Lead position in San Diego. She met all of our expectations and went above and beyond when called to serve our military families. Our next intern, Samantha Skiles, will be here in January 2012. Samantha comes from University Michigan State with a Psychology major in Human Development and Family Studies.

The Military Extension Internship Program is an excellent opportunity for Sailors and civilians who are considering majoring in education, management, recreation, and family services. With the CYP center right here on base, this program makes it possible for our members to intern for our facility and obtain the experience needed to compete against others in this struggling job market. For more information go to [www.ydae.purdue.edu/military](http://www.ydae.purdue.edu/military). ❖

SUBJ: 2011 ADMIRAL ELMO R. ZUMWALT AWARD WINNERS  
ALNAV 085/11

2011 ADMIRAL ELMO R. ZUMWALT AWARD WINNERS

1. IT IS MY PLEASURE TO ANNOUNCE THE RECIPIENTS OF THE ADMIRAL ELMO R. ZUMWALT AWARD FOR EXCELLENCE IN LODGING MANAGEMENT FOR CALENDAR YEAR 2011. LODGING OPERATIONS, TO INCLUDE FACILITIES, SERVICE, FINANCE, AND MANAGEMENT ARE ACCREDITED AND EVALUATED PERIODICALLY BASED ON ESTABLISHED PERFORMANCE STANDARDS. SIMILAR TO COMMERCIAL HOTEL INDUSTRY QUALITY STANDARD RATINGS, NAVY GATEWAY INNS AND SUITES ACTIVITIES ARE AWARDED 3, 4, OR 5-STAR RATINGS. THIS YEAR, 17 INSTALLATIONS ACHIEVED A 5-STAR RATING IN ALL AREAS:

- A. NAVAL SUBMARINE BASE NEW LONDON, CT
- B. PORTSMOUTH NAVAL SHIPYARD KITTERY, ME
- C. JOINT EXPEDITIONARY BASE LITTLE CREEK-FORT STORY, VA
- D. NAVAL AIR STATION OCEANA, VA
- E. NAVAL AIR STATION OCEANA DAM NECK ANNEX, VA
- F. NAVAL SUPPORT ACTIVITY HAMPTON ROADS, VA
- G. NAVAL WEAPONS STATION YORKTOWN, VA
- H. NAVAL STATION EVERETT, WA
- I. NAVAL BASE KITSAP (BANGOR), WA
- J. NAVAL BASE KITSAP (BREMERTON), WA
- K. NAVAL BASE SAN DIEGO, CA
- L. NAVAL BASE POINT LOMA (NMAWC), CA
- M. NAVAL AIR FACILITY EL CENTRO, CA**
- N. NAVAL BASE VENTURA (PT MUGU), CA
- O. NAVAL STATION ROTA, SPAIN
- P. NAVAL SUPPORT ACTIVITY NAPLES, ITALY
- Q. NAVAL SUPPORT ACTIVITY SOUDA BAY, GREECE



2. ACHIEVING A 5-STAR RATING IS A SIGNIFICANT ACCOMPLISHMENT. BRAVO ZULU TO THESE INSTALLATIONS FOR THEIR COMMITMENT TO PROVIDE THE HIGHEST LEVEL OF SERVICE.

3. RELEASED BY THE HONORABLE ROBERT O. WORK, ACTING SECRETARY OF THE NAVY. ❖

# JOE'S SPORTS SMACK TALK

Sometimes when you take a glance at a score, it doesn't really reflect on how the game was played. This was a little different though. The score reflected exactly how this game was played. MEDWR took the beating from the first minute that game started until the last second of regulation. The game was never close and MEDWR had no chance of being competitive. The New VFA-122 was too big, too strong and too athletic. After the name change, here comes the championship. Optimo Phillips continued his dominance by catching 4 touchdown passes. He had caught 3 touchdown passes the previous game. QB Jeff Brown will now retire as a champion. The Rattlers had a lot to prove to everyone especially themselves. They had been in this position before and couldn't get over the hump. The monkey is back in the jungle and the Rattlers are the 2011 Captain's Cup Flag Football Champions. The Rattlers ended up undefeated and managed to dominate with class. ❖

**Here are your champions by hometown:**

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| Cody Fuller-Roseberg, OR         | Jovaughn Lindsay-Fort Lauderdale, FL |
| Anthony Mercer-Bay City, WI      | Nick Espinoza-Harlingen, TX          |
| Lonnie Brookins-San Diego, CA    | Jeffrey Brown-Mobile, AL             |
| Donte Phillips-San Diego, CA     | Anthony Henson-Beaumont, TX          |
| Quintravius Johnson-Cuthbert, GA | Thomas Foote-Phoenix, AZ             |
| Coty Crowell-Chicago, IL         | Olivier Muhire-Dayton, OH            |

**First Half**

- 17 yard reception for touchdown by Optimo Phillips
- Extra point failed
- 28 yard reception for touchdown Optimo Phillips
- 2 pt conversion attempt failed
- Lindsay 6 yard reception for touchdown
- Extra point failed
- Lindsay 10 yard reception for touchdown
- Extra point good by Espinoza
- Brown interception
- (M) 60 yard touchdown by Eric Henderson
- Extra point good by QB
- 47 yard reception for touchdown Optimo Phillips
- Extra point good

**Second Half**

- Brown interception
- 30 Yard reception for touchdown by Optimo Phillips
- Extra point failed Brown Interception
- (M) Scott Drainville interception
- Coty Crowell 15 yard reception for touchdown Extra point failed

<b>CHAMPIONSHIP GAME</b>	
<b>STRIKE</b>	<b>44</b>
<b>MEDWR</b>	<b>7</b>



**"CONGRATULATIONS TO THE RATTLERS FOR WINNING THE 2011 CAPTAIN'S CUP FLAG FOOTBALL CHAMPIONSHIP"**

**DISCLAIMER** – This article is for entertainment purposes only. This article is not intended to agitate, aggravate, exasperate, harass, irritate, intimidate, degrade, bluster, alarm, terrify, threaten, spook, compel, freak out, demoralize, distress, disturb, push around, derail, psych-out, upset, anyone or any department. Signed Joe Conner

# At the CYP...

Child and Youth Programs had a very busy, but fun, exciting and successful year. We had "Breakfast Around the World" on February 14, where parents had breakfast with their children and feasted on foods from Europe, Asia, Africa and American cuisine. This was followed by the NAFEC Easter Egg Hunt in April. Lincoln Military sponsored 2,000 filled eggs for the event. The children also enjoyed pictures with the Easter Bunny.

The CYP children and staff participated in Asian Pacific Heritage Month in May, Hispanic Heritage Month in September and Native American Heritage Month in December. They sang and danced in the different celebrations.

The CYP celebrated summer with a big bash. Our center had a fun opening night for the "Summer Reading Program" themed "MidSummer Night's Dream." CYP children and staff turned the multipurpose room into a castle with plenty of books for children of all ages to borrow. It ran the whole summer and children who read received gifts and prizes. Missoula came to CYP for the first time in July. There were 27 participants in the "Pied Piper Play" held at the Mirage Club. "Ooohs" and "Wows" were the words heard from the people who watched it. The children put together a great program with only a week of practice. Thanks to Rob and Alea Yoho.

Two buses were provided to serve seven different schools out in town by CYP. Parents loved the bus service from our program that enables them to choose the school they want for their children. The school age group opened the "Worldwide Restaurant" in September. Different foods from different countries were served and children were the chefs, receptionist, waiters, waitress and bus boys for the night. They made their parents proud for the services rendered.

The October Festival was a big hit attended by more than 200 people. Families enjoyed hotdogs, spaghetti, booths, a haunted house and the hay ride. The CYP received the CMC's Choice Award for their participation in the 2011 Base Christmas Parade held on December 2. More than 300 people came to the CYP's Winter Wonderland Event". Over 400 toys were handed out by Santa and the United States Marine Corps. People loved the homemade tamales, hotdogs, nacho cheese, chips, cookies, Jamaica drink and fruit punch.

Thanks to the generosity on base. We had all the help we needed at all of the events here at the CYP. We also want to thank the Navy League for supporting the CYP in every way they could to help. ❖

## 2011 CYP Photo Moments!



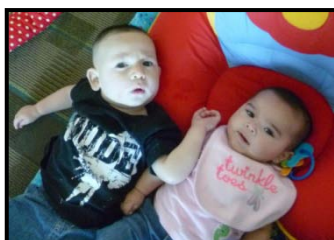
Halloween!



Worldwide Restaurant!



Preschool Grads!



Just Chillin' !!!



Summer Fun!



Christmas in July!



Santa Rocks!



# Navy Munitions Command Det

By AOCS(AW/SW) Joe Skelton

With the holidays behind us, Det El Centro is ramping up for another year. The Blue Angels come into town on the 3rd of January and will be here until March. We also have quite a few detachments that will arrive in January. We said goodbye to AO2 Sixto Ramirez, who is reporting to CVN 76 and "Welcome Aboard" to AO1 Christopher McClure. We look forward to 2012 and what it has to offer us here in the Desert Southwest. ❖

## SHIPMATES TO WORKMATES PROGRAM



THE SHIPMATES TO WORKMATES PROGRAM (S2W) IS OPEN TO ALL TRANSITIONING SAILORS, AND ALL THOSE SEPARATING UNDER ERB ARE HIGHLY ENCOURAGED TO LOOK INTO THIS PROGRAM FOR FEDERAL EMPLOYMENT POSSIBILITIES. S2W IS HOSTING JOB FAIR EVENTS AS A TRAVELING ROAD SHOW, INCLUDING ONE IN SAN DIEGO ON 09 FEB 2012 AT THE NAVAL OPERATIONS SUPPORT CENTER (NOSC) SAN DIEGO, 9955 POMERADO ROAD, BLDG. 20300, SAN DIEGO, CA (NEAR MCAS MIRAMAR). ATTENDEES CAN MEET WITH REPRESENTATIVE FROM COMMANDER, NAVAL INSTALLATIONS COMMAND (CNIC), NAVAL AIR SYSTEMS (NAVAIR), NAVAL FACILITIES (NAVFAC), NAVAL SEA SYSTEMS (NAVSEA), NAVAL SUPPLY (NAVSUP), OFFICE OF CIVILIAN HUMAN RESOURCES, AND SPACE AND WARFARE (SPAWAR) TO RECEIVE INFORMATION ABOUT CAREER OPPORTUNITIES AND RECEIVE ASSISTANCE WITH APPLICATIONS/RESUMES FOR OPEN POSITIONS. CAN'T ATTEND IN PERSON? CONTACT S2W AT (202) 781-0444/1312 (PHONE); [NSSC\\_SM2WM@NAVY.MIL](mailto:NSSC_SM2WM@NAVY.MIL) (EMAIL) OR [HTTP://JOBS.NAVAIR.NAVY.MIL/SM2WM](http://JOBS.NAVAIR.NAVY.MIL/SM2WM) (WEBSITE) FOR INVALUABLE INFORMATION. DON'T WAIT - LEARN MORE ABOUT HOW THIS EXCITING PROGRAM CAN HELP YOU!

FFSC'S ARE LOCATED AT ALL THREE NAVAL BASES: SAN DIEGO, CORONADO, AND PT LOMA. IN ADDITION, IN THE MILITARY HOUSING AREAS: MURPHY CANYON; BAYVIEW HILLS; GATEWAY; AND VILLAGE AT SERRA MESA HOUSING. FOR CLINICAL COUNSELING, RESUME ASSISTANCE, FINANCIAL COUNSELING, AND RELOCATION INFORMATION AND REFERRAL APPOINTMENTS, CALL OUR 24-HOUR TOLL-FREE LINE AT 1-866-923-6478.

VISIT FLEET, FAMILY AND CHILD PROGRAMS (FFCP) ON FACEBOOK OR WEBSITE AND BECOME A FAN FOR THE LATEST RESOURCE INFORMATION AT [WWW.FACEBOOK.COM/FFCPSANDIEGO](http://WWW.FACEBOOK.COM/FFCPSANDIEGO) OR [WWW.CNIC.NAVY.MIL/NAVYLIFESW//](http://WWW.CNIC.NAVY.MIL/NAVYLIFESW//) ❖



## ALNAV 082/11 CRIME REDUCTION PROGRAM INTRODUCES THE INSIDER THREAT AWARENESS CAMPAIGN



THE CRIME REDUCTION PROGRAM (CRP) IS A COMMUNITY OUTREACH INITIATIVE DESIGNED TO REDUCE CRIMINAL THREATS AFFECTING THE DEPARTMENT OF NAVY (DON). THE CRP IS LED BY THE NAVAL CRIMINAL INVESTIGATIVE SERVICE (NCIS) AND INCLUDES BOTH LAW ENFORCEMENT AND COMMUNITY SERVICE PARTNERS WITHIN THE DON. QUARTERLY, THE CRP IDENTIFIES A RELEVANT ISSUE TO HIGHLIGHT THROUGH A ROBUST BRIEFING PROGRAM AND COMMUNITY OUTREACH EVENTS. FROM 1 JANUARY 2012 THROUGH 31 MARCH 2012, THE CRP WILL FOCUS ITS EFFORTS TO EDUCATE SERVICE MEMBERS ON UNDERSTANDING AND IDENTIFYING THE DANGER POSED BY THE INSIDER THREAT.

INSIDER THREAT IS GENERALLY DEFINED THROUGHOUT THE DEPARTMENT OF DEFENSE AS ANY PERSON WITH AUTHORIZED, LEGITIMATE ACCESS TO ANY DEPARTMENT OF DEFENSE RESOURCE WHO USES THAT ACCESS TO DO HARM TO THE SECURITY OF THE UNITED STATES AND ITS CITIZENS. IN THE AFTERMATH OF THE SHOOTING OF U.S. MILITARY PERSONNEL AT FORT HOOD AND THE DISCLOSURE OF CLASSIFIED INFORMATION VIA WIKILEAKS, THERE HAS BEEN A FOCUS ON A STRONGER AND MORE COLLABORATIVE EFFORT TO DETECT, MITIGATE, AND NEUTRALIZE THE INSIDER THREAT WITHIN THE U.S. GOVERNMENT. COMBATING INSIDER THREAT IS A MULTI-DISCIPLINARY EFFORT INVOLVING ALL COMMANDS AND THE ANTI-TERRORISM, FORCE PROTECTION, LAW ENFORCEMENT, COUNTERINTELLIGENCE, SECURITY, EMERGENCY MANAGEMENT, AND INFORMATION ASSURANCE COMMUNITIES. IT IS THE RESPONSIBILITY OF EVERY ENTITY WITHIN THE DON TO DETECT AND RESPOND TO INDICATIONS AND WARNINGS OF INDIVIDUALS CONSIDERING VIOLENCE OR COMPROMISE.

EDUCATION IS A KEY COMPONENT FOR ALL CRIME REDUCTION PROGRAMS. NCIS CRP REPRESENTATIVES WILL BE VISITING COMMANDS OVER THE NEXT THREE MONTHS TO PROVIDE INSIDER THREAT AWARENESS BRIEFINGS AND DISTRIBUTE INFORMATIONAL BROCHURES AND MATERIALS. I URGE ALL DON PERSONNEL TO WORK TOGETHER TO MAINTAIN SAFETY AND OPERATIONAL READINESS.

RELEASED BY THE HONORABLE ROBERT O. WORK, ACTING SECRETARY OF THE NAVY. ❖



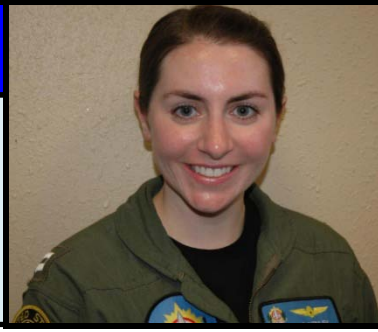
## MEDICAL CORNER

# What's Up, Navy Doc?

## "DIABETES"

"Don't Let it Become a Bad Word for You"

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



### What is diabetes, its causes, and its risks?

Diabetes exists when the level of blood sugar (glucose) is too high and is not good for your health. Glucose is sugar carried by the bloodstream and deposited as the primary source of energy in our muscles, organs, and certain bodily tissues. Insulin, a hormone produced by the pancreas, is released into the bloodstream when you eat. In healthy individuals, as glucose moves through the bloodstream, the insulin allows the glucose to be deposited into the body's cells, thereby reducing the amount of glucose in the bloodstream. As the glucose level decreases, the insulin level decreases, creating a balance. However, diabetes results when the pancreas produces too little insulin or when the body resists the insulin. This results in the blood sugar content becoming too high and the body no longer being able to move glucose into the bodily tissues and organs to be stored for energy.

Diabetes is the 7<sup>th</sup>-leading cause of death in the United States and can lead to kidney failure, blindness, amputation of feet and legs, stroke, heart attack. While definitely a serious disease, diabetes can be controlled. ❖

### What are the most common types of diabetes?

- ❖ Type I
  - Genetic, autoimmune disorder, non-preventable
    - Body's immune system destroys cells in pancreas that produce insulin
    - Treat with insulin injections or pumps
- ❖ Type II
  - Can be brought on by poor diet, sedentary lifestyle, family history of diabetes, race, ethnicity, age.

### What are common symptoms of diabetes?

- ❖ High glucose levels can make your autoimmune system more susceptible to:
  - Fatigue
  - Increased thirst
  - Extreme hunger
  - Frequent infections or sores, including those that heal too slowly
  - Frequent need to urinate
  - Changes in eyesight, blurriness of vision
  - Tingling in feet
  - Swings in mood or energy levels
  - Frequent or intense colds or flu

### What are some risk factors for getting diabetes?

- ❖ Age 45 or older
- ❖ Overweight
- ❖ Family history of diabetes
- ❖ Physical inactivity
- ❖ Race/ethnicity (African-American, Native American, Asian, Pacific Islanders, Hispanic)
- ❖ Previous borderline abnormal test results
- ❖ History of diabetes during pregnancy
- ❖ Hypertension, high lipids, cardiovascular disease

### How can you reduce the risk of getting diabetes?

- ❖ Reduce blood sugars by diet and lifestyle changes:
  - Eat more "superfoods":
    - Low fat dairy products (non-fat milk, yogurt, cottage cheese)
    - High fiber grains (oatmeal, brown rice, whole wheat bread)
    - Nuts (almonds, pistachios, peanuts)
    - Green leafy vegetables
  - Increase intake of Vitamin D found in eggs, fortified milk products
  - Avoid white bread, white rice, white pasta ("white carbohydrates")
  - Do not overeat
  - Use spices such as cinnamon
  - Lose weight
  - Vigorous daily exercise burns calories
  - Regular, full-night sleep
  - A diagnosis of "pre-diabetes" should be a warning sign
    - Will almost always lead to a diagnosis of diabetes unless you make significant changes in diet and lifestyles
    - May have to be supported with medications

**REMEMBER:** *You can control your own fate. Take charge of your life. Watch for symptoms. See your doctor. Have your blood sugar levels checked regularly. Manage your diet. Exercise regularly. Diabetes does not have to become a bad word for you.*

(Acknowledgments: I would like to acknowledge and thank The Mayo Clinic, Pacific Medical Centers, Premera Blue Cross, and the National Institutes of Health for information consulted for this article.)

## CLINIC INFO

By: HM2(FMF/SW) Menguita, R.  
Branch Health Clinic, NAF El Centro

760-339-2674/2675



### Branch Medical Clinic NAF El Centro is enrolling new patients.

The following are eligible to enroll:

- Active Duty Military Members
- Dependents – Up to Age 64
- Dependent Children – Age 4+
- Retired Military Members – Up to Age 64

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

OUR OFFICE IS ONLINE!



You can:

- ❖ Visit your doctor through a web visit
- ❖ Get your lab results
- ❖ Schedule your next appointment
- ❖ Refill your medications

It is so easy to get started!!!!!!

Provide our front desk with your e-mail address and your PCM (Primary Care Manager) or visit us at our website at: [www.RelayHealth.com](http://www.RelayHealth.com). You may also send your information to HM2(FMF/SW) Menguita at: [Recille.menguita@med.navy.mil](mailto:Recille.menguita@med.navy.mil)

### Exceptional Family Member Program (EMFP)



EMFP Regional Coordinator:

Ms. Jenny Turner [jenny.turner@med.navy.mil](mailto:jenny.turner@med.navy.mil)

NMCS D EFMP Coordinator:

HM3 Ivan R. Perez [ivan.perez@med.navy.mil](mailto:ivan.perez@med.navy.mil)

I want to thank everyone on base and at the CYP who made cards for the Wounded Warriors at the Naval Medical Center San Diego. They were delivered before Christmas and were very much appreciated by the Wounded Warriors who received them. Thank you again for your contributions!

--Doc Henley



# NAVY MEDICINE

World Class Care...Anytime, Anywhere

#### Branch Health Clinic, NAF El Centro 2012 Highlights

- Continued success as one of Navy's Medical Homeport clinics, ensuring patients are assigned to a Medical Home team and see the same PCM each and every visit. This is now a Navy-wide initiative for all clinics, and has continued to improve patient satisfaction with their healthcare.
- Led BHC El Centro to excellent outcome in NMCS D ESC Leadership rounds. No major discrepancies found. Briefed ESC and received kudos from Vice Commander for excellent Performance Improvement (PI) initiatives that are already saving the USN thousands of dollars. Ensures all 20 staff members 100% trained on Joint Commission of Accredited Healthcare Organization (JCAHO) requirements.
- Medical Readiness for 300+ personnel in 7 tenant commands above 85-90% consistently (1.5 years), up 15-20% since FY09. Received excellent support from Base Command to keep medical readiness a priority.
- Created medical/local area briefing for visiting NATO forces; praised by two separate British Helo commands. This presentation has since been passed from to various NATO detachments training at NAF El Centro since 2010.
- Planned, researched and implemented **NAF El Centro Base Lactation Room**. NAF El Centro now has a required, private space for breastfeeding mothers to pump and store breast milk. Praised by Base and Directorate for Branch Clinic Leadership for innovation and hard work on the project. Room opened 7 March 2011.
- Initiated BHC El Centro "Medical Roadshow". Goal is to educate tenant commands on clinic policies, services we offer, PHA, BMR, IMR, when to go to ER vs. clinic. CY10 cost for ER inpatient/outpatient visits at El Centro Regional/Pioneers Hospital was \$169K. Currently, the cost of ER visits is down to \$94K for CY11, a savings of \$75K.
- Opened new Wart Clinic. Last year wart removal referrals from our clinic cost the USN \$22K. There is high demand for it at NAF El Centro, and we anticipate saving the USN thousands of dollars.



## What the new self-report NAVADMIN means for you

By LT Jasmine "JAG". Scott



NAVADMIN 373/11 creates a self-reporting requirement by all service members. All Navy personnel are now required to self-report criminal arrests and criminal charges. Service members are only required to report the date of arrest or charge, the arresting/charging authority, and the offense for which they are arrested or charged. However, no person is "under a duty to disclose underlying facts concerning the basis for their arrest or criminal charge." No additional questions of the service member are authorized unless the member is read and waives his rights in accordance with Art 31(b).

The purpose of the self-reporting requirement is administrative. It is necessary for commanders to maintain readiness, welfare, safety and deployability of the force. Commanders may take punitive measures for those who do not follow this general order and fail to report an arrest or charge. However, it is an administrative tool so Commanders may not discipline sailors for the underlying offense from the self-report; disciplinary proceedings can only be based on independently discovered evidence. This policy also encourages commands to have a liaison with civilian law enforcement so that information re arrest and charging of military members is regularly reported to commanders. Information received in the regular course is considered "inevitable discovery" and may be used in disciplinary proceedings against the service member. ❖

### To break it down into easy to understand principles:

If you are a service member who is arrested out in town, you **MUST** inform your chain of command as to the charge/reason for arrest, date, and who arrested or charged you. Failure to do so is a violation of a general order.

If a sailor self-reports commands will only ask additional questions about the underlying basis once the sailor has been read and waives his Article 31(b) rights.

Commands may use police reports, statements, etc received from law enforcement agencies as a basis for disciplinary proceedings.

The Q&A situations below are not bright-line rules. When a self-report situation arises, commands should consult with a JAG to determine the best way forward.

**Q: Service member does not self-report, but the command learns about the arrest/charge from the local civilian jurisdiction and wants to take the service member to NJP. What can form the basis of the NJP?**

A: The command may take the service member to NJP for the underlying offense because the information was obtained through an independently derived source. If the command wants to discuss the incident with the service member, the service member must be advised of her UCMJ Article 31(b) rights. Further, the command can take her to NJP for failure to report.

**Q: Service member self-reports to the command. The command wants to take the service member to NJP. Can the command take him to NJP for the underlying offense?**

A: The service member must be read his UCMJ Article 31(b) rights if additional information besides the arrest and charge is requested. If the service member voluntarily waives his rights and agrees to discuss the underlying facts of the offense, then the command can discipline the service member if the CO determines it is appropriate based on the warned admission and other sufficient evidence. If the service member does not voluntarily waive his rights, then the command cannot take the service member to NJP unless it has other supporting evidence.

**Q: Service member is arrested and calls her Chief to bail her out of jail. Can the command take the service member to NJP?**

A: Calling the command to seek assistance is not, by definition, a self-report. A self-report is providing notice to the command of an arrest. Seeking command support to make bail, or some other reason following the arrest, should not necessarily be construed as a self-report. In these cases, the facts surrounding why the member contacted the command would be determinative.

**Q: Service member self-reports, is advised of his UCMJ Article 31(b) rights, and does not waive his rights. The command is contacted the next day by the local civilian jurisdiction through a mechanism set up by the command where local law enforcement officials inform the command of any arrests involving service members. Can the information be used? Is it independently derived information?**

A: The command could have learned of the information eventually regardless of whether the service member reported the arrest/charge. Such information has inevitably been discovered notwithstanding the self-report of the service member. In this situation, it would be important for a command to be able to demonstrate that the communication with law enforcement is within the standard operating procedures.

**Q: I am a servicemember who was arrested 10 years ago. Do I need to report that arrest?**

A: The NAVADMIN is prospective and not retroactive. Service members must report all arrests after the date of the NAVADMIN - 8 December 2011.

## Logo Unveiled For New Submarine Named For Minnesota

By Boyd Huppert (KARE NBC MINNEAPOLIS 16 DEC 11)

(Editor's note: We ran the original contest announcement in the JUL/AUG 2011 Issue)

ROSEVILLE, Minn. - Seventeen-year-old Jakob Bartels was already feeling good about his drawing hobby. After all, earlier this year he won first place in a logo contest sponsored by a local restaurant.

Getting his design on a beer stein was one thing. But a nuclear powered submarine is something else altogether.

On Friday, another of Bartels' designs was unveiled as the crest for the USS Minnesota, a Navy submarine now being built at a shipyard in Virginia and scheduled for commissioning in late 2013.

Bartels design was chosen from more than 100 submitted by Minnesota's students. "One of the most advanced ships in the Navy and probably in the world, it's exciting to have a small part of that," said Bartels.

Bartel's design incorporates a seafaring Viking, the North Star, a blue background to represent Minnesota's lakes, a band of maroon to represent the University of Minnesota and a Latin inscription that translates to "From the North, Power."

Also featured on the crest is a walleye mean enough to scare a Mille Lacs fisherman right out of his boat.

"I think everybody that looks at the crest, it looks aggressive," said Navy Commander John Fancher, who will become the Minnesota's first Captain.

Bartels actually submitted eight crest designs. All the others incorporated loons, as did many of the submissions from other artists. Turns out that wasn't the best choice, especially since the ship's crew did the judging. "Because they didn't want to be known as the 'Loony Boat,'" smiled Bartels.

For his efforts Bartels was awarded a \$1,500 scholarship and a free trip to the Minnesota's commissioning.

The USS Minnesota will be the third navy vessel named for the state, and the first since 1907. ❖



## Christmas Was A Time for Giving

By Chaplain Smith

The holiday season is traditionally a time for giving. That was certainly the case this year as sailors from NAFEC gave of their time and energy to serve our local community.

**Toys for Tots (08 December)**—Six sailors sorted and bagged donated toys for distribution to 565 children in Imperial County.

**Imperial Valley Food Bank (10 December)**—Six sailors from Weapons served at the local food bank in El Centro.

**Toys for Tots (13 December)**—Four sailors sorted and bagged donated toys for distribution to an additional 423 children in Imperial County.

**Imperial Valley Food Bank (16 December)**—Six sailors from Weapons packed 100 special holiday food boxes in preparation for delivery to Niland for their annual community Christmas celebration.

**Toys for Tots Christmas Party (17 December)**—Four sailors and three civilians helped deliver food boxes and toys to Niland for their annual community Christmas celebration. Volunteers assisted in setting up Santa's Workshop, distributing food boxes, clean up, and more. Over 300 parents and children were served.

**Niland Food Delivery (21 December)**—Five sailors and three civilians/dependents traveled to Niland to unload and sort food donations for pick up by community members, offering assistance to disabled individuals and to single mothers with children. More than 400 parents and children were served. ❖



# Date Night

with ABFC(Ret.) Marc Willis

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



## Movie Title: Sherlock Holmes

Players: Robert Downey Jr., Jude Law, Jared Harris, Noomi Rapace, Rachel McAdams

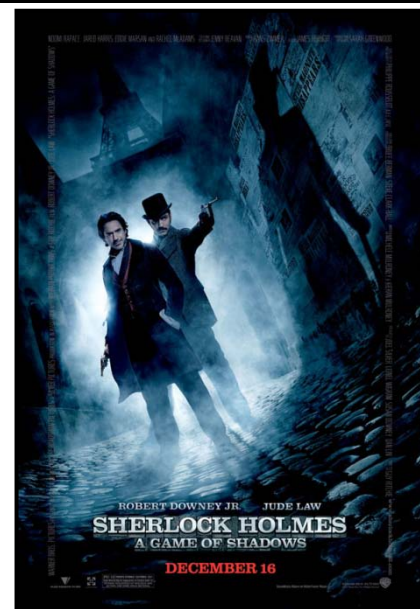
Genres: Action, Adventure, Crime

Rating: **PG-13**

Finally! I could not wait for the month of December to arrive as November left me yearning for a good movie. As for the wife, she was not as excited as I was to view *A Game of Shadows*; fortunately for her the popcorn is good. Sequels are hard to pull off as most never live up to the billing or success of the first edition. So, would Guy Ritchie be able to get *Into the Groove* and produce a film equal to his first Sherlock Holmes flick? Here's a clue; read on.

*A Game of Shadows* picks up where we last left Sherlock Holmes (Robert Downey Jr.), chasing Irene Adler (Rachel Adams). Unfortunately, in Holmes eyes, Irene provides services for the criminal mastermind Professor James Moriarty (Jared Harris) whom provides Holmes his most challenging of adversaries as depicted throughout the film. This picture is centered on these two as they engage in a dangerous game of cat and mouse; each depending heavily on their faithful sidekick, Dr. John Watson (Jude Law) and Colonel Sebastian Moran (Paul Anderson) for support.

The storyline of this film is elementary yet entertaining however the subplots are just as entertaining. The combination of comedy and action work well as neither one detracts from the other. The cast assembled also worked well as it translated onscreen via dialogue exchanges suggesting that they may actually like each other off screen. The action sequences are plentiful and the special effects are superb particularly Holmes'. As mentioned earlier, sequels are hard to pull off, however this film did more than live up to the billing as *A Game of Shadows* provided an enjoyable venue to my lovely wife's popcorn. With that being said, I rate this film four anchors out of five. ❖



## Movie Title: New Year's Eve

Players: Michelle Pfeiffer, Robert De Niro, Halle Berry, Jessica Biel, Seth Myers, Sarah Jessica Parker, Ashton Kutcher, Katherine Heigl, Jon Bon Jovi, Hilary Swank

Genres: Comedy, Romance

Rating: **PG-13**

*New Year's Eve* is this year's Valentine's Day so it should come as no surprise that both films were written and directed by the same two individuals, Katherine Fugate and Garry Marshall. Those of you familiar with Valentine's Day will know that that film consisted of a bunch of stars with a bunch of mini-plots woven together to form one plot; the entangled lives of several people. *New Year's Eve* follows the same theme. The wife and I knew that going in however, we enjoyed Valentine's Day.

As inferred earlier, this film has a bunch of stars with a bunch of mini-plots. That may be a gift or a curse depending on how you look at it. With there being so many stories to concentrate on there is no one story that stands out. However Michelle Pfeiffer (Ingrid) and Paul (Zac Efron) present one of the more appealing stories as he was tasked with fulfilling her "bucket list" before year's end. Their story was a collection of emotions running from anguish to zeal in the most amusing of ways. Nevertheless, each story was unique in its own way therefore presenting an abundance of choice.

There were no special effects in this comedy/romance although they could have added a twist to the annual "ball drop" but that may have been ill advised. The cast is up to par with their dialogue as each seemed in touch with their character especially the pastor's father. With that being said, I rate this film three anchors out of five. ❖





## WHAT WAS GOING ON...

In January during the 1970's - NAFEC Sandpaper

January 1972: President Nixon announced an increase in the U.S. Navy's budget by 2 billion. Funds will be used to enhance ship building programs and increase pay wages.

January 1977: Base Fire Department not has a multi-purpose fire truck that is the most modern available. Only one other is in existence and is located in China Lake, CA!

January 1977: NPTR Water Plant will be renovated. They will replace worn out pumps, filters, and walkways. This will drastically upgrade the quality of life for the people who live/work at NPTR!

### Chinese Aircraft Carrier To Be Commissioned 'Soon'

(CHOSUN ILBO (S. KOREA) 05 JAN 12)

China's first aircraft carrier is likely to be commissioned officially early this year, according to press reports. Phoenix Satellite TV in Hong Kong on Wednesday quoted Jingbao Yuekan magazine as reporting the 67,000-ton retrofitted Soviet carrier "qualified to be officially commissioned as it solved technical problems concerning takeoff and landing of aircraft on the ship through three test voyages."

It added the exact timing remains to be decided but is likely to be this year.

It went on test voyages in August, November and late December last year. During the second test voyage, which lasted two weeks, several Jian-15 jets successfully took off and landed on the ship, the monthly reported. Overseas military magazines reported in November that China had difficulties trying to solve a landing problem because Russia had not sold it the arresting gear necessary for the aircraft to land safely. Asked by reporters to confirm this, Chinese Defense Ministry spokesman Yang Yujun, however, implied in a monthly press briefing on Dec. 28 that the problem had been solved.

He said China "secured all major equipment of the aircraft carrier," including arresting gear, through its own research and development. The magazine said a Ukrainian engineering team took part in developing the arresting gear.

It also reported that the Chinese military plans to build three aircraft carrier bases, with two -- in the South China Sea and the East China Sea -- already under construction. ❖

## LOCAL HISTORY BY TWO OLD GOATS

One of the first things you see when coming out of the mountains from San Diego is a large tower painted almost like the Purina Dog Chow symbol. Maybe the Two Old Goats are dating themselves with that reference but they are called old old for a reason....

What is the purpose of this structure one might ask, and the answer is rather simple. It was built to dry parachutes, really really big parachutes!

When the base was the National Parachute Testing Range, parachute testing was the order of the day. Four specific projects worked on here at El Centro were the Mercury, Gemini, Apollo and Shuttle Booster vehicle recovery programs. Large parachutes were used to bring the space capsules and the shuttle's booster rockets safely back to the earth.

These parachutes were expensive to make and because they were constantly being tested, modified and then tested again it made sense to re-use rather than constantly manufacture new ones. And, since the dummy loads were being dropped in the desert, the parachutes tended to get rather dusty. Thus the need for a building that could hang the parachutes after they were washed and protect them from the wind and sun was born. Basically we have on our base a rather large, enclosed dryer clothes...um parachute dryer.

So the next time you see the tower, tell your friends we used to dry parachutes in there... really really big parachutes! ❖





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

Program Manager: AC2(AW/SW)Amber Huskey  
 Email: [amber.huskey@navy.mil](mailto:amber.huskey@navy.mil)  
 Phone: (760)339-2601



**NAF El Centro's Desert Eagle Squadron**

Base Program Coordinator: AC2 Nick Sanchez  
 E-Mail: [Nicholas.a.sanchez@navy.mil](mailto:Nicholas.a.sanchez@navy.mil)  
 Phone 760-339-2601



**Annual GMT Requirements Announced To Fleet**

NAVY NEWS SERVICE 22 DEC 11

By Susan Henson, Center for Personal and Professional Development Public Affairs



VIRGINIA BEACH, Va. -- The Navy's General Military Training (GMT) requirements have been set and were announced in Naval Administrative message 386/11, released December 19, 2011.

GMT is developed for all uniformed Navy officer and enlisted Sailors. The core GMT lessons, which are top priorities of the Chief of Naval Operations as well as statutory requirements, fall under the areas of Responsible Use of Alcohol, Responsible Personal Behavior, Ask-Care-Treat, Improving Personal Financial Management and Operational Stress Control. These core lessons include Equal Opportunity, Sexual Harassment and Grievance Procedures; Sexual Assault Prevention and Response; Suicide Prevention; and Operational Stress Control. Because of the critical nature of these topics, the core GMT lessons must be delivered in instructor-led training sessions by command leadership.

"It is absolutely imperative that leaders are involved in delivering the content of the core GMT lessons," said Capt. Chuck Hollingsworth, the commanding officer for the Center for Personal and Professional Development, which has responsibility for maintaining and updating the Navy's GMT lessons. "This is an issue of unit readiness. We see too many shipmates impacted by senseless acts such as suicide, sexual assaults and alcohol abuse. Sailors need to know and see that their leaders are personally engaged in ensuring the health and well being of each and every person in the command."

Core lesson materials are available for download on Navy Knowledge Online at <http://www.nko.navy.mil>, click on the Personal Development tab, then GMT link on the left side of the screen, then select the lesson from the Core GMT Lessons channel. In addition to required GMT lessons, the NAVADMIN details recommended lessons for which commanding officers are highly encouraged to establish a recurring refresher training plan for their command. These GMT lessons include Anger Management; Operational Risk Management; Drug Abuse Prevention and Control; Tobacco Prevention and Cessation; Physical Readiness; and Code of Conduct. Lesson materials are available on the NKO Personal Development GMT page in the Commanding Officer Training Library channel.

Re-enlisting Sailors are required to complete some lessons upon their re-enlistment. These lessons include Hazing Policy and Prevention, Fraternalization Awareness and Prevention, and the Family Readiness Program. This training is available only online via Navy ELearning under the "Department of the Navy (DON) Training" category, and the "General Military Training" subcategory. All recurring GMT lessons from previous years have been reviewed and the content updated as needed, according to Hollingsworth. "We at CPPD want to ensure we're delivering the best possibly training to meet fleet and leadership requirements," he said. "All feedback is good information, so please let us know how we're doing." ❖



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**Upcoming state (S) and Presidential (P) primaries...  
 Go to <http://fvap.gov> to register and request your ballot!**

- |   |                             |
|---|-----------------------------|
| South Carolina (P): January 21  | Vermont (P): March 6        |
| Florida (P): January 31   | Ohio (S): March 6           |
| Missouri (Republican P): February 7   | Oklahoma (P): March 6       |
| - NOTE: No delegates to the Republican National Convention will be selected based on the outcome of this primary. | Tennessee (P): March 6      |
| Arizona (P): February 28  | Texas (P,S): March 6        |
| Michigan (P): February 28   | Virginia (P): March 6       |
| Georgia (P): March 6  | Alabama (P,S): March 13     |
| Massachusetts (P): March 6  | Mississippi (P,S): March 13 |
|   | Illinois (P,S): March 20    |
|   | Louisiana (P,S): March 24   |

FVAP can be contacted at 1-800-438-8683. Citizens may reach FVAP toll-free from 67 countries by using the toll-free numbers listed on the FVAP web portal, <http://www.fvap.gov/contact/index.html>. Questions regarding the above may also be referred to the Director, Federal Voting Assistance Program, Department of Defense, 1155 Defense Pentagon, Washington, DC, 20301-1155, [vote@fvap.gov](mailto:vote@fvap.gov), and at [FVAP.gov](http://FVAP.gov). And don't forget to "like" us Facebook at [www.facebook.com/DoDFVAP](http://www.facebook.com/DoDFVAP) and follow @FVAP on Twitter.

## Hawaii Commemorates 70th Pearl Harbor Day, National Pearl Harbor Survivors Association Disbands

By MC2(SW) Mark Logico, Commander, Navy Region Hawaii Public Affairs

Joint Base Pearl Harbor-Hickam (NNS) -- More than 5,000 distinguished guests and the general public joined current and former military personnel for the 70th anniversary of Pearl Harbor Day at the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument, Dec. 7.



Hosted by the National Park Service and the U.S. Navy, the joint memorial ceremony had the theme: "The Enduring Legacy: Pearl Harbor 1941-2011." Two of the guest speakers for the ceremony were Secretary of the Navy Ray Mabus and Pearl Harbor Survivor Mal Middlesworth.

"It is important for us to thank the survivors of Pearl Harbor; it is important for us to remember the ones who didn't survive," said Mabus. "It is important for us to carry on the legacy of the things that were started here on Dec. 7, 1941, the heroism, the dedication, the patriotism to carry on for future generations."

The ceremony was held on the lawn of the visitor center, which looks directly out to the USS Arizona Memorial situated in Pearl Harbor. More than 300 Pearl Harbor survivors and other WWII veterans attended the annual observance.

At the ceremony, National Pearl Harbor Survivors Association President William Muehleib announced that the association will disband on Dec. 31, 2011.

Muehleib said that due to the apparent diminishing health and age of its members, the organization will not be able to continue to operate. He, however, reassured that the remaining Pearl Harbor survivors will continue to keep close ties with the community and attend future Pearl Harbor events whenever possible.

Ninety-one-year-old John Murphy, a Pearl Harbor survivor from USS Vestal, said he would still try to come back to Hawaii next year for the 71st Pearl Harbor anniversary.

During the ceremony, four F-22 Raptors of the U.S. Air Force and Hawaii Air National Guard conducted a missing man formation flyover. The guided-missile destroyer USS Chung-Hoon (DDG 93) performed a pass-in-review with the crew manning the rails as the ship passed alongside the USS Arizona Memorial. Guests observed a U.S. Marine Corps rifle salute and U.S. Pacific Fleet Band's presentation of Echo Taps.

A wreath-laying ceremony and recognition was performed for all the major warships and battle sites. Each Pearl Harbor survivor stood when the name of their respective locations were called.

After the ceremony Mabus led the official party and Pearl Harbor survivors, who traveled aboard a Navy biodiesel boat, in a floral tribute aboard the USS Arizona Memorial. ❖

# INSIDE

*A Game Review by Kristopher Haugh*



With 2012 being the Bi-Centennial of the War of 1812, I thought it might be appropriate to showcase a recent addition to the casual games available on the internet that deals specifically with this time frame. If you want a quick diversion, with some really good information then "A Sailor's Life For Me" is a perfect little time sink.

The game uses simple graphics and is browser based. You have the option of creating an account for free to save your progress. This is important if you want to try and advance from a simple "boy" up to the highest ranks. The purpose of the game is to teach people what life was like on aboard the USS Constitution. There are simple mini-games such as scrubbing the deck, being a "powder monkey" and exploring the ship which expands your knowledge, gives you health bonuses and increase your promotion potential. There are also numerous ways to lose promotion points. Additionally the decisions you make will also endear you or ostracize you from your shipmates.

This is a great learning tool and a lot of our (Navy) jargon is explained. Kids young and old will enjoy it. To try it out for yourself navigate over to: [www.asailorslifeforme.org](http://www.asailorslifeforme.org) and see if you have what it takes to be a sailor in the 1800's. ❖





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Add/Drop Date: January 21, 2012



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ENGL 102 – English Composition II  
MATH 016 – Algebra II  
MGMT 250 – Introduction to Management  
PSYC 249 – Abnormal Psychology  
SPCH 143 - Speech

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## The Best of the Best

Last month we introduced you to the STRIKE and NAFEC Sailors of the Year. Now, we want to take an opportunity to recognize the Junior Sailors, Blue Jackets and Plane Captains of the Year...

SOY  
AT2(AW) Amphavanh Xangsayasane

JSOY  
AT2 Reggie R. Romero

BJOY  
AEAN Ronaldo S. Cabatbat

PCOY  
AT3 Denise N. Doyle



JSOY  
AC2(AW/SW) Nick Sanchez

BJOY  
ACAN Steven Hill



# No longer 6 yrs or 60 lbs, now 8 years or 4'9" tall

By Sgt. Rob Hanson

The upcoming New Year brings new legislation that affects California drivers. In most years, the changes are simply clarifications or additions to existing laws and 2012 is no exception. There are some significant changes to the child restraint and seat-belt laws that will affect all of us.

The most dramatic change is to the child restraint laws. California Vehicle Code section 27360 stated, "A parent or guardian may not permit his or her child or ward to be transported upon a highway in the motor vehicle without properly securing the child or ward in a rear seat in a child passenger restraint system meeting applicable federal motor vehicle safety standards, unless the child or ward is either six years old or older or if the child weighs 60 pounds or more."

The change to this law that takes effect on Jan. 1 rescinds the 6 years of age or 60pound rule. The section now requires all children under 8 years of age or 4 feet 9 inches or less in height to be secured in the rear seat in a child passenger restraint system meeting applicable federal motor vehicle safety standards.

The 6 years or over 60 pounds rule has also been removed from CVC section 27360.5, which now requires all children 8 or older, but less than 16 years old, to be secured in an appropriate child passenger restraint system or safety belt meeting federal motor vehicle safety standards.

So if your child is under age 8 or under 4feet 9inches in height, they must be secured in an approved child or booster seat in the rear seat of the vehicle. Children over 8 years of age or taller than 4 feet 9 inches in height may ride in the front seat of a vehicle, but must be properly secured in a seat belt.

The parent or legal guardian (if they are in the vehicle), or the driver, are held responsible for ensuring compliance with these laws.

There is also a change to the standard seat belt law, 27315 CVC. This change codifies case law on the proper use of seat belts and defines what is required to be properly restrained by a safety belt.

To be properly restrained by a safety belt requires that the lower (lap) portion of the belt cross the hips and upper thighs of the occupant and the upper (shoulder) portion of the belt, if present, crosses the chest in the front of the occupant.

To put it in simpler terms, you cannot have the shoulder portion of the seat belt under an arm or behind your back. The changes in these laws do pose some inconvenience for parents, legal guardians or the driver of the vehicle, but they are designed to keep our children safe in the unfortunate event of an accident.

The few extra minutes it takes to make sure everyone is properly secured while riding in a motor vehicle will save lives, and is well worth the effort. ❖



## Poll Results



By: PSSN Marques Meráz

Answers for this poll varied from member to member. The themes that we saw most often were that NSU and NWU items should be more readily available. Also, rating badges and mini-medals are items that our desert warriors would like to see at the NEX. ❖

*The TOP 5 Requests...*

1. Rating Badges for all rates on base.
2. Mini Medals
3. NSU components for females
4. NWU Parka insignia
5. More small components (i.e. warfare devices, gold stripes)

1. Choose which one applies			
Male		16	70%
Female		7	30%
Total		23	100%

2. Choose which one applies.			
Officer		3	13%
Enlisted		20	87%
Total		23	100%

# RECENT EVENTS

## IN THE PEARL OF THE DESERT



The Kids at the CYP Voted Them "The Cutest Couple"



Santa's Elves Show the Way



Congratulations HM2 Samot!



Congratulations MA2 Pinkas!



Congratulations AC2 Consunji!



CSC(SW) Cruz knows how to bake!

**JANUARY SANDPAPER POLL:**

<http://www.zoomerang.com/Survey/WEB22EA8>

**SANDPAPER CONTACT INFO:**

**E-MAIL:**

[W\\_ELCN\\_PAO\\_SANDPAPER\\_GS@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL)





# IN THE SPOTLIGHT



Here is MegaMind's partial list of some of the notable's who died in 2011. We don't have room to include everyone from every field or event. Also, he did not include events such as the Japanese earthquake/tsunami disaster. There are plenty of other lists out there for those who wish to do a little more research. Enjoy the sample. ❖

Name	Note
Kim Jong II	Leader of North Korea
Harry Morgan	Col. Potter from MASH
John Neville	Brit WW2 Vet/X-Files Actor
Joe Frazier	Former world Heavy weight boxing champion
Andy Rooney	60 Minutes
Dan Burke	CEO of Capital Cities/ABC.
Moammar Gadhafi	Libyan Leader
Dan Wheldon	2 time Indianapolis 500 Winner
Mikey Welsh	Former bass player of Weezer
Steve Jobs	Apple CEO
Jessy Dixon	Gospel singer/songwriter
Dolores Hope	Wife of comedian Bob Hope
Frances Bay	Happy Gilmore's Grandmother
Cliff Robertson	Actor
Jerry Leiber	Songwriter "Hound Dog and Jailhouse Rock"
Nick Ashford	From Motown duo "Ashford & Simpson"
Jani Lane	Former singer of glam rock band Warrant
Annette Charles	Actress who played Cha Digregorio in the musical Grease
Bubba Smith	former football player and actor
Amy Winehouse	Singer
Sherwood Schwartz	created 'Gilligan's Island' and 'The Brady Bunch
Betty Ford	First Lady
Ryan Dunn	'Jackass' Cast member
Clarence Clemons	Performer with Bruce Springsteen
James Arness	played Marshal Matt Dillon in Gunsmoke
Clarice Taylor	played Grandma Anna Huxtable on 'The Cosby Show
Norio Ohga	Credited with the invention of the Compact Disk
Elizabeth Taylor	Screen Legend
Michael Gough	The actor played Batman's butler
Mike Starr	former bass player for Alice in Chains
Len Lesser	Uncle Leo on the hit series 'Seinfeld,'
Peggy Brea	actress on 'Dukes of Hazzard' and The Waltons
John Dye	played Andrew the angel of death on Touched by an Angel
Ret., Maj. Richard 'Dick' Winters	Band of Brothers

We especially want to remember the brave men and women who gave their all in the War on Terrorism. There were 54 casualties in Iraq and 418 in Afghanistan for 2011.

PSC(SW) Arana who just recently came back from Djibouti said this about out fallen comrades.

"Most importantly, to the men and women who selfishly gave their lives so that we could continue to enjoy what most Americans take for granted, FREEDOM. Our thoughts and prayers are with their families knowing that they will never be forgotten."

# HAPPY NEW YEAR'S

E T J T T S Q B A N I T H R E  
 B N B R D S K T S R C H O E V  
 A H G W A R A R C O G G L E E  
 L G C A O D E O N H M I I H F  
 L F R Y P M N F T Y I N D C E  
 O C W F A M E E P T U D A A Y  
 O E D E Y T A S L R O I Y B W  
 N U R I T S P H K A F M A F Z  
 S T R I Y E A R C P C B I K P  
 S N O I T U L O S E R G S A W  
 W O X H U M F I R E W O R K S  
 S E I R O M E M F I B A F A P  
 N R L X B G W T K K D A P Y Y  
 U C X Z L C I T A E T L L I T  
 J A N U A R Y K C O L C K L C

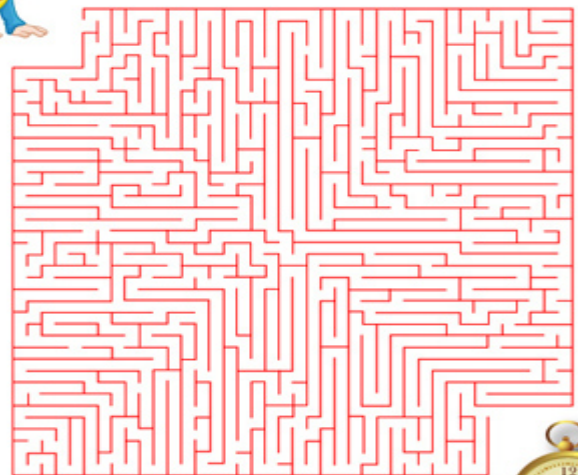
- BABY
- BALL
- BALLOONS
- CALENDAR
- CHAMPAGNE
- CHEER
- CLOCK
- CONFETTI
- EVE
- FIREWORKS
- HOLIDAY
- JANUARY
- MEMORIES
- MIDNIGHT
- NEWYORK
- PARADE
- PARTYHORN
- RESOLUTIONS
- STREAMERS
- TOAST
- YEAR

## SUDOKU

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

Puzzle by websudoku.com

## MAZE



# Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

'Tis the season...! "The season for what," you ask? Well... being jolly... yes, but 'tis the season to give and help others! Every year about this time we have that famous and Biblical saying, "It is better to give than receive." I thought a long while, trying to find a topic that fit all my criteria for the holiday season. I have a few reasons, and the biggest is that this is the time of year where we look back on all that we've done this year and start making plans for the next in the way of New Year's resolutions. Some that we made may have fallen to the wayside, or we half way did what we intended to do. Whatever it is, there is nothing like seeing the face of a child light up when they are given a toy that their parents may not be able to afford to give them. A little joy to what might just seem like another day in a child's life. Most importantly, there is nothing like volunteering to get you into the Christmas spirit. I needed to write about something that is always available, something festive, and something with meaning. My choice: The Niland trip to hand out toys and food boxes this holiday season hosted by the Chaplains Office!

All the toys were donated by Toys for Tots and a campus toy drive at Imperial Valley College totaling enough for 240 children in the region of the Imperial County. Along with toys donated also came bicycles donated by the Centinela State Prison Citizen Advisory Committee (CAC) which were donated to them for refurbishing so that they could be given as new for some lucky child. In total there were nearly 90 bicycles given this year to needy children thanks to the CAC bicycle program. Children were permitted to pick out a toy from a wide range and fairly large assortment. All toys were divided into age and gender appropriate lots to make the picking easier. Santa was available to sit and have a photo opportunity for the kids and a select few sailors.

There were also 100 boxes of food distributed to the families at the Niland Christmas Party, all arranged at the Imperial County Food Bank in part thanks to sailors from Naval Air Facility, El Centro for boxing up the contents. There were cookies and other refreshments and a bounce house to keep the kids occupied while they waited their turn to get their gift or waited in line to see Santa.

A group of students from the Imperial Valley College known as SPA (Students for Political Awareness) led by Mrs. Gaylla Finnell as the Faculty advisor began this endeavor in 2004 and it has grown as has the need for volunteers. Through the Chaplains office are all of the COMREL (Community Relations) events, this being one of the most significant of the year. There is also room for dependents depending on the event and number of volunteers that sign up. I had even taken my family out to the Thanksgiving Day event in which we served meals to needy families. It gave all of us a feeling of accomplishment in that we had done something for our fellow man. Volunteer opportunities are available monthly. These opportunities are an excellent for any sailor and something that will give you a warm feeling – to know that you are doing something to help others so you can always feel free to submit your name to the Chaplains office as a volunteer, just watch for that all hands e-mail.

So in ringing in the New Year here are outstanding opportunities to start it out volunteering. Put COMREL's on your to do list! ...And God bless us, everyone! ❖



**Santa and his crew!**



**Toys for girls and boys!**



**Christmas Cheer!**



**Speaking to Santa!**



**Happy Faces!**



**Excited Children!**



# KID ZONE

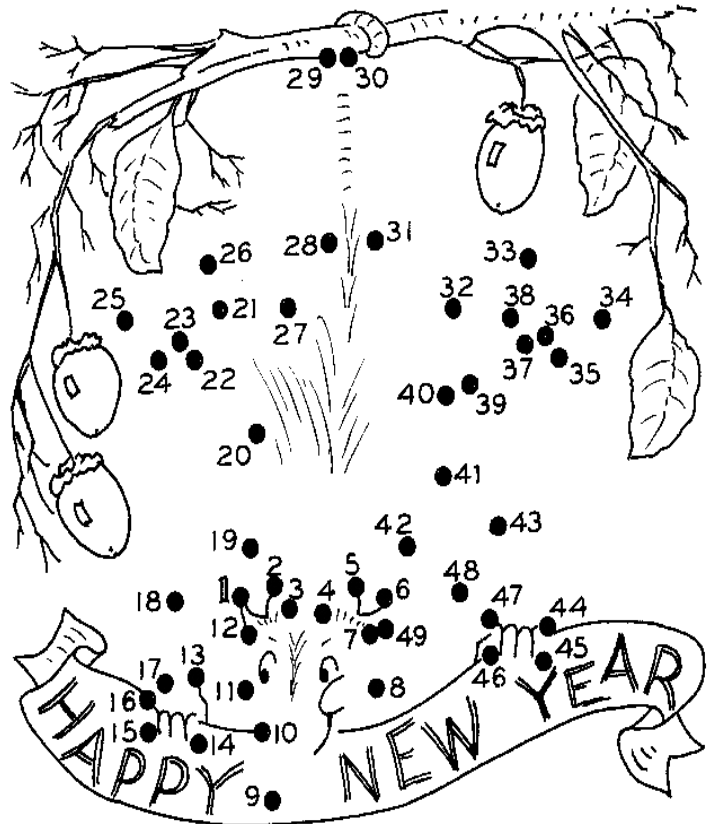
## HAPPY NEW YEAR!



www.Reading-With-Kids.com © Mystic Arts, LLC



## RING IN THE NEW YEAR



**CLASSIFIEDS**

**JOB POSTINGS**

**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](mailto:marcie@wildeforce.com).

**ATTENTION COMMUTERS**

**Would you be interested in an alternative option that could mean very little out of pocket cost – if anything at all?**

If you commute from San Diego to NAF El Centro, work from 0700 and 1630 with every other Friday off, and would like to take advantage of a quicker, less stressful and less expensive way of getting to work, please contact:

**Tom Holman at 760-339-2533 or [thomas.g.holman@navy.mil](mailto:thomas.g.holman@navy.mil)**

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**MWR Jobs**



What's available? Stop by the MWR Main Office (Bldg 318) to see all current and continuous vacancy announcements. You can also call the Human Resources Office at (760) 339-2475.

**How to apply:** Submit a NAF application & resume to the NAF Human Resources Office, building 318 or fax to (760) 339-2326. Resumes and applications may also be submitted via email to [mwr.hr.dept@mwrsw.com](mailto:mwr.hr.dept@mwrsw.com). Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖

**Recently Announced: Human Resources Clerk/ Cashier (and Recreation Aid)** Alternatively you can check out the following website for more information, and applications. Just go to:

<http://mwrtoday.com/sandiego/about/jobs/> If you have questions contact Joe Conner at [joe.conner@navy.mil](mailto:joe.conner@navy.mil). GOOD LUCK!



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**ELSAG North America – [www.elsag.com](http://www.elsag.com)**



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**Qualifications**

A minimum of three (3) years experience in computer networking and communications, together with an AAS in Electronics or Information Technology or an equivalent combination of experience and training. Ability and availability for work occasionally after regular business hours to meet customer requirements.

**Special Notes** US Citizenship required; satisfactory completion of extensive background checks by the company and applicable federal agencies.

**Pay Range** \$20.00 to \$25.00 per hour, DOE/DOQ, together with a comprehensive benefits package.

**Qualified Candidates:** Qualified candidates should submit a resume in MS Word to [charlie.pistolis@elsagna.com](mailto:charlie.pistolis@elsagna.com)

**Due to the volume of responses, we will only contact those candidates in whom we have an interest. No Telephone Calls please.**



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**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.mwrtoday.com/>

NMCI: <http://h10134.www1.hp.com/services/>

SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

# Am I Hydrated?

## Urine Color Chart

1
2
3
4
5
6
7
8

### HELPFUL NUMBERS

Chaplain's Office--760-339-2290  
 Chaplain (after hours)--847-714-3743  
 Drug and Alcohol Advisor--760-339-2603  
 Medical Emergency Room--911  
 NAFEC Medical--619-804-1037 (COD)/619-804-1520 (POOW)  
 Fleet and Family Services--1-800-273-8255  
 Suicide and Crisis Center Hotline--1-800-342-9647



## COMING EVENTS

### JAN 09

*Go Kart Race*  
 Hot Stuff Track  
 Starts 1700-1800

### Jan 11

*Town Hall Meeting*  
 Base Theater  
 For Lincoln Housing Residents  
 Starts 1800-1900

### Jan 13-15

*Las Vegas Trip*  
 Liberty Center (\$25/\$30)  
 Depart 1200 13Jan

### Jan 16

*Martin Luther King Day (observed)*

### Jan 20

*Comedy Show (free)(18+)*  
 Mirage Club  
 Starts 2000

### Jan 21

*Give Parents a Break Night*  
 CYP  
 Starts 1800-2200

### Jan 23

*Basic Car Care Skills Class*  
 Auto Hobby Shop  
 Starts 1700

### Jan 30

*Sailor Sumo Wrestling*  
 Liberty Center  
 Starts 1700

