



Issue 19

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NAF EL CENTRO

# SANDPAPER



## OPERATION EASTER BUNNY...A Follow Up.

By Kristopher Haugh

A few months ago the base sent goodies to our troops deployed in Afghanistan. We wanted to let you know the results of those actions.

**To all who assisted with Operation Easter Bunny,**

**I would like to personally thank all of you for assisting with Operation Easter Bunny. Your time and effort is very much appreciated. Many of you have been in this same position in which I find myself. Many of you have spent months away from your families while others have had to say "good-bye" to deploying loved ones. It is very difficult to be here in Afghanistan especially during holiday periods. But, these packages reconnect us to home and remind every single soldier, sailor, marine, and airman exactly why it is we do this job.**

**For these reasons, I wanted to share my "good fortune" with my fellow deployed troops in some of the more remote and outlying bases.**

**Thank you again for all your hard work there at home so we can complete our job deployed.**

**Capt Robert Henley**

(Captain Robert Henley is the brother of LT Nadine Henley, NAF El Centro's base flight surgeon. He is an Air Force Flight Surgeon and is currently deployed to Afghanistan. The picture is of him, the 3rd person from the left in the back in the tan flight suit, with fellow deployed troops.)



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# COMMANDING OFFICER



We continue to simultaneously support numerous visiting detachments and Team NAFEC continues to do so in an outstanding manner. As we sustain our high operating tempo, I wanted to provide a short update on a few of our quality of life projects that are on-going.

We are progressing at a good pace towards the replacement of our existing Football Field and Track with a state-of-the-art artificial surface, scheduled to start construction in January 2013. We should also commence with the Fitness Center expansion project at the same time. The Fitness Center will be expanded by approximately 2,400 square feet to the south.

We have completed the design to significantly renovate the Mirage Club pool facility – targeting this Fall for a construction start date. This project should require 3-4 months to complete. We will ensure availability of the big pool during construction.

Public Works and AOC continue to paint buildings. The Galley is underway now, and should be completed within the next few weeks. I hope those who participated in or watched the 2012 Spring Grand Prix on 3 May enjoyed the event. “BZ” to MWR, Security, Safety, and all who made the event go. We will plan to do another one this Fall, sometime after the Navy Ball. Congratulations to the winning team, Operations.

“Well done” to all who planned and executed the series of events in support of Sexual Assault Awareness Month in April. The training was professionally delivered and addressed very well a very serious subject.

That is all for this issue. You continue to set the standards for excellence in all that you do. As we move into the much warmer months of the year, please remember to do all things on and off duty with good planning and safe execution and keep an eye on each other. ❖

--CO

## TSP Rolls Out Roth in May

by Miriam Darden Settles, CFP® (Federal Retirement Thrift Investment Board)



### Roth: What's it all about?

Simply put, Roth is all about options when it comes to the tax treatment of your TSP savings. If you decide to make a Roth TSP contribution, the amount that you contribute comes out of your pay after-tax rather than before-tax as it does now. That means that when you take withdrawals from your Roth balance, your Roth contributions come out tax-free because you've already paid the tax on them. Not only that, but the earnings on those contributions are also tax-free provided you meet two basic Internal Revenue Service (IRS) requirements.\*

Contrast that with the traditional (pre-tax) contributions that are made today. Those contributions give you a tax break now because they come out of your pay before tax, and they grow in your account tax-deferred. But when you withdraw your money, you pay taxes on both the contributions and their earnings.

### Is Roth right for you?

It depends. If you are in the early years of your career and you expect your income to increase over time, paying the tax now on your TSP contributions might make sense. If you expect tax rates to increase in general, or you think your own tax rate will be higher when you are in retirement, prepaying taxes now might be an option worth considering.

If you are making contributions from tax-exempt pay earned in a combat zone, you have even more to think about. Specifically, you are not paying upfront taxes on those contributions. If you elect Roth, the earnings on those contributions will be tax-free when you withdraw them (as long as you satisfy the IRS requirements mentioned earlier). If you elect to make traditional contributions from tax-exempt pay, the earnings on those contributions will be taxed when withdrawn.

Furthermore, if you are age 50 or older and deployed to a combat zone while making catch-up contributions, you will be able to continue these contributions if they are Roth. This is important to keep in mind because you can't make traditional (non-Roth) catch-up contributions from tax-exempt pay.

You should know that Roth may not be for everyone, and there are other factors that you might want to consider. We'll be providing more information soon to help you make your own determination.

### How will you sign up?

You will elect to make Roth contributions in the same way you have always elected traditional TSP contributions — using either your service's electronic system, or Form TSP-U-1, Election Form. If you are eligible for catch-up contributions, be aware that myPay does not allow for catch-up contributions, so you must complete Form TSP-U-1-C, Catch-Up Contribution Election.

Right before the Roth feature is introduced, the TSP will provide more information on the website. For now, we've created a special Roth page that's linked from the banner at the top of the home page. All the information published to date can be found at this location, including an informative video clip about the new Roth option. We'll soon have a Roth decision tool on the site to help you test the value of Roth TSP for you. Also, look for the April issue of the TSP Highlights newsletter where you will find more details about Roth.

\*The IRS has two requirements that must be met in order for Roth earnings to be tax-free when withdrawn: 1) you must have been making Roth contributions for five years or more and 2) you have reached age 59 1/2, have a permanent disability, or have died. ❖



# COMMAND MASTER CHIEF

Team NAF El Centro,



This last weekend I had a chance to visit the Imperial Valley Food Bank, USNS Mercy (T-AH-19), and then visit with some United States Marines that have been training here at our Base for the last four weeks. Why do I tell you this? The first event at the IVFB was a COMREL led by Chaplain Smith who ensures on a daily basis that we are a vital and key member of the local community. Chaplain Smith could sure use our help from time to time, so please do not hesitate to step up and volunteer your services to aide our local friends and neighbors. The second event was an opportunity to tour the great naval ambassador MERCY. The ship was sailing on Tuesday 1 May 2012 to the Far East for a 5-month medical mission. This humanitarian effort positively impacts relations with our world neighbors and as a leader in our "Global Force for Good!" Lastly, I received an unsolicited report on how we have helped our visiting War fighters. These Marines have come to the "Pearl of the Desert" to train and hone their skills for deployment overseas. Our report card from them was, "We are the best they have ever worked with." By putting our best foot forward and being ready enables others to do their best. This is critical to our nation's military readiness!



Speaking of readiness, the spring PFA begins very soon. Maintaining physical health is ultimately the responsibility of each individual Sailor. Your good health and good PFA scores are critical for our mission – and your advancement and evaluations.

Are you ready for summer? The "big pool" with the water slide will soon be open for this year's summer season with a Grand Opening to be held on the 25<sup>th</sup> of May 2012. Grab your suntan lotion and jump in!

We have some community commitments coming up on Memorial Day, 28 May 2012. I encourage you to contact your Chiefs to let them know how you would like to take part in these events. I know you'll want to be a part of these special ceremonies to honor your comrades both past and present.

Thank you for all you do! ❖ -CMC



## Year Of The Chief Kicks Off

By MCC Terrina Weatherspoon (NAVY NEWS SERVICE 03 APR 12)

The United States Navy Memorial hosted the official kick-off of the Year of the Chief and the 119th birthday celebration of the chief petty officer during a ceremony April 2.

For the first time in history, the Navy Memorial is casting a spotlight on the history, heritage and contributions of chief petty officers.

The guest speaker for the event was Chief of Naval Operations (CNO) Adm. Jonathan W. Greenert. Remarks were also given by both Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West and former MCPON James L. Herdt. Former MCPON Duane R. Bushey was also in attendance.

"The chief is the center of gravity," said Greenert. "There is not a seaman, petty officer or officer out there who cannot turn and say, 'I had a chief petty officer take care of me and get me where I am today.'"

The ceremony was attended by chiefs from across the nation who came not only to be a part of the official kick-off, but also to see the Memorial transformed into a Chiefs' Mess, resplendent with history and memorabilia spanning 119 years.

"We are becoming a part of history today," said West. "I see retired veterans in our midst and I am proud to carry on down a path they've laid for us so long ago. I couldn't be more pleased to be spending this day with representatives from so many commands. To stand in front of a sea of fouled anchors as your MCPON, and know that we are as much making history as we are a part of it ... I am truly humbled."

After the ceremony, guests were invited into the Memorial for the cake cutting. Visitors were then encouraged to walk through the Memorial, which has been decorated to reflect historical uniforms, anchors and other iconic symbols from the colorful heritage of CPOs.

"Happy birthday chief petty officers, you've earned it," said Greenert. "Absorb the moment, have a great year, remember your legacy and what got you here."

West added his expectations and appreciation for chiefs serving today.

"You are bold and accountable, executing the Navy's mission wherever you are, and developing the next generation of Sailors," West said. "Thank you shipmates - including those who have gone before us and those who are no longer with us - you have served your country well and will continue to do so as long as we sail the seven seas." ❖



# THERE IS AN END TO EVERY ROAD!

By NC1(AW/SW) Marc Jones



Everyone in the Navy, regardless of rank, will eventually come to the end of their career. For most people, the end of their Navy life will be the start of their second career life. Regardless if you choose to do a four year enlistment or retire at thirty years, the your time in Navy will come to an end. You must treat every day as a day to improve your life and prepare yourself for your second life. Set yourself up for success in the future while still in the Navy. What you do now to improve yourself in the Navy will also pay dividends in your follow on career. The Navy has many programs that will help make you marketable in and out of the Navy.

Let us talk about Navy COOL. You can find this program online at [www.cool.navy.mil](http://www.cool.navy.mil). Most careers have certifications or licenses that you need to complete to be marketable in civilian jobs. The Navy can help you obtain these, including paying ythe fees in many cases. Simply go to the site and find your rate; you will find all the licenses or certifications associated with your naval profession. The site will guide you in obtaining national certifications, Federal licenses, state licenses and civilian equivalents to naval credentials.



Another great opportunity is the United Services Military Apprenticeship Program (USMAPS). The Navy and the Department of Labor collaborated in the establishment of a program to recognize your job experience in civilian world terms. Most rates in the Navy have one or more areas to apprentice in. You can only be active in one apprenticeship at a time, but after you have completed the required hours in one you can start another. You can start to earn a national certification as Journeyman worker by applying for the program at <https://usmap.cnet.navy.mil/usmapss/static/usmap.jsp>.

One last thing to consider is college. The navy has many opportunities for you to continue your education. With today's economy and competitive work force, finding a job is harder than it has been in decades. Do not just rely on your naval experience, stack the deck in your favor and obtain a college degree. If you have any questions regarding these programs or any college program see your Command Career Counselor or Educational Service Officer. ❖



**We made a goof last month and accidentally demoted ABFCS Deaton. He really is a Senior Chief!**

## Hello...Goodbye!

**Hails:**

- BROTHERTON, DAVID M. AME2
- BUDYACH, JASON R. LS3
- GONZALEZ, WILLIAM J. AEAA
- JAMERSON, CHRISTOPHER D. LS2
- LUKER, JOSEPH E. AEAA
- MONSON, DANIEL J. ACAR
- WALKER, BRANDON T. AO2
- RIVERA, URI R. HM3

**Bails:**

- RUTTERBUSH, STEVEN AZ2
- CANDITO, SARAH E. LS3
- DANIELS, CHARLES L. MA2
- MARSHALL, GEOFFREY W. AOC
- BROOKINS, LONNIE G. AO3



## REENLISTMENTS

NO REENLISTMENTS IN THE MONTH OF APRIL





# The Wellspring - Chapel News



**Seven Habits for Highly Effective Christians.** Most of us have heard of the Seven Deadly Sins—pride, envy, anger, sloth, greed, lust, and gluttony. These fundamental human flaws serve as the foundation for so much of the hurt and heartache that we experience in our world today. Rather than having these sins kill us, God’s desire is that we would die to them as we embrace His habits that will bring renewed light and life to our lives. This preaching series will continue through 27 May. **--Chaplain Smith**

**Schedule of Events:**

- Adult Bible Study—All military, civilian, and contract personnel are invited to join us each Thursday from 0630-0730 at the Community Center (bldg. 364). The current study is “Faith Lessons of the Bible,” a video-based study that highlights lessons learned from biblical history, geography, and archeology. The group is 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 are reading *Let Go: Live Free of the Burdens All Women Face* by Sheila Walsh. 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

**We Didn’t Start the Fire**  
*By Chaplain Smith*



Fire continues to be a very destructive force in American society. According to the National Fire Protection Service, in the United States during 2010 there were 1,331,500 fires, 17,720 civilian fire injuries (1 every 30 minutes), 3,120 civilian fire fatalities (1 every 169 minutes), and \$11,593,000,000 in direct property loss.

At the same time fire is a very important and productive part of our world. Fire allows us to cook our meals, heat our homes, and drive our cars. It even fosters fellowship as we sit around the fireplace or sing around a campfire.

The problem is not fire, but fire management.

Similarly, there is another fire burning in our society that is doing significant damage. It is the fire of anger. Anger is responsible for hatred, bitterness, resentment, depression, fear, verbal assaults, domestic violence, road rage, and even murder. When we play with anger, we are playing with fire!

But anger can have a very positive influence on our world as well. It is the emotion that signals to us that an injustice has been done and prompts us to action.

The problem is not anger, but anger management.

The principles of fire management and anger management are much the same. First, it requires a “controlled burn”—a fire that is intentionally set to clear away underbrush for the greater good of the forest, wildlife, and the surrounding public. Its motive is to preserve and to protect others. Whenever we feel angry, we should always ask ourselves the following questions—“Is my anger intended to hurt others or to help others? Is my anger selfish or selfless?”

Second, it requires a “contained burn”. Even a fire that burns for the best of reasons can get out of control very quickly. High winds or too much fuel can cause a fire to burn hotter and wider than it should. Whenever we are angry, even for the right purpose, we must be careful not to allow outside influences, such as family members or friends, to unduly insert their input or involvement. Doing so can add “hot air” that may only make the fire spread needlessly. We must clear away inside influences as well, such as personal guilt or unresolved issues, which serve as extra tinder, adding fuel to the fire. An already angry individual will always burn hotter than he or she should.

There is a lesson for us in Billy Joel’s 1989 hit *We Didn’t Start the Fire*. No, we didn’t start the fire of anger. It’s been burning since the world’s been turning. But by managing our anger we can do our part in bringing it under control. ❖





# The Desert Beat

## Small Town Traffic Safety

By MA1(SW) Stroupe

We can't stress enough the recurring factors related to traffic mishaps such as speeding, drinking and driving, non-use of seatbelts, driving while fatigued and distractions like talking on your cell phone while driving. However, on an installation as small as NAF El Centro we can easily lose sight of minor infractions that can cause just as serious bodily harm and/or death to our comrades and families when we do not use the proper personal protective equipment required to operate a bicycle.

When running, jogging, walking or traveling near roadways, you have the personal responsibility to wear bright clothing during daylight hours. At night, or in periods of reduced visibility, personnel are encouraged to wear reflective clothing or other reflective garments. As tough as you may be, you are no match for a metal vehicle or asphalt for that matter.

We have received several phone calls lately regarding bicycle safety on the installation. It is probably because a Security Patrolman or a DoN Officer stopped someone from riding a bike without the proper equipment. This is a sensitive subject because most people who like to ride bikes do not like having to wear a helmet in the heat of the desert. We field question ranging from, "It's too hot, who wants to wear a helmet?!" to "I don't need lights on my bike or reflective clothing; I am only going riding a few blocks away." Fact, most accidents happen within one block from the victims' residence. We have noticed several occurrences around the base where service members have a helmet, but the helmet is either hanging on the handle bars as they ride or is being worn on the head without using a chin strap to secure it to their head.

We are also urging all parents to please recognize the dangers of children riding their bikes at night. Recently, I was barely able to see a small white light coming toward my vehicle. It was my fortune to see this small light when I did, because riding close behind the first child with this small white light, was another child riding a bike with no lights at all. Yes, this is a small base similar to a small town, but the safety of a child cannot be superfluous. One incident involving death or serious bodily harm is one incident too many. Please take the necessary steps to ensure your safety and that of your loved ones. ❖

**Question:** Does that mean I have to wear a reflective vest over my uniform to be seen during the day and night?

**Answer:** Yes, with the exception of our dress whites,

**Question:** What kind of helmet can I wear?

**Answer:** A bicycle helmet approved by the Consumer Product Safety Commission or Snell Memorial Foundation.

**Question:** Do I have to wear a helmet off base?

**Answer:** Yes, all active duty personnel SHALL wear an approved bicycle helmet on/off a federal installation.

**Question:** What is the required safety equipment for riding bicycles on Navy installations?

**Answer:** Bicycles will include working brakes and reflectors. Additionally, for bicycles ridden between sunset and sunrise, a white light on the front with the light being visible from a distance of at least 500 feet, and a red reflector on the rear that is visible at a distance of at least 600 feet is required. These lights may be steady burning or blinking. Additionally, bright clothing including vests, caps, and ankle/wrist straps with retro-reflective materials is required to make the bicyclists more noticeable.

**Question:** Where can I find this information for myself?

**Answer:** OPNAVINST 5100.12H CH-1, para. 17.



## IN THE SPOTLIGHT



Congratulations to the NAF EL CENTRO Sailors of the Quarter for 1st Quarter 2012. Our local Navy League Council President, Gaylla Finnell presented MASN Nu'usolia a certificate and \$50 check in recognition of her being selected as the Blue Jacket of the Quarter. AM1(AW/ NAC) received a certificate and a \$50 Check in recognition of his being selected as the Sailor of the Quarter. MA2 Rangel (not pictured) will receive his certificate and check at a later date. He was selected as NAF El Centro's Junior Sailor of the Quarter. Once again Bravo Zulu to these fine Sailors! ❖



# MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
APRIL	13	2	1520	85
MAY	11	2	1964	122



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

## 21st Century Sailor And Marine Website Online

By SECNAV Public Affairs (NAVY NEWS SERVICE 25 APR 12)

The Department of the Navy (DoN) has launched a dedicated website to serve as an additional resource for the 21st Century Sailor and Marine initiative announced by Secretary of the Navy Ray Mabus in March.



The new website, located at [www.21stcentury.navy.mil](http://www.21stcentury.navy.mil), features frequently asked questions, articles, blogs, and videos to update Sailors, Marines and their families on important policies and programs, which impact today's force.

The 21st Century Sailor and Marine initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness. The programs are divided into five areas: readiness, safety, physical fitness, inclusion, and continuum of service.

"The Department of the Navy leadership wanted to take all of our existing personnel support programs, those in development and some new initiatives, and bring them together under the one umbrella of 21st Century Sailor and Marine in order to ensure every Sailor, Marine and their families have the tools they need to ensure they exceed and excel in the coming decade. This website is a one-stop shop for information about these programs," said Juan M. Garcia, assistant Secretary of the Navy (Manpower and Reserve Affairs).

The 21st Century Sailor and Marine Initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy. ❖



# Summary of Mishaps

## 1000 Ways to Hurt Yourself



**ROCKET SCIENTIST OF THE WEEK:** AN E-1 SAILOR IN MISSOURI, EARNED THIS MOST QUESTIONABLE OF ALL DISTINCTIONS WHEN HE "TRIED TO IRON HIS PANTS WHILE THE PANTS WERE STILL ON HIS LEG."

THIS PLOY HAS BEEN TRIED BEFORE. IT DIDN'T WORK VERY WELL THAT TIME, EITHER. IN CASE YOU WERE WONDERING, IRONS ARE H-O-T HOT. IF YOU DOUBT IT, TRY MAKING A GRILLED CHEESE SANDWICH WITH ONE. IT WORKS GREAT.

FURTHERMORE, THE MATERIAL IN YOUR AVERAGE PAIR OF TROUSERS IS A TERRIBLE INSULATOR. NOTE: IF YOU'RE GOING TO DO SOME IRONING AFTER MAKING THE AFOREMENTIONED GRILLED CHEESE SANDWICH, MAKE SURE YOU CLEAN OFF THE IRON.

**GEMS OF MISHAP REPORTAGE THAT REQUIRE NO FURTHER COMMENT:** THIS ONE STARS AN E-3 MASTER-AT-ARMS IN A BARRACKS IN CALIFORNIA. AND WE DON'T EVEN HAVE TO DESCRIBE THE BOO-BOO, JUST THE GUIDANCE HE GOT AFTER THE HORSE HAD ESCAPED FROM THE BARN AND DISAPPEARED OVER THE FAR HORIZON. HE WAS TOLD, THE REPORT SAYS, "TO USE THE BACK OF HIS HAND WITHOUT PHYSICALLY TOUCHING THE HOT PLATE TO FEEL FOR HEAT."

THE RESULT WAS SECOND-DEGREE BURNS TO HIS LEFT INDEX FINGER AND MIDDLE FINGER. THAT'S THE TROUBLE WITH CHECKING SOMETHING TO SEE IF IT'S HOT. IT MIGHT BE HOT.



# NAVFAC

Naval Facilities Engineering Command

## Trees, Beyond Their Beauty - An Earth Day Celebration

By Michel D. Remington

The 2012 Earth Day Event at Naval Air Facility El Centro's (NAFEC) was celebrated in coordination with the Month of the Military Child and our annual Base Picnic. With the help of over 60 children, parents, sailors and AOC (base contractor) personnel we planted 6 trees and over 100 plants at both Building 110 (Thrift Store) and outside the Mirage Club. We also distributed 400 reusable grocery bags to attendees and to Commissary customers. Plus, we provided 800 biodegradable trash bags to Earth Day Event attendees and to MWR for trash collection at future installation events.



Youth help the CO plant a tree

Besides helping our environment, all of these activities contributed directly to three of NAFEC's command philosophies within our Mission and Vision Statement that include "... excellent stewards of the resources with which we have been entrusted, ... achieve and maintain the highest quality of condition and appearance of everything on our installation," and "... commitment to the highest quality of life for our personnel and their families." While I have the opportunity, let me explain some additional benefits provide by our Earth Day events than those included in our Philosophy Statements.

The trees and plants will assist in carbon dioxide reduction, a small step toward reducing detrimental climate change due to heat from Earth being trapped in the atmosphere due to high levels of carbon dioxide (CO<sub>2</sub>) and other heat-trapping gases that prohibit it from releasing heat into space. This creates a phenomenon known as the "greenhouse effect." Planting trees remains one of the cheapest, most effective means of drawing excess CO<sub>2</sub> from the atmosphere. The importance of planting trees include the following.

- Trees remove (sequester) CO<sub>2</sub> from the atmosphere during photosynthesis to form carbohydrates that are used in plant structure/function and return oxygen back to the atmosphere as a byproduct.
- Trees also reduce the greenhouse effect by shading our homes and office buildings. This reduces air conditioning needs up to 30%, thereby reducing the amount of fossil fuels burned to produce electricity.
- One tree that shades your home in the city will also save fossil fuel, cutting CO<sub>2</sub> buildup as much as 15 forest trees. In one urban park (212 ha), tree cover was found to remove daily 48 lbs particulates, 9 lbs nitrogen dioxide, 6 lbs sulfur dioxide, and 1/2 lbs carbon monoxide.
- A single mature tree can absorb carbon dioxide at a rate of 48 lbs. /year and release enough oxygen back into the atmosphere to support 2 human beings.
- If every American family planted just one tree, the amount of CO<sub>2</sub> in the atmosphere would be reduced by one billion lbs annually. This is almost 5% of the amount that human activity pumps into the atmosphere each year.

Using reusable eco-friendly bags will lessen our demand for plastic bags, in theory reducing the production of them and the associated pollution and oil consumption. At the very least, reuse of grocery bags does not "support" the pollution that the creation of plastic bags creates.



On a personal level:

- Reusing just one bag in your daily life (grocery/home shopping, trips to the beach/pool, gym, picnics, festivals, travel, etc.) can "eliminate" the use of approximately 6 plastic bags every week.
- Saving 6 bags a week works out to 288 bags a year.
- Adopting the use of reusable bags for one's entire life can "save" (reduce) the need for over 20,000 plastic bags.

While biodegradable trash bags are more costly to purchase than regular polyethylene trash bags, these kinds of bags break down into carbon dioxide and water when disposed of in commercial landfills. The process takes from 18-36 months. These unique bags are effective because of their dual process. In the initial process the plastic is oxidized and afterwards micro organisms consume the plastic. These micro organisms leave behind refuse which is a reusable biomass. They are highly beneficial as they are environmental friendly and do not contain harmful toxins as well.

To give a better future to our coming generations we need to think "Earth Day" every day and seriously think about biodegradable products, reusable containers, and planting more trees. It will be a wise move as you do not want to leave a legacy of billions of plastic bags or an uninhabitable environment behind for future generations. Hope to see you at next year's (hopefully bigger and better) Earth Day Celebration. ❖



# Navy Fitness to Host America's Kids Run

By Joe Conner



America's Kids Run will celebrate its 27th year as the largest children's running event worldwide through participation on military bases here and abroad. This annual event has grown to include not only Spokane, Washington area children who will run in late April, but also will include kids living on Naval, Air Force, and Army bases around the world.

As part of Armed Forces Day activities in May each year, military dependants here in the United States, in Bahrain, Greece, Puerto Rico, Germany, Japan, Iceland, England, and Italy will participate in America's Kids Run.

The annual Event began in 1986 as Junior Bloomsday, the child's answer to the annual Bloomsday race that so captivates the Inland Northwest in early May each year. Mike, whose own boys were too young for Bloomsday in 1986, noticed that despite their ambitions, most children just couldn't manage the 7.46 mile Bloomsday course. So he decided a Run for children would capture the excitement of the annual Bloomsday run; thus Junior Bloomsday was born - an event for children ages 5 to 14. The younger kids would run ½ mile, with the 7 & 8 year olds running 1 mile, and the older kids running 2 miles. Over the years 120,000 children have earned their own tee shirt by completing the annual spring run.

After 16 years of success, Junior Bloomsday realized a name change was in order to capture the national and international interest it was receiving by Military Bases, thus America's Kids Run reflected its growth beyond Spokane's borders. Erwert explains, "It is time to move forward with a name that truly identifies the wonderful Event Spokane has authored".

In May 2002 the first Summer Fitness Camp for 10-15 year olds was created at the request of Air Force Family Services Agency in San Antonio, Texas. The Program has opportunities to grow with the Navy Fitness Centers throughout the country.

The Run has been recognized nationally in National Geographic World, National Road Runners Management, Runner World, USA Today. and voted Best Children's Run by Runner World May 2003.

**What:** Americas' Kids Run  
**When:** 09 May 2011 at 1530  
**Where:** Inside Sports Center Building 332  
**Who:** Open to all base personnel (ages 5-14)  
**Cost:** Free

For more information please contact Joe at 760-339-2380.

Registration will start at 1500 in the Aerobics Room inside the Sports Center. Children will receive their running bibs and start times then. ❖

## Mommy & Me Splash N' Dash

**May 12 Noon @ the small pool**  
**Ages 3-14 For more info 760-339-2627**

Morale, Welfare and Recreation



## Upcoming Liberty Center Events:

**28 MAY 12**  
**Memorial Day BBQ**  
**Free Food!**

**29 MAY 12**  
**Birthday Party**  
**All May Birthday Celebrants get a piece of cake!**

**Yuma Tubing!**  
**Saturday, May 19 10:30am-6pm**  
**Relax while floating down the Colorado River!**  
**Cost: \$16 per person**

**America's Armed Forces Kids Run**  
**Wednesday, May 9**  
**3:30 pm at the Navy Fitness Center**  
**All participating youth receive an event T-shirt. For more info call**

**Stop in the Liberty Center to sign up (open to active duty only). Check out the MWR Outlook for a full list of events!**



# JOE'S SPORTS SMACK TALK

Some fans have been asking, "Why do the teams have weird team names?" I responded, "They don't, here is what they mean":

W- Why  
E- Even  
P- Play  
S- Softball

M- More  
W- Whiners  
R- Recruited

O- Over the  
S- Slump  
M- Mate

K- Keep  
H- Hitting  
A- Arbitrator  
K- Knees as  
I- I  
S- Strike out

F- Forfeit  
E- Every Day  
D- Determined to  
L- Lose  
A- Against  
W- World

S- Stop  
T- The  
R- Rattlers  
I- Immediately when  
K- Kegs  
E- Evaporate

A- Andy Moreno  
O- On  
C- Call

Current League Standings	
Strike	6-2
MWR	6-3
Khakis	6-3
OSM	5-4
AOC	4-4
FedLaw	2-6
WEPS	1-8

**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

## Are there health or environmental concerns with LED lights?

*BlastMagazine.com, Apr 15, 2012*

LED (light emitting [diode](#)) lighting seems to be the wave of the future right now, given the mercury content and light quality issues with the current king-of-the-hill of green bulbs, the compact fluorescent (CFL). LEDs use significantly less [energy](#) than even CFLs, and do not contain mercury. And they are becoming economically competitive with CFLs at the point of purchase while yielding superior quality lighting and [energy bill](#) savings down the line.



But LEDs do have a dark side. A study published in late 2010 in the journal *Environmental Science and Technology* found that LEDs contain lead, arsenic and a dozen other potentially dangerous substances. LEDs are touted as the [next generation](#) of lighting," says Oladele Ogunseitan, one of the researchers behind the study and chair of the University of California (UC)-Irvine's Department of Population Health & Disease Prevention. "But as we try to find better products that do not deplete energy resources or contribute to global warming, we have to be vigilant [about] toxicity hazards...."

Ogunseitan and other UC-Irvine researchers tested several types of LEDs, including those used as Christmas lights, traffic lights, car headlights and brake lights. What did they find? Some of the worst offenders were low-intensity red LEDs, which were found to contain up to eight times the amount of lead, a known neurotoxin, allowed by California state law and which, according to researchers, "exhibit significant cancer and noncancer potentials due to the high content of arsenic and lead." Meanwhile, white LEDs contain the least lead, but still harbor large amounts of nickel, another heavy metal that causes allergic reactions in as many as one in five of us upon exposure. And the [copper](#) found in some LEDs can pose an environmental threat if it accumulates in rivers and lakes where it can poison aquatic life.

Ogunseitan adds that while breaking open a single [LED](#) and breathing in its fumes wouldn't likely cause cancer, our bodies hardly need more toxic substances floating around, as the combined effects could be a disease trigger. If any LEDs break at home, Ogunseitan recommends sweeping them up while wearing gloves and a mask, and disposing of the debris — and even the broom — as hazardous waste. Furthermore, crews dispatched to [clean](#) up car crashes or broken traffic lights (LEDs are used extensively for automotive and traffic lighting) should wear protective clothing and handle material as hazardous waste. LEDs are currently not considered toxic by law and can be disposed of in regular [landfills](#).

According to Ogunseitan, LED makers could easily reduce the concentrations of heavy metals in their products or even redesign them with truly safer materials, especially if state or federal regulators required them to do so. "Every day we don't have a law that says you cannot replace an unsafe product with another unsafe product, we're putting people's lives at risk," he concludes. "And it's a preventable risk."

Of course, we all need some kind of lighting in our lives and, despite their flaws, LEDs may still be the best choice regarding light quality, [energy use](#) and environmental footprint. That said, researchers are busy at work on even newer lighting technologies that could render even today's green choices obsolete. ❖

# At the CYP...



In 1929 the Imperial County Mid-Winter Fair and Fiesta was introduced to an area once known as the most arid region in America. During those times, this event introduced products that caught the attention of farmers and travelers who were in the area. The nine day exposition of the arts, crafts and agricultural products of the area still remains after 84 years. This year the Mid-Winter Fair broke its record high by selling more tickets than any other year before. The fair has managed to survive and increase its popularity through its cultural and community connections.

The Child and Youth Programs began participating in the Mid-Winter Fair and Fiesta in 1984. Every year had a different theme, this year the Fair and Fiesta decided to go Tropical with Carnival Lights. The CYP Kindergarten through twelfth grades entered a poster contest while the younger children made arts and crafts to display at the fairgrounds. The preschool colorfully decorated parrots with tissue paper and the toddlers with the help of teacher Violeta Lopez created an amazing Ferris wheel. The pre-toddlers painted coconuts and the infants' classroom created an adorable kissing booth with the teachers help. Our SAC youth also handmade carnival masks with colorful feathers. All the art work cumulated in an amazing display of colors and creativity by the children. This event gave the CYP an opportunity to display the wide variety of talent our children and teachers have.



As part of our program, CYP looks forward to opportunities that will express the talents of our military children. Thank you to all the parents for allowing us to share with the community the creativity of your child. It is an immense blessing to take care of your children and help them develop these tiny skills every day. ❖



Congratulations to Velinda Cruz for becoming a STAR Service Facilitator!

## Sailors Reminded To Obtain DoD Self Service Logon

(NAVY NEWS SERVICE 02 MAY 12)

WASHINGTON -- All Sailors serving on active duty must obtain a Department of Defense (DoD) Self-service (DS) Logon by Nov. 8, 2013, according to NAVADMIN 148/12, released May 1.

DS Logon is a secure, self-service logon ID that allows beneficiaries affiliated with DoD or the Department of Veterans Affairs (VA) access to several websites using a single username and password, without the requirement for additional hardware or software such as a Common Access Card reader.

The number of self service applications accessible with a DS Logon is growing. Currently Sailors can access a variety of benefits and services with a DS Logon, including Tricare Online, the VA eBenefits portal, Beneficiary Web Enrollment, myDoDbenefits, and Transferability of Education Benefits.

DS Logon is also a life-long credential that never expires, and is valid for as long as there is a relationship between the individual user and either DoD or the VA.

More information about the benefits of DS Logon and procedures for obtaining a DS Logon can be found by visiting <https://myaccess.dmdc.osd.mil/dsaccess>. ❖

### \*\* UPCOMMINNG EVENTS \*\*

MISSOULA THEATER

July 23 - 27

The kids will love it!

**Pre-School  
Graduation  
0900  
23 May 2012  
Mirage Club**



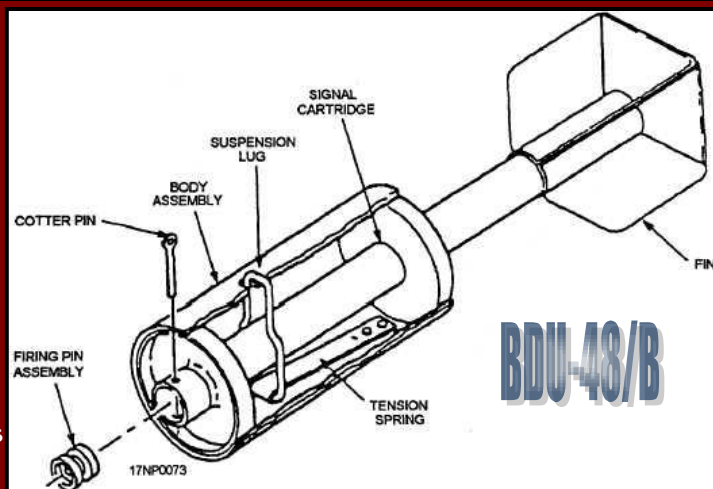
## Navy Munitions Command Det

By A02(AW) Ryan Heeney

### SUBCALIBER PRACTICE BOMBS

There are two types of subcaliber practice bombs—the Mk 76 Mod 5 and BDU-48/B. The two types are used for practice and are quite different in design and appearance from each other. This month we focus on the BDU-48/B

The BDU-48/B is a 10-pound practice bomb. It is a thin-cased cylindrical bomb used to simulate retarded weapon delivery. The bomb is composed of the bomb body, a retractable suspension lug, a firing assembly, and box-type conical fins. The firing device consists of a firing pin assembly and a cotter pin. The BDU-48/B is painted blue. Identification nomenclature is stenciled in white letters on the bomb body. The bomb can use signal cartridge Mk 4 Mod 3, or CXU-3A/B. ❖



## NAVADMIN 142 – NAVY RESIDENT ENERGY CONSERVATION PROGRAM

RELEASED BY VICE ADMIRAL P. H. CULLOM, N4.

THE RESIDENT ENERGY CONSERVATION PROGRAM (RECP) COMPLY WITH OSD POLICY AND NAVY PRIORITIES TO ACHIEVE REDUCTIONS IN THE AMOUNT OF UTILITIES CONSUMED IN OUR NAVY PUBLIC PRIVATE VENTURE (PPV) HOUSING.

RESEARCH CONFIRMS THAT SERVICE MEMBERS (AND THEIR FAMILIES) CURRENTLY USE MORE UTILITIES THAN THEIR PRIVATE SECTOR COUNTERPARTS. NOW MORE THAN EVER, AS OUR NATION AND NAVY WORK TO BE AS JUDICIOUS AS WE CAN IN THE USE OF OUR RESOURCES, CONSERVATION AND ENERGY EFFICIENCY MUST BE A PART OF OUR CULTURE AND ACTION; AT SEA, ON LAND, IN THE AIR, OR AT HOME. THE MORE WE LIVE THIS EVERY DAY, THE MORE IT WILL BECOME A PART OF EVERYTHING WE DO.

RECP PROMOTES AND REWARDS THE SPARTAN AND RESPONSIBLE USE OF ENERGY IN NAVY PPV HOUSING. IN SEPTEMBER 2010, RECP WAS INITIATED AS A PILOT PROGRAM IN HAWAII RESULTING IN A 10 PERCENT REDUCTION IN UTILITY USAGE. RECP FOCUSES ON REDUCING ELECTRICITY AND GAS USAGE. WHILE CONSERVATION OF WATER AND SEWER USAGE ARE IMPORTANT, WET UTILITIES ARE LARGELY UNMETERED. WATER AND SEWER ARE THEREFORE CURRENTLY EXCLUDED FROM THE RECP. COST SAVINGS FROM THE PROGRAM WILL BE REINVESTED BACK INTO THE HOUSING COMMUNITIES IN WHICH OUR SAILORS AND THEIR FAMILIES RESIDE.

RECP WILL BEGIN ROLLOUT TO SELECT NAVY PPV HOUSING LOCATIONS IN OCTOBER 2012 WITH ALL LOCATIONS PHASED IN TO THE PROGRAM OVER A TWO YEAR PERIOD.

WOUNDED WARRIORS ARE EXEMPT FROM THE RECP PROGRAM. ADDITIONALLY, RESIDENTS WITH EXCEPTIONAL FAMILY MEMBERS WITH DOCUMENTED REQUIREMENTS FOR EXCESS ENERGY USAGE AND HANDICAPPED SERVICE MEMBERS WITH A UTILITY CONSUMING CONDITION MAY REQUEST A WAIVER FROM PARTICIPATION.

THE RECP METHODOLOGY WORKS AS FOLLOWS: HOMES ARE GROUPED BY SIMILAR SIZE, BEDROOM AND CONSTRUCTION STYLE INTO LIKE TYPE GROUPS (LTG). THE UTILITY USAGE FOR THE LTG IS MEASURED TO CREATE AN AVERAGE. THE RECP PROGRAM THEN ESTABLISHES A 10 PERCENT BUFFER ABOVE AND BELOW THE AVERAGE TO CREATE A NORMAL USAGE BAND. IF A RESIDENT USES MORE THAN THE NORMAL USAGE BAND OF A LTG, THEY WILL PAY FOR EXCESS USAGE AND IF UNDER WILL RECEIVE A REBATE FOR THE SAVINGS.

RECP IS IMPLEMENTED IN THREE PHASES:

A. PHASE 1 - COMMUNICATION PHASE: NAVY PPV RESIDENTS, INSTALLATION COMMANDS AND THE LOCAL COMMUNITY RECEIVE INFORMATION OF THE PENDING TRANSITION TO RECP IN ORDER TO MAKE PPV RESIDENTS AND INTERESTED COMMUNITY MEMBERS FAMILIAR AND COMFORTABLE WITH THE PROGRAM.

B. PHASE 2 - MOCK BILLING PHASE: MOCK BILLS WILL BE ISSUED TO RESIDENTS SIMULATING WHAT AN ACTUAL BILL WOULD BE IF THE RESIDENT WERE RESPONSIBLE FOR USAGE FOR THAT PERIOD OF TIME. DURING THE MOCK BILLING PHASE THE RESIDENTS WILL RECEIVE SAMPLE UTILITY USAGE REPORTS TO HELP THEM ADJUST TO THE NORMAL USAGE BAND FOR THEIR LTG.

C. PHASE 3 - LIVE BILLING PHASE: RESIDENTS RECEIVE USAGE REPORTS AND WILL BE RESPONSIBLE FOR PAYING FOR EXCESS USAGE OR RECEIVE A REBATE FOR CONSERVATION. RESIDENTS WITHIN THE NORMAL USAGE BAND ARE NOT IMPACTED FINANCIALLY. ❖



## MEDICAL CORNER

# What's Up, Navy Doc?

## "INSOMNIA: Why Lose Sleep Over It?"

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



### What is insomnia?

Insomnia is a sleep disorder where a person has great difficulty falling asleep or staying asleep. This disorder affects women, men, and children. Among adults, insomnia affects women more often than men and the incidence increases with age.

### What are the symptoms of insomnia?

Symptoms of insomnia include:

- Difficulty falling asleep
- Waking up often during the night and having trouble going back to sleep
- Waking up too early in the morning
- Feeling tired upon waking
- Sleepiness during the day
- Irritability
- Problems with concentration

### How long can insomnia last?

Insomnia can also vary based on how long the symptoms last:

- "Acute insomnia" can last from one night to a few weeks. Causes include anything from acute life stressors to emotional or physical discomfort, jet lag or changes in shift work schedules
- "Chronic insomnia" occurs when a person has insomnia at least 3 nights per week for a month or longer. Causes can include depression, anxiety, chronic stress, pain or discomfort at night.

### What are the types of insomnia?

There are two types of insomnia:

- "Primary insomnia" occurs when a person has sleep problems but those problems are not directly associated with any other health or medical condition.
- "Secondary insomnia" occurs when a person has sleep problems because of something else, such as another health condition (acid reflux, sleep apnea, COPD, anxiety, depression), medication use or substance use, like alcohol.

### How can insomnia be treated?

#### Self-Help:

The first effort to treat insomnia, including sleep hygiene and relaxation therapy, does not involve taking medications. There are several steps that can be taken to improve your sleep hygiene. They include:

- Try to go to sleep at the same time each night and wake up at the same time each morning, including weekends. Try not to take naps during the day because they can cause you to be less sleepy at night.
- Turn off TVs, computers and cell phones one hour prior to trying to get to sleep.
- Avoid caffeine in foods and drinks after noon. Caffeine interferes with the deeper stages of sleep.
- Avoid alcohol at night. Alcohol can cause you to wake up more frequently during the night and less restful sleep overall.
- Do not smoke, especially in the evenings.
- Get regular exercise. However, avoid exercising vigorously 3-4 hours before bedtime because that can stimulate you and make it more difficult to fall asleep.
- Do not eat a heavy meal late in the day. When the body is digesting the large meal, it makes it difficult to get good-quality sleep. However, a light snack more than one hour before bedtime might make it easier to fall asleep.
- If you do not fall asleep within 30 minutes after going to bed, get up and go to another room and relax. Then go back to bed once you are feeling sleepy.
- Make your bedroom comfortable. Make sure that it is dark, quiet and not too warm or too cold. If noise is a problem, try a fan or a "white noise" machine to cover up the sounds.



#### Medical Help:

The second effort to treat insomnia involves contacting your doctor. Over-the-counter (OTC) sleep aids are available in most pharmacies and many grocery stores. Due to the chance that these OTC's may cause more harm than good, particularly if you are taking other medications or have some other medical condition, you should check with your doctor before taking them.

If the insomnia last more than one month, it becomes even more important that you talk to your doctor. As mentioned above, insomnia can be a sign of other medical problems – like acid reflux, asthma, arthritis, anxiety or depression. ❖

#### Life Tip

**Insomnia ... Think about what can be done about it and then take proper action. Take back the night. Take back your life. Rediscover what it feels like to get a good, long, restful night of sleep. Insomnia ... Do not lose any more sleep over it.**

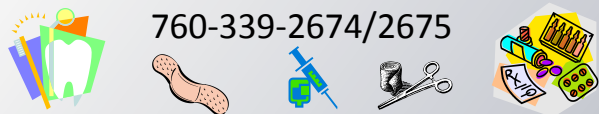




# CLINIC INFO

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)

NMCSDFMFP Coordinator:

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

**"PSSST... HEY YOU! YEAH YOU! GET OFF THE COUCH AND GET MOVING! THE PFA IS COMING SOON AND I PITY THE FOOL WHO AIN'T READY!" -HMC(AW/SW)BELL**



### \*Emergency Department\*



Are you considering going to the Emergency Department (formerly Emergency Room)?

If so, we highly recommend that you call the **Duty Crew first** for proper triage . Our Duty Crew is available, 24 hours, 7 days a week at the following contact numbers. **POOW (619) 804- 1520, COD (619) 804-1037**. Our Hospital Corpsmen are always on duty with a Provider. If it is something we can take care of, we see you the clinic as soon as possible. If Duty deems necessary, then you may go to the Emergency Department.

After visiting the ER, please ensure to call TRIWEST so you can get proper authorization. It is imperative that this is done **within the first 24 hours** so you do not end up with the bill. TRIWEST can be reached at: 1- 888- 874- 9378. Option 1 is for Providers/ Health Care workers. Please choose Option 2 for BENEFICIARIES (you, the patient). The automated answering service will ask if you are having an urgent Mental Health Issue, say no. It will then prompt you to say or enter or your sponsor's Social Security Number. Then it will ask for your Date of Birth. Enter as prescribed. Choose Authorization/ Referrals Option (option 2). You will need AUTHORIZATION per se for going to the ER after hours, so this is where you would speak to a TRIWEST Representative. They will ask you a series of questions. Please provide details as needed.

Going to the ER (without getting proper authorization from TRIWEST within 24 hours of visit) will cost you enormous amount of money. Please utilize us; we are here to serve you. Again, please call our Duty Crew, or contact the BASE Chief of the Day or Security to obtain our numbers. ❖

### REFILLS\*REFILLS\*REFILLS\*

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

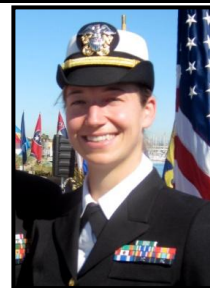






## "Politics: The Do's and Don'ts"

By LT Jasmine "JAG" Scott



In light of recent events in the media, many of you may have questions or concerns about what is appropriate political speech and political participation. The presidential election is nearly in full swing and many of you may be wondering to what extent you can participate as citizens and also active duty military members. Below are the dos and don'ts from DoDD 1344.10, February 19, 2008. There's not easy way to write the rules out without using the language from the directive. The below list is nearly verbatim from the directive which can be found online by conducting a Google search.

### 4.1.1. A member of the Armed Forces on active duty may:

- Register, vote, and express a personal opinion on political candidates and issues, but not as a representative of the Armed Forces.
- Promote and encourage others to exercise their voting franchise, if such promotion does not constitute use of their official authority or influence to interfere with the outcome of any election.
- Join a partisan or nonpartisan political club and attend its meetings when not in uniform, subject to the restrictions of subparagraph 4.1.2.4. (See DoD Instruction 1334.1)
- Serve as an election official, if such service is not as a representative of a partisan political party, does not interfere with the performance of military duties, is performed when not in uniform, and the Secretary (this means SECNAV) concerned has given prior approval. The Secretary concerned may NOT delegate the authority to grant or deny such permission.
- Sign a petition for a specific legislative action or a petition to place a candidate's name on an official election ballot, if the signing does not obligate the member to engage in partisan political activity and is done as a private citizen and not as a representative of the Armed Forces.
- Write a letter to the editor of a newspaper expressing the member's personal views on public issues or political candidates, if such action is not part of an organized letter-writing campaign or a solicitation of votes for or against a political party or partisan political cause or candidate. If the letter identifies the member as on active duty (or if the member is otherwise reasonably identifiable as a member of the Armed Forces), the letter should clearly state that the views expressed are those of the individual only and not those of the Department of Defense (or Department of Homeland Security for members of the Coast Guard).
- Make monetary contributions to a political organization, party, or committee favoring a particular candidate or slate of candidates, subject to the limitations under section 441a of title 2, United States Code (U.S.C.) (Reference (d)); section 607 of title 18, U.S.C. (Reference (e)); and other applicable law.
- Display a political bumper sticker on the member's private vehicle.
- Attend partisan and nonpartisan political fundraising activities, meetings, rallies, debates, conventions, or activities as a spectator when not in uniform and when no inference or appearance of official sponsorship, approval, or endorsement can reasonably be drawn.
- Participate fully in the Federal Voting Assistance Program.

### 4.1.2. A member of the Armed Forces on active duty shall not:

- Participate in partisan political fundraising activities (except as permitted in subparagraph 4.1.1.7.), rallies, conventions (including making speeches in the course thereof), management of campaigns, or debates, either on one's own behalf or on that of another, without respect to uniform or inference or appearance of official sponsorship, approval, or endorsement. Participation includes more than mere attendance as a spectator. (See subparagraph 4.1.1.9.)
- Use official authority or influence to interfere with an election, affect the course or outcome of an election, solicit votes for a particular candidate or issue, or require or solicit political contributions from others.
- Allow or cause to be published partisan political articles, letters, or endorsements signed or written by the member that solicits votes for or against a partisan political party, candidate, or cause. This is distinguished from a letter to the editor as permitted under the conditions noted in subparagraph 4.1.1.6.
- Serve in any official capacity with or be listed as a sponsor of a partisan political club.
- Speak before a partisan political gathering, including any gathering that promotes a partisan political party, candidate, or cause.
- Participate in any radio, television, or other program or group discussion as an advocate for or against a partisan political party, candidate, or cause.
- Conduct a political opinion survey under the auspices of a partisan political club or group or distribute partisan political literature.
- Perform clerical or other duties for a partisan political committee or candidate during a campaign, on an election day, or after an election day during the process of closing out a campaign.
- Solicit or otherwise engage in fundraising activities in Federal offices or facilities, including military reservations, for any political cause or candidate.
- March or ride in a partisan political parade.
- Display a large political sign, banner, or poster (as distinguished from a bumper sticker) on a private vehicle.
- Display a partisan political sign, poster, banner, or similar device visible to the public at one's residence on a military installation, even if that residence is part of a privatized housing development.
- Participate in any organized effort to provide voters with transportation to the polls if the effort is organized by or associated with a partisan political party, cause, or candidate.
- Sell tickets for or otherwise actively promote partisan political dinners and similar fundraising events.
- Attend partisan political events as an official representative of the Armed Forces, except as a member of a joint Armed Forces color guard at the opening ceremonies of the national conventions of the Republican, Democratic, or other political parties recognized by the Federal Elections Committee or as otherwise authorized by the Secretary concerned.
- Make a campaign contribution to, or receive or solicit (on one's own behalf) a campaign contribution from, any other member of the Armed Forces on active duty. Any contributions not prohibited by this subparagraph remain subject to the gift provisions of sections 2635.301-2635.304 of title 5, Code of Federal Regulations (Reference (f)). See subparagraph 4.1.2.1. for general prohibitions on partisan fundraising activity.
- Commissioned officers shall not use contemptuous words as prohibited by Article 88 of the UCMJ or participate in activities proscribed by DoD Directives 5200.2 and 1325.6.

Continued on Page 25

# Training Time Out

Hello Everyone,

I am Kevin Cash the new Installation Training Officer for NAF El Centro. I am excited to be a member of the Installation Training Team (ITT). I've had a passion for training since I was an instructor during my naval career. I am a retired Navy Chief with 24 years of Combat Systems C4I experience. I have degrees in Training and Business Management. I am a dual qualified Master Training Specialist and Afloat Training Specialist. Prior to reporting to NAFEC I was the Training Manager for the Space and Naval Warfare Center (SPAWAR) Maritime Operation Centers.

I have been involved in emergency management and force protection since my retirement in 2004. I have worked with CNIC in the development of the Framework for Information Management (FRAIM) which was the precursor to the C4I suite currently being used at naval installations today. I have worked with San Diego State University and the California Emergency Management Homeland Security (CEMHS) which is an initiative by the California State University system dedicated to developing an Emergency Management academic program within the CSU system.

My training responsibilities are focused toward supporting the Command Officer by ensuring that NAF El Centro is able to attain and maintain accepted levels of emergency management preparedness to ensure that we can accomplish our primary mission areas. Emergency preparedness requires that we have a comprehensive approach to prevent, mitigate, respond and recover from natural or manmade incidents that impact the installation.

The command Installation Training Team (ITT) lead by the XO, CDR Franzen is responsible for planning, scheduling, briefing, executing, debriefing and evaluating command capability areas. These capability areas include Air Operations Support, Facility Support, Fleet & Family Readiness, Environmental, Safety, Command & Staff, Emergency Management, Fire & Emergency Services, and Antiterrorism. These capability areas are evaluated during annual scheduled exercises, drills and scenarios.

My personal motto is "If you stay ready, you don't have to get ready" So if you have any questions concerning Training and Readiness, I am located in building 214, room 113; I can also be reached at ext. 2651. I look forward to working with all of you in achieving our shared command objectives. ❖



## Helping Hands

### COMRELS Are Heating Up at NAF El Centro

*By Chaplain Smith*

Let's face it. It's easy to serve under the best of circumstances. When the load is light and the temperatures are cool, most of us are more than willing to volunteer our time and energy in serving the less fortunate. However, when the temperature rises and the work becomes wearisome, we may begin to have second thoughts.

As the summer heat approaches, may our desire to continue to serve our community heat up as well. Let us not become weary in well doing, for it is when helping becomes hard that we discover what true service really is.

Our upcoming COMREL activities currently include the following...

**Niland**—This COMREL is scheduled for the third Wednesday of every month (excluding August) from 0915-1245. Sailors travel to Niland, CA. Duties include unloading pallets of food, unpack food boxes and sorting it for distribution, and assisting in carrying bags of food for elderly and/or disabled recipients. The next service dates are 16 May and June 20.

**More-4-More**—This COMREL takes place the last Friday of every month from 0730-1230 at the Imperial Valley Food Bank (IVFB) in El Centro, CA. Duties include bagging and boxing food for distribution throughout Imperial County. The next service date is 25 May. ❖

#### A Word of THANKS...

We would like to thank the 5 sailors who participated in the Niland COMREL in April, including CAPT Jones, MA1 Stroupe, AM1 Napier, HM1 Burns, AO2 Christensen, and AO2 Wheelwright. Together they served more than 400 local residents.

We would like to thank the 9 sailors who participated in the More-4-More COMREL in April, including CMC Gallinat, LT Kireta, MA1 Stroupe, AZ1 Avila, AO2 Wheelwright, AEAN Schmidt, and three British volunteers. Together they packed 3000 bags of food for local residents in record time.

# Date Night

with ABFC(Ret.) Marc Willis

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



## Movie Title: Lockout

Players: Guy Pearce, Maggie Grace, Vincent Regan, Joseph Gilgun, Lennie James

Genres: Action, Sci-Fi, Thriller

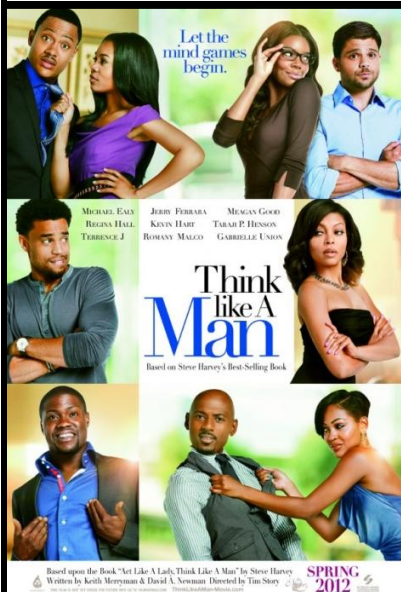
Rating: **PG-13**

What can I say; the movies released this month have been appalling or at least unappealing at best.

My lovely spouse and I did not venture to see our first reviewable film until mid-month; we actually saw *American Reunion* earlier. Although *Lockout* was advertised as a futuristic *Die Hard* in space it still remained an unattractive draw. I would say curiosity got the better of me but in all actuality it was the editor's deadline.

Snow (Guy Pearce), is a former government agent wrongly convicted of crimes he did not commit. However he's given a lifeline, a reprieve opportunity, if he can somehow retrieve Emilie Warnock (Maggie Grace) from MS One before it's destroyed by itchy trigger fingered marines. No problem if he overlooks MS One being a maximum security prison positioned 200 miles above earth and overcomes the 400 deranged prisoners out to kill him. Oh, and let's not forget that Emilie is the daughter of the President of the United States, no pressure what so ever. Really, who could possibly think this scenario up? That would be Stephen St. Leger, James Mather and Luc Besson whom would be prime candidates to occupy the first cells of an actual MS One simply for producing this criminal disaster.

For those of you familiar with my reviews know that I usually comment on the actors and their performance and character credibility; this film had no credible character. Snow was basically a walking *one-liner*; it's a wonder if he was even given a script. With that being said, I rate this film one anchor out of five.



## Movie Title: Think Like a Man

Players: Gabrielle Union, Kevin Hart, Meagan Good, Regina Hall, Taraji P. Henson, Steve Harvey, Chris Brown

Genres: Comedy, Romance

Rating: **PG-13**

Another concession as you can see. It was time for my beautiful wife to select our date night viewing pleasure. Actually I knew we were going to see this film from the very first trailer. Unfortunately or fortunately, depending on your preference, we had to wait a couple of days as the weekend was compromised by my daughter's prom and my anxiety as she and her date used my car.

Think Like a Man's storyline is based on Steve Harvey's bestseller *Act Like a Lady: Think Like a Man: What Men Really Think About Love, Relationships, Intimacy and Commitment*. Traditionally, the recipe of the romantic comedy is to add good humor to real life relationship issues and hope for a good dish. Keith Merryman and David Newman followed this recipe to the letter as funny man Kevin Hart (Cedric) cooked up all the humor needed to season this film.

The lovely quartet of Gabrielle Union (Kristen), Regina Hall (Candace), Meagan Good (Mya) and Taraji P. Henson (Lauren) all successfully manipulate their man employing the tactics of said book to such an extent that one man even *dissed* his mother. Of course all four got what they wanted from their mate as no other option was or is available when it comes to romantic comedies. I've read the recipe book and have seen enough movies in this genre to know better.

With this being such a light hearted movie my character focus was not so much on the dialogue but rather the delivery. With the exception of Cedric all the other characters were believable. There is just no way *that* Cedric could exist in real life or at least in my circle of friends. however Cedric was prettv funnv. With that being said. I rate this film three anchors out of five.





## WHAT WAS GOING ON...

In May during the 1970's - NAFEC Sandpaper

May 1974 - Norwegian Scientist Confers on NPRT Physiological Tests - A world authority on physiological monitoring of aircrewmembers, divers, parachutists, Dr. Sem-Jacobsen came to El Centro to consult with LCDR Call for possibly adapting his methods for use on NARF parachutists.

May 1975 - Navy Involved in Baby Lift From Viet Nam - Seven Navy activities have been providing support for OPERATION BABY LIFT, the US effort to airlift orphan children out of South Viet Nam. Naval Medical Center Long Beach provided doctors, nurses, and corpsmen for some of the children who required medical attention.



### 2012 Election Year Guidance & Voting Assistance

Condensed from the January 17, 2012 RHUMB LINES



Voting assistance resources are available by telephone at commercial (800) 438-8683, (703) 588-1584, DSN 425-1584, by e-mail: [vote@fvap.ncr.gov](mailto:vote@fvap.ncr.gov), or online at <http://www.fvap.gov>. For more guidance, see DoD Directive 1344.10 and NAVADMIN 382/11.

#### Prohibited Activities in Support of Political Events by Military Personnel

All personnel, including reservists, when acting in their official capacity, shall NOT:

- Wear military uniforms at political campaign or election events.
- Associate the Navy with any partisan political campaign or election, candidate, cause, or issue.
- Distribute political campaign or election literature while in uniform, or while on a military installation.
- Engage in public commentary - including speeches and written submissions offered for publication - concerning political campaigns or elections without prior clearance.
- Respond directly to inquiries from political campaign organizations. All inquiries shall be forwarded to a Public Affairs Officer, who will respond with public information unless the request is from elected officials.

## LOCAL HISTORY BY TWO OLD GOATS

### OPERATION X-RAY

What would you say if we, the Two Old Goats, told you a story about a plan for little bats to be used as suicide bombers against the Japanese in 1942?

After hearing the news about Pearl Harbor a Pennsylvania dental surgeon, Dr. Lytle Adams, had a masterful counterstroke in mind. He wondered why the millions of bats in Carlsbad Caverns of New Mexico could not be fitted with incendiary bombs then dropped on Japanese cities. The furry kamikazes would naturally seek shelter in the buildings. The pre-set fuses would trigger firebombs that would cause conflagrations in the flimsy wooden structures of Japan, he reasoned.

High-flying bombers would deliver the bats in containers and drop them. At 1,000 feet the containers would automatically open and the fuzzy, winged rodents would carry out their dastardly scheme on the wood and paper buildings. Roosevelt directed the project classified as Top Secret with the code name Operation X-Ray, perhaps for the originator dentist Dr. Adams. Adams was brought to Washington and placed in charge of the program.

The first test bats dropped either plummeted to the ground anyway or flew off in distant directions. The scientific types hoped they wouldn't fly to the city of Carlsbad where the residents would not have enjoyed the results, if successful. Since it was Top Secret and the military couldn't have told the citizens why they burned down their town.

The setback was temporary and more bats were collected. The second test was successful. The containers opened and the hairy winged warriors alighted from them. Since there was no Japanese city nearby the fuzzy creatures congregated in a hanger, which promptly burned down. At least it worked. One bat found a visiting general's car nearby and sought a darkened refuge for a bat nap. The resulting mass of molten metal prompted the Army to relinquish all interest in the project to the U.S. Navy who swiftly gave it to the Marines.

On December 13, 1943 in El Centro, California the Leathernecks had the best success of all with thirty fires ignited. Most of which most went out unaided in minutes. Four actually needed fire fighters to extinguish. They reasoned the bats just needed a more destructive payload.

After several months a new device was developed that was hopefully still light enough for the bats but more powerful. But out of twenty-five bat bombers released fifteen plunged to their deaths without attempting to fly. Five others flew away with one dropping its bomb in the desert. Three flew a few more minutes and exhaustedly crashed to the sand. One lone bat drifted to earth as intended with its weighty bomb.

So the project rested on the success of the one bat! Since millions had been sunk into Operation X-Ray so far, they decided to carry on. The Marines prepared for another test with two bombs relative to bat size. The heavier burned six minutes while the other for four.

The Marines planned another test for August 1944 with actual in-service use projected for one year later. But the timetable was re-evaluated to fifteen months before operational use could commence. The Navy cancelled further bat plans for Operation X-Ray with vague reasons. It seemed another group of scientists, also in New Mexico, were working on another type of firebomb that had nothing to do with bats. After Hiroshima it was clear why the Navy ceased the program. It had become informed of the atom bomb project at White Sands and bat bombs would soon be unnecessary even if they worked. ❖

Article from: <http://www.wv2aircraft.net/forum/stories/japanese-balloons-bats-3974.html>





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



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**FOR MORE INFORMATION:**

**Jodi M. Barnett/Megan Roberts**

E-MAIL: [jbarnett@vinu.edu](mailto:jbarnett@vinu.edu)/[mroberts@vinu.edu](mailto:mroberts@vinu.edu)

**CALL FOR AN APPOINTMENT TODAY! 760-339-2986 or 619-544-9281**

#### Summer Term I CLASS SCHEDULE

May 7, 2012 – June 29, 2012 Add/Drop Date: May 17, 2012

**NO CLASSES on May 28, 2012 – Memorial Day**

Course	Course Title	Loc	Days	Time	Type& # of Hours	Instructor
<b>NAF El Centro</b>						
ENGL 101	<i>P-English Composition I</i> (Placement Exam) 3/26/2012-5/4/2012	Bldg 221 Rm 4	M/W	1930-2230	<i>English (3)</i>	Instructor Pending
ENGL 101	<i>P-English Composition I</i> (Placement Exam) 3/26/2012-5/4/2012	Bldg 221 Rm 4	T/Th	1930-2230	<i>English (3)</i>	Instructor Pending
LITR 222	P-American Literature	Bldg 221 Rm 4	M/W	1630-1930	<i>Humanities (3)</i>	Mr. Beckett
MATH 110	P- Statistics (Placement Exam)	Bldg 221 Rm 4	T/Th	1630-1930	<i>HUMN/MATH/SCI Broad Core (3)</i>	Blake Miles
PSYC 201	<i>P- Developmental Psychology</i>	Bldg 221 Rm 3	T/Th	1930-2230	<i>Social Science (3)</i>	Eva Shaw
SOCL 151	<i>P-Principles of Sociology</i>	Bldg 221 Rm 3	M/W	1630-1930	<i>Social Science (3)</i>	Claudia Macias
SPCH 143	<i>Speech</i>	Bldg 221 Rm 3	M/W	1700-1930	<i>Speech (3)</i>	Bruce Page



Chaplain Smith leads a group of NAF El Centro Sailors, Civilians, and Contractors in a series of prayers commemorating the second annual celebration of National Day of Prayer.

Javier Guerra, ITCS(SW/EXW) McAlister, and YN1(SW) Kenneth Haffey, lead guided prayers for our world, our nation and our military.

The National Day of Prayer is a vital part of our heritage. Since the first call to prayer in 1775, when the Continental Congress asked the colonies to pray for wisdom in forming a nation, the call to prayer has continued through our history, including President Lincoln's proclamation of a day of "humiliation, fasting, and prayer" in 1863. In 1952, a joint resolution by Congress, signed by President Truman, declared an annual, national day of prayer. In 1988, the law was amended and signed by President Reagan, permanently setting the day as the first Thursday of every May. Each year, the president signs a proclamation, encouraging all Americans to pray on this day. Last year, all 50 state governors plus the governors of several U.S. territories signed similar proclamations.

NATIONAL DAY OF PRAYER, 2012

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA  
A PROCLAMATION

Prayer has always been a part of the American story, and today countless Americans rely on prayer for comfort, direction, and strength, praying not only for themselves, but for their communities, their country, and the world.

On this National Day of Prayer, we give thanks for our democracy that respects the beliefs and protects the religious freedom of all people to pray, worship, or abstain according to the dictates of their conscience. Let us pray for all the citizens of our great Nation, particularly those who are sick, mourning, or without hope, and ask God for the sustenance to meet the challenges we face as a Nation. May we embrace the responsibility we have to each other, and rely on the better angels of our nature in service to one another. Let us be humble in our convictions, and courageous in our virtue. Let us pray for those who are suffering around the world, and let us be open to opportunities to ease that suffering.

Let us also pay tribute to the men and women of our Armed Forces who have answered our country's call to serve with honor in the pursuit of peace. Our grateful Nation is humbled by the sacrifices made to protect and defend our security and freedom. Let us pray for the continued strength and safety of our service members and their families. While we pause to honor those who have made the ultimate sacrifice defending liberty, let us remember and lend our voices to the principles for which they fought -- unity, human dignity, and the pursuit of justice.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim May 3, 2012, as a National Day of Prayer. I invite all citizens of our Nation, as their own faith directs them, to join me in giving thanks for the many blessings we enjoy, and I call upon individuals of all faiths to pray for guidance, grace, and protection for our great Nation as we address the challenges of our time.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of May, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-sixth.

BARACK OBAMA

**SANDPAPER**  
POLL RESULTS

By: PS3 Marques L. Meráz

3. How many Sexual Assault Awareness Month events did you attend in April?

1-2		29	72%
3-4		10	25%
5 or more		1	2%
Total		40	100%

2. Have you learned anything about Sexual Assault Awareness month in April?

Yes, quite a bit.		17	40%
Yes, a little.		11	26%
No, just reinforced what I already knew.		13	30%
No, not at all.		2	5%
Total		43	100%

Because April is Sexual Assault Awareness Month, the Sandpaper has decided to gear our poll in that direction. As reflected in our polls, most of our respondents have been to at least one or two Sexual Assault Awareness Month events in April; Great job Desert Warriors! It is incumbent upon us to stay informed regarding the resources that the Navy offers for victims of sexual assault. Please contact the base SAPR, YN1 Haffey at x2433 if you have any questions.





## 'GEEKS' BECOME MILITARY'S NEW WARRIORS

By Jeanette Steele (San Diego Union Tribune, Apr 15, 2012)

Newly formed units bring computer savvy to the information war

With reports of China and Russia trying to slip into the Pentagon's information networks on a daily basis, U.S. security experts now rank the military threat from cyberspace just behind terrorism and nuclear proliferation.

In that atmosphere, the people whose domain has been the cubicle and the computer room are getting a chance to be recognized as "warriors," on par with those who shoot guns and fly fighter jets.

Since 2010, the U.S. military has moved to erect barricades against attacks in cyberspace, including creation of the U.S. Cyber Command at Fort Meade, Md., to lead the effort.

The Navy re-established the World War II-era 10th Fleet as its piece of the cyber effort in early 2010. A few months earlier, it took a step that may have far-reaching significance.

Naval leadership created an "information dominance" corps that is bucking for equal standing with the Navy's traditional "war-fighters" — aviators, submariners and sailors on surface ships.

It used to be that the Navy's weather experts, computer operators, intelligence analysts and cryptologists — the service's "geek squad," some might say — were assigned to a windowless room in the middle of the ship or the back of the airplane.

But as the U.S. military pivots from the desert to the Pacific, the adversaries are sophisticated. China not only has the fastest-growing army, but it tops the list, with Russia, of nations most likely to launch a cyber assault.

Aside from securing military computer networks against hackers, exactly how the military's forces are waging war in cyberspace remains hush-hush. But late last year, defense officials revealed to Congress that the Pentagon has the ability to go on the offense in cyberspace.

"With respect to the cyber warriors, they may not need to do as many push-ups as a Navy SEAL does, but that doesn't mean their combat is going to be any less rigorous or their training will be any less demanding," Rear Adm. Pat Brady, head of San Diego's Space and Naval Warfare Systems Command, said at a ceremony to pin new information-dominance officers.

Just as aviators earn gold wings, these "cyber warriors" are eligible for a newly created insignia. They must study aspects of all the information-centric jobs in order to earn it. Hence, the idea of creating a corps.

While it may sound trivial, it's a big deal in the tradition-heavy Navy. Sailors are proud of their surface warfare pins that show a ship with crossed swords. Submariners earn insignia that depicts a diving ship. The information dominance version bears a lightning bolt crossed with a sword.

As of last month, 4,647 naval officers and 1,612 enlisted sailors had qualified for the new pin, a Navy spokesman said. Roughly 12,000 Navy service members are assigned to 10th Fleet operations — most from the information dominance corps. They are spread out around the world, including at the Navy Information Operations Command San Diego at North Island Naval Air Station.

Separately, Navy personnel at a wide spectrum of commands do related work, such as intelligence officers on ships and meteorologists at aircraft squadrons. They, too, are considered part of the Navy's information dominance corps.

The other U.S. military services have their pieces of the cyber pie as well.

The Marines created their Marine Corps Forces Cyberspace Command the same month that the Navy re-established the 10th Fleet. Both are at Fort Meade, alongside the Air Force and Army cyber commands. Each service is charged with protecting its respective networks.

About 800 Marines — most trained on signals intelligence, communications and intelligence analysis — work directly for the Marine cyber command, including a network operations center at Camp Pendleton.

The Pentagon rushed to form U.S. Cyber Command in the wake of a serious computer breach in 2008.

A flash drive plugged into a U.S. laptop in the Middle East resulted in the military's classified networks being opened up to outside eyes. The Defense Department, which in 2010 called it the worst-ever infiltration of U.S. military computers, said the computer code was introduced by an unnamed foreign intelligence agency.

"If that had happened in a war (with the perpetrator), it would have probably cost us the war or put us at a minimum at a real disadvantage," said analyst James Lewis of the Center for Strategic and International Studies in Washington, D.C.

That wake-up call was on the level of the Russians launching Sputnik in 1957 before the U.S. got a satellite into space.

"We realized we were behind in a new kind of game and had to move quickly if we were going to stay a great power," Lewis said.

Analysts said U.S. military networks are being probed constantly, often by automated fishing programs, with varying degrees of success.

China and Russia are in the secrets-stealing business, said Frank Cilluffo, director of George Washington University's Homeland Security Policy Institute. Iran and North Korea are building their cyber warfare ability because they know they can't yet fight the United States tank-for-tank. To date, terrorist groups use cyberspace for recruitment, radicalization and to study their targets, Cilluffo said.

Why does this matter to people who shoot guns? Daniel Kuehl of National Defense University's iCollege said there's a reason that a new Chinese fighter plane bears a striking resemblance to the United States' F-35 Joint Strike Fighter.

"If people are stealing the basic nuts and bolts design stuff of new weapons systems, that's pretty important," said Kuehl, a retired Air Force officer who teaches courses on national security in the information age.

In the Navy, there's been some elbow-throwing about the new information "dominators," as some quipsters have dubbed them. A Navy Times cartoonist penned a caricature of the cyber pin wearing taped-together geek glasses.

Purists might say a warfare job is one that directly causes the death of an enemy during wartime.

Others wonder whether the creation of a Navy information dominance corps is just window dressing. By wrapping these jobs together with a bow, does it change anything? One person called "information dominance" a bumper sticker catchphrase.

Some analysts credit the Navy for carving out more of a career path for the information specialties. A plan to have senior-level people cross-train — an intelligence officer serving in a job normally filled by someone with a cryptology background — should produce leaders with broader knowledge and help upward mobility and retention.



Continued on Page 28



**NAVAL AIR FACILITY EL CENTRO'S  
"FLEET AND FAMILY SUPPORT"  
QUARTERLY CLASS SCHEDULES**

**FLEET AND FAMILY (MRS. PAT BRAXTON)**  
760-339-2242

**CLASSES WILL BE HELD IN BLDG 214 (FLEET AND FAMILY OFFICE)  
NOTE: ALL FLEET AND FAMILY CLASSES WILL BE HELD ON  
THURSDAYS!!!**

(JUN 7 <sup>TH</sup> ) PREGNANCY RESOURCES	1300-1400
PREPARING FOR AN OVERSEAS TOUR	1400-1500
(MAY 10 <sup>TH</sup> , JUN 14 <sup>TH</sup> ) RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
(MAY 17 <sup>TH</sup> , JUN 21 <sup>ST</sup> ) GOAL SETTING	1300-1400
ASSISTANCE WITH HOME PORT CHANGES	1400-1500
(MAY 24 <sup>TH</sup> , JUN 28 <sup>TH</sup> ) BUDGET CLASSES	1300-1400

**BASE CLINICIAN (MR JIM SHINN)**  
760-339-2241

**CLASSES WILL BE HELD IN BLDG 401 (WELCOME CENTER)  
NOTE: ALL CLINICIAN'S CLASSES WILL BE HELD ON TUESDAY'S!!!**

(JUN 5 <sup>TH</sup> ) ANGER MANAGEMENT	1330-1430
(MAY 8 <sup>TH</sup> , JUN 12 <sup>TH</sup> ) STRESS MANAGEMENT	1330-1430
(MAY 15 <sup>TH</sup> , JUN 19 <sup>TH</sup> ) EFFECTIVE PARTNER COMMUNICATIONS	1330-1430
(MAY 22 <sup>ND</sup> , JUN 26 <sup>TH</sup> ) HOW TO RESOLVE CONFLICT IN THE WORK PLACE	1330-1430

**Operational Stress Control (OSC)**

*Rhumb Lines 20 MAR 2012*

The Navy describes resilience as "the capacity for Sailors, families, and commands to withstand, recover, grow, and adapt in the face of stressors and changing demands." Resilience is about fitness in balance. To be ready for what's coming, our Sailors have to be physically, psychologically, spiritually, financially and emotionally fit. Leaders must create command environments that encourage optimal performance and personal growth. It is normal for everyone to face some degree of stress every day, but there is a tipping point. When stress outweighs our ability to cope, we need to ask for help – whether it is for others or ourselves. ❖

- Building resilience makes us better able to cope with significant stressors when they materialize.
- Sailors are encouraged to know their stress zones and be able to recognize them in themselves and others. Visit <http://navynavstress.com/> for more information on stress zones.
- Command leaders are urged to know their Sailors and families and to encourage help-seeking behaviors when appropriate.

**Strategies for Managing Stress**

- Assess the risks associated with the decisions you make as a leader. You can make a difference in your own life, as well as in the lives of your Sailors and their families.
- By controlling what you can, you may find ways to lessen the impact of a stressful activity or event.
- Take care of yourself physically. Know the rules, exercise and stay in good physical shape – it reduces stress and sets a good example.
- Eat well; a balanced diet will keep you operating at your maximum potential.
- Live well below your financial means. Finances are one of the leading stressors to Sailors. Teaching Sailors ways to live within their means and plan for the future can relieve these stressors.





# RECENT EVENTS

## IN THE PEARL OF THE DESERT



Brits visit McCabe Elementary School



Pushing the OPSO to victory!



Winners of the Sling Shot Contest!



Sailors pose before an all hands



Barracks Bash Beach Volleyball



Sailors lead the fight!

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## FAMILYGRAM 01-12 - YOUR BENEFITS AND THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM (DEERS)

RELEASED BY VICE ADMIRAL S. R. VAN BUSKIRK

AS A MEMBER OF THE NAVY FAMILY, YOU ARE ELIGIBLE FOR MANY BENEFITS. PROPER REGISTRATION IN THE DEFENSE ENROLLMENT ELIGIBILITY SYSTEM (DEERS) IS KEY TO RECEIVING AN ID CARD AND ELIGIBILITY FOR DOD SPONSORED BENEFITS SUCH AS TRICARE, MEDICAL, AND DENTAL SERVICES. AS CHANGES OCCUR, INFORMATION MUST BE UPDATED.

### IMPORTANT POINTS TO REMEMBER ABOUT DEERS:

- A. SERVICE MEMBERS ARE AUTOMATICALLY ENROLLED.
- B. A SERVICE MEMBER'S ENROLLMENT IN DEERS DOES NOT AUTOMATICALLY ENROLL DEPENDENTS. ENROLLMENT OF SPOUSES, CHILDREN AND OTHER QUALIFIED DEPENDENTS MUST BE MADE BY THE MEMBER AT A REAL-TIME AUTOMATED PERSONNEL IDENTIFICATION SYSTEM (RAPIDS) (ID-CARD) SITE.
- C. CHANGING THE RECORD OF EMERGENCY DATA OR DEPENDENCY APPLICATION (PAGE 2) DOES NOT AUTOMATICALLY UPDATE DEERS STATUS. THESE ARE TWO SEPARATE DATA SYSTEMS.
- D. DEERS SHOULD BE UPDATED WHENEVER YOU EXPERIENCE A LIFE CHANGING EVENT. EXAMPLES OF A LIFE CHANGING EVENT INCLUDE: GETTING MARRIED OR DIVORCED, HAVING A BABY OR ADOPTING A CHILD, CHILD TURNS 21, MOVING TO A NEW ADDRESS, ETC.
- E. FAILURE TO UPDATE DEERS WITHIN 30 DAYS OF ANY LIFE CHANGING EVENT COULD RESULT IN TEMPORARY LOSS OF BENEFITS ELIGIBILITY FOR FAMILY MEMBERS. SOME COMMON CONCERNS ARE:
  - (1) IF YOUR DEERS INFORMATION IS INCORRECT YOU MAY NOT BE ABLE TO MAKE AN APPOINTMENT AT A MILITARY TREATMENT FACILITY (MTF), OBTAIN MEDICAL SERVICE AT A CIVILIAN FACILITY THROUGH TRICARE, MEDICAL CLAIMS MAY BE DENIED, AND/OR YOU MAY HAVE TO PAY OUT OF POCKET EXPENSES;
  - (2) CIVILIAN RETAIL PHARMACIES CHECK DEERS TO VERIFY TRICARE ELIGIBILITY AND YOUR PRESCRIPTIONS WILL BE FILLED ONLY IF YOU ARE ENROLLED IN DEERS; AND
  - (3) INFORMATION REGARDING YOUR BENEFITS, INCLUDING TRICARE, IS MAILED TO THE ADDRESS IN DEERS.

### PROCEDURES FOR UPDATING INFORMATION:

- A. TO UPDATE YOUR DEERS CONTACT INFORMATION, YOU MAY:
  - (1) MAKE CHANGES ONLINE THROUGH THE MILCONNECT PORTAL AT [HTTPS://WWW.DMDC.OSD.MIL/MILCONNECT](https://www.dmdc.osd.mil/milconnect) OR TRICARE AT [HTTP://WWW.TRICARE.OSD.MIL/DEERS/](http://www.tricare.osd.mil/deers/). THE MILCONNECT PORTAL ALLOWS BENEFICIARIES TO REVIEW PERSONAL, HEALTH CARE, AND PERSONNEL INFORMATION FROM ONE RELIABLE SOURCE - DEERS. CURRENTLY, SPONSORS, SPOUSES, AND ELIGIBLE BENEFICIARIES, WHO ARE OVER 18 YEARS OLD, ARE ABLE TO PERFORM THE FOLLOWING FUNCTIONS: UPDATE CONTACT INFORMATION IN DEERS INSTANTLY, VIEW CURRENT HEALTH CARE ELIGIBILITY, MANAGE TRICARE ENROLLMENTS, LOCATE THE NEAREST MILITARY ID CARD ISSUING FACILITY, VIEW PERSONNEL INFORMATION, TRANSFER POST 9/11 GI BILL BENEFITS TO ELIGIBLE FAMILY MEMBERS, VIEW SERVICE MEMBERS' GROUP LIFE INSURANCE INFORMATION, OBTAIN PROOF OF INSURANCE IF CURRENTLY IN A TRICARE-MANAGED PROGRAM, FIND ANSWERS TO FREQUENTLY ASKED QUESTIONS ABOUT HEALTH CARE ELIGIBILITY AND MORE.
  - (2) VISIT A LOCAL PERSONNEL OFFICE THAT HAS A UNIFORMED SERVICES ID CARD FACILITY. TO FIND YOUR NEAREST FACILITY GO TO [HTTP://WWW.DMDC.OSD.MIL/RSL/](http://www.dmdc.osd.mil/rsl/).
  - (3) FAX ADDRESS CHANGES TO 1-831-538-8317.
  - (4) CALL THE DEFENSE MANPOWER DATA CENTER SUPPORT OFFICE (DSO) TELEPHONE CENTER AT 1-800-538-9552. TO AVOID DELAYS, THE BEST TIME TO CALL IS BETWEEN THE HOURS OF 0600-1500 (PACIFIC TIME), WEDNESDAY THROUGH FRIDAY.
  - (5) MAIL CHANGE INFORMATION TO: DEERS SUPPORT OFFICE, ATTN: CHANGE OF ADDRESS, 400 GIGLING ROAD, SEASIDE, CA 93955-6771.
- B. TO ENROLL OR UPDATE INFORMATION OTHER THAN YOUR CONTACT INFO, YOU WILL NEED TO PROVIDE IMPORTANT PIECES OF DOCUMENTATION SUCH AS MARRIAGE, BIRTH, OR DEATH CERTIFICATES, DD214S, CERTIFICATION OF SCHOOL ATTENDANCE FOR CHILDREN WHO ARE AGE 21 THROUGH 23 YEARS AND ENROLLED AS FULL-TIME STUDENTS, ETC. CONTACT THE NEAREST MILITARY ID CARD FACILITY TO FIND OUT WHAT DOCUMENTS ARE NEEDED TO UPDATE ELIGIBILITY INFORMATION IN DEERS. THESE DOCUMENTS SHOULD BE TAKEN TO THE ID CARD FACILITY, OR INCLUDED IN A LETTER OR FAX TO THE DEERS SUPPORT OFFICE AT THE ADDRESS AND/OR FAX NUMBER NOTED ABOVE.
- C. FOR ADDITIONAL QUESTIONS REGARDING YOUR DEERS RECORD, CALL THE DSO TELEPHONE CENTER 1-800-538-9552. THE HOURS OF OPERATION ARE 0600-1500 (PACIFIC TIME), MONDAY-FRIDAY, EXCLUDING FEDERAL HOLIDAYS.

FOR MORE INFORMATION ON YOUR NAVY BENEFITS, CHECK OUT THE NAVY PAY AND BENEFITS GUIDE AT [HTTP://WWW.PUBLIC.NAVY.MIL/BUPERS-NPC/CAREER/PAYANDBENEFITS/DOCUMENTS/NAVYPAYANDBENEFITSGUIDEFINAL01JUL10.PDF](http://www.public.navy.mil/bupers-npc/career/payandbenefits/documents/navypayandbenefitsguidefinal01jul10.pdf).

POINT OF CONTACT IS MS. BETTY TALLEY, N135F, (901) 874-4299/DSN 882 OR VIA E-MAIL AT BETTY.TALLEY(AT)NAVY.MIL. ❖



## LOVING SAILORS! Part 1 of 7

By Jim Shinn



This is the beginning of a seven essay series entitled “Loving Sailors” which is about relationships, what works in them and what makes for the smooth sailing of the ship of love. Most of the sailors here in the Pearl of the Desert are in a relationship, want to get in one, or are scratching their head about what happened in the last one. I am the Fleet and Family Support counselor, here part-time on the base, and I have had many experiences, mostly positive, when it comes to love. Although I joke about being the “Love Doctor”, I don’t have a PhD or a medical degree. I just have lots of experiences helping people in relationships and I read a lot about improving marriages.

The word “Sailor” has seven letters and I am going to begin with the “**S**” words as a way of navigating through this Sandpaper series. The next essay will be “**A**” than “**I**” and so on. When it comes to loving sailors or being loved, the “**S**” word that is very important, is the word “**self**.” You can use or misuse yourself in relationships. I am a positive guy, so we are going to focus on what works and when working with couples, I use “Love Languages” because it is very simple and can help the sailing couple avoid foul weather. Very simply, “Love Languages” is when we express/communicate love to our partner it can be done in a variety of ways. If it is done in a way that are partner desires, the sails fill up and you are moving with power in the right direction. I learned about love languages reading Dr. Chapman’s book of the same name, which can be purchased at Target Stores and elsewhere.

Our partner, like a plant, needs nurturing, with different types of attention. Too much of one thing and none of another, and your plant will not survive. If we fertilize the plant too much, and ignore sun and water, it dies. Loving is the same way. When you use yourself lovingly, the relationship grows. The trick is to know what love your partner desires. This first essay will be an introduction to love languages and we will go fathoms deeper as we sail forth.

The first use of **self**, is also an “**S**” word in that of **service**. When we offer to help our partner with the kids, “Honey Do’S”, or something in the galley (kitchen), they feel **supported**. When there is **support**, then there is a team **spirit**. If my team members’ care about me, I am willing work hard and **sacrifice** for them or **share** something of myself that they want. There is a good saying that I have used many times in marriage counseling, “Good **sex** begins in the kitchen.” Sometimes if he/she helps with dinner, the dishes or just sits with their partner while they are pushing pots and pans, they feel **supported**. Good galley feelings lead to feeling **sexy** later on in the bedroom. It is a choice we make with the **self**. When I walk through the door after work, and I drop anchor in front of the TV, cling tightly to the remote control unit, my wife might feel that I love ESPN more than her. That can lead to a storm on the horizon.

Some of my readers may think I am using **sex** to sell, but it is not true. I do hope it captures your interest to continue reading this series. Physical attention is just one form of intimacy, and considering all the time we spend on deck with our dearest darlin’, the physical relationship is a minority, not the majority of time we spend together.

The first love language is about being a servant lover. We help the other, not because we are a slave, but because that person is important, we are a team, and we want to live and sail happily ever after. We want them to feel love, not just hear the words. Supporting a sailor or the spouse requires effort, but it is easier if we consider it a labor of love. Actions speak louder than words, but words are important, so we will sail to that port in the next column.

I hope you are willing to continue cruising with this counselor on the “Love Boat.” There a two parts to the title. “Loving Sailors” is both a feeling and a set behavior. Check the next issue of the Sandpaper where we will focus on the second letter in sailor, “**A**” which stands for **attitudes**, **affirmation** and **admiration**. We will learn to hoist the self esteem of our partners, while we navigate the waters of parenting, finances and yes, the infamous in-laws!! **Ahoy** and all aboard! Whether you are married or single, try a few of these secrets for loving sailors, and see if you don’t find yourself in a safe harbor or a peaceful port. If consider this just nautical nonsense, well sailor, you may as well prepare yourself for a “shot across the bows!” ❖

### “Politics” From Page 15

- Subject to any other restrictions in law, a member of the Armed Forces not on active duty may take the actions or participate in the activities permitted in subparagraph 4.1.1., and may take the actions and participate in the activities prohibited in subparagraph 4.1.2, provided the member is not in uniform and does not otherwise act in a manner that could reasonably give rise to the inference or appearance of official sponsorship, approval, or endorsement.
- Activities not expressly prohibited may be contrary to the spirit and intent of this Directive. Any activity that may be reasonably viewed as directly or indirectly associating the Department of Defense or the Department of Homeland Security (in the case of the Coast Guard) or any component of these Departments with a partisan political activity or is otherwise contrary to the spirit and intention of this Directive shall be avoided. ❖

# Spring

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flowers bloom  
 April Fool  
 March  
 May  
 plant crops  
 bears awake

birds return  
 cherry blossom  
 bees  
 seed  
 warm  
 new leaves

green  
 Easter  
 Buddha's Birthday  
 spring break  
 lilac  
 picnic

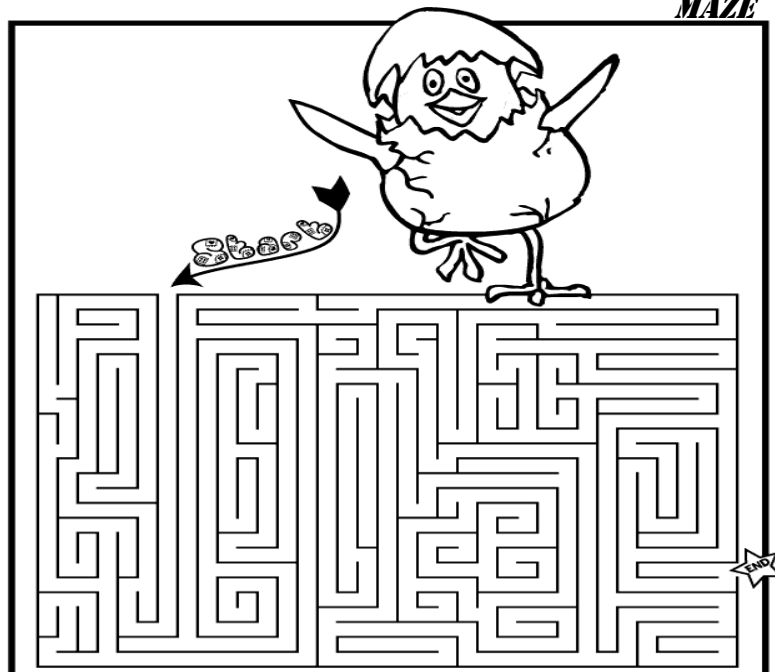


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## MAZE

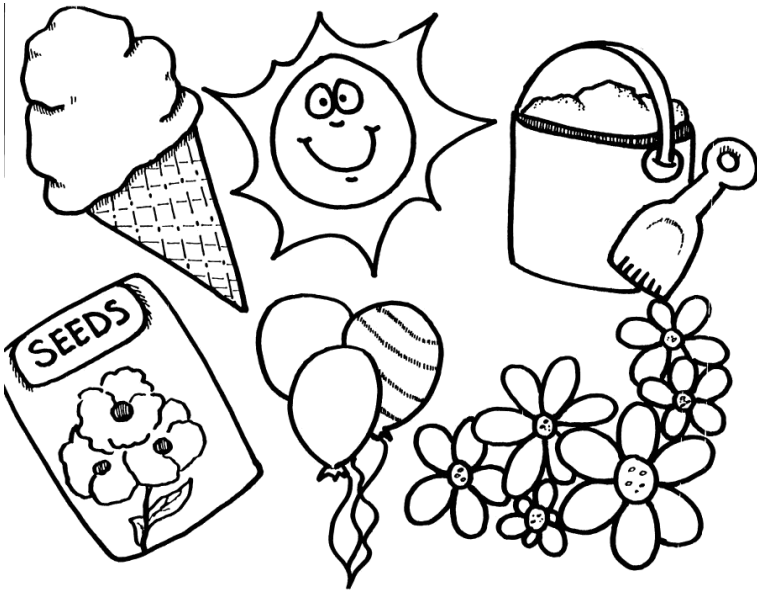


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# KID ZONE



# Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier



You may not get the feeling that you are Jules Vern, but if you visit The Center of the World in Felicity, California you might in some way be inspired to read up on the History of a variety of events, people, and places captured in granite. You may have passed it a dozen times on the way to Yuma, AZ and never took the time to stop by. Unfortunately by the time this article is printed the shop will be closed for the year and will not reopen until early December. You will still be able to walk the grounds and take a look at the history captured in granite around you. Personally, had I known about the schedule I would have written about this beautiful place before and there would have been time for you, the reader to go visit and see all that Felicity, California has to offer.

The museum shop area is open from December through the end of March and the restaurant is open from January through March for lunch. Not much time to take a look at such a beautiful landmark you'd think, but you can still tour the area even in the heat of the summer. If you go during the business time of year you can get a certificate from the Official Center of the World for the mere price of \$5. The official Center of the World is housed inside the pyramid and is only accessible if you are guided by one of the 'towns' people' and you get one wish while standing on the center point. I, in my whimsy chose to do some push-ups; nose to the point as well. Not quite sure what the towns' person thought of that! You may ask why, and it would be the same reason that you go to other places. To simply have a souvenir of having been to a place that others have not been to; a conversation piece if you will. How many people have seen the stairs of the Eifel tower up close, mind you they are protected by a fence.

The Church on a Hill, a.k.a 'The Hill of Prayer' is an impressive site and though it is small it is built on a 25 foot hill in a perfect alignment with the exhibits and the pyramid and has an amazing view of the mountains. The idea began pre March 2001 and the church was dedicated 08 March 2008.



The history is captured for all of us to see, and while there isn't much to write about because it would take away from the exhibit it is definitely worth the stop if you're in the area, or want to find something a little out of the ordinary to do. But please have some respect and don't go pulling the sun dial's finger! ❖

## "GEEKS" From Page 21

Capt. Bryan Lopez has served 25 years in the Navy after starting as an enlisted cryptologist. Now he's the executive officer at Point Loma's Space and Naval Warfare Systems Center Pacific.

He wears the information dominance pin, and he's heard the criticism.

"There might be an opinion among the older generation: 'You guys are looking for an excuse to justify yourselves.' I would say that's shortsighted. I would also say, you're living in the past," Lopez said. "I would say even people in my generation don't have a good grip on the vulnerabilities and the potential ramifications of attacks that are happening today."

He compares the coming of the cyber age to other sea changes in naval history. The battleship was eclipsed by the aircraft carrier. Now unmanned aircraft are taking their place next to manned jet fighters.

"The dreams of young people — I want to drive the pointy-nosed thing, I want to be in the war," Lopez said. "There are a lot of ways to be in the war." ❖





# CLASSIFIEDS

**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)

**FOR SALE!!** New 2 in 1 pool/air hockey table with billiard balls, cues, chalks, ball racks, and cleaning brushes and cleaning kit for table. \$750 OBO. Call Vincent Egbuniwe (760) 755-0671.

**FOR SALE!!** 1980 CJ-5 Jeep. 258 inline six, brand new exhaust from manifold back, polyethylene gas tank and polyurethane bushings throughout suspension. \$5000 OBO. Contact ABFCS Deaton @ 858-232-1717

## ATTENTION COMMUTERS

**Do you live in Yuma or thereabout and want to share the commute?**

If you commute from Yuma, please contact:

**Eric Rube at 760-339-2265 or**  
[eric.rube@navy.mil](mailto:eric.rube@navy.mil)

# JOB POSTINGS

## 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: Snack Bar Operator & Recreation Aid – Life Guard!** 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).

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## We want YOU!!!!

The Sandpaper Staff would like to hear your stories. Have you eaten at a great restaurant? Did you read a good book? How about a new song or group or hidden get-away location? Are you playing the latest video game or board game? How about that new toy your just got... want to share a review on it? If you would like to be a part of the base paper just send your articles to:

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

## JOB Links for Employment

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



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2. We'll find it for you.
3. We'll contact you when item(s) are ready for pick-up.

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or see one of our friendly  
NEX associates for details.

*Thank you for supporting your NEX*



# Am I Hydrated? Urine Color Chart

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## HELPFUL NUMBERS

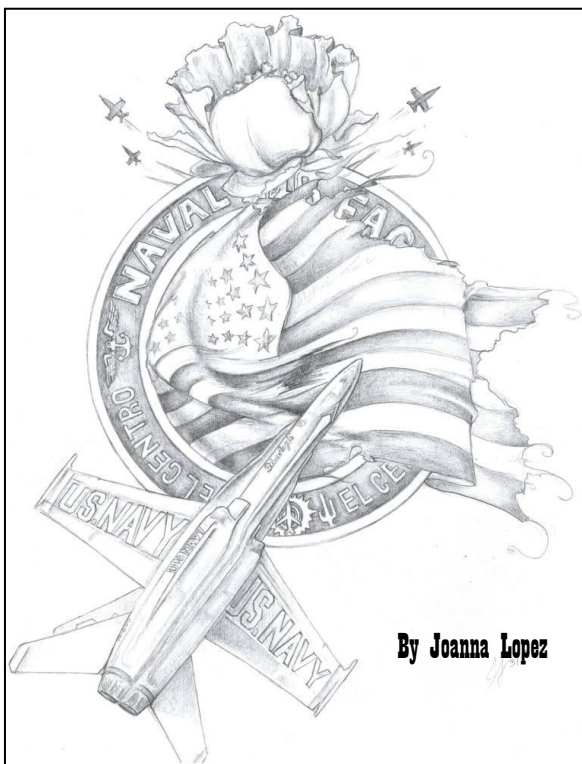
Chaplain's Office--760-339-2290  
 Chaplain (after hours)--847-714-3743  
 Drug and Alcohol Advisor--760-339-2603  
 Medical Emergency Room--911  
 NAFEC Medical--619-804-1037 (COD)/619-804-1520 (POOW)  
 Fleet and Family Services--1-800-273-8255  
 Suicide and Crisis Center Hotline--1-800-342-9647

## CO Suggestion Box Locations

Jet Mart  
 AOC Bldg  
 NGIS Bldg 401  
 Weapons  
 Liberty Center



## Desert Doodles



## COMING EVENTS

### May 9

*America's Armed Forces Kids Run*  
 Navy Fitness Center  
 1530

### May 13

*Mother's Day Brunch*  
 Mirage Club (Adults \$11.95)  
 (Children 5-12 \$5.95)  
 1000 - 1300

### May 19

*Yuma Tubing Trip*  
 Liberty Center (\$16)  
 1030 - 1800

### May 28

*El Centro Memorial Day Celebration*  
 Elk's Club downtown El Centro  
 1030

### May 23

*Pre-School Graduation*  
 Mirage Club  
 1130 - 1400

### May 28

*Memorial Day BBQ*  
 Liberty Center  
 1130 - 1400  
 Free Food!

### 23- 26 June

*Missoula Theater*  
 CYP  
 TBD Details coming soon!

