

Issue 23

PUBLISHED BY THE NAF EL CENTRO PAO

September 2012

NAF EL CENTRO

SANDPAPER



Base Raises More Than 11 Tons of Food

By Kristopher Haugh

The base chaplain and installation commanding officer presented a check to the Imperial Valley Food Bank, Monday, Sept. 10, at 9 a.m. as part of the Feds Feeds Families food drive.

The food drive, which lasted from June 1 to Aug. 31, raised 22,560 pounds of food, exceeding their goal of 5,000 pounds.

Led by the Chief Human Capital Officers Council, and in partnership with the Department of Defense, U.S. Department of Agriculture and the Office of Personnel Management, Feds Feeds Families is a voluntary government-wide effort to help communities meet the needs of the hungry during the summer months.

"Serving our country means serving our community and this is one way to do that," said Lt. Jared Smith, the base's chaplain who led the humanitarian effort here.

The Navy set a department-wide goal of 396,000 pounds for the summer. The final total was 1,027,126 pounds of food donated to food banks around the world.

Last year, NAF El Centro had a final total of 5,900 pounds of food donated. Smith attributed the 450 percent increase in giving to the base personnel's understanding of the needs in the local area.

According to the Imperial Valley Food Bank's data, 20,000 people in 5,000 households are assisted every month, and 50 percent of those at risk of hunger are children.

Money and non-perishable food items were collected throughout the summer. For each dollar donated, five pounds of food were credited under the program's guidelines. ❖

Food Drive Summary



The Goal

The Result

Inside This Issue

- 02 CO Column/Hails
- 03 CMC Corner/CPOs
- 04 CCC Advice/OOPS
- 05 Chapel News
- 06 Desert Beat/Spot Light
- 07 Safety
- 08 NAVFAC Lizards
- 09 MWR/RAPIDS
- 10 Sports Page
- 11 CYP
- 12 Sandpaper Poll
- 13 Medical Corner
- 14 Clinic Information
- 15 JAG
- 16 Disasters/Helping Hand
- 17 Movie Reviews
- 18 History/Voting Info
- 19 DEFY/Sea Cadets
- 19 Vincennes/Navy Bday
- 20 La Migra
- 21 Base News Clips
- 22 FFSC / Desert Doodles
- 23 Recent Event Photos
- 24 Nano Reef Project
- 25 Loving Sailors
- 26 Puzzles
- 27 Kids Zone
- 28 Off Base
- 29 Classifieds/Jobs
- 30 Coming Events/Help



WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER



As we recognize the eleventh anniversary of the attacks on America on September 11, 2001, I ask you to take a moment during your busy schedules to remember the victims of that day, and their families who live with the aftermath, and to remember that we continue to fight these extremists at home and abroad every minute of every day. Remember, too, those who have fought and paid the ultimate price and those who have been severely injured on the battlefield since the events of 9/11.

I would also remind you that our mission here at NAF El Centro is to “support the training and readiness of the war fighter.” Nearly all of those who train on our Installation today are preparing to go forward to take the fight to these violent extremists on their land. As we reflect on this historic day in our Nation’s history, I know that you will continue to do the outstanding job you do every day to support our war fighters and make this the finest air Installation in the United States Navy. ❖

--CO

Hails



RP1 Justin Kirby



ATAN MATTHEW BURROWS



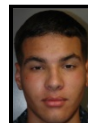
MA2 Jeremy Almon



MASN Oronde Vassell



ATAN CURTIS ADAMS



ATAN BARNABY ORTIZ

Farewells

- CDR KARL GARCIA
- LT MATTHEW RUMPKE
- ADC MICHAEL DAVIS
- AC2 ASHLIE FRY
- AE3 RYAN SCHMIDT
- AOAN TIERRA HAMMOND
- AZAN JULIA UTTER
- AMAA ADRIAN CORRAL



COMMAND MASTER CHIEF



It's now September, the children are back in school. The temperatures are still soaring at 110 degrees, humidity is at 50% and higher – it's very hard to imagine that we're on the brink of fall and yet the calendar states it's so.

For those of you have spent much time with me, have heard me say, "Don't let opportunities pass you by. When someone knocks on the door, answer it." Recently, I was given an opportunity to train new Chief Selectees onboard my first ship, the USS Midway CV 41, so I jumped on it. This year was Chief Legacy Class 001, modeled after the CPO Selectee training that takes place annually onboard USS Constitution in Boston and USS Missouri BB 63 in Hawaii. Now you'll need to keep in mind that I have been in the Navy for 29 plus years, and all I can say is you are never too smart or too old to still learn more about Our Navy!

The different parts of our Navy were covered with field trips to their area throughout the Greater San Diego area – Corpsman in Balboa, Seals in Coronado, submarines in Point Loma, Surface Fleet at NS San Diego and carrier operations from the Docents onboard the USS Midway. What I kept hearing all week was that these Chief Selectees never took the time to learn about our Navy until now. So I challenge us all to know more about our History and our Navy.

On 21 September we will honor the POWs and MIAs with a ceremony next to the Chapel at the POW/MIA Memorial. For as long as we are engaged in battle, there is the likelihood that our own will fall into enemy hands. We owe it to those who have gone before us to remember, and not forget.

The Navy-wide rating exams are scheduled for this month. Have you been preparing to take the exam? I urge you to study and review your rating knowledge and your personal progress year-round. If you recently advanced, why wait until cram time?

I do not need to remind you that we are still at war. I do need to remind you that every day we must bring our "A" game as a team. This September 11th will commemorate the 11th anniversary since the Terrorist attacks hit our homeland at the World Trade Center, the Pentagon and United Airlines Flight 93 that crashed near Shanksville, Pennsylvania. We simply do not know when we will be called upon to defend our homeland again. Complacency can kill or injure and that affects the readiness of this Base, our Navy and our country. Thank you for all you do! ❖

-CMC

NAFEC CPO Mess and Selectees Participate in CPO Pride Day 2012



Aboard the USS Midway in San Diego for the annual Mess Photo



Negotiating the Deal...

By NC1(SW) Marc Jones



Every Sailor must negotiate orders for their next duty station multiple times in their career. The rules have changed over the years and policies have changed. The location of your next duty station is an important one for all and must be carefully weighed with the needs of the Navy. This job falls to the Enlisted Detailers and the Sailor to find that balanced fit. NAVADMIN 226/12 and 227/12 announce changes to some of the business rules.

NAVADMIN 226/12 makes changes to Career Management System Interactive Detailing (CMS/ID). Until now, the way we see orders advertised has been red zone billets that needed to be filled that month and green zone billets. This NAVADMIN changes and establishes only one set of billets and those will be filled each month. Each sailor in their window will be able to apply from these advertised billets. The detailers must fill these billets each month and may be required to select sailors that did not apply for these billets or are early in their negotiating window.

NAVADMIN 227/12 announces limited directed detailing for enlisted sailors. This means that sailors that have completed a minimum of 24 months on shore duty at the time of this message, may be contacted by their detailers and directed to a sea duty assignment prior to their PRD. Direct detailed Sailors will be compensated financially in a lump sum calculated according to the months of shore duty lost.

The Navy is an ever changing entity and we as Sailors must remain fluid so we can adjust to these fast paced changes that will continue to come. If you have any questions or concerns regarding these new messages please see your CCC. ❖



Please let us know when we make factual errors so we can get the right word out there!

Free Anti-virus Software Available

Navy Information Operations Command (NIOC) Norfolk has put together a brochure that lists ways Navy's Sailors, civilian employees and contractors can protect their computers, both at home and at work. The brochure and free anti-virus software are available to all [Sailors, DoD civilians and contractors](#). Only those at a .mil computer and using their Common Access Card (CAC) can download this software via file transfer protocol to their computer. However, once downloaded, the software can be saved to a compact disk and installed in home computers. NIOC Norfolk also suggests [CERT's Home Computer Security](#) website as a good source for home-cyber safety tips. ❖

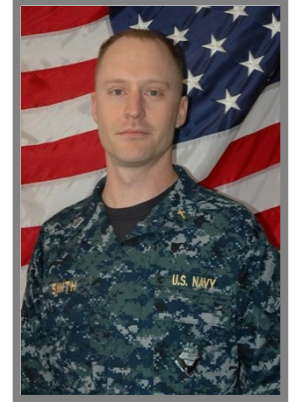
<https://infosec.nmci.navy.mil/main/>

REENLISTMENTS

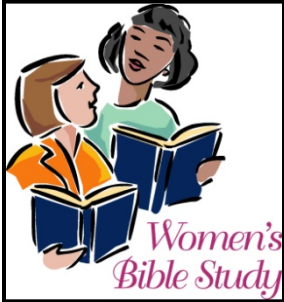
AD3 TREVOR CARPENTER
AO2 MICHAEL GUIDINGER



The Wellspring - Chapel News



Big Picture of the Bible. Have you ever wondered what the Bible is all about? If so, you're not alone. The Bible isn't always the easiest book to understand. But nor is it impossible—especially when we look at the Big Picture! In this preaching series we will study one book of the Bible each week to help us understand its central theme and big idea. Why is this book in the Bible? What is the one truth that it is intended to teach? In the coming weeks we will be studying the following books of the Bible—Job, Psalms, Proverbs, Song of Songs, and Ecclesiastes. This series will conclude on Sunday, 07 October. --Chaplain Smith



Women's Bible Study. This group meets every Wednesday night at 1800 on base at Chaplain Smith's home (3345B Gila Bend). They are studying the book *12 Extraordinary Women* by John MacArthur. All women—single, married, civilian, and military—are invited to attend. If you have questions, contact Tammy Smith at tammysmith365@yahoo.com. ❖

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. Coffee and pastries are provided.
- **Protestant Worship Service**—Sunday @ 0900 – Nursery (4 and under) and Sunday School (ages 5-12) available.
- **Catholic Worship Service**—Sunday @ 1630

Horseradish Faith

By Chaplain Smith

I read a story recently about Matthew, a seven-year-old, who was always eager to try new foods. During a meal when roast beef was being served he noticed a side dish he had never seen before. When he inquired about it, he was told that it was horseradish. He was quickly cautioned about its effect. Nevertheless, Matthew took a spoon full and gulped it down.

Seconds later, Matthew's face contorted in shock and with tears in his eyes, he gasped, "Which part of the horse is this?"

Horseradish has several known benefits. First, it is fat free. Second, it awakens the palate, bringing out the unique flavors of the other food on our plate. And, third, it protects the body from food pathogens such as *listeria* and *e. coli*.

Of course, although horseradish is good for us, it is still a very bitter pill to swallow!

I would like to suggest that suffering is the spiritual version of horseradish. Like Matthew, the only people who volunteer for suffering are probably those who have never tried it. And when they do experience it, it causes them to choke up and brings tears to their eyes. We might even hear them exclaim, "What part of life is this?"

However, as surprising and uncomfortable as suffering may be, it has benefits as well. One of the greatest benefits of suffering is humility.

Suffering has a unique way of awakening our palate to the many blessings we have in life. It is so very easy for us to take our family, our job, our health, and the creature comforts we possess for granted. Sometimes it isn't until we experience the loss of these things that we can truly appreciate the gift that they are to us and the Giver who has given them. Human pride is a pathogen, a deadly disease that can kill our relationship with God and others and other priorities take precedent. Suffering is food for the soul that can awaken us to the proper priorities for our life.

Suffering will always be a bitter pill to swallow, but understanding why God invites us to taste it may make it just a little easier to swallow. ❖





The Desert Beat

By MA1(SW) Timothy Stroupe

BATH SALTS

Derived from Catha edulis plant, contains natural cathinone, commonly known as KHAT (aka: Arabian tea, gat, chat or jimma)

WHAT ARE BATH SALTS? The following information was taken from Alliance for Consumer Education: There are two types of bath salts. The first are water-soluble beads that are meant to be added to your bath water for a better cleaning and better bathing experience. These are not the bath salts that are being abused. Bath Salts are also the informal, slang term for a new group of designer drugs sold as tablets, capsules, or powder and purchased in places such as tobacco and convenience stores, gas stations, head shops, and the Internet. These drugs are stimulants that mimic cocaine, lysergic acid diethylamide (LSD), methamphetamine, or methylenedioxy methamphetamine (ecstasy).

Bath Salts were considered legal synthetic amphetamines until 21 October 2011, when the U.S. DEA prohibited the selling or possessing of mephedrone, MDPV, and Methylene.

Some of these chemicals actually enhance our everyday life and continue to be sold as plant food, herbal incense, plant fertilizer, insect repellent, pond cleaner and vacuum fresheners. You will see these products being boxed, bagged and marketed, labeled as "Not for Human Consumption" to try and bypass regulations.

SIDE EFFECTS: The drug's side effects include rapid heartbeat, rising blood pressure, increased body temperature, chills, sweating, pupil dilation, kidney pain, headache. The drug also increases anxiety, causes prolonged panic attacks, constricts blood vessels, grinding of the teeth, ringing in the ears, suppresses hunger and causes insomnia and sweating.

POISON: The number of calls to poison center concerning "bath salts" have risen from 304 in 2010, to 6,138 in 2011 and more than 1,000 calls have been made from January 2012 to June 2012. According to the National Conference of State Legislatures, to fight this staggering trend at least 38 states have banned bath salts. Further, consumption or use of herbal incense to include the bath salts mentioned above, is prohibited by SECNAVINST 5300.28D and OPNAVINST 5350.4D. Sailors using or possessing these substances are subject to disciplinary action under UMCI Article 92.

ACTIONS AVAILABLE TO COMMANDING OFFICERS:

1. CO's do not need a positive urine result to begin ADSEP processing (deterrence).
2. Health and comfort barracks inspections (detection).
3. Local standing order (deterrence).
4. Awareness education (prevention).



IN THE SPOTLIGHT



Congratulations NAF El Centro!! The acting Secretary of the Navy, the Honorable Robert O. Work announced the fiscal year 2012 Secretary of the Navy Energy and Water Management Awards in ALNAV 054/12. The base received the Gold level achievement award which indicates a "very good to outstanding" energy program. Let shoot for Platinum next year!! ❖

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
AUG	5	2	872	46
SEP	9	3	1254	70



BASIC RIDERS COURSE

By Rodney Sims

The Basic Riders Course (**BRC**) is a 15 hour course aimed at beginning riders. This course is both classroom instruction and practical riding on a controlled motorcycle range. Students are encouraged to use their own (or borrowed) motorcycle in the course however, **loaners are available**. In this course, you'll learn to operate a motorcycle safely, with a lot of emphasis on the special skills and mental attitude necessary for dealing with traffic, straight-line riding, turning, shifting, and stopping. You'll gradually progress to cornering, swerving and emergency braking. In the classroom you'll learn about different types of motorcycles, their controls, and how they operate. You'll find out how alcohol and other drugs affect your ability to ride safely. A very important segment of the course will show you how to create your own strategy for riding in traffic, and dealing with critical situations. The course concludes with a knowledge test and skills evaluation. **LOANER BIKES ARE AVAILABLE FOR THIS COURSE!!!!**

The next Basic Rider Course is scheduled for the second week of September, 11-12th and September 13-14th. A second course is planned for September 25-26th, 27-28th.

All interested and eligible students can sign-up for the BRC on ESAMS or contact the Safety office for enrollment.

ESAMS Link : https://esams.cniv.navy.mil/esams_gen_2/loginesams.aspx

Non-ESAMS User Registration: <http://www.navymotorcyclerrider.com/> ❖



Summary of Mishaps 1000 Ways to Hurt Yourself



WELCOME TO THE LATEST EDITION OF THE SUMMARY OF MISHAPS, ANOTHER CHAPTER IN OUR ONGOING SAGA OF SITUATIONAL AWARENESS (LOSS OF), COMMON SENSE (LACK OF), AND COMPLACENCY (NO LACK OF).

TIME FOR ANOTHER QUIZ. THIS ONE COMES FROM MATERIAL HELPFULLY SUPPLIED BY A CONTRACTOR FOR NAVAIR. SEE IF YOU CAN FIGURE OUT WHAT HAPPENED. THE SCENE: AN OFFICE, WHERE A CLERK WANTS TO RELOCATE A FILE CABINET. HE WONDERS WHETHER A COMPUTER CORD WILL REACH A WALL RECEPTACLE. HE BORROWS A STANDARD TAPE MEASURE, PLUGS IN THE CORD AND STRETCHES IT OUT. THEN, STARTING FROM THE BACK OF THE COMPUTER, HE EXTENDS THE TAPE MEASURE TOWARD THE PLUG AND OUTLET.

THE QUESTION: WHAT HAPPENED NEXT? HINT: THE PLUG WASN'T INSERTED ALL THAT TIGHTLY.

IF YOUR ANSWER INCLUDES SPARKS FLYING, A 20 AMP CIRCUIT BREAKER TRIPPING, ALL THE LIGHTS GOING OUT, AND A TAPE MEASURE WITH TWO LARGE HOLES BURNED IN THE EDGE, GIVE YOURSELF FULL CREDIT. ❖

The months of August and September are when most human cases of West Nile Virus occur in California. The end of summer is when mosquitoes are older and more likely to carry the virus. The types of mosquitoes that transmit the virus bite during evening and nighttime hours.

Imperial County residents are encouraged to take "Precautionary Steps" to avoid West Nile Virus. For more information on WNV please go to: <http://westnile.ca.gov/> ❖

EARTHQUAKE SAFETY NOTE

A little knowledge and a few precautionary measures can enormously increase your chances getting through an earthquake - or any other type of hazard. The keys are education and preparing in advance. The earthquake safety tips will not make you an expert. However, they could make a life-saving difference if you find yourself in an earthquake situation. <http://geology.com/articles/earthquake-safety.shtml>



LIVING WITH THE LIZARD

Environmental Division's Guidelines for the Flat-tailed Horned Lizard

The open areas around the base are a fun place to take the family camping, off-roading, hiking and to just generally appreciate the wide open skies. However, we need to be mindful of our neighbor, the flat-tailed horned lizard. Here are a few guidelines to follow to ensure the safety and peace of mind of all:

- Drive slowly and watch for lizards to prevent running them over, especially on paved roads.
- Do not make new roads, keep to the trails.
- Contact the Environmental Division if you see lizards in a construction area.
- Do not handle, harm, or harass the lizards. ❖



Morale, Welfare and Recreation



NFL SUNDAY TICKET

By Candyce Zavala

Starting this Sunday, 9 September 2012, NFL Sunday Ticket will be available at the Sundowner Club! Come out and root for your favorite team while enjoying draft specials, finger foods and half time games. Games will begin at 0930 on Sundays and will continue to be shown all day. For more information contact Javier Guerra at 760-339-2996.



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

RAPIDS Self Service

Do you need an 1172-2, Email Update, or to Update Contact Information?

Save Time -- Do These Actions Yourself Using the RAPIDS Self Service (RSS) Website!

Just visit https://www.dmdc.osd.mil/self_service to get started.

You Can Use this Self-Service Website if:

1. You are a Sponsor.
2. You have a CAC.
3. You use a CAC-enabled personal computer.

JOE'S SPORTS SMACK TALK

Captain's Cup Volley Ball

Fridays aren't usually sports days here at NAF El Centro; however that might have to change. Team CSP and Big Boppers played for the Captain's Cup Volleyball Championship and it was worth the excitement. Big Boppers won the first game 25-19, CSP won the second game 25-23, the third game was won by Big Boppers 15-9, sending CSP to the ropes. Team CSP was sweating bullets. After Chaps went down with an ankle injury, Big Boppers had to do it with only four players. Ensign Less, XO Franzen, Young Wreckman and Captain Jones. Big Boppers won the first game of the elimination match-up 25-23. CSP came right back and won the second game of the elimination match-up 28-26. Both of these games went into extended play. Game three would be an exciting one. Big Boppers was up 11-8 with 4 points to go. CSP continued to capitalize on some key serves and set ups. They were able to defeat Big Boppers in the last match 18-16. It sure is nice to see two teams play some good volleyball. Congratulations to CSP for winning the 2012 Captain's Cup Volleyball Championship!



First Place Winners – CSP!!!



Second Place – The Big Boppers!!!

Final Captain's Cup Volleyball Standings

- | | |
|----------------|------------------|
| 1. CSP | 4. MWR |
| 2. Big Boppers | 5. Tilted Eagles |
| 3. Rattlers | 6. Hanovers |



DISCLAIMER – * Yes, all the scratches on my red car are because of these emails that I send out. My life gets threatened about 4 to 5 times a week, but I refuse to take the cheese. I wear a bulletproof vest to work every morning, I own a bomb sniffing Chihuahua and I have two blind bodyguards. Most of these stories that I write have been fabricated in order to get a few laughs. Even though, some of these stories may have some truth to them, they are not intended to agitate, aggravate, exasperate, harass, irritate, intimidate, degrade, bluster, alarm, terrify, threaten, spook, compel, freak out, demoralize, distress, disturb, push around, derail, psych-out, upset, anyone or any department. Signed Joe Conner

At the CYP...

By Joanna Lopez



This summer, the CYP hosted the Missoula Theater at NAF El Centro. The Theater Arts & Performance Company for children travels throughout the United States every summer to rural areas lacking in the arts. Their mission is to develop the life skills in children through participation in the performing arts. Only three Naval Bases: El Centro, Lemoore and Fallon from the Southwest Region were lucky enough to obtain a grant to bring Missoula down south.

This theater company just didn't appear out of thin air. It all began in the hot summer of 1970. Jim Carol was on his way from Chicago to Oregon for a friend's wedding when his old Volkswagen Van breathed its last breath. At the service station in Montana, Jim noticed a casting call for the play "Man of La Mancha." Unemployed, Jim decided to try out just for fun and met Don Collins who played the role of Don Quixote. Jim joined the cast as Sancho and both Don and Jim became everlasting friends.

They organized an adult company who performed plays for children around the area. They went to local movie theaters and even created their own stages to perform for these little young ones. During its early stages the Missoula Theater Company began casting children for its play, but as the traveling company became well known, the idea of traveling with children across the states was not to exciting. The Directors decided to take a radical step in 1972's "Snow White and the Seven Dwarfs" in Miles City, Montana by casting children from that area. About 450 children auditioned for the seven dwarf's role which led the directors to visualize new possibilities in involving children in plays. To our benefit, the Missoula Theater Company came to our center last year for the first time.

This year the chapel at Naval Air Facility was magically transformed into a garden full of mysteries with daisies and petunias on Friday, July 27. Parents and spectators alike came to watch the most anticipated summer play, "The Secret Garden" hosted by the Missoula Theater and Child and Youth Programs. The hot summer vacation would not have been complete without this play and without all the children who auditioned to be great actors. It took only five days of grueling practices and sweaty walks to the Mirage Club for the children to memorize all their lines. Thirty children excitedly participated in the English literature classic "The Secret Garden" by Frances Hodgson Burnett with a twist.

The buzzing fireflies, squirrely squirrels and foxy creatures swarmed the stage with excitement as the "Secret Garden" came to life that day. The enchanting fireflies danced to Miss Sonia Sarmiento piano playing and the comedic Canadian Geese flock and shook their tail-feathers as the music played. Mary Lennox played by Brynn Wilde took center stage as our main character. Her tenacious attitude did an amazing job in bringing Mary's character to life. The other cast members such as Luke and Lindsay Franzen did a brilliant job portraying the Sowerby family and of course who can forget that famous Petunia by Beau Erro. None were short of amazing and all cast members put so much effort into working their heart out in such a short time. Even Ian Cruz, the assistant director, and Katarina Favela worked so hard back stage to make this play a success. All the children's hard work paid off with one of the most magical plays that NAF El Centro has seen.

Thank you to all who supported the CYP on this special day: Chaplain Smith, Joe Napier, Michelle Dee, Kris Haugh, Mary Ratliff, Lori Campos, Mirage Club, DECA Commissary, MWR and NAF El Centro families and friends. A special thank you goes out to Missoula Children's Theater Kirsten Paisley and Logan Reid who did an amazing job directed the children for the first time. ❖



Foxes being foxy!



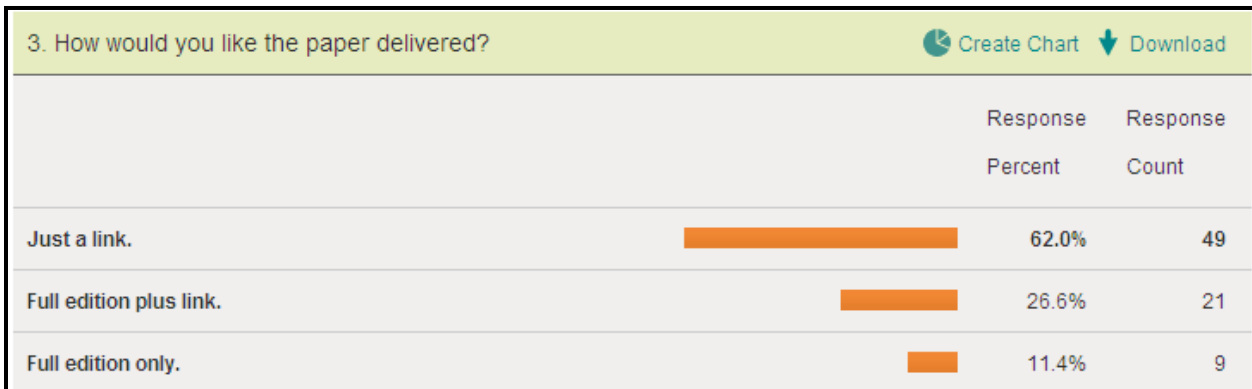
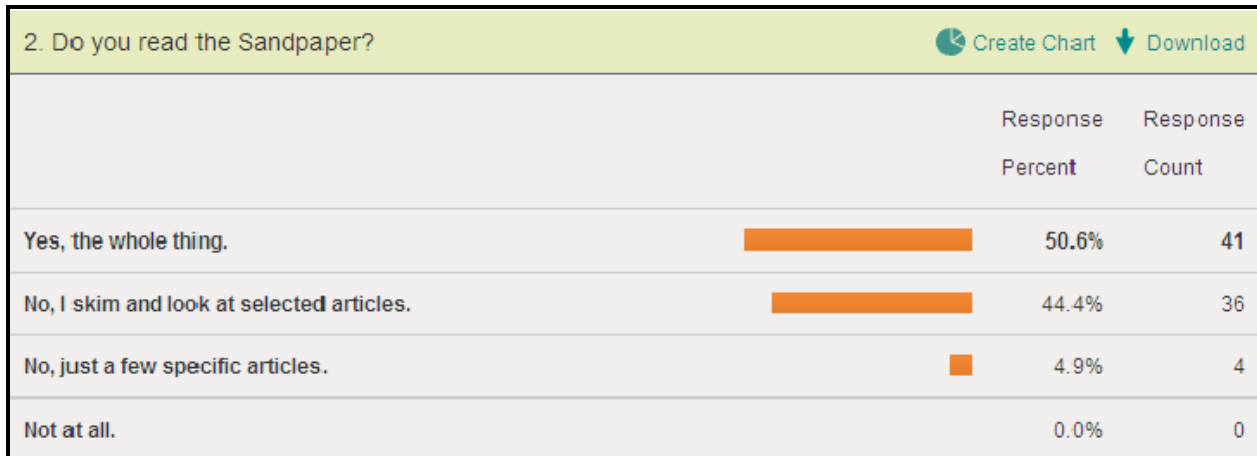
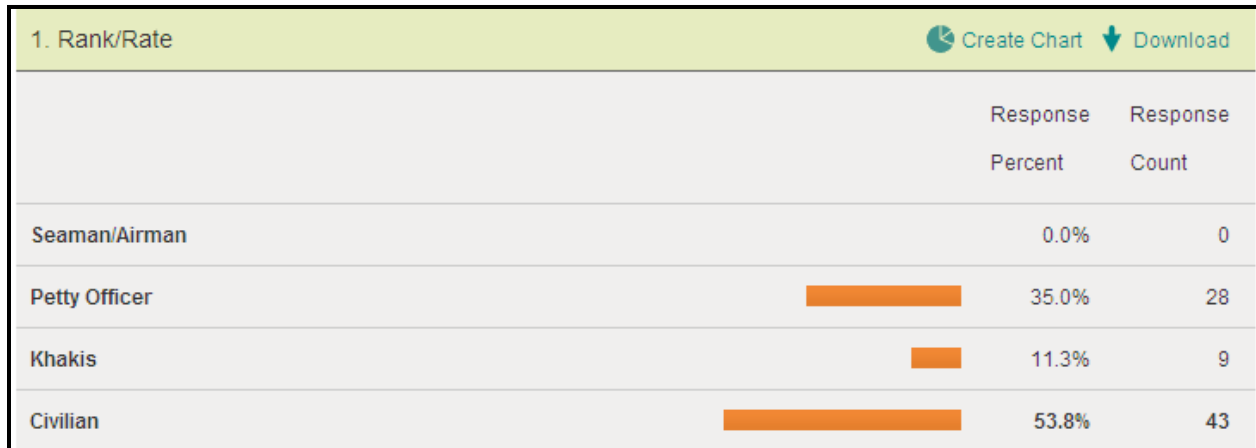
The cast is all smiles during a brief pause at a dress rehearsal.



SANDPAPER

POLL RESULTS

During the last month we asked our readers to complete a poll aimed at improving the Sandpaper. Below are a couple of snapshots of the data which indicates who our readers are, the general content they view, and how they want the paper delivered. We are still processing the data from the open-ended question which will help us make specific changes to accommodate our readers' desires. Some of the recommendations we received are beyond our control. However, a great many of them can be addressed. For instance, a large percentage indicated they would like to see more photos of people doing things on the base. The "Recent Events" photo collage can be expanded. Next month we will have a breakdown of some of the changes we will be incorporating. Please feel free to contact us if you have suggestions, concerns or constructive criticism. ❖



MEDICAL CORNER

What's Up, Navy Doc?

“WHY LET THE HEAT CRAMP YOUR STYLE?”

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



To say the least, we live in a very warm climate here in El Centro. Of course, that's not exactly true, is it? This climate is actually very *hot* and stays that way for a substantial portion of the year. While some people love the heat, others are not so fond of it. In any event, we all must respect the heat; otherwise, it can cause us problems. For instance, many of us have likely seen a football game on TV early in the season, with the playing field temperature getting quite high, when suddenly a player comes up limping and has to leave the game. That player has been temporarily disabled by what is commonly called a “heat cramp.” But athletes are not the only ones susceptible to heat cramps; in fact, due to their conditioning and training staff, they are perhaps the least susceptible. Then who are the people most susceptible to heat cramps in a hot environment such as have here in the Imperial Valley? The answer is: all the rest of us.



What are heat cramps?

- Heat cramps are the involuntary muscle spasms and contractions that occur in a physically active person in hot weather. They are often forceful and painful.
- They usually affect the major muscles that are being used during exercise. These major muscle groups include the thighs, quadriceps, hamstrings, the abdominal muscles, the back muscles and the arm muscles, the biceps and triceps.
- The heat cramps can start during the time of exercise or they might occur several hours after the exercise or work has been completed.

Who is at risk for heat cramps?

- Anyone physically active in a hot environment is at risk for heat cramps.
- There are some groups of people who are at an increased risk for getting heat cramps. Infants and young children have perhaps the greatest increased risk because they depend on others to feed and dress them and to avoid the heat. Additionally, the elderly are at an increased risk because they are more likely to have medical conditions, such as heart and lung diseases, that lead to dehydration.
- Those who consume large amounts of alcohol (they tend to not drink water) and become dehydrated.

What are the signs and symptoms of heat cramps?

- In addition to involuntary muscle spasms, the patient who is experiencing heat cramps might also have profuse sweating.
- Remember that heat cramps could be the beginnings of a more serious condition on the spectrum of heat-related illnesses, like heat exhaustion and heat stroke. Signs and symptoms of heat exhaustion include lightheadedness, weakness, nausea, vomiting or a headache. Additionally, if a person has stopped sweating, develops a fever or becomes confused, they could potentially be suffering from heat stroke and should be taken to the nearest Emergency Room.

What is the treatment for heat cramps?

- Heat cramps should be treated as soon as an individual experiences them.
- Stop all activity and find a cool place to rest.
- Gently stretch the muscles that are affected until the cramps dissipate.
- Drink plenty of fluid, particularly water. While drinking water is important, if you have been exercising more than an hour or two, consider drinking a sports drink or one that has electrolytes in it.
- If you are new to an area that is hot and humid, give yourself time to adjust to the new environment before performing strenuous exercise.
- If the cramps cannot be controlled, seek medical care right away.
- Prevention is key! If possible, try to avoid doing strenuous activity or working in the middle of the day when the heat and humidity are at the worst. Try to perform these activities either at sunrise or sunset when it is cooler. Also, drink plenty of water before and during the activities to prevent dehydration. Remember, a person who has gotten heat cramps once is more likely to get them again.

Thoughts for the month. Respect the heat and don't get beat. Heat can be fun but it's from the sun, so watch what you do and have fun too. When muscles tighten up, now you'll know “wazzup.” Heat cramps can be bad but there's no need to be sad. As I just mentioned, the key is prevention; before you're prostrate, remember to hydrate. One final commendation without hesitation: Be also aware you may need care. ❖

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 Ms. Wanda Vaughn 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. You may also send your information to HM2(FMF/SW) Menguita at: Recille.menguita@med.navy.mil

Exceptional Family Member Program (EMFP)



EMFP Regional Coordinator:

Ms. Jenny Turner jenny.turner@med.navy.mil

NMCSDFMFP Coordinator:

HM3 Ivan R. Perez ivan.perez@med.navy.mil

HMC(AW/SW)BELL SAYS: "If you're a fatty and you know it; EXERCISE!(clap clap) If you're a fatty and you know it; EXERCISE! (clap clap) If you're a fatty and you know it then your PFA will show it. If you're a fatty and you know it; EXERCISE! (clap clap) "

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: (619) 804- 1520 or (619) 804-1037. Our Hospital Corpsmen are always on duty with a provider. If it is something we can take care of, we will see you at the clinic as soon as possible. If the duty section deems it 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 CDO Security to obtain our numbers. ❖

DENTAL SERVICES: CAPT Grisham and his crew will be here 24- 28 September 2012. Please stop by after lunch as they are driving from San Diego. Ensure your Dental Classification is up to date. Class 1 and 2 are acceptable, Class 3 and 4 are non-deployable classes and affect your unit's readiness. Stop by to get your Annual Exam done. ❖

DID YOU KNOW? Only a Military Dental Officer can clear a spouse/ family member for Overseas screening. If the patient is being seen by a civilian Dentist in the network, they still need to be screened by a Military Dentist to clear them. This has something to do with the level or standard of care that we receive overseas, as well as coverage and payments. ❖

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. ❖

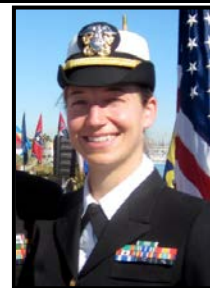


NAVY MEDICINE
World Class Care...Anytime, Anywhere



“Demystifying Small Claims Court”

By LT Jasmine “JAG” Scott, USNR



Small claims court in Imperial and San Diego Counties is a special court where disagreements are decided promptly and at a very low cost. In most cases attorneys are not permitted. The laws are basic and the hearing is relaxed.

Here is some basic information from the San Diego County small claims court website located at:

http://www.sdcourt.ca.gov/portal/page?_pageid=55,1424399&_dad=portal&_schema=PORTAL

Most people want to know who can file a claim, how to file the claim, and the restrictions for the court. Here are some important bullet points about who can file a claim.

Who can file a claim?

- An individual, which includes a sole proprietorship, may file a claim up to a maximum of **\$10,000**, subject to the following exception: If you are suing for injuries incurred in an automobile accident and the defendant is insured, you are limited to a maximum dollar limit of **\$7,500**.
- Only the actual party to the claim may file. You must represent yourself at the small claims hearing. Attorneys or others are not permitted to represent a party in small claims court. If a husband and wife sue or are sued, one spouse may represent the other in Small Claims Court.

San Diego County also supports a medication service. Suing someone else may not be the best choice in some situations. Although small claims court is the easiest form of litigation it can still be time consuming and very stressful and despite the dispute you may want to preserve your relationship with the other party.

Mediation is a confidential, voluntary process in which a trained mediator facilitates communication between disputants and assists parties in reaching a mutually acceptable resolution of all or part of their dispute. The mediator is not the decision-maker and does not resolve the dispute -- the parties do. However, a mediator is often able to more fully explore the parties' underlying interests, needs and priorities. Mediation is a flexible and less formal process that may reduce the time and costs often associated with a formal trial. If an agreement is reached, the parties can agree to make it legally enforceable.

Mediation is very flexible. Disputes may be mediated either before or after a claim has been filed in small claims court. If the parties are unable to agree on a resolution, a Commissioner or temporary judge will resolve the dispute. Information on San Diego County's mediation service is located at

http://www.sdcourt.ca.gov/portal/page?_pageid=55,1644583&_dad=portal&_schema=PORTAL and information for Imperial County small claims court is located here <http://www.imperial.courts.ca.gov/>. ❖

Mediation...





DISASTER PREPAREDNESS

Operation Prepare = Ready Navy

By LT. Kireta

Operation Prepare is now Ready Navy. This month the Navy is kicking off the rebranding of Operation Prepare with a big push for emergency preparedness. 2011 was full of both natural and manmade disasters from the tornadoes in the Midwest to the Fukushima Power Plant in Japan. Thousands of Navy families are affected every year by these incidents and it's important we maintain our vigilance with proper preparation. Individual preparedness reduces stress and saves time, property, and lives. There are three basic steps when it comes to being ready for the worst: 1) Make a Kit, 2) Have a Plan), and 3) Be Informed.

The best way to prepare for the unexpected is to create an emergency kit that includes enough supplies for three days. Make sure you can bring the kit with you receive the order to evacuate your area. You should also make sure the kit covers the needs of small children, individuals with special needs, and your pets.

Having a Plan is also a critical part of preparedness. Everyone in your family should understand what to do, where to go, and what to take in the event of an emergency. Make sure your plan covers how your family will reestablish communication if normal phone lines are no longer available. Having an outside family member you will all contact when you're safe incase you all get separated. You should also be familiar with the Navy Family Accountability and Assessment System and make sure your information is updated at least every 6 months.

The final step is to Be Informed. Find out what disasters are most likely to happen in your area and the history of their occurrence. Educate yourself on any specific instructions or information you may need to know regarding these specific disasters. For more information about Ready Navy and tips, forms, and guidance to be prepared for and stay informed about all hazards, visit www.readynavy.navy.mil. ❖

Helping Hands

Treats for Troops

By Chaplain Smith

Treats for Troops is a grassroots effort across the United States that offers support to our military personnel deployed overseas. Receiving a letter and a small bag of candy provides a "taste" of home and a tangible reminder to our service men and women that they have not been forgotten. If you have ever been the recipient of one of these care packages, you know what an encouragement it can be.

This September/October we have the opportunity to join forces with local residents, schools and other organizations in a county-wide Treats for Troops initiative.

Here's how you can help...

LETTERS: You may write a hand-written note or card offering a word of gratitude to a deployed service member.

CANDY: You may donate candy (non-chocolate and individually wrapped) for distribution to service members.

PARTICIPATE: Come join with us on **Saturday, 20 October**, as we pack letters and candy for distribution overseas! Mark your calendar now. More information to come!

Donations of letters and candy will be received at the Chapel Office/Community Center (bldg. 364) during normal working hours (0730-1600 Sunday-Thursday) from Monday, 10 September, through Thursday, 18 October.

In the meantime, don't forget that our next COMREL activity will be the following...

Niland—This COMREL is scheduled for the third Wednesday of every month from 0730-1230. Sailors travel to Niland, CA. Duties include unloading pallets of food, sorting food for distribution, and assisting in carrying bags of food for elderly and/or disabled recipients. The next service date is 19 September.

A Word of THANKS...

We would like to thank the 5 sailors who participated in the Niland COMREL in August, including AM1 Napier, RP1 Kirby, AZ1 Avila, AO2 Alvarez, and AO2 Guidinger. Together they served more than 200 local residents. ❖

Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: The Expendables 2

Players: Sylvester Stallone, Jason Statham, Jet Li, Dolph Lundgren, Chuck Norris, Jean-Claude Van Damme, Bruce Willis, Arnold Schwarzenegger

Genres: Action, Adventure

Rating: **R**

For those of you that were fortunate or unfortunate enough to see the initial movie should remember that *The Expendables* was merely a collection of the “who’s who” or rather who’s been forgotten action movie star. The storyline for that first film was weak at best and the dialogue was bland throughout however the addition of Bruce Willis could only improve the sequel right? Well that remains to be seen.

The story begins with a James Bond film opening scene. The crew must rescue an unknown target being held captive by a militia in Nepal. The compound breach, along with being humorous is a bit farfetched however the unknown captive seems even more improbable. This was just the first of many surprises this film had in store. The second surprise was the dialogue; this film is filled with one-liners and trademark clichés. The Genre classification may need to include comedy as there was plenty to laugh about throughout. Don’t get me wrong there’s plenty of action to go around; gun fights, knife fights and fist fights us action junkies aren’t deprived.

The special effects aren’t anything spectacular but work for this film. Be advised that there are a lot of blood explosions. Not on the level of a Quentin Tarantino flick but exaggerated nevertheless. Overall this film was a much better version than the first. My beautiful wife enjoyed this film so much that she shared her popcorn with me. With that being said, I rate this film three and a half anchors out of five. ❖



Movie Title:

Players: Colin Ferrell, Jessica Biel, Kate Beckinsale, Bryan Cranston, Bokeem Woodbine

Genres: Action, Adventure, Sci-Fi

Rating: **PG-13**

Can you believe summer’s almost over? The same can be said of its blockbuster movies as well. Slotted in between two of the summer’s perceived best (Batman and Bourne) is Total Recall, a remake of Arnold Schwarzenegger’s 1990 hit. Colin Ferrell, that’s right Colin Ferrell, long thought missing, revitalizes the Douglas Quaid/Hauser character along with his own career. The most welcomed role reprisals are those of Lori and Melina portrayed by the exquisite dual of Kate Beckinsale and Jessica Biel. However, they pale in comparison to my lovely wife who only accompanied me on this night for hot buttered popcorn.

As the story goes, Doug has multiple vivid dreams so realistic that they cause him to question their validity. Lori, his undercover wife, outwardly supports him while she secretly stalks him more specifically his memories for the cause. In all actuality the first portion of the movie is mundane as Doug appears to be an average Joe working a factory position with his buddy Harry (Bokeem Woodbine). The action doesn’t begin until Doug decides to try ReKall. Speaking of action, there’s plenty of it thereafter; however the most anticipated scene of the entire movie (Lori vs. Melina) was poorly displayed on the big screen... a big disappointment.

Despite that specific disappointment, Total Recall’s overall action and special effects are top notch. What’s not to like about flying cars, Storm Trooper like armies, holograms and internal communication devices. Also worth noting is the transport systems that takes passengers through the center of the earth. With that being said, I rate this film three anchors out of five. ❖

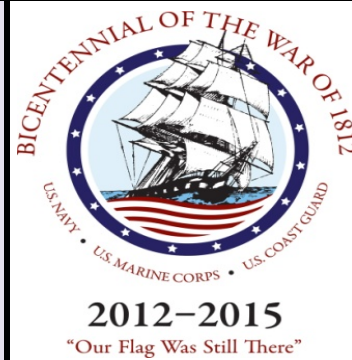


WHAT WAS GOING ON...

In September during 19760 - NAFEC Sandpaper

September 24, 1976 – FRA, Ladies Auxiliary Aid Distressed Shipmate: 20 members of the Fleet Reserve Association and Ladies Auxiliary El Centro mustered in ocotillo at the home of retired navy man Ace Howell and his wife to assist in clean-up operations from Hurricane Kathleen. Their home suffered heavy damage from the water, mud, and sand.

September 17, 1976 – Navy, Air Force assist in rescue effort: 6 employees at NPTR participated in Tropical Storm Kathleen rescue efforts as members of the Imperial Valley's DeAnza Rescue Unit. It was a 4 day operation that involved 36 members, 21 four-wheeled vehicles, 3 aircraft, and more than 900 man hours. They searched for stranded individuals as well as surveyed the damaged areas..❖



MAKE A STAND.
MAKE A DIFFERENCE.
MAKE IT COUNT.

For more information on how to cast your vote, contact your Navy Voting Assistance Officer or visit www.fvap.gov.

VOTE

FFR www.fvap.gov

Honor the past **Support the Future**

Vote!

Are you registered to vote? Follow the simple steps below to register and vote.

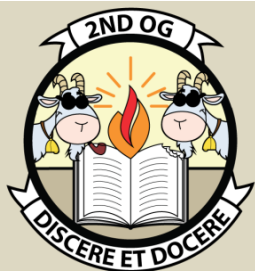
STEP 1: Register online at www.fvap.gov. Use the wizard to complete your Federal Post Card Application (FPCA/SF-76) (preferred method). Alternatively, complete an electronic or paper copy by hand.

STEP 2: Complete #1 anytime your mailing address changes AND after Jan. 1 every year.

STEP 3: When you get your ballot, fill it out and send it back.

STEP 4: If you don't have your ballot within 30 days of election, use FVAP's online wizard to complete a Federal Write-in Absentee Ballot (SF-186) or submit a paper copy.

Questions? Feel free to ask! Just contact ITCS(EXW/SW) MCALISTER at x2655 or Brian.Mcalister@navy.mil. ❖



LOCAL HISTORY BY TWO OLD GOATS

WHAT'S THIS???

One of the free services besides, wit, charm and beauty that the 2OG provides is answers to questions.

Recently, a reader found an old picture of the base with a circle clearly marked on the airfield, and asked a simple question: "What's this?"

After ruling out such possibilities as UFOs and impact craters, the 2OG found the precise answer. It is Toggles Landing Zone, an infrequently used parachute target on the airfield. It has not been certified in many years, but this is where our troops land when they parachute on the base.

If you have a question about local or base military history just ask, and the Old Goats will answer! Send questions to: W ELCN PAO SANDPAPER GS@NAVY.MIL ❖





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

Phone: (760)339-2601

Naval Air Facility El Centro Celebrating 237 years

Navy Ball

Honoring the War of 1812

13 October 2012

1800-2400

Hangar 8

Ticket Prices

E1-E4 ————— \$10
 E5-E6 ————— \$20
 E7-O3 ————— \$30
 O4-O6 ————— \$35
 Civilian ——— \$35

Uniform

Dinner Dress Blue Jacket w/mini medals
Dinner Dress Blue w/mini or large medals
Civilian: Black-tie

Ticket Purchase/Table Reservations

LT Henley X2613
 YN1 Alexander X2455
 YN1 Haffey X2433
 MA3 Kunis X2525
 Janie Yocupico X2918

LT Wilde X2321
 MA1 Stroupe X2384
 AD2 Ewing X6026
 MASN Hough X2525
 Shannon Franzen

ENS Less X2317
 AZ1 Avila X2655
 AZ2 Wallace X2606
 Pat Caro X2401

Ticket sales begin on September 7, 2012. Request for child care by Child and Youth Programs (CYP) for this event must be submitted to Navy Ball Representative no later than October 5, 2012



NAF El Centro's Desert Eagle Squadron

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



"Vincennes University –at NAF El Centro"

Now has a page on



Become a fan today! You'll find our next term schedule, office hours, contact info, CLEP/DSST list, links to resources, and more! With VU there are No Book Fees, NO EXCUSES! Jump Start your Education TODAY with VU!!! SEE THE VINCENNES UNIVERSITY SITE DIRECTOR

FOR MORE INFORMATION:

Jodi M. Barnett

E-MAIL: jbarnett@vinu.edu

CALL FOR AN APPOINTMENT TODAY! 760-339-2986 or 619-437-0411

LA MIGRA MONTHLY

By The Border Community Liaison



You see us everywhere; we are the men and women in green, the United States Border Patrol. But do you really know who we are, what we do and our proud history?

The United States Border Patrol was officially established on May 28, 1924. The early recruits of the Border Patrol were often Texas Rangers, local sheriffs and deputies, and appointees from the Civil Service Register of Railroad Mail Clerks. They were issued a badge and a revolver and were required to furnish their own horse and saddle.

Locally, in the Imperial Valley, the El Centro Sector was established on July 1, 1924. In 1925 our first permanent station headquarters was established located at Fourth and Main Streets in El Centro with other stations in Westmorland and Niland that had a total workforce of 39 Patrol Inspectors.

Today the El Centro Border Patrol Sector consists of three stations: Calexico, El Centro and Indio with approximately 1,300 agents employed. We patrol 71 linear miles of international border beginning in the Imperial Sand Dunes, continuing west to In-Ko-Pah and north to include all of San Bernardino County.

The United States Border Patrol falls under the umbrella of the United States Customs and Border Protection along with the Office of Field Operations and Office of Air and Marine. We are charged with the duty of guarding our borders between all international ports of entry, while Field Operations work solely at the ports of entry and Air and Marine patrols our borders and waterways in support.

El Centro Sector Border Patrol utilizes many strategies and tools to secure our portion of America. Our most important tool utilized is an age old Native American skill of sign cutting or tracking. This is done by looking at our environment for physical evidence of disturbances left behind by those who are illegally entering our country. Most often found in the form of footsteps across our patrol roads. Also utilized are more modern technologies such as cameras, sensors, and night vision scopes. Once an entry is detected agents rapidly respond by following the sign until an apprehension and arrest can be made. Stations located in areas north of the international border region, such as the Indio Station, is charged with detecting and apprehending illegal aliens who make it past the border region, our first line of defense, by utilizing strategically located immigration checkpoints.

Obviously, agents are no longer required to furnish their own horse for patrol however we do still utilize horses, all-terrain vehicles, and bicycle units to allow agents to quickly access areas that are otherwise difficult to reach in four wheel drive vehicles. We have a specialized mountain rove unit whose mission is to traverse the rugged Jacumba Mountain range, a popular entry point for illegal aliens. We maintain two advanced trained specialty units, Border Patrol Search, Trauma, and Rescue (BORSTAR) who are medically trained and assist during emergencies both locally and throughout the United States. They also are charged with coordinating and performing advanced searches for lost individuals. Our second specialty unit is the Border Patrol Tactical Unit (BORTAC), who responds to threats both domestically and internationally.

In fiscal year 2011, the El Centro Sector Border Patrol apprehended 30,191 illegal aliens of which 417 originated from countries other than Mexico. A sharp decline from just ten years earlier when in fiscal year 2000, we apprehended 238,126 illegal aliens of which 1,780 originated from countries other than Mexico. In addition to illegal immigration we are actively fighting the smuggling and transportation of narcotics. In 2011, we seized over 49,000 pounds of marijuana, 1,300 pounds of cocaine, 1,000 pounds of heroin, and 244 pounds of methamphetamine.

The Border Patrol has seen many changes since our beginning in 1924. Our strategy has evolved, from combatting illegal Chinese immigration and enforcing prohibition laws, to the current national war on terrorism and battling back the ongoing violence taking place south of our border associated with the Mexican Drug cartels.

The men and women of the United States Border Patrol and El Centro Sector continue to echo the motto that has been lived by since 1924.

HONOR FIRST! ❖

Get smart and prepare!

There are new APPS available to smart phone users to help you and yours better prepare and respond to emergencies and disasters. From the link below it is also to navigate to other Emergency Topics such as Heat Safety, Power Outages etc. Don't wait for the next round of earthquakes to discover you are not prepared.

<http://www.redcross.org/find-help/disaster-recovery>. ❖



Imperial County's equivalent of AtHoc Another way to be prepared

By Kristopher Haugh

Residents of Imperial County, including base personnel, have access to an emergency mass notification system that is designed to inform people of emergencies and services available during times of crisis.

Similar to the AtHoc system used on base, REVERSE911 automatically dials every land line associated with a property in a specific area or sends out email and text messages to registered users in emergencies such as the recent earthquake clusters.

The system was selected by Imperial County in 2008 to serve as the mass notification system for the county. With this system, officials can identify exact areas, or entire regions that need to be quickly notified of important information.

Some of the information that might be sent to the public includes evacuation notices, public health emergencies, community policing actions and hazardous materials releases.

Listed and unlisted land line numbers are automatically in the system. Cell phones, broadband phones, and Voice over Internet Protocol users must register with the system to be notified of emergencies.

For more information, and to register your mobile device, visit the website www.imperialvalleyreverse911.com.

Information from the Imperial County REVERSE911 fact sheet was used in this article. ❖

Out with the old and in with the new

By Kristopher Haugh

If you head over to Hangar 3 to look for STRKFWPMU El Centro you will not find them. They are gone. In fact, they are no more. However, the hangar is not an empty shell. The same sailors you once called STRIKE will still greet you as you walk through the passageways. What's the story?

On Sept. 3, 2012 in a Change of Command ceremony Cdr. Markus J. Gudmundsson relieved Cdr. George W. Wikoff as the Commanding Officer of VFA-122. Included in that moment was when the old unit ceased to exist and another one took its place. However, the name change is not official until October.

In an effort to align roles and responsibilities, VFA-122 took over the maintenance unit in El Centro. The UIC did not change, the job did not change, just the name. "We are proud to be a part of the Flying Eagles," said Chief Petty Officer James McDonald, the unit's senior enlisted advisor and administration officer.

VFA-122 is the largest replacement air group in the Pacific with more than 100 F-18 aircraft. The sailors at El Centro will continue to maintain those aircraft and provide logistical support to their new squadron, McDonald added.

Fair winds and following seas Desert Rattlers, welcome aboard Flying Eagles! ❖



Base thrift store starts new season

By Tammy Smith

Check out the Fall Sale at the Base Thrift Store! Sale hours are Monday, Sept 10th from 9 a.m. – 12 p.m. and 3 p.m. – 5 p.m. and Wednesday, Sept 12th from 9 a.m. – 12 p.m. We have a great selection of adult and children's clothing. Non-tagged clothing items are on sale for just \$1 per bag during the sale. Bring a non-perishable food donation and get one bag free! Books and movies will be just 10 cents each. There will be homemade cookies to munch while you shop the sale.

If you're not in the market for clothes, there's plenty more to shop for – holiday items, home décor, kitchen items, sporting goods, handbags, linens, electronics, books, toys, shoes, baby items, and more. We also have good-condition secondhand uniforms for active duty patrons. New items arrive weekly so stop by and take a look. You never know what you're going to find!

The thrift store is located across from Bldg 214 on the northeast side of flag circle. Regular hours are Mondays and Wednesdays from 0900-1200. Donations are gratefully accepted any time and can be left in or beside the drop-box by the front door of the thrift store. ❖

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

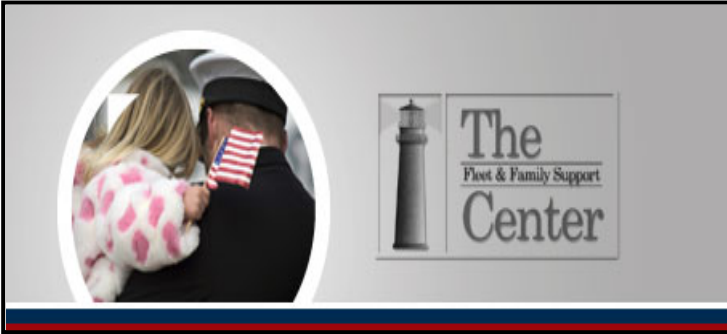
FLEET AND FAMILY (MRS. PAT BRAXTON)
760-339-2242

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

(SEP 13TH)
RESUME WRITING 1300-1400
WINNING INTERVIEW TECHNIQUES 1400-1500

(SEP 20TH)
GOAL SETTING 1300-1400
ASSISTANCE WITH HOME PORT CHANGE 1400-1500

(SEP 27TH)
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
1330-1430

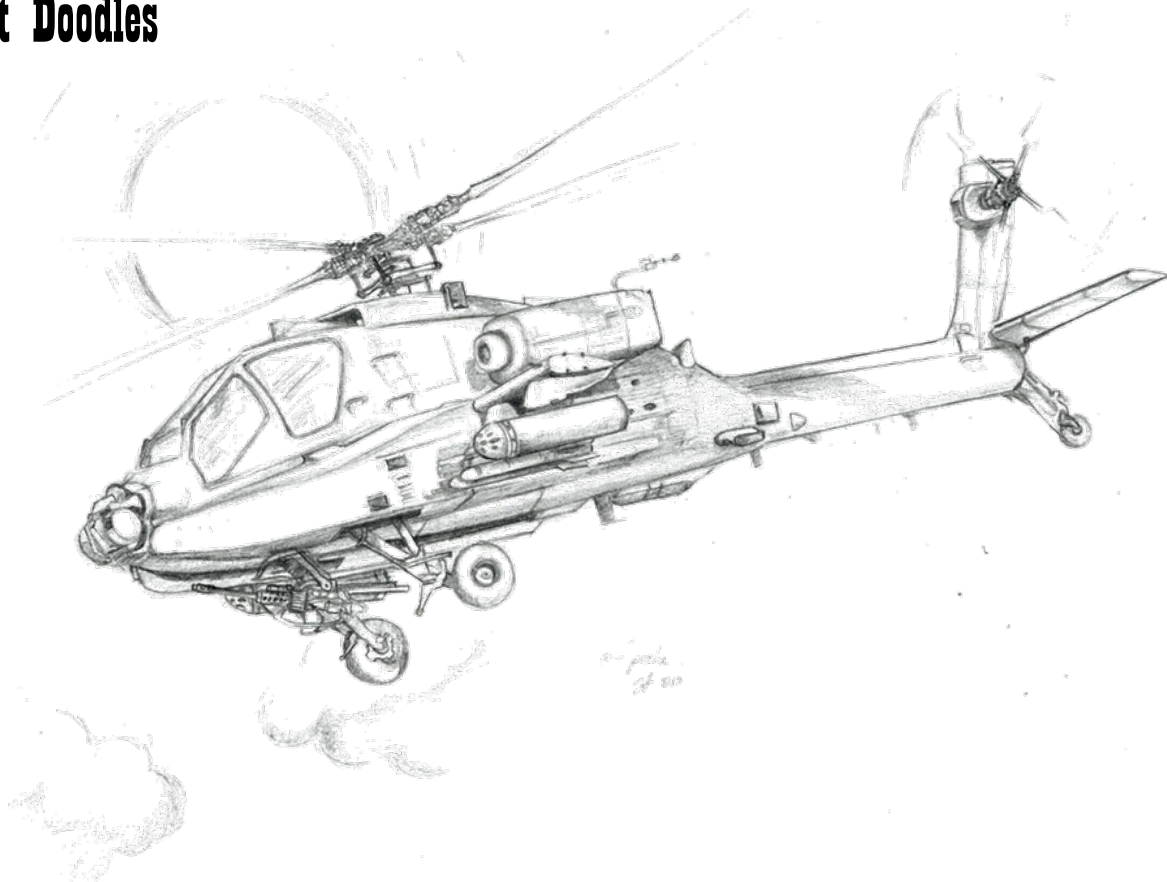
SEPTEMBER

11TH – HELPING YOUR PARTNER COPE WITH GRIEF

18TH – CONFLICT RESOLUTION IN THE WORKPLACE

25TH – ANGER MANAGEMENT

Desert Doodles



By Joanna Lopez

RECENT EVENTS

IN THE PEARL OF THE DESERT



Congrats on your re-enlistment AO2!



Shopping for kid's books at the Thrift Store.



Congratulations LCDR Yau!!



Ladies of the Thrift Store discuss upcoming sales.



YUM! Cookies...

JULY SANDPAPER POLL

SANDPAPER CONTACT INFO:
E-MAIL:
W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL



The Nano Reef Project

By Tatyana Nováková

The Nano Reef Project was started in April of 2012 to tackle the challenge of establishing and sustaining a saltwater reef aquarium under 5 gallons. This series will document the tank's road in life from its planning to creation and growth, addressing the day to day challenges, future thoughts, concerns, and implementations taken.

Part 3A: The Infrastructure – Tank and

With the primary goal in mind to re-create the Indonesian waters, I decided on using a 5 gallon glass aquarium that is square in its shape. I also decided that I would need a moderate flow of water, and a moderate lighting solution. The lightning would be the more challenging part of the equipment to decide on because it will have to simulation Indonesian sunlight and moonlight to accommodate the corals and fish that will be in the tank. Knowing this helps to define the required tank even know because now I know that I will need something more or less custom made or not designed for this purpose. I also know that the only lights really available for this would have to either hang over the tank, or be clipped onto the side. Either way it requires the tank to have a transparent canopy to allow the light to go through clearly and efficiently and to help prevent accidental electrocution from the light falling into the water. Also a closed canopy will help to regulate temperature and water evaporation.



THE TANK – After shopping around a few stores and websites, I decided found a tank that met all of my requirements. The Ecoxotic EcoPico Desktop Aquarium. It was a 5 gallon glass tank, with fairly thick glass to help support any hang on additions, and comes with a glass canopy that has a cutout to help fit a hang on filter. The canopy also sits virtually invisible and leaves a half inch gap around the edges to allow for humidity ventilation and other gases to escape easier. It comes with a small power head internal submersible filter with just a foam insert, and a clip on LED light. The light will have no application for this tank, but the filter will actually be used to create minor turbulence in the tank as well as help with collecting debris. The cutout for the filter was a really huge benefit to this tank and opened up a lot more options for filtration, which would otherwise be limited to an internal system. The price for this tank kit was \$100 from [Drs. Fosters & Smith](#) which is a pets supply website I have used for several years and has reliably provided a large range of supplies to almost every possible aspect of the aquarium hobby you can imagine.

THE FILTER – With the tank canopy re-opening all the filtration options, I went back to my tribal knowledge for filters and went with a hang on filter. The hang on filter has several benefits for smaller saltwater aquariums because they can put out a large flow of water and very good filtration. They also make general maintenance very easy in not having to go into the tank to clean or change out the filtration media, nor have to juggle a bunch of tubing and pumps for other filter methods. The hang on filter also allows for a major major bonus to any fish tank which is a refugium. A refugium is basically a safe house for fish or plant life that is separate from the main tank but is still using the same water from the tank. Refugiums are usually 1/2 to equal in size of the main tank and reside below, or can hang inside/outside the tank. For a nano tank, this just isn't possible due to its size without making a custom made housing and filter system. The hang on filter however can act as a refugium for macro algae. Macro algae serve 2 purposes. They convert carbon dioxide into oxygen and sugars, making it a great food source for tangs, angels, and other herbaceous animals, and secondly, macro algae reduce the available levels of phosphates and nitrites/nitrates, an excellent form of natural filtration. The natural problem is that fish and inverts will eat your algae, so placing them in the refugium lets them grow and add their benefits to the water. Hagen Aquaclear filters satisfy this by having their filter cases designed for staged filtration meaning water flows from bottom to top and into the tank, and their cases are clear which allows for lightning options to help with the photosynthesis for the macro algae. The 20 gallon model was rated for 100gph and fit perfectly into the cutout in the canopy. Also from experience these filters are very reliable, very quiet, and very affordable at only \$20, and came with a rebate form for a year's worth of filter media for free. It also has 3 stage filtration with a special 3rd stage they call biomax made from ceramic tubes that help with the bacteria colony growth to remove dangerous chemicals like ammonia and nitrite. Since this would eventually be a refugium once the tank is established and stable this filtration system is awesome to use in the meantime for a healthy stable environment.



Next month we will look at one of the more difficult items with the tank construction, the lights. ❖



LOVING SAILORS! Part 5 of 7

By Jim Shinn



If we are hitting the waves of the Pacific blue ocean and we really want to go forward, we need to open up the sails or if we are a power boat, then we will open up the throttle and move forward quickly. Partners that open their eyes and ears to others will change for the better in a love relationship much quicker than those who have shut down or don't want any input from the outside. What are U? Are you an open or closed system? There is a saying in Alcoholics Anonymous where they say to the newcomers to the meetings: "Take the cotton out of your ears and shove it in your mouth!" People who want to stop the damage done to them and their family by substance abuse have to be willing to learn from the successful experience of others. Learners will listen more and talk less.

The "HOW" is a simple model that works well in work, sports and love relationships. Very simply... HOW stands for being Honest, Open and Willing. Too often, we are not honest with ourselves about our problems and our role in them, we don't want to hear anything critical and we are unwilling to change. Dishonesty, stubbornness and a need to ignore reality are all human conditions that create problems and cause marriages, team or work relationships to break down or dysfunction. In marriage counseling, one of the first steps is to help the couple be more open. That is usually accomplished by changing the way folks communicate, that forces them, in a nice way, to open up the hatches and portholes, and let some fresh air into the houseboat.

Too often we don't open up because we get locked in the doldrums where we do things the same old way and don't go anywhere but don't know what to do to change. Here are a few ideas to get people to open up. When someone is talking to us, we spend too much time thinking about our defense or what they need to know to solve their problem. The first step to being open is to be quiet, in order to listen and learn. A strategy I have used in marriage counseling, is to get the couple purchase a little timer. I have them practice, at the kitchen table, once a week, just listening. The timer is set for 2-5 minutes, and partners take turns talking. When the other is talking, I cannot say anything until the timer goes off. This is training the tongue to do nothing and open the ears. It is also referred to as "opening the eyes of my heart!" Listening is a form of loving.

Another way of opening things up is to not talk. I am not a big fan of texting, but I like writing. What I think is helpful and do recommend, is that when there is an issue, and you want to be heard, write it down. If you like the computer, word process your message or concerns to the one's you love. That way, you can write it, think about it, re-write if you need to, and then give it to the other person. It is also helpful, in the last paragraph, so say, "I want to discuss this, but not now. I want you to think about some of the things I am concerned about, and we can talk later at an agreed upon time." This process allows one person to share, without interruption. The other is forced to listen, read and think about it before responding.

The problem with texting is people want to send it to quick, without the re-reading and evaluating what you are saying, how you are saying it and if you need to say more. Loving others takes time. So does good communication. Also texting is not face-to-face. Real love involves intimate communication. It is important to communicate as much as possible, so close that a hug, a kiss or a handshake or high-five can then happen. It reinforces that the message has been received and it is somehow validated. Communicating without contact is a little like ships passing in the night and that interferes with the loving of sailors! ❖

Notable Notes!!!



The ATM

The Sun Community ATM located near the Mirage Club has a few upgrades. Navy Federal Credit Union Customers will no longer be charged a fee for using their Debit cards. Also effective immediately, deposits can be made at the machine.

CREDO

The updated schedule for the 2012 CREDO Marriage Enrichment Retreats (MER) in San Diego is out! Dates are-- September 14-16. Registration opens two months prior to the retreat date. Please contact Chaplain Smith at jared.n.smith@navy.mil or x2290 to complete the registration process.

Putting you "Ballers" on notice! 1100-1230 Monday-Thursday daily basketball pick-up games held in the Sports Center. Bring your game, not just your shoes.

A reminder

Do not plug U/A USB devices into your NMCI computer

This includes smart phones. Your account will be **locked** out and that is bad.

PFA – Official Notice

NAF El Centro's semi-annual PFA is scheduled for 29 Oct. to 2 Nov. Be ready!

Football Word Search

Find the football terms hidden in the puzzle.

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

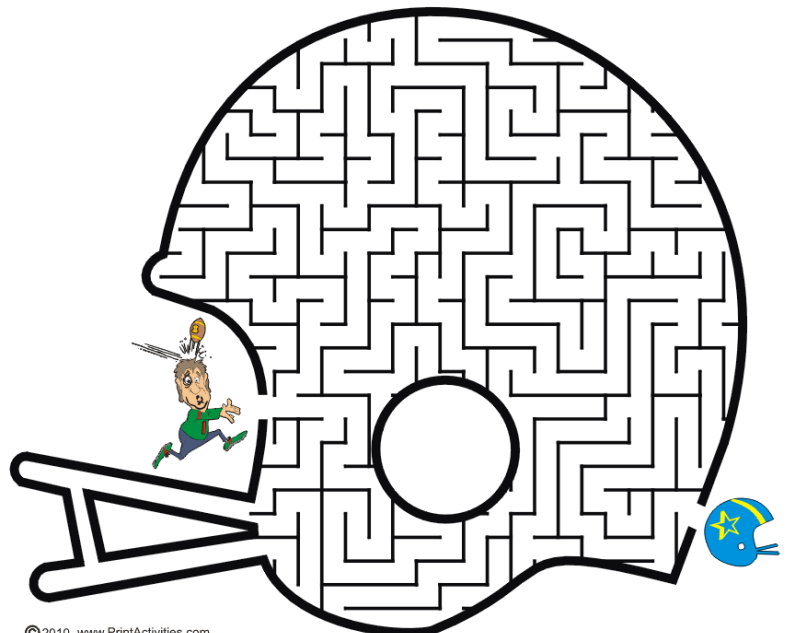
- BLOCK
- CENTER
- CLIPPING
- DEFENSE
- FOUL
- FUMBLE
- GUARD
- HELMET
- HUDDLE
- KICK
- LINE
- OFFENSE
- OFFSIDE
- PASS
- PENALTY
- PLAY
- PUNT
- RECEIVER
- REFEREE
- RUSH
- SCORE
- TACKLE
- TEAM
- TOUCHDOWN
- YARD

All About Puzzles
 puzzles.about.com

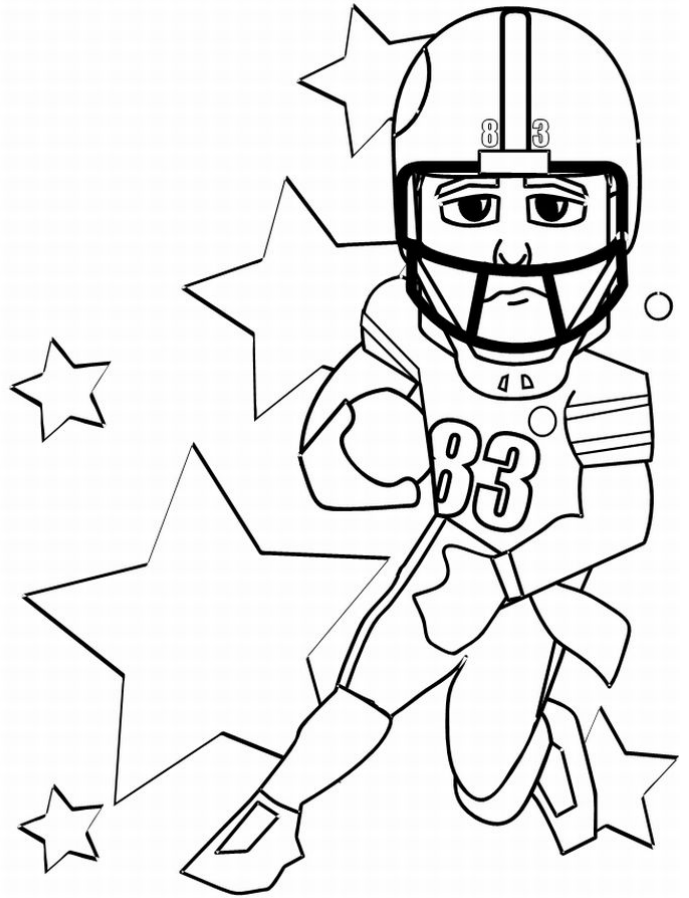
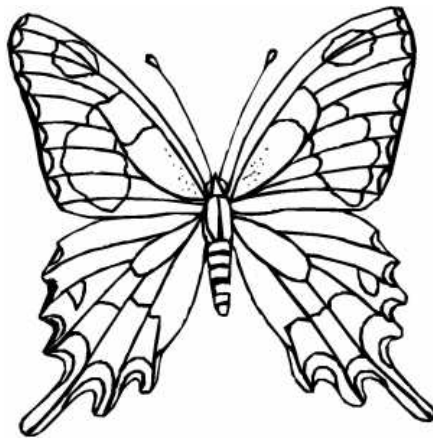
SUDOKU

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

MAZE



KID ZONE



Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

I took a pretty amazing adventure with the family, but I know I had the best time. I know Campo, CA is a little off the beaten path of I-8, but I also know there is something there that is worth the drive! We visited the Pacific Southwest Railway Museum and of all days it was the 100th birthday of the Steam Locomotive #2353. On this particular day there was free food and birthday cake. Not sure what kind of bash they will throw for the 101st, but go and check it out before that. The locomotive is operable, but due to some extensive maintenance that needs to be done, it is now a show piece. History comes alive when you board that train. It is in fabulous shape, well preserved; bright and shiny as the day it was built.

The trains and station are famous for many movies that it has assisted with as background and scenery. A list of the movies can be seen at the website, some old and some a little more recent. There is also a special Santa Train that runs from around Thanksgiving time to just prior to Christmas and there is the Pumpkin Express that runs in October. Fares vary so log on to the website below to make a reservation. There are different train rides with different lengths depending on how much you want to take in. There are some exquisite cars to ride in if you're looking for that perfect private party. They are expensive, but I'm sure well worth the price. The website has all the details.

The museum is operated by volunteers and they have all taken the courses to operate the equipment and their respective positions through the FRA (Federal Railroad Administration) and many have been employed by companies like Amtrak after working as a volunteer. If you have ever wanted to be a conductor or an engineer this is the opportunity of a lifetime. They are always looking for volunteers, and if riding the rails is not something you're interested in, they have other capacities for volunteers too.

I was fortunate to get to ride in the cab of the engine. The cab ride is more expensive, but you will get to interact with the engineer during the ride. The engineer can answer just about all of your questions about the museum, but there are times where he has to be completely focused on the track and train. The going is slow, but the ride to the border is fun and you are literally within feet of being in Mexico. All the tickets can be bought online and I would recommend that. The schedule is also there and you can plan your trip well by having the assurance that there is vacancy for the ride that you want. If you choose to buy tickets at the museum they can be bought at the gift shop where you can also find apparel, snacks and postcards among other things.

Of course the museum has a Facebook page: <http://www.facebook.com/#!/pages/Pacific-Southwest-Railway-Museum-Association-Inc/135968553113931> and you can also find them on the web at: www.sdrm.org for the schedules and other information on the museum grounds.

My favorite train has to be a green Navy train with Public Works Center written on the side. You can read the history on the website. This train has been 'owned' by the Army, Navy, Air Force and Marines! This train was donated from the 32nd street Navy Base, and of course it is right next to an Army Train. Think there is a rivalry there? ❖



ADVENTURE!



CLASSIFIEDS

JOB POSTINGS

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

CAR/VAN POOLS

If you commute from San Diego to NAF El Centro, please contact:
Tom Holman at 760-339-2533 or
thomas.g.holman@navy.mil

If you commute from Yuma to NAF El Centro, please contact:
Eric Rube at 760-339-2265 or
eric.rube@navy.mil

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



FOR SALE: 2009 Suzuki Boulevard 800cc - \$7,100 OBO



Excellent condition, 9,394 miles; dealer extended warranty until Sept 2013. Phone Michel at 760-344-0235 or e-mail at micheljcde@aol.com.

MWR Jobs

****Waiter/Waitress NA-7420-02****



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 or resume to the NAF Human Resources Office, Building 3210, Anchors Catering and Conference Center, Naval Base, San Diego, 2375 Recreation Way, San Diego, California 92136-5518 or fax to (619) 556-9537. Resumes and applications may also be submitted via email to mwr.hr.dept@mwrs.com. Submitted applications and resumes will be retained for 90 days. For more information, visit our website at <http://mwrtoday.com/sandiego/about/jobs/>. Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖



FOR SALE!! 2007 White Nissan Sentra. 76K miles. New battery, new tires, keyless entry, keyless start, alloy wheels. Drives great, AC blasts cold air. Asking \$9400 OBO. Contact MA3 Emily Kunis at Emily.kunis@navy.mil for more information.



FOR SALE!!

PUT YOUR AD HERE!

CONTACT [W ELCN PAO SANDPAPER GS@NAVY.MIL](mailto:w_e_l_c_n_p_a_o_s_a_n_d_p_a_p_e_r_g_s@navy.mil)

Room for Rent: Furnished room with Queen sized bed in nice home located in west Brawley. **NON-SMOKER.** Includes all utilities and use of flat screen TV with cable, Wi-Fi, and covered patio/lounge area. Asking \$350 per month. Call Pat at 760.693.3283



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.aluthiq.com>
- AOC: <http://aocwins.com/>
- HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
- JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
- MWR: <http://www.mwrtoday.com/>
- NMCI: <http://h10134.www1.hp.com/services/>
- SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

Am I Hydrated? Urine Color Chart

1
GOOD

2

3

4

5

6

7

8
BAD

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



Road Runner

NEX El Centro

**"If you can't find it,
WE CAN GET IT!!!"**

We'll make it easy...

1. Let us know what you're looking for.
2. We'll find it for you.
3. We'll contact you when item(s) are ready for pick-up.

Please contact us at
 760-339-2342
 or see one of our friendly
 NEX associates for details.

Thank you for supporting your NEX

COMING EVENTS

September 13

2nd Class PO Exam
 Bldg. 4015
 0630

September 13

Fish Taco Sale for the Navy Ball
 Bldg. 401
 1100 - 1300
 \$7 per plate
 Contact Dept. Rep

September 15

Give Parents a Break Night
 CYP
 1800 - 2200

September 15

Fleet Week SD Sea Festival
 Sign up by Sep 13
 \$5.00 Active duty
 \$8.00 all other authorized patrons
 Festival Admission Free

September 15

80's Party
 Sun Downer Club
 1900 -

September 17

Wallyball Tourney
 Navy Fitness Center
 Sign up by Sep 13

September 18

CYP Open House
 CYP Bldg. 4015
 1700

September 20

3rd Class PO Exam
 Bldg. 4015
 0630

September 29

Triathlon
 0800/Large Pool
 \$10 Active
 \$12 Dependent/Retiree
 \$15 Others
 Register by September 7
 760-339-2627