



Issue 24

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NAF EL CENTRO

SANDPAPER



Be Vigilant

By Kristopher Haugh

With multiple shipmates and friends being victims of the same crime, the base began an investigation and an information campaign to find out what was going on.

ENS Robert C. Kmetz, the base's security officer and CDR Erik L. Franzen, the base's executive officer conducted four "all hands" briefs Sept. 17, 2012 to inform personnel about the recent theft of credit and debit card information.

Eight people so far have been identified as having their information stolen.

At the time of the briefings there was no conclusive evidence of wrong doing on base said Kmetz. We have an active investigation going on to try and figure out what is happening he added.

A victim of this crime, Franzen spoke about how law enforcement officials working his case were following leads on the suspects who used his card.

A PowerPoint presentation was used to show how credit and debit card information could be stolen. Card readers are usually installed on ATM's and external gas pumps to capture the information Kmetz said.

There are also versions of the card readers which fit in the palm of the hand and can be used to swipe the information at businesses such as restaurants, Kmetz said in a matter-of-fact tone.

Franzen and Kmetz agreed that the best way to protect yourself is to be aware of your surroundings, inspect the machines you are using and to regularly check your account records.

If you notice something is out of the ordinary, the first step is to contact your bank or card issuing authority, Kmetz said. Security would also like to know and would be interested in taking a statement, he added. ❖



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WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER



As we move into the fall season and the temperatures finally begin to drop, our air operations pace is high and will remain so to the end of the year. You continue to do a superb job in supporting the training and the readiness of the warfighter while balancing your efforts on projects, inspections, administrative requirements, special events, etc.

Speaking of special events, we have quite a few the rest of the year, including the Navy Ball, Softball Tournament, Halloween Party, Fall Grand Prix, Turkey Bowl For Charity, Christmas Parade and more. Come out to these, socialize and have some fun.

Keep up the tremendous performance and remember that we are "Mission First, People Always". ❖

--CO

Editor's note: Starting next month the Commanding Officer's Corner will change formats. It will be a "Question and Answer" style column. The CO will answer questions submitted by base personnel. To submit your question email it to the paper at:
W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

Hails



MA2 Timothy Wilson



AEAA Patrick Matthews



MA3 Brittany Ogunley



AZAN Dominique Jarrett



AZ3 Trevor Ness



AEAN Jonathan Curtis

Farewells

- PS3 Marques Meraz
- AC2 Nicole Morlet
- AMC Brian Foster
- AO3 Christopher Seeker
- AM2 Michael Grimes
- ITCS Brian McAlister
- AE1 Craig Sargent
- AT2 Matthew Taraska
- AO3 Quintravius Johnson



COMMAND MASTER CHIEF



My wife and I just returned from enjoying a two-week river cruise vacation in Russia. We began our trip in Moscow, and ended it in St. Petersburg. The purpose of my visit was to see a cool new place in person, and to get an appreciation (reminder) of just how great the good old U-S-of-A truly is!

When I enlisted in the United States Navy, the Soviet Union was our foe (or perceived foe). I never dreamed I would visit this country as a tourist and see the Kremlin on peaceful terms. Yet almost twenty years since the Iron Curtain fell, I am able to leisurely walk the streets of Russia on vacation.

Today our country is focused not on just one foe – we have several foes. Most of these are radical groups, and not super power countries as they once were.

As you enter or leave the Base, you'll have noticed that we added color and pride to our community by representing all 50 state flags of this great Union. This last Tuesday, 2 October, we dedicated these state flags in Blue Angel Park. It was a wonderful ceremony. Special thanks go out to the Imperial Valley Council of the Navy League and their sponsors for funding this remarkable improvement project. A huge BZ to our own AO1 Chris McClure (Project Lead), ASC Manny Peralta (Lead Painter), AM1 Joseph Napier and ACAN Daniel Monson who volunteered their time and effort to make it all happen!

The summer heat is nearly gone, and fall officially began on 22 September. I am told there will be cooler weather soon. With signs of change of a different season means we'll find our social calendars full with events and holidays, as well as the arrival of training detachments as we train these Warriors that will soon deploy overseas in harm's way to defend our freedoms.

Speaking of social calendars – the celebration of our 237th Navy birthday is quickly upon us. I hope you are planning to support the Navy Ball which will be held on Saturday, October 13th. ©2011 www.NavyChief.com

Earlier this year, we made several improvements to the Base, which included repainting the four Blue Angel Jets already on static display. The SH-60 has been painted, and we are making it ready for static display. As always I am seeking your input to improve our Base. I need your ideas, and your help in realizing all that needs to be done to continue to upgrade the "Pearl of the Desert." *Let's make our Base the showcase of all Naval Bases!*

Thank you for all you do. ❖

-CMC



Lucky number 13 at the helm

By Kristopher Haugh

Attendees welcomed the newest MCPON, number 13, during a retirement ceremony for the Navy's outgoing senior sailor Sept. 28, 2012.

As Master Chief Petty Officer of the Navy (SS/SW) Rick West stepped down as the top enlisted leader Fleet Master Chief (AW/NAC) Mike Stevens prepared to step in and fill the billet.

During the last four years, when he was MCPON, West used social media to increase the access sailors had to him.

Chief of Naval Operations Adm. Jon Greenert presented West with the Distinguished Service Medal. West was responsible for the creation of CPO 365, a program whereby the chief's mess mentors first class petty officers throughout the year.

While West's background was submarines, Stevens comes from the aviation community. He has worked with helicopters since 1989. ❖





Clock Hours Re-instated for TA...

By NC1(SW) Marc Jones



NAVADMIN 305/12 announces policy changes to tuition assistance. Effective immediately the Navy has restored tuition assistance (TA) funding for clock hour programs.

This new change pertains to vocational education opportunities that enhance skills in the technical field. The vocational schools or colleges must be nationally accredited or be on the Department of Veterans Affairs approved NCD schools list.

You must meet in all regards the existing qualifications for TA program utilization. The monetary limit for TA for clock hours is \$16.67 per clock hour and limited to 240 clock hours per fiscal year.

You must complete and pass all clock hour programs or have to reimburse the TA program. This is a great opportunity for members to pursue a degree in a vocational technical field. If you have any questions or concerns please contact your Command Career Counselor. ❖



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

AME1 Craig Freeman, AME1 Douglas Marcotte, AZ1 Elizabeth Zepeda, AC2 Najma Cromer, AC2 Nicholas Sanchez, PS3 Marques Meraz, and AT3 Mathew Webber



The Wellspring - Chapel News



Marriage Matters. As we look around our world today, one truth is clearly evident—marriage matters! There is nothing so helpful to humanity and to society than when marriages go well. And there is nothing so hurtful to humanity and to society than when marriages go poorly. For this reason we will be taking the next several weeks to discuss this important and relevant topic. Our sermon titles are as follows—*How Not to Marry a Jerk/Jerkette, Marriage Made in Heaven, Church Wedding, and Married With Children*. This series will begin on Sunday, 28 October and end on Sunday, 18 November. ❖



Christmas Choir. Choir members are being sought for our annual Christmas concert scheduled for Sunday, 23 December, at the base chapel. Rehearsals will take place each Tuesday at 1800 in the base chapel beginning 02 October. All interested youth and adults are welcome. If you have any questions, please contact RP1 Kirby at x2454 or justin.b.kirby@navy.mil. ❖

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.
- 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.
- Protestant Worship Service—Sunday @ 0900 – Nursery (4 and under) and Sunday school (ages 5–12) available.
- Catholic Worship Service—Sunday @ 1630

Who Wrote the Book of Love?

In 1957, The Monotones recorded their hit song “Who Wrote the Book of Love?” If you’ve ever asked that question, let me suggest to you this answer—God did!

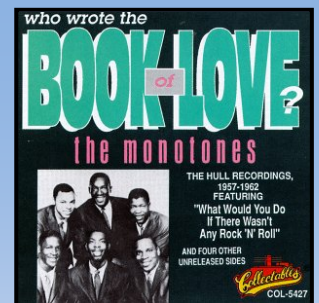
It comes as no surprise that the Bible is book all about love—God’s love for us, our love for God, and our love for another. Love is a theme found throughout the Scriptures. Of course, this is a love that can best be described as being “spiritual” and/or “sacrificial” in nature.

What may come as a great surprise to many is that the Bible also includes an entire book detailing a very different kind of love—a love that is almost completely physical and sexual in its scope. The title of the book is Song of Songs—a poetic love song describing the physical/sexual relationship between a Lover and his Beloved.

The intent of the book is to offer us God’s perspective on human sexuality. The description and details included are so explicit that it has been suggested by some that Jewish males were not allowed to read Song of Songs until the age of thirteen—or even later! The honesty and openness of this book reminds us of one truth that God wants to make very explicit—human sexuality is intended to be both desirable and delightful. At Creation, God created it and even commanded it for the good of all humanity. God does not blush at the topic of sex!

But while human sexuality is good and part of God’s great design, it is also very dangerous. Fire brings warmth and light to a home, but human beings can get burned when it is not contained properly. The book of Song of Songs gives a similar perspective regarding human sexuality. Sex is intended to be experienced within the bonds of marriage. We note that the Lover in Song of Songs postpones sexual intimacy until after the Beloved is his “bride”. In the context of matrimony, human sexuality brings warmth and light to our relationships. However, when it is allowed to escape, human beings tend to get “burned” physically, emotionally, socially, and spiritually through sexual addictions, sexual abuse, sexual assault, adultery, teen pregnancy, etc. We see the ashes of damaged lives all around us.

God loves us so much that He gave us an entire book reminding us just how desirable, delightful, and dangerous human sexuality can be so that we might allow our human sexuality to burn hot without getting burned up in the process. ❖





The Desert Beat

By Kristopher Haugh

Question: How many stop signs are on base?

Answer: Well, if you play "Spades" you will understand the answer...5 and four "P's." This is where they are located:

- At the front gate right as you drive in
- At the Blue Angles Park turning left onto "B" Street from the "A" street turning lane
- At the left turn lane of 8th and "A" street
- At the intersection of 8th and "J" streets
- Exiting the parking lot across from the Blue Angles admin building
- And for the "P's"...since they are red, octagonal and say "STOP"...the Burrito Stop has four! ❖



IN THE SPOTLIGHT



Congratulations to AM1 Napier, AO1 McClure, ASC Peralta, CMC Gallinat and ACAN Monson for their hard work, and dedication in making the Field of Flags a reality! ❖

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
SEP	8	3	1200	68
OCT	13	4	1373	98



COOL TIPS

Sometimes we find a better way to do something and sometimes we see a easier way to get the job done. If you have a helpful tip on how to do something please send it to us. Everyone can use a helping hand! Send your tips to:



Put a wooden spoon across a boiling pot of water to keep the water from boiling over.

W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL



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).

THIS SCENE INVOLVES AN OFF-DUTY E-3 WHO WAS TRYING TO CLEAN HIS PISTOL, AT A TIME WHEN NO ONE WOULD EXPECT AN IOTA OF CLEAR-THINKING, NAMELY 0417. HE SHOT HIMSELF IN THE FOOT.

"SERVICE MEMBER WAS NOT AWARE OF PROPER PROCEDURES WITH REGARDS TO PROPER UNLOADING OF HIS PISTOL PRIOR TO CONDUCTING CLEANING OF WEAPON," THE REPORT WOODENLY AND WORDILY SAID. IT RECOMMENDED THAT HE READ THE PISTOL'S OPERATING MANUAL. THERE'S A NOVEL THOUGHT. HE HAD PLENTY OF TIME DURING HIS 13 DAYS AWAY FROM WORK AND HIS TWO AND A HALF MONTHS OF LIMPDU.

AND YOU KNOW WHAT? EVEN IF YOU DON'T KNOW HOW TO UNLOAD A PISTOL BEFORE YOU CLEAN IT, YOU STILL DON'T HAVE TO POINT IT AT YOUR FOOT. ❖



The Basic Motorcycle Safety Course Class

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>



October is Energy Awareness Month

By Ruth Erro

We first set aside a time to remind us about saving energy in 1981 with American Energy Week. On September 13, 1991, President George Bush proclaimed October as Energy Awareness Month. The Department of the Navy has long been conducting energy awareness campaigns that promote the wise and efficient use of energy.



Our nation can benefit from the sensible use of energy at federal facilities. As the single largest domestic user of energy, the federal government spends more than \$9 billion to power its vehicles, operations, and approximately 500,000 facilities throughout the United States.

In addition, regulations like the Energy Policy Act of 2005 require federal agencies to meet a number of energy and water management goals. The Energy Independence and Security Act of 2007 further specifies a 3% energy reduction per year and an overall reduction goal of 30% by 2015 relative to the 2003 baseline. At the end of fiscal year 2012, NAF EI Centro has reduced its energy intensity by 10% from baseline. The expected goal by the end of this year is 21%. The installation was at a 16% reduction over baseline in FY 2011. Several issues contributed to the overall decrease from the goal; however, everyone can pitch in with simple energy reducing actions, such as turning off the lights when you leave a room and turning off office equipment on the weekends and holidays.

During Energy Awareness Month, and throughout the year, we must all remember that saving energy is an individual priority and focus and that we can safeguard our energy infrastructure and reduce our carbon footprint in all that we do through simple choices and attention to energy efficiency. ❖

Some Sailors Possibly Eligible for Mortgage Money

By Kristopher Haugh

Five mortgage servicers agreed to implement new servicing standards as part of the National Mortgage Settlement and must be in full compliance with these standards on Oct. 3, 2012.

Under the new guidelines, some sailors may be entitled to receive money if their mortgage servicer is Bank of America (Countrywide), JPMorgan Chase, Wells Fargo, CitiFinancial or Ally Bank.

The California Attorney General's Office provided a number of information sheets which help explain some of the new guidelines for service members in the state.

If sailors have questions about their eligibility they can contact me, said the base's command financial specialist, Senior Chief Petty Officer Jeremy Sanchez of Naval Munitions Command Detachment EI Centro.

The National Mortgage Settlement is available in its entirety at www.nationalmortgagesettlement.com. This is the first place interested persons should look for information.

Eight major points were highlighted in the briefs circulated by Sanchez in an all hands email sent on Sept. 25, 2012. They are:

- Foreclosure is a last resort.
- There must be faster reviews of loan modifications.
- There must be a single point of contact
- There must be strict servicer oversight of foreclosure processing.
- Dual tracking is restricted.
- There are no indefinite trial periods.
- There must be an end of foreclosure abuses
- Only fair and reasonable fees may be charged.



Information from the Servicing Standards Factsheet produced by the California Attorney General's Office was used in this article. ❖

Morale, Welfare and Recreation



NFL SUNDAY TICKET

By Candyce Zavala

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

Liberty Half-Time Challenge

A special challenge during NFL half-time...are you game?

October 7

Hot Wing Eating

October 14

Minute to Win It

October 21

Hot Dog Eating

October 28

Sumo Wrestling

Starting at 2:30 pm



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!



Fleet week participants enjoy a pier side view!



That's how the Brits roll....



How many hot wings can YOU eat?



Human water balloon bazookas!

JOE'S SPORTS SMACK TALK

Final results/standings for NAF El Centro's 2012 Captain's Cup.

First Place	Cons (17 Pts)
Second Place	Khakis (15 Pts)
Third Place	Strike (15 Pts)
Fourth Place	Boss (7.5 Pts)
Fifth Place	Security/Medical (5 Pts)
Sixth Place	Operations (1.5 Pts)
Seventh Place	Weapons (1 Pt)



Congratulations to the Whackers for winning the 2012 Captain's Cup Volleyball Championship. From left to right are XO Franzen, Skipper Jones, and ENS Less.

CONS TAKE THE CUP

By Dave Mersino

Congratulations to CONS (Commissary, MWR, NEX, Uniformed Services (law enforcement), Fire Department) for capturing the NAF El Centro 2012 Captain's Cup title. Every Command, Department and Division came out strong and gave it their very best which ultimately led to yet another successful and most enjoyable Captain's Cup Sporting season. We here at MWR are not the key to the success of the Captain's Cup Program. The contributing factors start at the top with the Command, working its way through the ranks and all the way down to the little child who comes out to cheer on his or her favorite player. Therefore, on behalf of the entire MWR staff and crew I would like to personally thank each and every one of you for your participation in making the 2012 Captain's Cup Sports Program a most highly successful, fun-filled and exhilarating season. There is an ole saying which states; "It can only get better than this." I have no doubt FY 2013 is going to be far more thrilling, heart-stopping and exciting, and I am looking forward to seeing some intense yet fun competition.

Navy Firefighters Remember the Worst Day

On Saturday 8 Sep 2012, teams of firefighters, law enforcement, military and civilians gathered at the San Diego Bay Front Hilton for the 11th anniversary commemoration of 9/11. The objective was to climb 110 floors, the same number as the twin towers. Each participant climbed on behalf of a fallen emergency responder commemorated by wearing a photo during the climb.



NRSW F&ES was proud to be represented by two of their districts, NAF El Centro Assistant Chief Gilbert Flores, Engineer Robert Heine, and Firefighters Victor Morales, and David Wallace (accompanied by mutual aid partners from the City of El Centro), and Captain Brian Goforth, representing San Diego Metro NRSW District 1, who participated with his son Josh, a firefighter with CAL-Fire.

Over 400 first responders were lost on 9/11/01; 343 FDNY Brothers, 23 NYPD Brothers and Sisters, and 37 Port Authority Brothers and Sisters. While Saturday's event in no way could compare to what was encountered 11 years ago, the task was a mix of challenge and emotion for the participants.

The teams were well supported by friends, and family and the atmosphere was filled with the camaraderie that makes the Fire Service what it is. Overall participants exceed the initial fund raising goal by 50% rising over \$15,000.00 to benefit The National Fallen Firefighters Foundation and Firefighter Aid which cares for firefighters and families through sickness, distress, and death. The event was a resounding success and NRSW teams have already begun recruiting more participants for next year. ❖

(Reprinted from the September 2012 issue of *Navy Fire & Emergency Services Newsletter*)

At the CYP...

By Joanna Lopez



A hero is defined in the Merriam-Webster dictionary as a man admired for his/her achievements, noble qualities and one who shows great courage. "Somebody people look up to," "like a savior" Beau and Cole Erro responded to what being a hero meant to them. A hero can come in all shapes, colors and sizes. They can be your next door neighbor, your spouse, your friend or a stranger that happened to pass by at a time of need. History has show the great impact heroes have made in our country. Some are recognized through history as valiant man or woman who stood up for what was right, who risked it all including their family for other people's safety. But some go unrecognized working day by day behind a desk or main office, such as those who worked in the World Trade Towers in New York eleven years ago. Many remember this Tuesday morning as a violent act of Terrorism that brought one nation together. Sadly many lives were changed from that day, but the heroes that stood up and helped others in the mist of chaos were truly deserving of the word "Hero." Everyday people who risked their lives set an example for many who watch on TV in dismay on September 11, 2001. To honor those everyday heroes, the School Age Care (SAC) at the Child and Youth Programs decided to give out something delicious from the bottom of their hearts.

To commemorate the 9/11 event at the Child and Youth Programs the SAC children went out and signaled down cars with the help of Michelle Dee to direct sailors and civilians to a free drive thru treat. The children excitedly waved their FREE signs as cars began to park at the curve by the front entrance of the CYP were waiters anxiously waited for them. The children took their jobs seriously and rush to each car to take down their order. From Watermelon to Raspberry the flavors of the slushies and the coldness of the ice made an amazing combination for this summer heat. The treat didn't just end there, each person was offered two baked sugar or raisin cookies with each slushy. It was an awesome sugar rush combination for that lazy afternoon pick up. To the children's surprise the fire truck drove right in without hesitation and made their order. Some Operations member squeezed in a tiny golf cart to show their support. The children were thrilled by all the arrivals from Operations, Security, Medical, Fire Department, CYP families and even the British. The event was a success, with more than 300 cookies and 150 slushies served to military and civilians that day. The children were completely overjoyed by support from everyone that drove in and tired by the end of the day. With no red capes or blue tights the children got to experience the meaning of serving to those heroes of today.

A lesson learned through service of others, gave the children a whole different perspective of heroism. The children served that Tuesday afternoon without expecting anything in return but to their surprise and amazement the British donated baskets full of treats to the children who worked so hard that day. It was a blessing in disguised. While learning and having fun the SAC children where unintentionally blessed while they served others. ❖





SANDPAPER

POLL RESULTS

After careful review of the super-sized poll we sent out recently, here are some of the changes we have implemented...

- 1) More pictures of recent events spread throughout the paper.
- 2) More focused. Each article directly pertains to things that affect members of the base population or highlight groups who are on or connected to the installation.
- 3) Some of the redundancies have been removed. We will strive to not repeat "Old News".

Some concerns we want to answer about the paper...

- 1) We try not to duplicate MWR's "Outlook" magazine and therefore we do not list everything MWR has to offer. The "Outlook" is available many places on base and at this website: <http://navylifesw.com/elcentro>
- 2) Not all departments are mentioned or represented. Well, not all departments provide us information on what they are doing. We welcome submissions and do our best to run all of the ones we get. If something special is going on call us!
- 3) Printing. Unfortunately due to the rules of how military papers work, ours is electronic. We encourage the various departments to print out a few copies and put them in common areas. Ask your Chief!
- 4) It clogs up my mailbox. Yes, it is a bit large in order to accommodate the various readers' requests. From now on, we will send out the link to the paper instead of the actual file. This also explains why there are so many pages. You all are a very diverse group!

If you have specific concerns please let us know! Here is our e-mail address: W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

Thank you for all of your support in making this a great base paper! ❖



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.

MEDICAL CORNER

What's Up, Navy Doc?

"Don't Let Pesky Mosquitoes Ruin Your Day (or your Brain)"

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



What is the West Nile Virus?

West Nile Virus is a neuroinvasive disease spread by mosquitoes to humans that can, in its most severe form, harm the brain or spinal fluid, resulting in paralysis or death.



Where Did the West Nile Virus Come From?

This virus was first identified in 1937 in the West Nile area of Uganda in eastern Africa and was first seen in the United States in New York in the summer of 1999. Since 1999, there have been more than 30,000 cases of West Nile Virus reported in the United States. So far this year, more approximately 3,600 cases have been reported in 48 states, with almost 150 deaths. Two-thirds of these cases have arisen reported in 7 states – Texas, California, Mississippi, Michigan, South Dakota, Louisiana and Oklahoma, with 40% of these cases in Texas.

How is West Nile Virus Spread?

Wild birds carry this disease and transmit it when mosquitoes feed on them. Humans are infected with the West Nile Virus when bitten by these diseased mosquitoes. Infections most commonly occur in the summer and early fall when the mosquito population is most prevalent. The incubation time – that period from being bitten by an infected mosquito to when a person develops symptoms – ranges from 3-14 days.

How Can You Prevent Getting the West Nile Virus?

The best way to prevent getting the virus is avoid being bitten by mosquitoes. And how do you do that:

- Wear insect repellent that contains DEET.
- Avoid outdoor activities during times of the day when mosquitoes play – dawn and dusk.
- Wear long sleeves and pants.
- Drain any area of standing water (pools, flower pots and saucers). Change water in bird baths and animal troughs at least weekly. Mosquitoes breed in areas of standing water. If you have a flat roof, drain the gutters to avoid water pooling.
- Put screens on your windows and doors.
- Report dead crows and other dead birds to the health department as these may be infected and need to be disposed of promptly.

What Are the Risk Factors for Getting West Nile Virus?

- Time of the year – Summer months and early fall when the temperatures are warm.
- Time spent outside – The more time you spend outside, especially in areas with a high mosquito population, the higher the chance of your being bitten by a mosquito.
- Age – People over the age of 50 are at a higher risk of getting more severe symptoms.
- Health – Those people who have diabetes, a weakened immune system from chronic disease like HIV, organ transplants or recent chemotherapy.

What Are Its Symptoms?

There are different forms of this disease which means that the range of severity of symptoms that a person might develop varies.

- No Symptoms – 80% of people who are infected with West Nile Virus do not show any symptoms at all.
- Mild Disease – often called West Nile Fever – up to 20% of the population who are infected will develop fever, headache, body aches, abdominal pain, nausea, vomiting and a skin rash. Symptoms usually last from 3-6 days.

Severe Disease – can be called West Nile Encephalitis or West Nile Meningitis depending on what body part is affected. Only about 1 in 100-200 people develop severe disease. Symptoms can include confusion, loss of consciousness, muscle weakness, stiff neck, vision loss, numbness, paralysis, swelling of the brain (encephalitis), and bacterial infection of the brain or spinal cord (meningitis). These symptoms may last several weeks and some of the neurological symptoms are potentially permanent and can result in death.

What is the Treatment?

Currently, there are no medications, immunizations, or vaccine known to be effective for treating West Nile disease. In cases where the symptoms are relatively mild, such as chills and fever, you can feel sick for several days or even weeks but there is very little that anyone can do; the symptoms can only be allowed to go away on their own. However, when the symptoms indicate more severe disease – and to prevent the symptoms from becoming even worse – you must promptly go to a hospital for appropriate treatment, which can include administration of intravenous fluids and close monitoring of the brain and spinal fluid.

Practice Tip of the Month: Mosquitoes are still out, waiting to bite; but without doubt, you now have insight. Though summer's almost over, temperatures remain hot; be certain to cover, so you don't get caught. Should you get bit then get really sick, this may be the culprit; get help really quick. Remember: Knowledge is power. ❖

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. ❖

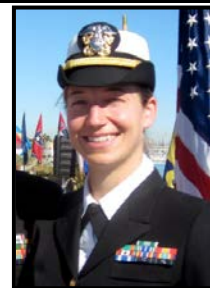


NAVY MEDICINE
World Class Care...Anytime, Anywhere



“Demystifying the Admin Board”

By LT Jasmine “JAG” Scott, USNR



A sailor’s obligation to the Navy normally continues until terminated. A sailor can be terminated prior to the end of active obligated service (EAOS) through an administrative process, known as the Administrative Separation Board or ADSEP. An ADSEP is a purely administrative process and is not designed to exact punishment. Non-judicial punishment and court martial are focused on punishment.

An ADSEP is simply a way of firing a sailor who is deficiency in some way or who has committed misconduct. Commanding officers have broad discretion in determining the level of punishment a sailor will receive. It is possible for a sailor to go to NJP, court martial and then be ADSEP-ed. Though that is rare and generally the court martial process is separate path of sailors who have committed severe misconduct.

The first step in the process, once the command has decided to pursue the ADSEP route is to provide the sailor a formal notification of ADSEP proceedings. This starts with a front and back form detailing the sailor’s rights regarding the proceedings. Whoever is giving the notification is obligated to ensure the sailor understands all of the rights they are entitled to. Please, remember any sailor being notified does have the right to consult with a defense attorney prior to signing the notification. Administrative processing cannot begin until the sailor has signed the notification or a reasonable amount of time has passed from when the sailor was notified (the MILPERSMAN defines this as 2-5 days).

Not all sailors are entitled to an administrative board. Whether the sailor is entitled to one depends on a number of factors including the sailor’s time of active service, the basis for separation, and the least favorable characterization of discharge. A sailor must have 6 years of active service (all active periods count) to be entitled to a board under any administrative processing. For sailors with less than 6 years, active service, either the basis for separation or the least favorable characterization of discharge must warrant a board. The MILPERSMAN has several bases for separation listed in 1910-100. Some are voluntary such as hardship, most are involuntary, ranging from mental health defects, to PFA failures, to severe misconduct like drug use.

Characterizations of discharge are explained in more detail in MILPERSMAN 1910-300 and 1910-304. There are three options: Honorable, General (Under Honorable Circumstance) and Other-Than-Honorable (OTH). The least favorable characterization for discharge must be listed on the notification provided to the sailor. A command cannot notify the sailor that a General discharge is the least favorable and then give the sailor an OTH.

The characterization for discharge directly affects the level of benefits the sailor receives from the Veteran’s Administration (VA) and also quite possibly future employment prospects. An Honorable entitles the sailor to everything he is entitled to under the VA rules. A General discharge may make it difficult for the sailor to use their post-9/11 GI Bill. The rule on how the VA is administering this is currently in flux. If the sailor has one Honorable enlistment and another where he was discharged with a General characterization, it is possible he may still be able to access the post-9/11 GI Bill benefits. If a sailor receives an OTH, they are excluded from nearly all rights and benefits from the VA.

The most important point about the ADSEP process is that every sailor will be treated fairly. If a sailor has been notified of administrative proceedings and have not already done so, they should seek out legal advice from the Defense Services Office (formerly the Navy Legal Service Office) and speak to a defense attorney. Defense attorneys do not work for the command and a specifically billeted to represent and defend sailors in administrative and court martial proceedings. Info about the defense command can be found here: http://www.jag.navy.mil/legal_services/nlso/nlso_southwest.htm. ❖





DISASTER PREPAREDNESS

Ready Navy roll out

By LT. "Secret Steve" Kireta

This month we began the roll out of the Navy's new disaster preparedness program Ready Navy. It's been a great success and you'll notice posters around the base and fliers available at your CYP, Navy exchange, and Commissary.

The Ready Navy webpage at <http://www.ready.navy.mil/> is also a great source for information and links to related sites. As we roll out of the summer and into the cooler months make sure to remain prepared for earthquakes and review your plan with your family.

The picture to the right is from the CYP and the Ready Navy activities that I participated in with the children. We talked about being prepared and what types of supplies are good to have in the house. Thanks again for all the support from NAFEC and have a Fine Navy Day. ❖



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 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. Specific guidelines are as follows...

1. Address the letter or letters "Dear Soldier" or "Dear Service Member".
2. Thank the service member for his/her service to our nation. Do not make political statements about our country or combat areas. Our service members do not make policy; they are serving our nation and following the policies established by your elected leaders. Let them know that we remember them and appreciate their service and sacrifice.
3. Share information about life in the United States. They like hearing about home and enjoy humorous stories.
4. Questions can be asked about their life and duty assignments.
5. The letters should be signed by the person writing the letter. Email addresses and/or mailing addresses can be given, but are not required.

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

PARTICIPATE: Come join with us on **Saturday, 20 October**, at Imperial Valley College from 1000-1200 as we pack letters and candy for distribution overseas. Mark your calendar now! Lunch is provided!

Donations of letters and candy will be received at the Chapel Office/Community Center (bldg. 364) during normal working hours (0730-1600 Sunday-Thursday) until 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 17 October.

A Word of THANKS...

We would like to thank the 13 sailors who participated in the Niland COMREL in September, including AM1 Napier, RP1 Kirby, AO2 Alvarez, MA2 Duran, AO2 Guidinger, AD3 Carpenter, HN Lavendar, MASN Connell and 5 Brits. Together they served more than 300 local residents. ❖



Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: Hit and Run

Players: Kristen Bell, Dax Shepard, Tom Arnold, Bradley Cooper

Genres: Action, Comedy, Romance

Rating: **R**

Truth be told, *Hit & Run* was the only movie worth seeing this Friday night. Wow! Where have the summer hits gone? My thinking was that it wouldn't be that bad as my lovely wife and I have enjoyed a few Kristen Bell movies prior to this plus the trailer featured a Corvette Grand Sport. Still we were less enthused however I have a commitment to uphold. Not wanting to be late we hustled to our seats just as the previews were wrapping up. What a relief!

The *Hit & Run* story revolves around witness protected Charlie Bronson/ Yul Perrkins (Dax Shepard) and his new life and his new love Annie Bean (Kristen Bell). The real life off screen couple face a dilemma when Annie is offered a job in Los Angeles and Charlie decides to leave the Witness Protection Program to join her. As luck would have it the people looking for Charlie get word of his whereabouts via Facebook and the chase is on. Now as the title would suggest you would expect spectacular car chases and loads of action. What was displayed on screen was mediocre pursuits and at times awkward comedy; not impressive.

In the end it was all about the money. What else could it have been about? As this was Dax Shepard's first attempt at writing, directing and starring in a feature film perhaps a more apropos title would have been Hit & Miss. The characters were just a bit over the top and the action didn't meet expectations. With that being said, I rate this film two and a half anchors out of five. ❖



Movie Title: End of Watch

Players: Jake Gyllenhaal, Michael Peña, Natalie Martinez, Anna Kendrick

Genres: Crime, Drama, Mystery

Rating: **PG-13**



Being a fan of a few David Ayer's productions I was looking forward to seeing *End of Watch*; the beautiful wife, not so much. With such films as *Training Day*, *The Fast and the Furious* and *S.W.A.T.* under his belt, expectations were set high. The cast headlined by Jake Gyllenhaal (Brian Taylor) and Michael Peña (Mike Zavala) seemed like the perfect combination portraying two cops patrolling the mean streets of Los Angeles. So, were they?

The opening scene is as good as it gets as the audience is exposed to an in car view of a high speed chase that ends with a shootout. WOW! At this point it was evidently clear that Taylor and Zavala weren't the typical cops. Taylor, a former Marine, is willing to break a few eggs to make an omelet. His sidekick Zavala, a family man, is more than down to break a few eggs of his own. Their ventures are half heroic and half comedic throughout which turns out to be a perfect combination for captivating the audience.

As the film progresses you never really get a sense as to where it's headed, you just sort of hope it's for the best. However, there is a sense inclusion meaning we as an audience are meant to feel as if we're part of the team. The cinematographers deserve the credit for this as their efforts only added to one really good film. With that being said, I rate this film four and a half anchors out of five. ❖



WHAT WAS GOING ON...

In October during 1975 - NAFEC Sandpaper

October 3, 1975 -- Self Help Division Wins 11ND Bronze Hammer Award

The Seabees of the self help division aboard NPTR El Centro were designated as winners of the navy self help bronze hammer award. The competition covers installations with less than 1000 enlisted personnel. Their work over the Fiscal Year 75 totaled over \$105,000. Most of the work was rehabilitation of the Installation's WWII buildings. ❖



2012-2015
"Our Flag Was Still There"



Honor the past
Support the Future

Vote!

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

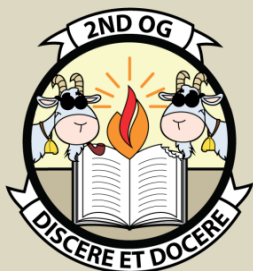
STEP 1: Register online at www.fvap.gov. Use the wizard to complete your Federal Post Card Application (FPCA/SF-76) (preferred method). Alternatively, complete an electronic or paper copy by hand.

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.

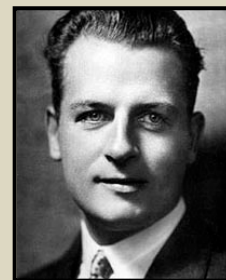
STEP 4: If you don't have your ballot within 30 days of election, use FVAP's online wizard to complete a Federal Write-in Absentee Ballot (SF-186) or submit a paper copy.

Questions? Feel free to ask! Just contact AOC(AW) IRVIN at x2606 or Chad.irvin@navy.mil ❖



LOCAL HISTORY BY TWO OLD GOATS

Model airplanes are cool; remote control flying model airplanes are really cool. And of course if you are a regular reader of this column you know that the Two Old Goats usually find something or someone that happened here on base that somehow affected the world. This month is no different. Boys and girls, meet Reginald Denny.



Reginald Denny

Hailing from England, he served with the Royal Flying Corps during World War One. While acting was certainly one of his pursuits, flying model aircraft was another. He is one of two men accredited with being the fathers of modern UAVs.

Besides being a prolific actor, appearing in more than 200 movies, stage and TV roles, he was an inventor and business man. Can you believe he was in the Batman TV series??

Working with engineer Walter Righter, the two men developed the "Dennyplane" in the mid 1930s and later the "Radioplane" which was mass produced in the 1940s for the War Department. It's mission? Target Drone!



It flies without a pilot!

Designated TDD or Target Drone Denny, the aircraft were used as targets for the students of the Marine Corps Bombardier and Gunnery School at MCAS El Centro.

Mainstream modern remote-controlled aircraft and UAV's had their genesis in WW2, and some of that work occurred right here.

On a side note, one of the workers on the assembly line at the Radioplane Company's factory was a girl named Norma Jeane Dougherty. She helped build the Navy TDD-3 model.



Hi Marilyn!!!

Until next month keep a weather eye out for history in the making! ❖



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"

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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 MENTHLY

By The Border Community Liaison

Not your normal choirboys...

Several organizations exist to enhance the brotherhood between law enforcement officers. One of these clubs is the Choirboys Law Enforcement Motorcycle Club.

"Choirboys" was founded on February 17, 1991 originating in Southern California, created by two police officers from the Vernon Police Department located in Los Angeles County. The idea originated as they participated in a "Support the Troops" ride and began discussing how they could develop an exclusive Police Officer, Harley Davidson only club.

In 1995, Fallen Officer Benefit Rides were established and are now held in each state. The proceeds collected from these rides are returned to the families of law enforcement officers killed in the line of duty. Throughout the years, Choirboys has donated \$150,000 to these families. The Fallen Officer Benefit rides are not only intended to raise money, but to honor the memory of the fallen officers. Membership for the

Choirboys consists of honorably retired law enforcement officers, current officers, sheriff's, agents of local, state or federal law enforcement agencies and you must own a Harley Davidson.



Rolling down the road with the Choirboys!

The mission of the Choirboys is to promote the sport of motorcycling, to enhance the brotherhood between law enforcement personnel and to support and contribute funds to the widows and children of officers killed in the line of duty. Locally in the Imperial Valley, the El Centro Border Patrol Sector has eight members who belong to the Arizona Region, based out of Phoenix, Arizona. They recently participated in their Fallen Officer Ride this past August 18th in San Diego, California. ❖

POW/MIA Remembrance Ceremony September 21, 2012 "Until They Come Home"



Training Time Out

By Kevin Cash

EXERCISE, EXERCISE, EXERCISE

Why do we constantly train and conduct drills and exercises?

Exercises are conducted in order to evaluate an organization's capability to execute one or more portions of its response plan or contingency plan. Exercises can be used to provide individual training and improve the emergency management system.

Reasons to perform exercises include:

- Testing and evaluating plans, policies, and procedures.
- Identify planning weaknesses and resource gaps.
- Improve individual performance and organizational coordination and communications.
- Train personnel and clarify roles and responsibilities.
- Satisfy regulatory requirements.



Naval Air Facility El Centro conducts exercises and drills throughout the year. We have exercises that focus on natural hazards and catastrophes' like earthquakes or flooding and exercises that target our responses to man-made disasters like cyber attacks or active shooters.

NAF El Centro follows a Continuous Process Improvement Program for Training and Readiness. All exercises are assessed for how well we respond to these types of hazards and to establish lessons learned and ways to improve our responses.

It may seem routine at times but training for these types of events will pay dividends should any of these catastrophic events occur. You will be trained and knowledgeable on the practices and procedures necessary to save lives, minimize property damage and maintains the installations mission essential functions. ❖

NMCI account lockouts are possible

By Kristopher Haugh



Base personnel who have access to NMCI are cautioned not to use unauthorized USB devices in their computers.

A high volume of people using the forbidden equipment has been detected by Naval Network Warfare Command and accounts are being locked.

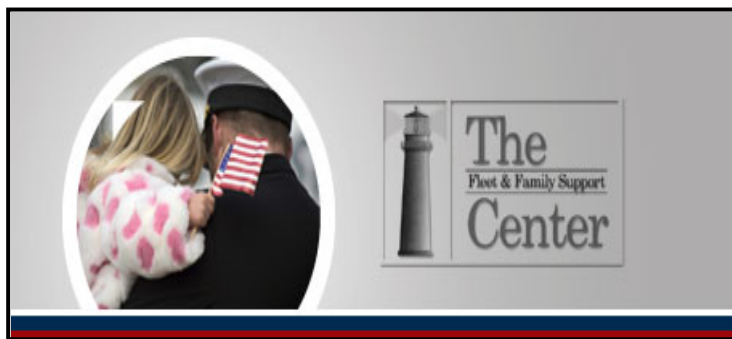
"Users shall not introduce or use unauthorized software, firmware or hardware on any Navy IT resource," according to System Authorization Access Request Navy OPNAV 5239/14. "Only command issued government furnished equipment is authorized for connection to the NMCI network," the release clarified.

If an unauthorized device is attached to the network, a notification popup will appear on screen and inform the user that the device has been logged and that it should be removed immediately.

Even charging a cell phone with an NMCI computer will trigger this event, said Dave Golding the base's Information Assurance Manager.

If members have questions as to whether or not their devices are authorized, they should contact the base's Information Assurance Officer or the Contract Technical Representative.

Information from an NMCI User Awareness Bulletin was used in this article. ❖



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!!!

(NOV 1 ST , DEC 6 TH)	
PREGNANCY RESOURCES	1300-1400
PREPARING FOR AN OVERSEAS TOUR	1400-1500
(OCT 11 TH , NOV 8 TH , DEC 13 TH)	
RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
(OCT 18 TH , NOV 15 TH , DEC 20 TH)	
GOAL SETTING	1300-1400
ASSIST WITH HOME PORT CHANGES	1400-1500
(OCT 25 TH , NOV 22 ND , DEC 27 TH)	
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

OCTOBER

- 9TH - COPING WITH AGING PARENTS
- 16TH - ANGER MANAGEMENT
- 23RD - HELPING YOUR CHILD BE DRUG FREE
- 30TH - COPING WITH GRIEF AND LOSS

NOVEMBER

- 6TH - CONFLICT RESOLUTION IN THE WORKPLACE

Desert Doodles



By Joanna Lopez

RECENT EVENTS

IN THE
PEARL OF THE DESERT



The Field of Flags



This creepy crawly tried to invade 214



The Brits visit De Anza Magnet School



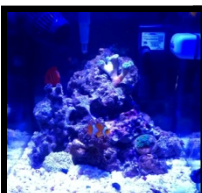
Learning how to ride in style, and safely!



It's the Macarena, and it's a little out of sync, but the kids at the CYP had a blast performing!!

HOW TO GET NMCI HELP:
(866) 843-6624

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 3B: The Infrastructure - Lighting

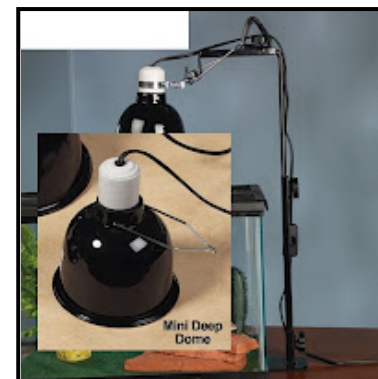


Lighting is probably the hardest part of this system, but thinking outside the box there are some viable options. New LED technology has evolved to a point where you get very high light output at very low power consumption and almost no heat generation. The aquarium community has also answered this issue with LEDs in creating bulb systems that use a standard light bulb socket and house an array of LED lights. This design also allows them to be dimmable. They can be connected to a dimmer switch and the light intensity can go from 0% to 100% with the turn of a dial. Desired intensity is now the question. Corals require fairly strong lighting to simulate the tropical zone sunlight intensity. The most common and easy way to determine this is by the watt output of the light. Corals require anywhere from 3-10x the wattage per gallon of the tank. A 10 gallon tank would want a 30watt minimum light output. That's the basic most simplistic lighting formula solution. It gets incredibly more complicated diving into light spread, temperature of light,

and actual spectrum. For more information regarding the lighting complexity see [Lighting for Reef Aquariums](#) an article hosted by LiveAquaria.com which is the fish store of Drs. Foster & Smith. For this project I will be aiming for the 20-30watt range with full spectrum and UV lights. There are a few companies that have LED systems in this range and have some very nice lights designed. With some minor searching around, I settled on a 36watt LED system from [OCReef.com](#). This light has a nice spectrum of light, dimmable, and screws into a standard light fixture. It has a built in heat sink around the outside for heat distribution, and is in a very sturdy housing.

Next step would be how to use the bulb. Thinking outside the fish industry, reptile cages use dome lamps that simply lay on the cage or hang from a hook over the cage. They are thick metal dome housings and stable hook arms that can support a heavy heat lamp, or in this case the LED lamp. From Drs. Fosters & Smith, I picked up a small black dome light the lamp would fit into and a shorter pedestal light holder that was adjustable in height and length. The bulb screws into the dome, which can then hang over the fish tank.

The dome comes with a built in hanger, and ceramic socket and is rated for use with heat lamps which is important just in case there is any residual heat from the LED. The stand is also really nice in that it has guides for cord organization, and can actually swivel at the midpoint to allow access to the tank without having to move the whole light stand. The stand also has a foot plate that slides easily under the aquarium for added weight stability.



Next month, with the externals all sorted out, the design of the innards can begin! ❖

Free Books for Free *By Kristopher Haugh*

If you find you have a little extra time on your hands why not read a book? Strapped for cash? Not a problem. The Navy can help you with free Ebooks and Audio Books.

There are more than 50,000 titles available with more being added all the time at the Navy General Librarian Program which is accessible through Navy Knowledge Online.

These are not just the old classics. Bestsellers such as the Hunger Games series are there waiting to be checked out and read.

To get started, log into NKO at <https://www.nko.navy.mil>. Then, click on the "Reference" heading in the upper left part of the screen. Then click on "e-Library - audio & ebooks."

This service is provided by the Commander, Navy Installations Command who has run the Navy General Library Program for almost a century. ❖



LOVING SAILORS! Part 6 of 7

By Jim Shinn



We are coming close to the end of our journey in the "Loving Sailors" series. We have gone from S-A-I-L-O (Serve, Affirm, Intimacy, Listen, Open) and we are going to drop anchor with the R word, respect. This is important in all relationships and marriage is no different. Too often, we give respect based on what people do or what they have. We all respect the police officer who carries the gun and has power. Loving relationships, should give respect based on who the person is. In the military, we give respect based on position and authority, and this is true in other work situations as well. If we are loving we will respect, even when that person may not do what we want.

One of the best things you can do for your children is love their mother...or father. When kids see that, it makes them feel good. Of course we don't always feel loving, but as we have said before, love is a verb not a noun. All parents deserve respect and they will get more of it from their children, if they respect their children for being children. Children are not perfect, mature, organized, responsible or clean as we want them to be. Since parents understand that they are not grown up, we will give our kids respect even though they leave a mess everywhere. We require them to help clean up, and we will get more cooperation when, as parents, we are respectful and loving.

Respect in relationships is shown through consideration, thoughtfulness, holding some in high esteem and seeing them as someone worthwhile and valuable. On the battlefield, service men and women will go to great lengths to recover the wounded. They may not be able to battle with us anymore due to their injury, but we are willing to risk life and limb because we care about members of our team. In marriages, when the other is ill or battling serious disease, we are called to go above and beyond the call of duty, because of your relationship and our love for that person. Respect is the foundation on which commitment is built.

On long journeys, in life or in the water, respecting makes for smoother sailing. It is easy to act disrespectful, when we are tired, hungry, frustrated or worried about something. Respecting others is an act of the will. It is something that we choose to do. Many people believe that marriage is a 50-50 proposal, meaning I will put in half and you put in your half. That is the reason many marriages fail. We need to put in 100% because we are totally committed and we respect the person and our vows. "Til death do us part" is a serious statement. As you go through life, one or the other will have health issues such as cancer, something broken or a chronic illness that interferes with our ability to perform our responsibilities in a relationship. Respect for one's self and the other, means, if they put in less, I will still put in 100% and maybe more!!

If we respect each other during the difficult times, it makes the hull of the boat stronger, and there will be more calm in rest of the journey. When we are given respect, we remember it and it motivates us to do more for the other. I remember when my mother-in-law died. It was a great loss for my wife's family, but for me too. I used to say, "Jean, Jean, the son-in-law's dream!" When I would go to her house, the ball game would always be on waiting for me, and she would often cook my favorite foods. I was a school counselor when she died, and a few days afterward, I received a personally written note from the school district superintendent, letting me know he heard about the loss and he offered condolences. I really appreciated that he took time to acknowledge me during a difficult time. I felt respected. That fine leader left that school system over a decade ago. I will never forget him. I will also never forget the disrespect I experienced in the months before I left the same school district where I worked for 25 years. Disrespect was one of the main factors that causes people to change jobs, according to labor/market research.

Respect....It is nice when we receive it, but it is better to be known as one who gives it!! This applies both at home and in the workplace. ❖

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.

FUN STUFF IN SAN DIEGO:

Looking for something to do on your next trip over the mountains? Check out the following link from MWR. Events are open for active duty, reservists and retirees.

<http://navylifesw.com/sandiego/about/nltw>

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!

Halloween Word Search



- BOO
- BROOM
- COSTUME
- CREEPY
- DRACULA
- GHOST
- GRAVE
- HALLOWEEN
- HAUNTED
- SCARY
- SPIDERS
- SPOOKY
- TREAT
- TRICK
- WITCHES
- ZOMBIE

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



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

MAZE



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Halloween 2011

KID ZONE

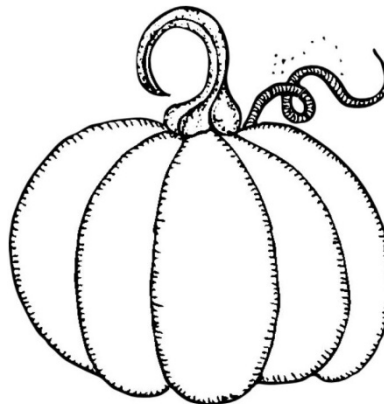
War of 1812

JAMES MADISON 1809 - 1817
Fourth President



During the War of 1812, Francis Scott Key wrote the National Anthem, "The Star Spangled Banner," as he watched the "rocket's red glare, the bombs bursting in air," over Ft. McHenry.

Welcome October!



Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

I have now successfully gone every direction from the base in pursuit of things to do. The one for this month may make you laugh a little. We are getting into the time of year that the heat is tolerable so what better of a place to go than... to the desert. Yes we are already in El Centro and we are in the desert, but with all of the greenery around the base it isn't really seen as a desert, except for the soaring temperatures for three months of the year. Anyway, I drove south of the base, not so far as the border, but if you take Highway 98 east from Calexico you will find a row of palm trees that will in essence separate the farm land from the desert land. A few more miles and you will be greeted with a sign: "Welcome to the Yuha Desert".



The Yuha Desert is part of the Sonora Desert and this area is rich in history, desert life and beautiful views; especially of Mount Signal. The best lure for me is that there are designated camping areas set up along the trails so if you want to get away from it all, why not head out the middle of the desert and get close to the desert life.

A word to the wise; don't venture out on the trails in the family car! For most of the trails a truck or SUV is the best and it is encouraged to travel in groups of two or three vehicles. A 4X4 is definitely a huge plus and required in some areas. Check the requirements of the trail before you get out there. I ventured out on a few of the trails, but not far from the road and ORM was definitely in my back pocket.

Some of the best pictures and details I found on the web were from ICORVA (Imperial County Off-Road Association) http://www.icorva.com/index.php?option=com_content&view=article&id=55&Itemid=69 and there are lots of websites out there packed with information on what to take and how to prepare. Just use your favorite search engine.

The Bureau of Land Management also has an audio tour that you can take before venturing out there about the three biggest attractions which are: the Juan Bautista de Anza Overlook, the Yuha Geoglyph, and the Yuha Well. You can visit their link and look at the map at: <http://www.blm.gov/ca/st/en/fo/elcentro.html>.

There are a lot of excellent off road activities here in the area like the Sand Dunes, Plaster City Open Area, the Superstition Mountain Open Area, and of course the Ocotillio Wells State Vehicle Recreational Area. Whatever your choice, please consult the advice of the web, make checklists, and go with others, hopefully experienced people that know the trails already, and above all be safe. Let someone know where you are going and how long you will be gone. I want to go back and go in a little deeper to see the sights of the desert. If interested in venturing out off the beaten path I'm game, I have a 4X4, and all the camping equipment. Let's go! ❖

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.

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.



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@mwrsw.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. ❖



AOC Support Services
ESTIMATOR – Full Time (Posting Open through October 10, 2012)

Contact: www.caljobs.com, Job No.: CA13211807



NEX
****Flex Position**** We are looking for a flex position 20 hours, minimum, for the Jetmart. To apply go to www.mynavyexchange.com and click on the "work for us" tab and follow the directions. Good Luck!



FOR SALE!!
PUT YOUR AD HERE!
 CONTACT 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.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

October 11-13

Fort Yuma Quechan Indian Days Events at the Paradise Event Center and Evergreen Park Yuma, Az.

October 13

237th Navy Birthday Ball Hangar 8
 Tickets available through your department representative 1800 - 0000

October 20

Sneak Preview "Red Dawn" Base Theater 1800
 Advance tickets only Contact 760-339-2559

October 20

Knott's Scary Farm Trip Sign up by Oct 18 (Lib. Center) Van leaves at 1800
 Van Fee: \$5.00 Active duty
 Van Fee: \$8.00 all other authorized patrons
 Admission is \$32

October 27

Nightmare on 32nd Street Van leaves at 1530
 Van Fee: \$5.00 Active duty
 Van Fee: \$8.00 all other authorized patrons
 Event is FREE

October 27

Halloween Party at the Mirage Club
 Enjoy appetizers, drink specials, music and FUN 1900 -

October 31

Halloween

November 2-4

Plaster Blaster Model Rockets
<http://www.plasterblaster.com/index.htm>

